انگلیسی A2، درس 8: غذا و تناسب اندام

غذا، آشپزی و غذا خوردن در بیرون، سلامت و تناسب اندام، کمیت‌نماها (a lot of، much / many، a few / a little، too much / too many)، enough، verb + -ing و verb + to، مصدر بیان هدف، به‌علاوهٔ یک پست وبلاگی دربارهٔ تغییر عادت‌ها، سفارش دادن و شکایت در رستوران، متنی دربارهٔ عادت‌ها و هدف‌های شما و مرور درس. 9 کاربرگ همراه با پاسخ‌نامه.

ENGLISH A2 · UNIT 8

Food and Fitness

After this unit you can:

- ☐ I can talk about how much and how many of something I eat, drink or do.
- ☐ I can say what I enjoy, want, need and plan to do (I enjoy running. I want to get fit.).
- ☐ I can say why I do something (I go to the gym to relax.).
- ☐ I can order and complain politely in a restaurant and talk about healthy habits.

9 printable worksheets · answer keys included

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ENGLISH A2 · UNIT 8 · VOCABULARY Name: _____ Date: _____

Food, cooking and eating out

Focus: vocabulary: food, cooking and eating out (recipe, starter, grilled, portion, takeaway, chef)

ingredient recipe dish starter main course dessert vegetarian spicy fresh frozen fried grilled boiled roast portion snack takeaway order tip waiter chef oven pan mix slice

1 Match the words and the definitions.

1. recipe	a. This person doesn't eat meat or fish.
2. ingredient	b. A small dish before the main course.
3. starter	c. The cook in a restaurant kitchen.
4. dessert	d. Food from a restaurant to eat at home.
5. vegetarian	e. It says how to cook a dish.
6. takeaway	f. Extra money for the waiter.
7. chef	g. One food you need for a recipe.
8. tip	h. Cake or ice cream after the main course.

2 Complete the sentences with words from the box.

Example: We had _____ potatoes with the chicken on Sunday. → roast

1. This soup is very _____. Can I have a glass of water, please?
2. The tomatoes are _____ from the market this morning.
3. _____ vegetables are cheap, and you can keep them for months.
4. I have a _____ at four o'clock, usually an apple or a banana.
5. Our _____ was slow. We waited twenty minutes for the menu.
6. _____ the bread and put some cheese on it.
7. _____ the eggs with a little milk and some salt.
8. Put the chicken in the _____ for an hour at 200 degrees.
9. Heat a little oil in a _____ and fry the onions.
10. _____ eggs are healthier than fried eggs. Just put them in hot water.
11. We'd like to _____ two coffees and a slice of cake, please.

ANSWER KEY

1 1 e, 2 g, 3 b, 4 h, 5 a, 6 d, 7 c, 8 f **2** 1 spicy, 2 fresh, 3 Frozen, 4 snack, 5 waiter, 6 Slice, 7 Mix, 8 oven, 9 pan, 10 Boiled, 11 order

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ENGLISH A2 · UNIT 8 · VOCABULARY Name: _____ Date: _____

Health and fitness

Focus: vocabulary: health and fitness (keep fit, jog, lose weight, diet, calorie, stress, cut down)

healthy unhealthy fit keep fit gym exercise jog stretch cycle lose weight put on weight diet sugar fat calorie energy stress stressed habit give up cut down sleep heart doctor's appointment check-up

1 Choose the correct word.

Example: I go to the _____ three times a week. (gym / diet / heart) → gym

1. Tom _____ to work every day. It's twenty minutes by bike. (jogs / cycles / stretches)
2. Always _____ for five minutes before you run. (cut down / sleep / stretch)
3. Cake and chocolate have got a lot of _____ in them. (exercise / sugar / stress)
4. A _____ is a visit to the doctor when you aren't ill. (diet / habit / check-up)
5. I feel _____ at work because I have too many deadlines. (fit / stressed / healthy)
6. Chocolate cake is _____. It's got too much sugar and fat. (healthy / fit / unhealthy)
7. My back hurts, so I made a _____ for Thursday. (doctor's appointment / check-up / habit)
8. Fried takeaways are my worst _____. I eat them twice a week. (habit / exercise / calorie)
9. Swimming twice a week is a good way to _____. (keep fit / put on weight / cut down)
10. Sara is very _____. She runs ten kilometres every Sunday. (fit / stressed / unhealthy)

2 Complete the sentences with words from the box. Use the correct form.

Example: Doctors say we need seven or eight hours of _____ a night. → sleep

1. You drink too much coffee. You should _____ to two cups a day.
2. I _____ last winter because I ate a lot of takeaways.
3. The doctor listened to my _____ and said it was strong.
4. Walking is good _____ for people with heart problems.
5. Breakfast gives you _____ for the morning.
6. I _____ smoking last year, and now I can run again.
7. A slice of chocolate cake has got about 400 _____.
8. Too much _____ at work is bad for your heart and your sleep.

ANSWER KEY

1 1 cycles, 2 stretch, 3 sugar, 4 check-up, 5 stressed, 6 unhealthy, 7 doctor's appointment, 8 habit, 9 keep fit, 10 fit **2** 1 cut down, 2 put on weight, 3 heart, 4 exercise, 5 energy, 6 gave up, 7 calories, 8 stress

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ENGLISH A2 · UNIT 8 · GRAMMAR Name: _____ Date: _____

Quantifiers: much, many, a few, a little

Focus: quantifiers: much / many, a few / a little, too much / too many, enough, some / any / none

GRAMMAR: QUANTIFIERS

Countable (eggs): **many**, **a few**, **too many**, How many? **a lot of**: both kinds.
Uncountable (rice): **much**, **a little**, **too much**, How much? **enough** = what you need.
much / **many**: questions and negatives. I don't eat much meat or many snacks.
some (+), **any** (?/-), **no** + noun, **none** alone: Any rice? No, none.

1 Choose the correct word.

Example: How _____ sugar do you take in your coffee? (much / many) → much

1. There are too _____ calories in this dessert. (much / many)
2. We've got a _____ eggs, so I can make a cake. (few / little)
3. Add a _____ salt to the soup, but not too much. (few / little)
4. How _____ portions of vegetables do you eat a day? (much / many)
5. We haven't got _____ fresh fish today, only frozen. (some / any / no)
6. There's _____ meat in this dish. It's vegetarian. (no / none / any)
7. How much rice is there? _____. We ate it all yesterday. (No / None / Any)
8. Ali eats _____ fruit. He has an apple with every meal. (a lot of / much / many)
9. This portion isn't big _____. I'm still hungry. (enough / too much / too many)

2 Complete with a few, a little, enough, too much, too many or none.

Example: We cooked _____ potatoes, so we ate them the next day too. → too many

1. There's _____ salt in the soup. I can't eat it.
2. Can I have _____ milk in my tea? Not much, please.
3. I bought _____ apples, only four or five, so we need more.
4. We haven't got _____ eggs for the cake. We need six.
5. How much coffee is there? _____. We drank it all, so I'll buy some.
6. I put _____ sugar in the cake, and now it's too sweet.
7. Only _____ people came to the dinner, so we had too much food.
8. You ordered _____ dishes! We can't eat all of this.

ANSWER KEY

1 1 many, 2 few, 3 little, 4 many, 5 any, 6 no, 7 None, 8 a lot of, 9 enough **2** 1 too much, 2 a little, 3 a few, 4 enough, 5 None, 6 too much, 7 a few, 8 too many

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ENGLISH A2 · UNIT 8 · GRAMMAR Name: _____ Date: _____

Verb patterns: -ing or to + verb

Focus: verb patterns: verb + -ing (enjoy, stop, keep, don't mind) vs verb + to (want, decide, hope, plan)

GRAMMAR: VERB PATTERNS

Verb + -ing: enjoy, love, hate, finish, stop, start, keep, give up, don't mind.

Verb + to + verb: want, need, decide, hope, plan, learn, try, forget, promise.

I enjoy **cooking**. I want **to run**. I'm good at **swimming**. **Cooking** is relaxing.

Spelling: run → running, swim → swimming, make → making, plan → planning.

1 Complete the table with cooking / to cook or running / to run.

Example: stop + cook → stop cooking

Verb	+ cook	Verb	+ run
enjoy	_____	need	_____
decide	_____	finish	_____
give up	_____	hope	_____
promise	_____	keep	_____
don't mind	_____	learn	_____

2 Complete with the -ing form or to + verb.

Example: I enjoy _____ (cook) for my friends at the weekend. → cooking

1. Sara wants _____ (lose) a few kilos before the summer.
2. Please stop _____ (eat) so many snacks at your desk.
3. _____ (cycle) to work saves money and keeps you fit.
4. I don't mind _____ (get up) early to jog before work.
5. Don't forget _____ (book) a doctor's appointment for your check-up.
6. Omar kept _____ (order) takeaways, so he put on weight.
7. I'm learning _____ (make) fresh pasta at an evening class.
8. She's good at _____ (plan) healthy meals for the week.

ANSWER KEY

1 1 cooking, 2 to run, 3 to cook, 4 running, 5 cooking, 6 to run, 7 to cook, 8 running, 9 cooking, 10 to run **2** 1 to lose, 2 eating, 3 Cycling, 4 getting up, 5 to book, 6 ordering, 7 to make, 8 planning

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ENGLISH A2 · UNIT 8 · GRAMMAR Name: _____ Date: _____

Saying why: to + verb, for and because

Focus: infinitive of purpose (to + verb) vs for + noun / -ing; because and so; Why ...? To ...

GRAMMAR: SAYING WHY

to + verb says why: I bought a bike **to save** money.
for + noun / -ing says what it is for: a pan **for frying**.
because gives a reason: I walk to work **because** it's free.
so gives a result: I was tired, **so** I went to bed early.
Why do you cycle? **To** keep fit. **Because** it's cheap. (NOT: for keep fit)

1 Choose the correct word.

Example: I went to the shop _____ buy some fresh bread. (to / for) → to

1. She joined a gym _____ lose weight before her wedding. (to / for)
2. This pan is _____ frying fish and eggs. (to / for)
3. Ben eats a snack at four _____ he gets hungry at work. (because / to)
4. I bought a bike _____ cycle to work in the summer. (for / to)
5. We went to the new café _____ lunch. (to / for)
6. It was late, _____ we ordered a takeaway. (because / so)
7. Why did you buy an oven? _____ make pizza at home. (For / To)
8. He drinks a glass of water before meals _____ eat less. (so / to)
9. I'm tired _____ I didn't sleep well last night. (because / so)
10. Lena stretches every morning _____ her back. (to / for)

2 Match the two halves of the sentences.

1. I take the stairs at work	a. to save money on lunch.
2. We booked a table for Friday	b. to sleep better.
3. Tom went to the market early	c. to learn some vegetarian dishes.
4. She bought a recipe book	d. to buy the freshest fish.
5. I don't drink coffee at night	e. to try the new Chinese restaurant.
6. He takes a sandwich to work	f. to get a little exercise.

ANSWER KEY

1 1 to, 2 for, 3 because, 4 to, 5 for, 6 so, 7 To, 8 to, 9 because, 10 for **2** 1 f, 2 e, 3 d, 4 c, 5 b, 6 a

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ENGLISH A2 · UNIT 8 · READING Name: _____ Date: _____

Reading: How I changed my habits

Focus: reading a blog post about food and fitness habits: quantifiers, verb patterns, to + verb

I'm Mark, 35, and I work in an office in Berlin. Last year I decided to get fit because I was always tired.

Before, I ate too much fried food and not enough fruit or vegetables. I drank five cups of coffee a day, but not much water. I often ordered takeaways after work. I didn't do any exercise.

Now I eat a lot of vegetables and only a little meat. I drink two cups of coffee a day and a few glasses of water. I started jogging to sleep better and to have more energy. I also joined a gym to meet people, and I enjoy swimming there. I still love dessert, and I hate cooking after work. But I feel much healthier, and I lost six kilos in a year.

1 Read the text. True or false?

1. Mark works in a restaurant in Berlin. ☐ T ☐ F
2. He decided to get fit because he was always tired. ☐ T ☐ F
3. Before, he drank a lot of water. ☐ T ☐ F
4. Now he eats a lot of vegetables. ☐ T ☐ F
5. He started jogging to meet people. ☐ T ☐ F
6. He doesn't like cooking after work. ☐ T ☐ F

2 Answer the questions about the text.

Example: How old is Mark? → He is 35.

1. What did Mark eat too much of before?

_____

2. How much coffee does he drink now?

_____

3. Why did he start jogging?

_____

4. What does he enjoy doing at the gym?

_____

ANSWER KEY

1 1 F, 2 T, 3 F, 4 T, 5 F, 6 T **2** 1 He ate too much fried food. | 2 He drinks two cups a day. | 3 He started jogging to sleep better and to have more energy. | 4 He enjoys swimming.

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ENGLISH A2 · UNIT 8 · EVERYDAY ENGLISH Name: _____ Date: _____

Everyday English: At the restaurant

Focus: everyday English: ordering and complaining in a restaurant; talking about habits and reasons

Model dialogue: ordering a meal

Waiter: Good evening. Are you ready to order?

Lucy: Yes. I'll have the grilled fish, please.

Waiter: Would you like a starter?

Lucy: No, thanks, but I'd like a salad with it. Is service included?

Waiter: Yes, it is. And would you like a drink?

Lucy: Just a bottle of water, please.

much **To** **another** **cut down** **cold** **join** **sorry** **trying**

1 Complete the dialogue with the words in the box.

Example: Can I have the _____, please? → menu

Omar: Excuse me, this soup is _____.

Waiter: I'm very _____. I'll bring you _____ one.

Omar: Thanks. Could we have the bill after that, please?

Nina: Omar, how _____ coffee do you drink?

Omar: Too much! Five cups a day.

Nina: You should _____ on coffee. I'm _____ to drink more water.

Omar: Why did you _____ the gym?

Nina: _____ get fit. I go three times a week, if I can.

2 Match the questions and the answers.

1. Are you ready to order?	a. No, it isn't.
2. Is service included?	b. Yes. I'll have the chicken, please.
3. Do you drink enough water?	c. To lose weight before the summer.
4. Why did you give up sugar?	d. Every morning before work.
5. How often do you go jogging?	e. Not really. Maybe two glasses a day.

ANSWER KEY

1 1 cold, 2 sorry, 3 another, 4 much, 5 cut down, 6 trying, 7 join, 8 To **2** 1 b, 2 a, 3 e, 4 c, 5 d

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ENGLISH A2 · UNIT 8 · FOOD AND FITNESS · WRITING Name: _____ Date: _____

Writing: My eating and exercise habits

Focus: writing about eating and exercise habits and one goal; adding ideas with also / too / as well

WRITING TIP: ADDING IDEAS AND GIVING REASONS

Add ideas: **also** + verb, **too** / **as well** at the end. Give reasons: **to** + verb, **because**.

1 Choose the correct word.

Example: I want to join a gym _____ meet new people. (to / because) → to

1. I eat a lot of fruit, and I _____ drink a lot of water. (also / too)
2. Lena jogs every morning, and she does yoga _____. (as well / also)
3. I eat a lot of fish. I eat a lot of vegetables _____. (also / too)
4. I'm cutting down on sugar _____ I want to lose weight. (because / to)

2 Write about your eating and exercise habits and one goal (60-80 words).

MODEL

I eat a lot of vegetables, but I don't eat much fruit. I also drink too much coffee, and I don't get enough sleep. I enjoy cycling to work, and I do yoga as well. I hate jogging because I get tired very quickly. I want to cut down on coffee to sleep better. I plan to go to the gym twice a week too.

- What do you eat or drink too much of? What don't you eat enough of?
- What exercise do you enjoy doing? What do you hate doing?
- One thing you want or plan to do, and why (to + verb / because).
- Add ideas with also, too and as well.

Self-check: capital letters and full stops · subject + verb word order · this unit's grammar · this unit's words · the right length

ANSWER KEY

1 1 also, 2 as well, 3 too, 4 because

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ENGLISH A2 · UNIT 8 · UNIT REVIEW Name: _____ Date: _____

Unit 8 review

Focus: unit review: quantifiers, verb patterns, the infinitive of purpose, food and fitness words

1 Choose the correct word.

Example: How _____ eggs do we need? (much / many) → many

1. I don't put _____ sugar in my tea. (much / many)
2. I need a _____ potatoes for the soup, not many. (few / little)
3. Ken enjoys _____ in the park before work. (jog / jogging / to jog)
4. I hope _____ fit before my holiday. (get / getting / to get)
5. She went to the market _____ buy fresh vegetables. (for / to)
6. Grilled fish is _____ because it hasn't got much fat. (healthy / unhealthy / spicy)
7. There isn't _____ milk for four cups of coffee. (enough / too much / many)
8. The _____ brought us the menu and a glass of water. (chef / waiter / oven)
9. Why do you stretch? _____ I don't want to hurt my back. (To / Because / So)
10. I've decided _____ up sugar for a month. (give / giving / to give)
11. I _____ weight on holiday because I ate dessert every day. (put on / lost / gave up)

2 Complete with: calories, takeaway, starter, portion, stress, jogging, diet.

Example: A glass of wine has got about 150 _____. → calories

1. I didn't want to cook, so I ordered a _____.
2. Let's have soup as a _____, and then the fish.
3. This _____ of pasta is too big for me. Can you help?
4. My job gives me a lot of _____, so I do yoga to relax.
5. I started _____ in the park to lose weight.
6. I'm on a _____, so no dessert for me tonight.

3 Match the questions and the answers.

1. How many calories does it have?	a. Not much. An apple a day.
2. Why did you go to the doctor?	b. Cooking for my friends.
3. Would you like a dessert?	c. To have a check-up.
4. What do you enjoy doing?	d. About 300, I think.
5. How much fruit do you eat?	e. Yes, please. The chocolate cake.

ANSWER KEY

1 1 much, 2 few, 3 jogging, 4 to get, 5 to, 6 healthy, 7 enough, 8 waiter, 9 Because, 10 to give, 11 put on **2** 1 takeaway, 2 starter, 3 portion, 4 stress, 5 jogging, 6 diet **3** 1 d, 2 c, 3 e, 4 b, 5 a

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