

# Unit 2 It's good for you!

**1** Complete the questionnaire about yourself and then ask and answer the questions with a partner.

Which foods do you think are good for your health?	
Are you allergic to any foods?	
Have you ever gone on a diet? What was it?	
What is your main meal of the day?	
Do you prefer home cooking or ready-made meals? Why?	
What is your favourite staple food: bread, rice, potato or pasta?	
When you cook, do you follow a recipe? Why/Why not?	
Are you a vegetarian? Why/Why not?	
What is your favourite food?	

**2** Complete the sentences below with the words in the box. The first letter will spell two words.

order a meal    two    deal    fresh produce  
on offer    examine    deliver goods    ingredients

- 1 Food that has not been frozen, put in cans etc. is ..... .
- 2 Tell a waiter what you want to eat in a restaurant ..... .
- 3 Available to buy at a cheaper price than usual ..... .
- 4 If I order online, the supermarket will ..... to my house. ....
  
- 1 If something is value for money, you get a good ..... .
- 2 In a recipe, there will be a list of ..... .
- 3 If you have a food allergy, you will need to ..... the contents of the packet. ....
- 4 Sometimes supermarkets have goods on offer, and they are ..... for the price of one. ....

**3** In pairs, find the answers to the following definitions in the grid below. The words will be in a straight line horizontally, vertically or diagonally and can be read up or down.

- |    |   |                  |
|----|---|------------------|
| 1  | Farming of a large number of chickens in a small space:                             | ..... farming    |
| 2  | Food that contains a lot of fat:  | ..... food       |
| 3  | Producing large numbers of goods by machine in factories:                           | ..... production |
| 4  | The department of a large shop where food is sold:                                  | a food .....     |
| 5  | Getting food ready for eating:  | food .....       |
| 6  | Available to buy in the shops:  | on .....         |
| 7  | Food and drink available in a restaurant:   | on the .....     |
| 8  | Available to buy and on display:  | on the .....     |
| 9  | A person who sells products to the public:  | .....            |
| 10 | The idea that price depends on the number for sale and how many people want to buy: | ..... and demand |
| 11 | Goods worth what you pay for them:  | ..... for money  |
| 12 | Product made by a particular company:   | .....            |

N	Y	S	L	L	V	K	M	R	Z	G	E
N	O	V	U	A	L	Y	F	E	F	W	L
F	U	I	L	P	R	A	U	L	E	A	A
W	X	U	T	E	P	N	H	I	Z	P	S
Q	E	K	T	A	E	L	G	A	Q	F	W
R	E	T	H	M	R	R	Y	T	I	C	D
P	A	I	C	K	J	A	S	E	D	Z	F
B	S	O	Z	L	P	L	P	R	A	L	A
N	B	I	S	H	E	L	V	E	S	O	T
S	S	A	M	K	Z	Z	G	K	R	B	T
U	D	B	R	A	N	D	X	X	E	P	Y

**4 Complete the following sentences with a word or phrase from exercises 1–3 above.**

- 1 The price of some goods like coffee can vary related to ..... and .....
- 2 Heinz is a very well-known .....
- 3 In some department stores you can buy food because there is a .....  
.....
- 4 In some restaurants the kitchen is on view to the diners and you can watch the  
.....
- 5 When you ..... you need to make sure you have all the  
.....
- 6 Sometimes a supermarket will have goods ..... and you can buy  
.....
- 7 Doctors say that ..... are not .....
- 8 In UK the ..... food is potatoes, but in many other countries it is rice.
- 9 Our local market sells fruit and vegetables. It is almost all .....  
straight from the farmer.
- 10 Many people think that goods made in large quantity by ..... are  
good ..... because they are cheaper than hand-  
made goods.

**5 Some people say that the only way to feed the world's increasing population is by more and more battery farming of chickens and similar methods/factory farming for other animals. Other people say that there are other more humane ways of dealing with this problem.**

**Write an essay discussing both these views and give your own opinion. You should write at least 250 words.**

