Workshop 23: White gold ▸

Name: _____

Your plan for today ▸

- **Part 1** Vocabulary: food and drink, from page 163 of your book
- **Part 2** Grammar: countable and uncountable, a / an / some / any
- **Part 3** Grammar Bank 9A: more practice
- **Part 4** Listening: the shopping list
- **Part 5** Vocabulary: food containers
- **Part 6** Grammar: how much, how many, a lot of, a little, a few
- **Part 7** Pronunciation: the sounds /ʃ/ and /s/
- **Part 8** Reading: fascinating facts about sugar and salt
- **Part 9** Speaking and video: a tour of your kitchen

You will need four recordings: 9.3, 9.6, 9.7, 9.11 and 9.12. Play each one as many times as you want.

① Vocabulary: food and drink

Page 163 of your book, the Vocabulary Bank for food and drink, goes in the box below. We work through it in class; keep it here so everything for this unit is in one place.



Food and drink

VOCABULARY BANK

a Match the words and photos.

Breakfast /'brekfəst/
- bread /bred/
- butter /'bʌtə/
- cereal /'sɪərɪəl/
- cheese /tʃiːz/
- coffee /'kɒfi/
- eggs /egz/
- jam /dʒæm/
- (orange) juice /dʒuːs/
- milk /mɪlk/
- sugar /'ʃʊgə/
- tea /tiː/
- toast /təʊst/

Lunch /lʌntʃ/ **or dinner** /'dɪnə/
- fish /fɪʃ/ e.g. salmon, tuna
- herbs /hɜːbz/
- meat /miːt/ e.g. chicken, sausages, steak, ham
- (olive) oil /ɔɪl/
- pasta /'pæstə/
- rice /raɪs/
- salad /'sælәd/
- seafood /'siːfuːd/
- spices /'spaɪsɪz/

Vegetables /'vedʒtəblz/
- carrots /'kærəts/
- chips /tʃɪps/ (or French fries)
- a lettuce /'letɪs/
- mushrooms /'mʌʃrʊmz/
- onions /'ʌnjənz/
- peas /piːz/
- peppers /'pepəz/
- potatoes /pə'teɪtəʊz/
- tomatoes /tə'mɑːtəʊz/

Fruit /fruːt/
- apples /'æplz/
- bananas /bə'nɑːnəz/
- oranges /'ɒrɪndʒɪz/
- a pineapple /'paɪnæpl/
- strawberries /'strɔːbərɪz/

Desserts /dɪ'zɜːts/
- cake /keɪk/
- fruit salad /fruːt 'sælәd/
- ice cream /aɪs 'kriːm/

Snacks /snæks/
- biscuits /'bɪskɪts/
- chocolate /'tʃɒklət/
- crisps /krɪsps/
- nuts /nʌts/
- a sandwich /'sænwɪdʒ/
- sweets /swiːts/

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② Grammar: countable and uncountable, a / an / some / any

One thing you can count, or one thing you cannot

Countable words have a singular and a plural: *an apple → two apples*, *an egg → six eggs*.

Uncountable words have no plural. You cannot say *two rices* or *a bread*. Most liquids, most powders and most things you cut a piece from are uncountable: *rice, water, cheese, bread, meat, sugar*.

Use **a** or **an** with one countable thing, and **some** with a plural or with an uncountable word: *a banana, an orange, some bananas, some rice*.

a. ✎ Countable or uncountable? Write C or U.

10 points

1	an egg	____	**6**	cheese	____
2	rice	____	**7**	an onion	____
3	a tomato	____	**8**	water	____
4	milk	____	**9**	a biscuit	____
5	a sandwich	____	**10**	meat	____

b. ✎ Complete with a, an or some.

10 points

1 I had _____ toast and _____ coffee for breakfast.
2 Can I have _____ apple, please?
3 There's _____ chicken in the fridge.
4 She bought _____ onion and _____ tomatoes.
5 I'd like _____ orange juice.
6 We need _____ egg for this cake.
7 He always has _____ cereal in the morning.
8 Would you like _____ biscuit?
9 There's _____ rice in the cupboard.
10 I ate _____ banana and _____ yoghurt.

c. ✎ Complete with some or any.

10 points. Remember: **some** when you say yes, **any** when you say no or when you ask.

1 There are _____ eggs in the fridge.
2 We haven't got _____ milk.
3 Are there _____ tomatoes?
4 I bought _____ bread this morning.
5 She didn't eat _____ vegetables.
6 Would you like _____ coffee?

7 There isn't _____ sugar in my tea.
8 Have we got _____ cheese?
9 He's got _____ friends in Bogotá.
10 I don't want _____ salt on my chips.

d. ✎ One word is wrong in each sentence. Cross it out and write the correct one.

6 points

1 I'd like a rice, please. _____
2 We bought some bread and a milk. _____
3 Are there some apples in the bowl? _____
4 He didn't have some breakfast. _____
5 Can I have an orange juice? I'm thirsty. _____
6 She made a soup for dinner. _____

③ Grammar Bank 9A: more practice

These are the same two exercises as Grammar Bank 9A on page 140 of your book, written again with different words, so you get the practice twice.

a. ✎ Write a, an or some in front of each word.

10 points

1	_____	water	**6**	_____	soup
2	_____	sandwich	**7**	_____	orange
3	_____	apple	**8**	_____	carrots
4	_____	chips	**9**	_____	pizza
5	_____	egg	**10**	_____	cheese

b. ✎ Complete the conversation with a, an, some or any.

12 points

A What shall we make for dinner tonight?
B Let's make (1) _____ omelette.
A Good idea. Have we got (2) _____ eggs?
B Yes, there are six. And there's (3) _____ cheese, too.
A Perfect. Is there (4) _____ onion?
B No, there isn't. But we've got (5) _____ mushrooms.
A Fine. We haven't got (6) _____ bread, have we?
B No. Shall I buy (7) _____ loaf on my way home?
A Yes, please. And (8) _____ bottle of water.
B OK. Do we need (9) _____ fruit?
A There's (10) _____ apple and (11) _____ bananas in the bowl.
B Then we only need (12) _____ milk for the coffee.
A Great. See you at seven.

④ Listening: the shopping list

▸ **AUDIO 9.3** A couple are talking about the food they need to buy.

a. ✎ Listen and write their shopping list.

8 points. One point for each item on the list, with the right word in front of it. The first two are done for you.

some coffee, some milk, …

⚠ **From the recording** The answers to this one come from your own copy of 9.3. They are not printed in the key.

⑤ Vocabulary and pronunciation: food containers

▸ **AUDIO 9.6** The seven containers.

a. ✎ Match the words and the pictures. Then listen and check.

7 points



1 2 3 4 5 6 7

____	a bottle	____	a box	____	a can		
____	a carton	____	a jar	____	a packet	____	a tin

▸ **AUDIO 9.7** Five people are asking for things in shops.

b. ✎ Listen and write the things they want to buy.

5 points

1 _____
2 _____
3 _____
4 _____
5 _____

⚠ **From the recording** The answers come from your own copy of 9.7.

c. ✎ Make phrases with the containers in a and the words below.

9 points. Some words go with more than one container; any sensible answer is right.

biscuits · cereal · Coke · crisps · jam · milk · salt · sugar · tuna

1	_____ (biscuits)	**6**	_____ (milk)
2	_____ (cereal)	**7**	_____ (salt)
3	_____ (Coke)	**8**	_____ (sugar)
4	_____ (crisps)	**9**	_____ (tuna)
5	_____ (jam)		

⑥ Grammar: how much, how many, a lot of, a little, a few

Asking about quantity

How many with countable words: *How many eggs do we need?*

How much with uncountable words: *How much sugar do you eat?*

Answering: *a lot of* for both, *a few* for countable, *a little* for uncountable, *not much / not many* for small amounts, *none* for nothing at all.

a. ✎ How much sugar, and how much salt? Write 0, 1, 2 or 3 under each picture.

0 = none, 1 = a little, 2 = quite a lot, 3 = a lot. *8 points*

How much sugar?



1



2



3



4

a banana _____	lemonade _____	ketchup _____	cereal _____

How much salt?



5



6



7



8

olives _____	ham _____	butter _____	crisps _____

b. ● Ask and answer about the eight things above.

How much sugar is there in ketchup?
I'm not sure. Quite a lot?

d. ✎ Complete the sentences with a food or drink from a.

4 points

1 There isn't any salt in _____.
2 There's a little sugar in _____.
3 There's quite a lot of salt in _____.
4 There's a lot of sugar in _____.

e. ✎ Grammar Bank 9B: more practice

The same two exercises as page 140 of your book, written again with different words.

e1 Complete the questions with How much or How many. *10 points*

1 _____ bread do we need?
2 _____ eggs are there in the fridge?
3 _____ coffee do you drink a day?
4 _____ bottles of water did you buy?
5 _____ rice do I need for four people?
6 _____ biscuits were in that packet?
7 _____ sugar do you put in your tea?
8 _____ tins of tuna have we got?
9 _____ milk is there in that carton?
10 _____ onions do you want?

e2 Circle the correct word or phrase. *10 points*

1 We don't drink a lot of / a lot coffee.
2 A How much cheese do you eat? B A little. / A few.
3 My sister doesn't eat much / many meat.
4 A How many eggs did you buy? B Quite a lot. / Quite a lot of.
5 They eat a lot of / much fruit. It's very good for you.
6 A Do your children drink any Coke? B No, not much / not many.
7 He finished his dinner, but he didn't eat much / many vegetables.
8 A How much salt do you use? B Any. / None. I never add it.
9 I have a few / a little biscuits with my coffee.
10 A Do you eat much / many fish? B No, I don't eat no / any fish.

⑦ Pronunciation: the sounds /ʃ/ and /s/

▸ **AUDIO 9.11** A short conversation about salt and sugar.

c. ✎ Listen and write down the conversation.

Play it as many times as you need. Write exactly what you hear, including the punctuation. Then practise it out loud with a partner. *8 points*

A	
B	
A	
B	

*Tip: Listen for **sure** and **sugar**. They are the only two words in English that begin with **su** and sound like **sh**.*

⚠ **From the recording** The words come from your own copy of 9.11, so the key does not print them.

⑧ Reading: fascinating facts about sugar and salt

At different times in history, both sugar and salt were called 'white gold', because they were so expensive and difficult to get. But there are many more interesting facts about sugar and salt...

1. _____ is used to make glass, washing powder, and paper.
2. _____ really helps the medicine go down! It's an important ingredient of many modern medicines.

Christopher Columbus introduced 3. _____ to the New World in 1493 on his second voyage.

If you put 4. _____ into a vase of flowers, the flowers last longer.

If you want to check if an egg is fresh, put it in a cup with water and 5. _____. If the egg floats, it isn't very fresh.

In the UK, there's a club for people who collect the little packets of 6. _____ you get when you order tea or coffee in a café or restaurant.

If your dog or cat has fleas, and they are now living in your carpets, put some 7. _____ on the carpets and leave it for 12 hours. This kills all the fleas.

Only 6% of the 8. _____ used in the USA is used in food; another 17% is used for de-icing roads in the winter months.

Sure and 9. _____ are the only two words in the English language that begin with 'su' and are pronounced 'sh'.

Scientists use 10. _____ to make different kinds of plastic, e.g. for food packaging.

11. _____ removes red wine stains (though probably not from your new white carpet).

If you eat too much 12. _____ (about one gram per kilogram of weight), you can die. This was a method of ritual suicide in ancient China.

Glossary

Flea: A very small insect that can jump and that lives on and bites animals and people.

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a. ✎ Read the article. Complete the twelve facts with sugar or salt.

12 points

1	_____	**2**	_____	**3**	_____	**4**	_____
5	_____	**6**	_____	**7**	_____	**8**	_____
9	_____	**10**	_____	**11**	_____	**12**	_____

▸ **AUDIO 9.12** b Listen and check your answers.

c. ✎ Find these verbs in the article. What do they mean? How do you say them?

6 points. Write the meaning in your own words, and underline the stressed syllable.

Verb	What it means	Where the stress goes
introduce		
float		
collect		
order		
de-ice		
remove		

d. ● How many of the facts did you know? Which ones surprised you most?

⑨ Speaking and video: a tour of your kitchen

a. ✎ Complete the questionnaire with How much or How many.

8 points. Then answer it for yourself, and keep your answers for the video.

How much sugar and salt do YOU have in a day?

Sugar

1 _____ spoons of sugar do you put in your tea or coffee?
a three or more b two c one d none

2 _____ bottles or cans of Coke or other fizzy drinks do you drink a day?
a three or more b two c one d none

3 _____ fruit or fruit juice do you have a day?
a a lot b quite a lot c not much d none

4 _____ sweets or biscuits do you eat a week?
a a lot b not many c very few d none

Salt

5 _____ often do you add salt to your food at the table?
a always b often c sometimes d never

6 _____ takeaway food do you eat?
a a lot b quite a lot c not much d none

7 _____ bread do you eat a day?
a a lot b quite a lot c a little d none

8 _____ packets of crisps do you eat a week?
a a lot b quite a lot c a few d none

b. ▶ Your video: a tour of your kitchen

Three minutes, filmed on your phone, posted on our Facebook page.
Open your fridge and one cupboard, and tell us what is there. That is the whole task. You are not cooking and you are not tidying up first: we want the real one.

What has to be in it

☐ At least **eight** different foods or drinks, named in English.

☐ At least **four** of the containers from Part 5: *a bottle of, a carton of, a jar of, a packet of, a tin of, a box of, a can of*.

☐ Three sentences with **There is** or **There are**.

☐ One negative sentence with **There isn't any** or **There aren't any**.

☐ Two sentences with **a lot of**, **a little** or **a few**.

☐ One sentence saying which food in your kitchen has the most sugar or the most salt.

What to say

This is my fridge. There's a carton of milk and there are some eggs.
There isn't any fruit juice, because I drank it all yesterday.
There's a jar of jam here. It has a lot of sugar in it.
In this cupboard there are a few tins of tuna and a packet of rice.

Tip: *Speak slowly and hold the phone still. Nobody minds a mistake; everybody minds not being able to see what you are pointing at.*