

START IT!

▶ Let's eat! 4.1

Ah, food! So many types, shapes and colours. So many things to eat. Aren't we lucky? And do you know? A lot of foods are really good for you, too! Especially when they are fresh. You can find a number of foods all around the world. But everyone prepares food their own way and makes it something different and wonderful. Take bread, for example. There's nothing like hot fresh bread! Most people eat some type of bread for breakfast, lunch or dinner. Flatbreads are very popular in almost every country. This type of bread is thousands of years old! They are easy to make and you can put lots of things in, or on them. All you need is something very hot to cook them in! For example, tortillas from Mexico. You can use them for tacos or quesadillas. You can make tortillas yourself or you can buy them. In Turkey, people love eating "pide" or pita. These small, round breads get very big when they bake. You can eat them with meat or vegetables. Sometimes they are like pizza! In India and Burma people like eating very thin breads called 'paratha'. You can eat them with butter or curries. Look how this man makes them! Doesn't that look fun? Guess what: cooking is fun. And learning how to cook is so easy today. Ask your parents, grandparents or friends. Watch them cook. Take a cooking class. You can even learn online. And you can use your own food. You don't need a big garden. You can grow vegetables, like tomatoes and peppers, right next to your window. Now that's fresh! Remember: you are what you eat. So, what food do you eat?

LANGUAGE IN ACTION 1

▶ I like food! 4.2

Hey! On Sundays, my family goes to this food market in our town. It's really great. You can see the market's got some apples... and it's got some bread. Sometimes they haven't got any cheese at the market. But today they do! We can eat it with that bread. I think cheese is my favourite food. It's too bad they haven't got any bananas today. But I can have some fruit in another way. Smoothie. It's got milk, yogurt, blueberries and oranges in it. I'm happy I've got a smoothie now! Mmm. So good! Have you got a favourite food? Tell me about it in the comments!

Language in action

Countable and uncountable nouns

Which language does the vlogger use? Some nouns are countable: you can count them. For example: *one banana, an apple, two apples*. Other nouns are uncountable: you can't count them. For example: *bread, cheese, milk*. We use *a* or *an* with singular countable nouns.

I've got a smoothie now.

He hasn't got an apple.

Have you got a favourite food?

We use *some* with countable nouns and uncountable nouns in affirmative sentences.

The market's got some apples and it's got some bread.

We use *any* with plural countable nouns and uncountable nouns in negative sentences.

They haven't got any bananas today.
They haven't got any cheese.

And questions.

Have you got any apples?

Have you got any cheese?

Use it!

In pairs, take turns to tell your partner about the foods you've got or haven't got.

*I've got **one** banana.*

*I haven't got **any** chocolate.*

Now you try.

*I've got **some** water.*

*I've got **some** rice.*

*I've got **some** juice.*

*I've got **an** apple.*

*I've got **some** carrots.*

*I haven't got **any** eggs.*

LANGUAGE IN ACTION 2

4.3 How healthy are you?

There's a quiz on this website. *How healthy are you?* Let's try it! One. *Do you eat healthy snacks or unhealthy snacks?*
Oh, uh, I eat healthy snacks. There are a lot of vegetables in our fridge. There's some dark chocolate, but there aren't many unhealthy snacks. Look. There are two carrots in this juice, and an apple, and some orange juice.
Two. *How much exercise do you get each day?*
Oh, I haven't got much time for exercise.
Three. *How much sleep do you get each night?*
I get a lot of sleep. I sleep nine to ten hours a night. OK. I'm pretty healthy, but I need to exercise more! Gotta run!

Language in action

there is/isn't/there are/aren't

Which language does the vlogger use? We use *there is* with countable singular and uncountable nouns.

There's a quiz on this website.
There's some dark chocolate.

We use *there are* with countable plural nouns.

There are two carrots in this juice.

We use *there isn't* or *there aren't* for negative sentences.

There isn't a quiz in the magazine.

There isn't any dark chocolate.

There aren't any bananas in this drink.

much/many/a lot of

We use *a lot of* to talk about quantity.

There are a lot of vegetables in our fridge.
I get a lot of sleep.

We use *many* and *much* in negative sentences and questions.

But there aren't many unhealthy snacks.

How many bananas are there?

I haven't got much time for exercise.
How much exercise do you get each day?

Use it!

Which words do you use with *much* or *many*?

Many: people, hours, meals

Much: water, time, sleep