1 SNAPSHOT

Favorite Ethnic Dishes

KOREA
- Bulgogi: Beef marinated with soy sauce and other spices

BRAZIL
- Feijoada: A dish made of black beans, garlic, spices, and pork

SINGAPORE
- Fish Head Curry: A dish made from a fish head cooked in a rich curry sauce

LATIN AMERICA
- Ceviche: Raw seafood marinated in lime juice and chili peppers

Sources: Fodor’s South America; Fodor’s Southeast Asia; www.globalgourmet.com

Which dishes are made with meat? with fish or seafood?

Have you ever tried any of these dishes? Which ones would you like to try?

What ethnic foods are popular in your country?

2 CONVERSATION  Have you ever . . . ?

A Listen and practice.

Steve: Hey, this sounds strange – snails with garlic. Have you ever eaten snails?
Kathy: Yes, I have. I had them here just last week.
Steve: Did you like them?
Kathy: Yes, I did. They were delicious! Why don’t you try some?
Steve: No, I don’t think so.
Waiter: Have you decided on an appetizer yet?
Kathy: Yes. I’ll have a small order of the snails, please.
Waiter: And you, sir?
Steve: I think I’ll have the fried brains.

B Listen to the rest of the conversation. How did Steve like the fried brains? What else did he order?
PRONUNCIATION  Consonant clusters

A  Listen and practice. Notice how the two consonants at the beginning of a word are pronounced together.

<table>
<thead>
<tr>
<th>/k/</th>
<th>/t/</th>
<th>/m/</th>
<th>/n/</th>
<th>/p/</th>
<th>/r/</th>
<th>/l/</th>
</tr>
</thead>
<tbody>
<tr>
<td>skim</td>
<td>start</td>
<td>smart</td>
<td>snack</td>
<td>spare</td>
<td>brown</td>
<td>blue</td>
</tr>
<tr>
<td>scan</td>
<td>step</td>
<td>smile</td>
<td>snow</td>
<td>speak</td>
<td>gray</td>
<td>play</td>
</tr>
</tbody>
</table>

B Pair work  Find one more word on page 22 for each consonant cluster in part A. Then practice saying the words.

GRAMMAR FOCUS

Simple past vs. present perfect

Use the simple past for completed events at a definite time in the past. Use the present perfect for events within a time period up to the present.

Have you ever eaten snails?  Yes, I have. I tried them last month.
Did you like them?  Yes, I did. They were delicious.

Have you ever been to a Vietnamese restaurant?  No, I haven’t. But I ate at a Thai restaurant last night.
Did you go alone?  No, I went with some friends.

A Complete these conversations. Then practice with a partner.

1. A: Have you ever ............ (be) to a picnic at the beach?
   B: Yes, I ............ . We ............ (cook) hamburgers.

2. A: Have you ............ (try) sushi?
   B: No, I ............ , but I’d like to.

3. A: Did you ............ (have) breakfast today?
   B: Yes, I ............ . I ............ (eat) a huge breakfast.

4. A: Have you ever ............ (eat) Mexican food?
   B: Yes, I ............ . In fact, I ............ (eat) some just last week.

5. A: Did you ............ (drink) coffee this morning?
   B: Yes, I ............ . I ............ (have) some on my way to work.

B Pair work  Ask and answer the questions in part A. Give your own information.

LISTENING  What are they talking about?

Listen to six people ask questions about food and drink in a restaurant. Check (✓) the item that each person is talking about.

1. ❑ water  2. ❑ a meal  3. ❑ soup  4. ❑ coffee  5. ❑ cake  6. ❑ the check
   ❑ bread  ❑ a plate  ❑ pasta  ❑ the meat  ❑ coffee  ❑ the menu

I’ve never heard of that! • 23
**SPEAKING**  *Tell me more!*

*Pair work* Ask your partner these questions and four more of your own. Then ask follow-up questions.

Have you ever been on a diet?
Have you ever tried ethnic food?
Have you ever been to a vegetarian restaurant?
Have you ever eaten something you didn’t like?

A: Have you ever been on a diet?
B: Yes, I have.
A: Did you lose any weight?
B: No, I didn’t. I actually gained weight!

**INTERCHANGE 4**  *Risky business*

Find out some interesting facts about your classmates.
Go to Interchange 4.

**WORD POWER**  *Cooking methods*

**A** How do you cook the foods below? Check (✓) the methods that are most common in your country. Then compare with a partner.

<table>
<thead>
<tr>
<th>Methods</th>
<th>Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>fish</td>
</tr>
<tr>
<td>bake</td>
<td>✓</td>
</tr>
<tr>
<td>fry</td>
<td></td>
</tr>
<tr>
<td>roast</td>
<td></td>
</tr>
<tr>
<td>boil</td>
<td></td>
</tr>
<tr>
<td>barbecue</td>
<td></td>
</tr>
<tr>
<td>steam</td>
<td></td>
</tr>
</tbody>
</table>

**B**  *Pair work* What’s your favorite way to cook or eat the foods in part A?

A: Have you ever steamed fish?
B: No, I haven’t. I prefer to bake it.
A Listen to this recipe for Elvis Presley’s favorite peanut butter and banana sandwich.

3 tablespoons peanut butter  2 slices of bread
1 banana, mashed           2 tablespoons butter, melted

First, mix the peanut butter and mashed banana together.
Then lightly toast the slices of bread.
Next, spread the peanut butter and banana mixture on the toast.
After that, close the sandwich and put it in a pan with melted butter.
Finally, fry the bread until it’s brown on both sides.

B Pair work Look at the steps in the recipe again. Number the pictures from 1 to 5. Would you like to try Elvis’s specialty?

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10 GRAMMAR FOCUS

Sequence adverbs

First, mix the peanut butter and banana together.
Then toast the slices of bread.
Next, spread the mixture on the toast.
After that, put the sandwich in a pan with melted butter.
Finally, fry the sandwich until it’s brown on both sides.

A Here’s a recipe for barbecued kebabs. Look at the pictures and number the steps from 1 to 5. Then add a sequence adverb to each step.

□ ............... put the meat and vegetables on the skewers.
□ ............... put charcoal in the barbecue and light it.
□ ............... take the kebabs off the barbecue and enjoy!
□ ............... put the kebabs on the barbecue and cook for 10 to 15 minutes, turning them over from time to time.
□ ............... cut up some meat and vegetables. Marinate them for 20 minutes in your favorite barbecue sauce.

B Pair work Cover the recipe and look only at the pictures. Explain each step of the recipe to your partner.
LISTENING  Tempting snacks

A  Listen to people explain how to make these snacks. Which snack are they talking about? Number the photos from 1 to 4.

A: [Listen to the audio and number the photos accordingly.]

B  Pair work  Choose one of the recipes you just heard about. Can you remember how to make it? Tell your partner.

SPEAKING  My favorite snack

Group work  Take turns describing how to make your favorite snack. Then tell the class about the most interesting one.

A: What’s your favorite snack?
B: Well, I like to make . . .
C: How do you make it?
B: First, you . . .

WRITING  A recipe

A  Read this recipe for a popular Hawaiian dish. Notice how the information is divided into a list of ingredients and how to make the dish.

Lomi Lomi Salmon

From the kitchen of

1/4 cup shredded salmon, uncooked  1 green pepper, diced
1 white onion, chopped  3/4 cup vinegar
2 green onions, sliced  2 tablespoons sugar
2 tomatoes, diced  salt and pepper, to taste

Mix all ingredients together in a bowl. Cover and refrigerate overnight. Eat with rice as a light meal or on crackers as an appetizer.

B  Now think of a dish you know how to make. First, write down the ingredients you need. Then describe how to make the dish.

C  Group work  Read and discuss each recipe. Then choose the most interesting recipe to share with the class.
We often eat to calm down or cheer up when we’re feeling stressed or depressed. Now new research suggests there’s a reason: Food changes our brain chemistry. These changes powerfully influence our moods. But can certain foods really make us feel better? Nutrition experts say yes. But what should we eat and what should we avoid? Here are the foods that work the best, as well as those that can make a bad day worse.

**To Outsmart Stress**

**What’s good?** Recent research suggests that foods that are high in carbohydrates, such as bread, rice, and pasta, can help you calm down. Researchers say that carbohydrates cause the brain to release a chemical called serotonin. Serotonin makes you feel better.

**What’s bad?** Many people drink coffee when they feel stress. The heat is soothing and the caffeine in coffee might help you think more clearly. But if you drink too much, you may become even more anxious and irritable.

**To Soothe the Blues**

**What’s good?** Introduce more lean meat, chicken, seafood, and whole grains into your diet. These foods have a lot of selenium. Selenium is a mineral that helps people feel more relaxed and happy. You can also try eating a Brazil nut every day. One Brazil nut contains a lot of selenium.

**What’s bad?** When they’re feeling low, many people turn to comfort foods – or foods that make them feel happy or secure. These often include things like sweet desserts. A chocolate bar may make you feel better at first, but within an hour you may feel worse than you did before.

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**A** Read the article. The sentences below are false. Correct each sentence to make it true.

1. We often eat when we feel calm.
2. You should drink coffee to relieve stress.
3. Foods like chicken and seafood are high in carbohydrates.
4. Carbohydrates cause the brain to release selenium.
5. Serotonin makes you feel more anxious and irritable.
6. People usually eat comfort foods when they’re feeling happy.
7. You shouldn’t eat more than one Brazil nut a day.
8. Chocolate will make you feel better.

**B** Pair work What foods do you eat to feel better? After reading the article, which of the advice will you follow?
SURVEY  Food experiences

A Complete the survey with your food opinions and experiences. Then use your information to write questions.

<table>
<thead>
<tr>
<th>Me</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I’ve tried ______________________ , but I didn’t really like it. Have you ever tried ______________________ ? What did you think of it? ______________________</td>
<td></td>
</tr>
<tr>
<td>2. One of the best foods I’ve ever eaten is ______________________ . Is ______________________ one of the best foods you’ve ever eaten? ______________________</td>
<td></td>
</tr>
<tr>
<td>3. One of the worst foods I’ve ever eaten is ______________________ . ______________________</td>
<td></td>
</tr>
<tr>
<td>4. I’ve never tried ______________________ , but I’d like to. ______________________</td>
<td></td>
</tr>
<tr>
<td>5. I’ve made ______________________ for my friends and family. ______________________</td>
<td></td>
</tr>
</tbody>
</table>

B Class activity  Go around the class and ask your questions. Find people who have the same opinions and experiences. Write a classmate’s name only once.

A: Have you ever tried peanut butter?
B: Yes, I have.
A: What did you think of it?
B: I didn’t really like it.

ROLE PLAY  Iron Chef

Group work  Work in groups of four. Two students are the judges. Two students are the chefs.

Judges: Think of a list of three ingredients for the chefs to use. You will decide which chef creates the best recipe.

Chefs: Think of a recipe using the three ingredients the judges give you and other basic ingredients. Name the recipe and describe how to make it.

“My recipe is called . . . . To make it, first you . . . . Then . . . . Next, . . . .”

Change roles and try the role play again.

WHAT’S NEXT?

Look at your Self-assessment again. Do you need to review anything?
3  APARTMENT FOR RENT

A Listen to two people call about apartment advertisements.
Do you think the woman is going to rent the apartment?  Yes  No
Do you think the man is going to rent the apartment?  Yes  No

B Listen again. Which adjectives best describe each apartment?
Write 1 for the first apartment or 2 for the second apartment.

<table>
<thead>
<tr>
<th>bright</th>
<th>dark</th>
<th>noisy</th>
<th>quiet</th>
<th>safe</th>
</tr>
</thead>
<tbody>
<tr>
<td>dangerous</td>
<td>expensive</td>
<td>old</td>
<td>reasonable</td>
<td>spacious</td>
</tr>
</tbody>
</table>

4  HAVE YOU TRIED IT?

A Listen to two people shop for food. What foods have they tried?
Write H for Heidi or P for Peter.

ceviche  red chili peppers  Thai fried noodles  coconut curry

B Listen again. How do you make ceviche? Number the pictures from 1 to 5.

5  VACATION PLANS

A Listen to Cynthia discuss her vacation plans with Paul.
Check (✓) the things she talks about doing.

- fishing
- camping
- shopping
- going abroad
- staying home
- going to the beach
- seeing another city
- taking cooking lessons
- going to the mountains

B Listen again. For each activity you checked, write Paul’s advice.

1. ........................................................
2. ........................................................
3. ........................................................
4. ........................................................
5. ........................................................