

4 I've never heard of that!

1 **SNAPSHOT**

Favorite Ethnic Dishes			
South Korea 	Brazil 	Morocco 	Singapore 
Bulgogi Beef marinated with soy sauce and other spices	Feijoada A dish made of black beans, garlic, spices, and meat	Lamb Tagine A stew of vegetables, lamb, fruit, and spices cooked in a clay dish	Fish Head Curry A dish made from a fish head cooked in a rich curry sauce

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

Which dishes are made with meat? with fish?
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.

Server: Have you decided on an appetizer yet?

Kathy: Yes. I'll have a small order of the snails, please.

Server: And you, sir?

Steve: I think I'll have the fried brains.

Kathy: Fried brains? I've never heard of that!
It sounds scary.

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



3

PRONUNCIATION Consonant clusters

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

/k/	/t/	/m/	/n/	/p/	/r/	/l/
skim	start	smart	snack	spare	brown	blue
scan	step	smile	snow	speak	gray	play

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

4

GRAMMAR FOCUS**Simple past vs. present perfect**

Use the simple past for experiences at a definite time in the past.

Use the present perfect for experiences 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.

- A: Have you ever *been* (be) to a picnic at the beach?
B: Yes, I My family and I (have) a picnic on the beach last month. We (cook) hamburgers.
- A: Have you ever (try) sushi?
B: No, I , but I'd like to.
- A: Did you (have) breakfast today?
B: Yes, I I (eat) a huge breakfast.
- A: Have you ever (eat) Mexican food?
B: Yes, I In fact, I (eat) some just last week.
- 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.



5

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. <input type="checkbox"/> water | 2. <input type="checkbox"/> a meal | 3. <input type="checkbox"/> soup | 4. <input type="checkbox"/> coffee | 5. <input type="checkbox"/> cake | 6. <input type="checkbox"/> the check |
| <input type="checkbox"/> bread | <input type="checkbox"/> a plate | <input type="checkbox"/> pasta | <input type="checkbox"/> meat | <input type="checkbox"/> coffee | <input type="checkbox"/> the menu |

6

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 drunk fresh coconut juice?

Have you ever been to a vegetarian restaurant?

Have you ever had an unusual ice-cream flavor?

Have you ever eaten something you didn't like?

A: Have you ever drunk fresh coconut juice?

B: Yes, I have.

A: Did you like it?

B: Yes, I did. Actually, I ordered a second one!



7

INTERCHANGE 4 *Is that so?*

Find out some interesting facts about your classmates. Go to Interchange 4 on page 117.

8

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.



bake



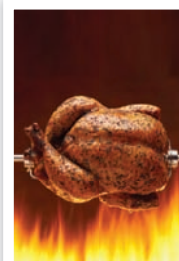
boil



fry



grill



roast



steam

Methods	Foods								
	fish	shrimp	eggs	chicken	beef	potatoes	onions	eggplant	bananas
bake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
boil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
fry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
grill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
roast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
steam	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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 sandwich. Do you think this is a healthy snack?

SANDWICHES



Peanut butter and banana

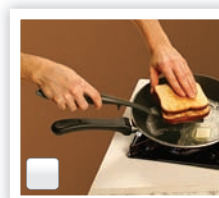
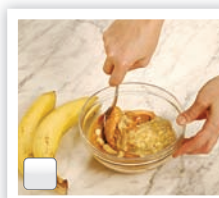
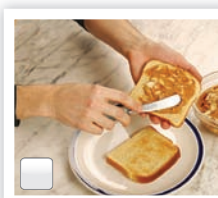
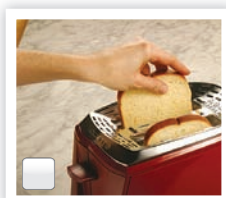
3 tablespoons peanut butter
1 banana, mashed
2 slices of bread
2 tablespoons butter, melted

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.

SANDWICHES

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?

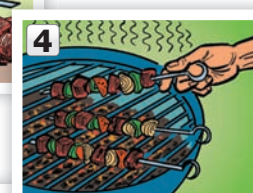


Sequence adverbs

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 butter.
Finally, fry the sandwich until it's brown on both sides.


A Here's a recipe for grilled 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.
- ☒ 1 First, put charcoal in the grill and light it.
- ☐ take the kebabs off the grill and enjoy!
- ☐ put the kebabs on the grill 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 sauce.



B PAIR WORK Cover the recipe and look only at the pictures. Explain each step of the recipe to your partner.

11 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. (There is one extra photo.)



a bagel



cookies



guacamole



pizza



popcorn

B PAIR WORK Choose one of the snacks you just heard about. Tell your partner how to make it.

12 SPEAKING My favorite snack

GROUP WORK Discuss these questions.

What's your favorite snack?

Is it easy to make?

What's in it?

When do you eat it?

How often do you eat it?

How healthy is it?

"My favorite snack is ramen. It's very easy to make. First, . . ."



13 WRITING A recipe

A Read this recipe. Is this an easy recipe to make?

Spicy Salsa

half an onion

2 chili peppers

5 tomatoes

a small bunch of cilantro

salt and pepper

1 lemon

First, chop the onion, chili peppers, tomatoes, and cilantro. Put in a bowl. Next, add salt and pepper. Then squeeze some fresh lemon juice in the bowl. After that, mix everything together and refrigerate for one hour. Enjoy with tortilla chips.



B Now think of something you know how to make. First, write down the things you need. Then describe how to make it.

C GROUP WORK Read and discuss each recipe. Then choose one to share with the class. Explain why you chose it.

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Skim the article. Then check (✓) the main idea.
☐ Certain foods cause stress and depression. ☐ Certain foods affect the way we feel.

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 warmth 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.



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. Brazil nuts don't contain much selenium.
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 suggestions will you follow?