

2

I can use kitchen object words and cooking verbs.



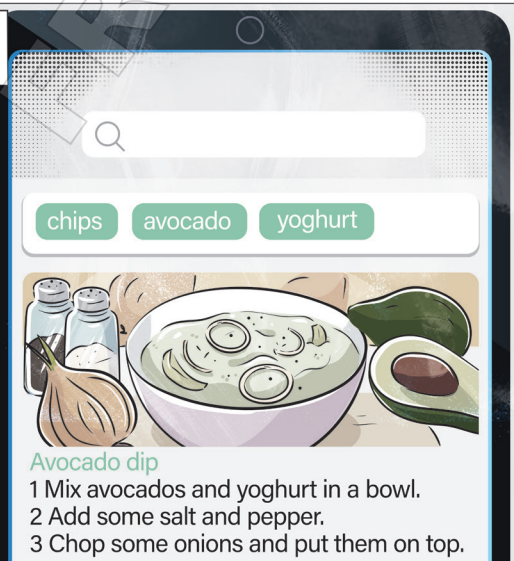
- Notatki

2

[illegible]

I can use a/an, some, any, a lot of to talk about food.

FILM NIGHT SNACKS



1 _____

2 1 What time do the friends meet?

2 What food does Emily find in the cupboard?

3 What does Emily's app do?

4 What ingredients do they use to make their dip?

5 What do they eat with the dip?

- 4
- 1 There's _____
 - 2 There are _____
 - 3 There aren't _____
 - 4 There isn't _____

- a any sandwiches.
- b a bottle of olive oil.
- c some crisps.
- d any fruit juice.

- 5
- 1 There are _____ vegetables in the fridge.
 - 2 There isn't _____ lemonade.
 - 3 There aren't _____ biscuits in the cupboard.
 - 4 There's _____ strawberry jam.

- 6
- bread cakes eggs fruit
orange juice potatoes tuna fish



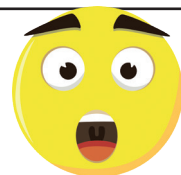
Hummus
– uncountable!

Learning zone



Fast finishers

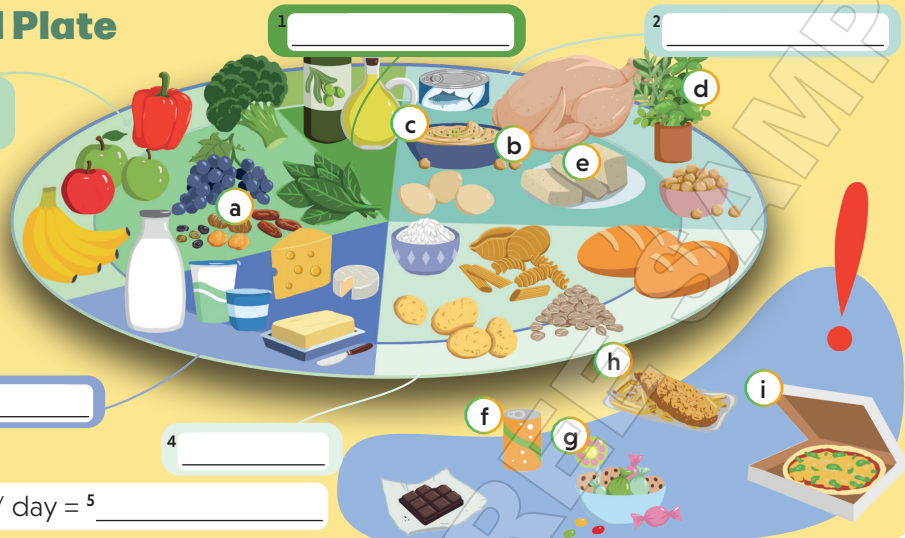
There are two in chocolate, and there's one in orange juice. There aren't any in sandwiches. What is it?



I can understand and use personality adjectives.

Eatwell Plate

fruit and vegetables



5 x / day = 5 _____

1 _____

Talking about food

___ carbs • ___ dairy •
 ___ five-a-day • ___ oil and fat •
 ___ protein

Food choices

___ chickpeas • ___ dried fruit •
 ___ fast food • ___ fatty food •
 ___ fizzy drink • ___ herb •
 ___ hummus • ___ sweet • ___ tofu

5

6

- 1 Jason and his family eat fish with _____.
- 2 Both Jason and Julia eat _____ at home.
- 3 Jason and his dad make _____.
- 4 Jason says there's a lot of _____ in chips.
- 5 Julia's mum says Julia can't have _____ drinks at home.

Healthy food/drink

herbs

Unhealthy food/drink

Meat alternatives

I can use many, much, how many and how much to talk and ask about food.

- 1 There isn't _____ protein in chocolate.
- 2 There aren't _____ carbs in eggs.
- 3 There isn't _____ sugar in yoghurt.
- 4 There isn't _____ salt in tofu.
- 5 There aren't _____ healthy ingredients in fast food.

- 3 1 there many unhealthy ingredients are ?

- 2 much is sugar there ?

- 3 carbs there many are ?

- 4 much is there salt ?

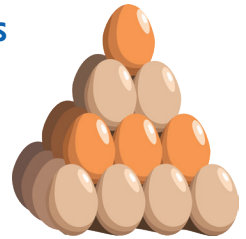
4

6

- 1 _____ biscuits do you eat every week?
- 2 _____ salt do you put on your food?
- 3 _____ red meat do you eat?
- 4 _____ fizzy drinks do you drink every week?
- 5 _____ chocolate do you eat?



Fast finishers



Notatki

I can make and respond to requests.

Rafael: Ana, look! Ms Adams' birthday is tomorrow.

Ana: Let's have a party.
A surprise party!

Rafael: Ok! **Can you bring a cake?**

Ana: **Yes, sure.** My mum makes great cakes. **Could you buy a big birthday card?**

Rafael: **No problem.** I know a cool card shop.

Ana: Great! **Would you mind making sandwiches for the party?**

Rafael: **Sorry, but I don't think that's a good idea.** There are 24 students in our class. I think a cake and a card are fine.

Ana: Ok ... **Can you buy some crisps?**

Rafael: I'm sorry, but I can't. I haven't got any money.

Ms Adams: Is everything all right you two?

Rafael: Fine, thanks, bye!

Ana: See you tomorrow!

3 saying 'no' to a request

3 1 A: Could _____ bring some hummus?

B: _____ problem.

2 A: Would you _____ making a chocolate cake for the party?

B: Sorry, but I _____ think that's a good idea. Sugar is bad for you!

3 A: _____ you buy some fruit juice?

B: Yes, _____.

4 1 balloons you can bring ?

2 salad mind making you would a ?

3 cake you could a buy ?

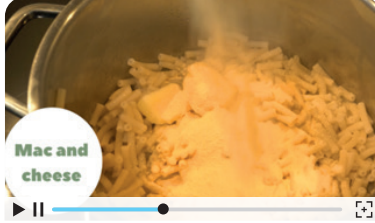
5 a birthday party a family party
a picnic in the park a school party
food for a school trip

2 1 making a request

2 saying 'yes' to a request

I can understand a text about dishes from different countries.

- 1 a Italy
b the USA
c Australia



- 3 1 Spanakorizo _____
2 Shakshuka _____
3 Bibimbap _____

Healthy dishes



Hi, guys! What is a healthy dish from your country?

Spanakorizo is a healthy dish from Greece. You mix spinach, onions and rice, and add some herbs and **lemon** juice. There are carbs in rice, and a lot of **vitamins** in spinach. People eat it for lunch or dinner. There isn't any meat in it, so it's great for vegetarians. 🌱🌱



Maria, Greece



b



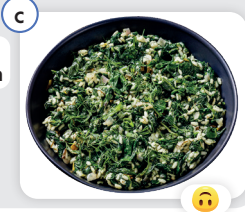
Glossary

extra – dodatkowy
garlic – czosnek
lemon – cytryna
vitamin – witamina

Bibimbap is a dish we eat at New Year. It's a bowl with rice and different types of vegetables, like carrots, mushrooms and cucumber. People usually add meat and an egg, but you can make it with tofu, too. It's healthy because it's got everything – protein, carbs and fat. 😊



Do-yun, South Korea



Shakshuka is a popular breakfast in my country. It's easy to make. You fry onions 🧅, **garlic** 🧄, red pepper 🌶️ and tomatoes 🍅 in a frying pan, and then cook eggs on top. There's protein in the eggs, and a lot of healthy fats. Eat it with bread for **extra** carbs. It's delicious!



Karim, Tunisia

4

1
Spanakorizo

Meal/Day

lunch or dinner

Ingredients

Why it's healthy

2
Shakshuka

onions, garlic, _____

3
Bibimbap

protein, carbs and fat

Hi, guys! Welcome back to my blog!

a _____
Today's dish is a healthy chicken stir-fry! There are a lot of vegetables in a stir-fry, so it's a great way to get one of your five-a-day. There isn't much fat in chicken and there's a lot of protein!



b _____

- 500g of vegetables (carrots, broccoli, mushrooms ...)
- oil
- 200g of chicken

[Click here to find out how to make a stir-fry sauce!](#)

c _____

- Slice your vegetables and chop your chicken.
- Fry the chicken in hot oil in a big frying pan. Put it on a plate.
- Cook the vegetables in the frying pan.
- Add the chicken and stir-fry sauce and mix everything together!

Enjoy!

- 1 ingredients
- 2 how to make your stir-fry
- 3 what's cooking today

Healthy porridge yoghurt!

Ingredients

- 25g of oats
- 150g of yoghurt with no fat
- a banana



1 are There carbs some and protein
some there's

2 much fat isn't There and sugar isn't there much.

How to make your porridge yoghurt:

- 1 Mix the oats with 200ml of water.
 - 2 Boil the oats and water for four minutes.
 - 3 Add the yoghurt to the hot porridge and mix.
 - 4 Slice your banana and put it on the porridge.
- Enjoy!

5

[illegible]

Revision of lessons 1–7.

- 1**
- 1 a carton of _____
 - 2 a mug of _____
 - 3 a tin of _____
 - 4 a jar of _____
- a jam, mayonnaise
b orange juice, milk
c hot chocolate, tea
d tuna, beans

___ /4 points



- 2**
- 1 _____ some bread.
 - 2 Mix the ingredients in a _____.
 - 3 Boil or _____ some vegetables.

___ /3 points

- 3**
- 1 Fatty food and f _____ drinks aren't healthy.
 - 2 It's important to eat carbs, fats, and p _____.
 - 3 Tofu is a good meat a _____.
 - 4 D _____ fruit is a healthy snack.

___ /4 points

Notatki _____

- 4**
- 1 There's _____ hummus in the fridge.
a any b some c an
 - 2 There aren't _____ herbs in this dish.
a a b some c any
 - 3 I'm hungry. Is there _____ cake?
a some b any c a
 - 4 There are _____ carbs in bread.
a a lot of b a c any

___ /4 points

- 5**
- 1 How _____ sandwiches are there?
 - 2 Is there _____ meat in your diet?
 - 3 There aren't _____ vitamins in sweets.
 - 4 How _____ rice do you eat?
 - 5 There isn't _____ fat in tuna.

___ /5 points

6 buying can make problem
 sorry sure

- A:** It's mum's birthday next week.
Could you ¹ _____ a cake?
- B:** I'm ² _____, but I can't.
- A:** ³ _____ you buy a cake then?
- B:** Yes, sure.
- A:** Would you mind ⁴ _____ some flowers, too?
- B:** No ⁵ _____.

___ /5 points

Kitchen objects



bowl	miska
can	puszka (np. na napój)
carton	karton
frying pan	patelnia
jar	słoik
mug	kubek
plate	talerz
tin	puszka (np. na konserwę)

Cooking words



add	dodawać
boil	gotować
chop	siekać
fry	smażyć
mix	mieszać
slice	kroić
steam	gotować na parze

Talking about food



carbs	węglowodany
dairy	nabiał
five-a-day	owoc lub warzywo pięć razy dziennie
oil and fat	olej i tłuszcz
protein	białko

Food choices



chickpeas	ciecierzyca
dried fruit	suszone owoce
fast food	śmieciowe jedzenie
fatty food	łuste jedzenie
fizzy drink	napój gazowany
herb	zioło
hummus	humus
sweet	cukierek, słodycz
tofu	tofu

Real English



Sounds good!	Brzmi dobrze!
Careful!	Ostrożnie!
Brilliant idea!	Genialny pomysł!

Making and responding to requests



Can you (bring a cake)?	Czy możesz (przynieść ciasto)?
Yes, sure.	Tak, oczywiście.
Could you (buy a big birthday card)?	Czy mógłbyś/ mogłabyś (kupić dużą kartę urodzinową)?
No problem.	Żaden problem.
Would you mind (making sandwiches for the party)?	Czy miałbyś/miałabyś coś przeciwko (zrobieniu kanapek na przyjęcie)?
Sorry, but I don't think that's a good idea.	Przepraszam, ale myślę, że to nie jest dobry pomysł.
I'm sorry, but I can't.	Przepraszam, ale nie mogę.

1

A/an, some, any, a lot of

Countable nouns



Rzeczowniki policzalne mają liczbę pojedynczą i mnogą. Możemy użyć przed nimi:

a/an

→ There is **a** mug.

liczebnika

→ There are **three** mugs.

some

(gdy nie wiemy, ile dokładnie czegoś jest)

→ There are **some** bowls.

a lot of

(gdy czegoś jest dużo)

→ There are **a lot of** clean mugs.

W przeczeniach użyj:

a/an (liczba pojedyncza)

→ There isn't **a** clean mug.

any (liczba mnoga)

→ There aren't **any** biscuits.

W pytaniach użyj:

a/an (liczba pojedyncza) → Is there **a** clean mug?

any (liczba mnoga) → Are there **any** clean mugs?

Uncountable nouns



Rzeczowniki niepoliczalne nie mają liczby mnogiej. Możemy użyć przed nimi:

some

→ There is **some** butter.

a lot of (gdy czegoś jest dużo)

→ There is **a lot of** flour.

W przeczeniach użyj:

any

→ There isn't **any** flour.

W pytaniach użyj przed rzeczownikiem:

any

→ Is there **any** cheese?

Jeśli użyjesz nazwy pojemnika lub naczynia przed rzeczownikiem niepoliczalnym, możesz użyć przed nią **a/an**. Porównaj:

→ There is **some** cheese.

→ There is **a** plate of cheese.

Many/Much, how many / how much

Countable nouns



Aby zapytać, czy czegoś jest dużo, użyj **many** przed rzeczownikiem w liczbie mnogiej.

→ Are there **many** plates?

Użyj **not many**, aby powiedzieć, że czegoś jest niewiele.

→ There **aren't many** plates.

Jeśli chcesz zapytać, ile czegoś jest, zacznij pytanie od **How many**. W odpowiedzi użyj liczebnika.

→ **How many** plates are there?

→ There are **eight** plates.

Uncountable nouns



Jeśli chcesz zapytać, czy czegoś jest dużo, użyj **much** przed rzeczownikiem niepoliczalnym.

→ Is there **much** milk?

Użyj **not much**, aby powiedzieć, że czegoś jest mało.

→ There **isn't much** milk.

Jeśli chcesz zapytać, ile czegoś jest, zacznij pytanie od **How much**. W odpowiedzi możesz użyć **some** lub **a lot of**.

→ **How much** milk is there?

→ There is **a lot of** milk.

Project



AUDIO 02

1 02 Posłuchaj nagrania. Zgodnie z jego treścią uzupełnij zdania 1–5.

- Alice and Tim can meet at _____ o'clock.
- Alice's recipe for the salad is _____.
- There are lemons and honey in the _____.
- There isn't any _____ in Tim's fridge.
- There are some _____ in Alice's cupboard.

___ /5 points

2 W każdym zestawie skreśl jeden wyraz, który nie pasuje do wyrażenia.

- a tin of **sardines** / **tuna** / **soda**
- a bowl of **soup** / **fish** / **cereal**
- a jar of **milk** / **honey** / **jam**
- slice some **cheese** / **bread** / **water**
- fry the **pancakes** / **flour** / **meat**

___ /5 points

3 Przeczytaj zdania i zakreśl właściwe odpowiedzi.

- There are **some** / **any** avocados in the fridge.
- There aren't **an** / **any** eggs on the plate.
- Are there **a lot of** / **any** cartons of juice in the cupboard?
- There is **an** / **some** yoghurt in the bowl.
- Is there **a** / **a lot of** can of beans in the kitchen?

___ /5 points

4 Podpisz zdjęcia 1–5 wyrażeniami z ramki. Uwaga! Jedno wyrażenie zostało podane dodatkowo.

herbs dried fruit carbs dairy
chickpeas fizzy drink

- _____
- _____
- _____
- _____
- _____

___ /5 points

5 Uzupełnij tekst. Użyj *much* lub *many*.

HEALTHY U RESTAURANT

Come to us and have a healthy meal!

- there isn't ¹ _____ meat in our menu;
- there aren't ² _____ unhealthy ingredients;
- there isn't ³ _____ salt in our dishes;
- there aren't ⁴ _____ fizzy drinks in our offer.
- So, are there ⁵ _____ tasty meals? Oh, yes, a lot!

___ /5 points

- 6 Przeczytaj teksty o dwóch różnych daniach. Uzupełnij zdania. W każdą lukę wpisz jeden wyraz.

Emily's blog

My favourite dish is a mixed vegetable omelette. It's easy to make. You just make an omelette, chop and fry the vegetables, and then you put the vegetables inside the omelette. It's very healthy because there's a lot of protein in the eggs and there are a lot of vitamins in the vegetables.

Liam's blog

My favourite dish is chicken curry. The basic ingredient is chicken, of course. My mum fries it with tomatoes and coconut milk. Then she adds some herbs and spices. She cooks all the ingredients for about 15 minutes. It's delicious!

- 1 Emily's favourite dish is an omelette with _____.
- 2 You need to chop and then _____ the vegetables.
- 3 There is a lot of _____ in the omelette because there are eggs.
- 4 Chicken is the basic _____ of Liam's favourite dish.
- 5 Liam's mum adds _____ and spices to the chicken curry.

___ /5 points

- 7 Uzupełnij dialog. W każdą lukę wpisz jeden wyraz.

- Mike, let's prepare supper for Mum and Dad.
- Good idea! ¹ _____ you make a tuna salad?
- ² _____, sure. There's some tuna, corn and pineapple, so I've got everything I need. ³ _____ you make some lemonade?
- No ⁴ _____. Hope there are some lemons in the fridge.
- Yes, there are. I'll prepare the plates. ⁵ _____ you mind slicing the bread?

___ /5 points

- 8 Przeczytaj wpis na blogu, następnie uzupełnij go brakującymi wyrazami. W każdą lukę wpisz jeden wyraz.

Hi guys,
Today's ¹ _____ is banana and chia pudding. There isn't ² _____ sugar in it – it's only sweetened with fruit, so it's really healthy. There are only three ³ _____: banana, milk and chia seeds. Ready? Blend the banana with some milk. ⁴ _____ the chia seeds and mix everything together. Pour the pudding into a ⁵ _____ and put it in the fridge for 20 minutes.
Enjoy!

___ /5 points

Total: ___ /40 points