

1 Choose the correct options to complete the sentences.

- All doctors agree that food that is (high in) / low in salt is unhealthy.
- Look, there are lots of oranges in the shops now, they must be *in season* / *organic*.
- A new range of pre-cooked meals without any *preservatives* / *bland* has just been launched for healthy eaters.
- I know *fatty* / *ready* meals are considered unhealthy, but sometimes I just don't have time to cook.
- All the *produce* / *preservatives* sold at the farmers' market is fresh and organic.
- I'm sure in a few years' time more *rich* / *organic* vegetables will be sold because they're healthier.
- I'm sorry but this piece of meat looks very *bland* / *fatty*, could I have that one?
- The children are not allowed to eat *ready meal* / *junk food* at school, so they can't take in sweets or fizzy drinks.

2 Complete the text with the words in the box.

free freshly gluten home locally pan
slow sun

Last night I enjoyed a superb dinner at the newly opened Fishy restaurant. All the fish that is served is ¹ locally -sourced by fishermen that live in the village. As soon as we sat down we were offered ² _____ baked bread rolls which were still warm from the oven. I had the ³ _____ -fried salmon which was accompanied with fresh vegetables. My friend enjoyed ⁴ _____ -roasted sea bass which came with a ⁵ _____ -dried tomato and green leaf salad. However, the vegetarian option of ⁶ _____ -range egg omelette also looked tempting. There were a variety of ⁷ _____ made desserts, so I chose the raspberry cheesecake and my friend, who has a few allergies, went for the ⁸ _____ -free chocolate tart. With a friendly atmosphere and good service, I can highly recommend this place.

3 Reorder the words to complete the sentences.

- don't let / OK everyone / in / the food / get cold / tuck
OK everyone, tuck in! Don't let the food get cold.
- easy / go / we / too sour / don't want it / the lemon, / on
Go _____
- this / slice / halves / go / is huge, / of cake / let's
This _____
- Mum / starving! / I could / a horse / I'm / eat
Mum _____

- love / tooth, / any kind of / have a / I / pudding / very sweet / or cake
I _____
- I'm sorry, / I can't eat / bigger than / I'm afraid / anymore. / my eyes are / my stomach
I'm _____
- give you / coffee, / here / when / let me / say / some more
Here, _____
- the steak / the house / was overcooked, / this dessert / I'm sorry / is on
I'm _____

4 Complete the conversation with the words from the box.

bland eyes are bigger fatty gluten-free go
halves in season organic rich rip-off tuck in

- Oliver:** I'm starving! Let's ¹ tuck in!
- Joy:** Oh, that's good! How is your steak?
- Oliver:** To be honest it's a bit ² _____, even though I've added salt and pepper. It's quite ³ _____ too – Look! None of this is meat. I don't think it's ⁴ _____ because that usually has more flavour. How about your lasagne?
- Joy:** It's delicious! They've used ⁵ _____ vegetables, so there are lots of carrots, aubergine and courgettes. Even the ⁶ _____ pasta they've used tastes good.
- Oliver:** Maybe I'll go for the vegetarian option next time then. I think the steak is a bit of a ⁷ _____, I can cook a better one at home for half the price! ...
- Joy:** This chocolate mousse is heavenly, but it's quite ⁸ _____, I don't think I can finish it. Would you like some?
- Oliver:** Your ⁹ _____ than your stomach! Sure, I'll ¹⁰ _____ with you. I'm still hungry even after my lemon tart!

1

- 2 in season
- 3 preservatives
- 4 ready
- 5 produce
- 6 organic
- 7 fatty
- 8 junk food

2

- 2 freshly
- 3 pan
- 4 slow
- 5 sun
- 6 free
- 7 home
- 8 gluten

3

- 2 Go easy on the lemon, we don't want it too sour.
- 3 This slice of cake is huge, let's go halves.
- 4 Mum, I'm starving! I could eat a horse.
- 5 I have a very sweet tooth, I love any kind of pudding or cake.
- 6 I'm sorry, I'm afraid I can't eat anymore. My eyes are bigger than my stomach.
- 7 Here, let me give you some more coffee, say when.
- 8 I'm sorry the steak was overcooked, this dessert is on the house.

4

- 2 bland
- 3 fatty
- 4 organic
- 5 in season
- 6 gluten-free
- 7 rip-off
- 8 rich
- 9 eyes are bigger
- 10 go halves