

WHAT'S COOKING? 11

1 Work with a partner and discuss the statements.

- 1 There is nothing wrong with eating fast food.
- 2 Schools should teach students how to cook.
- 3 You should eat five portions of fruit and vegetables a day.

2 11 Watch the video and number the items of food in the order they are mentioned.



3 11 Read the sentences. Watch the video again and complete the gaps with the correct word or phrase.

- 1 What's the first thing that when you think of food?
- 2 is everywhere.
- 3 Fast food, when with a sedentary lifestyle, does not do us much good at all.
- 4 Such food is cheap and easy to
- 5 The Slow Food movement in the 1980s.
- 6 It celebrates rather than industrial forms of food production.
- 7 One of the challenges faced by the Slow Food movement is a about food and cooking.
- 8 Cooking is a, which we can do with our family and friends.
- 9 The preparation of tasty using locally-sourced ingredients, encourages us to learn about the history of our country and culture.
- 10 It also means that we can discover how to eat a and live much healthier lives.

ABOUT YOU

4 Work with a partner. Ask and answer the questions.

- 1 How important to you is eating healthily?
- 2 Is there any particular food or drink that you'd struggle to live without?
- 3 Do you think schools should teach students about nutrition? Why?