

# 4 I've never heard of that!

## 1 SNAPSHOT

**Favorite Ethnic Dishes**

KOREA	BRAZIL	SINGAPORE	LATIN AMERICA
			
<b>Bulgogi</b> Beef marinated with soy sauce and other spices	<b>Feijoada</b> A dish made of black beans, garlic, spices, and pork	<b>Fish Head Curry</b> A dish made from a fish head cooked in a rich curry sauce	<b>Ceviche</b> 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.

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 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.

- A: Have you ever ..... (be) to a picnic at the beach?  
B: Yes, I ..... We ..... (cook) hamburgers.
- A: Have you ..... (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"/> the 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 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!



## 7

**INTERCHANGE 4** *Risky business*

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

## 8

**WORD POWER** *Cooking methods*

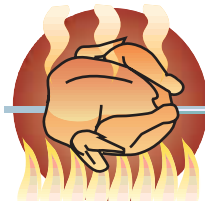
**A** How do you cook the foods below? Check (✓) the methods that are most common in your country. Then compare with a partner.



bake



fry



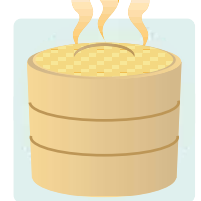
roast



boil



barbecue



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"/>
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"/>
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"/>
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"/>
barbecue	<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 peanut butter and banana sandwich.

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.



**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 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.



## 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.



toasted bagel



guacamole dip



slice of pizza



popcorn

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

## 12 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 . . .

## 13 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.

# FOOD and MOOD

Skim the article. Then check (✓) the statement you think will be 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 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.



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

- We often eat when we feel calm.
- You should drink coffee to relieve stress.
- Foods like chicken and seafood are high in carbohydrates.
- Carbohydrates cause the brain to release selenium.
- Serotonin makes you feel more anxious and irritable.
- People usually eat comfort foods when they're feeling happy.
- You shouldn't eat more than one Brazil nut a day.
- 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?