

new interchange

**Student's Book
Level 2**

Sample pages

**CAMBRIDGE
UNIVERSITY PRESS**

4

I've never heard of that!

1 SNAPSHOT

Favorite Ethnic Dishes



Brazil

Feijoada

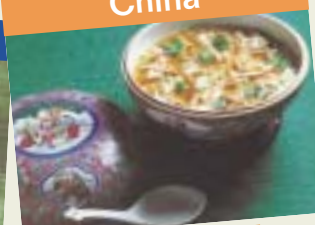
A traditional dish made of black beans, garlic, spices, and pork.



Thailand

Mee Krob

Crispy fried noodles with shrimp and chicken.



China

Won Ton Soup

Chicken soup with pork-filled dumplings.



Latin America

Ceviche

Raw seafood marinated in lime juice and chili peppers.

Sources: Fodor's South America, Fodor's Southeast Asia, World Book Encyclopedia

Talk about these questions.

- Have you ever tried any of these dishes? Which ones would you like to try?
- What other ethnic food can you try in your city?
- What are three popular dishes in your country?

2 CONVERSATION

A Listen and practice.


- Kathy: Hey, this sounds good – snails with garlic!
Have you ever eaten snails?
- John: No, I haven't.
- Kathy: Oh, they're delicious! I had them last time.
Like to try some?
- John: No, thanks. They sound strange.
- Waitress: Have you decided on an appetizer yet?
- Kathy: Yes. I'll have the snails, please.
- Waitress: And you, sir?
- John: I think I'll have the fried brains.
- Kathy: Fried brains? Now that really sounds strange!



CLASS AUDIO ONLY

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

3 PRONUNCIATION *Reduced forms*

 Listen and practice. Notice how **did you** and **have you** are pronounced in these questions.

- Did you** skip breakfast this morning?
Did you cook your own dinner last night?
Have you ever tried Indian food?
Have you ever eaten snails?

4 GRAMMAR FOCUS

Simple past vs. present perfect

Simple past: completed events at a definite time in the past

- Did you eat** snails at the restaurant last night?
 No, I **didn't**.
Did you go out for dinner on Saturday?
 Yes, I **did**.
 I **went** to a Korean restaurant last week.

Present perfect: events within a time period up to the present

- Have you ever eaten** snails?
 No, I **haven't**.
Have you been to a French restaurant?
 Yes, I **have**.
 I've **never been** to a Greek restaurant.

A Complete these conversations. Then practice with a partner. (See the appendix for help with verb forms.)

- A: Have you ever (be) to a picnic at the beach?
 B: Yes, I It was fun!
- A: Did you (have) dinner at home last night?
 B: No, I I (go) out for dinner.
- A: Have you (try) sushi?
 B: No, I , but I'd like to.
- A: Did you (have) breakfast this morning?
 B: Yes, I I (eat) a huge breakfast.
- A: Have you ever (eat) at a Mexican restaurant?
 B: Yes, I The food was delicious!



B Pair work Take turns asking and answering the questions in part A. Give your own information. Pay attention to the pronunciation of **did you** and **have you**.

5 LISTENING

CLASS AUDIO ONLY

Listen to six people ask questions about food and drink in a restaurant. Check (✓) the item that each person is talking about.

1. water 2. coffee 3. soup 4. coffee 5. cake 6. the check
 bread the meal pasta the meat coffee the menu

6 BUSYBODIES

Pair work Ask your partner these questions and four more of your own. Then ask follow-up questions.

Did you . . . ?

- make your own breakfast this morning
- go out for dinner last week
- eat a big lunch yesterday

Have you ever . . . ?

- tried frog's legs
- been on a diet
- cooked a large dinner for some friends

- A: Did you make your own breakfast this morning?
 B: Yes, I did.
 A: What did you make?
 B: I made scrambled eggs.

interchange 4

Risky business

Find out some interesting facts about your classmates. Turn to page IC-5.

7 WORD POWER *Cooking methods*

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




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 What's your favorite way to cook the foods in part A?

- A: I usually like to steam fish.
 B: I prefer to bake it.

8 CONVERSATION

A  Listen and practice.

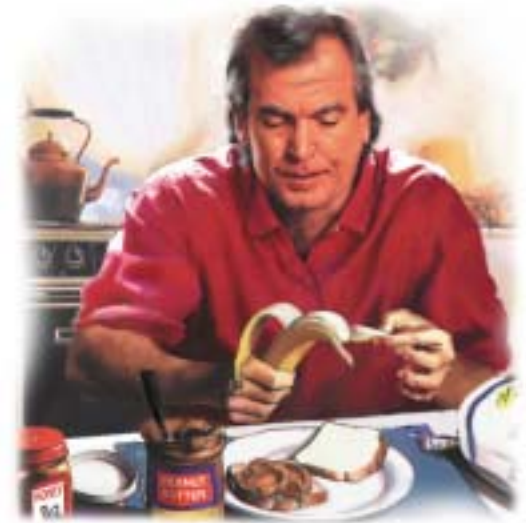
Kate: What's your favorite snack?

Jim: Oh, it's a sandwich with peanut butter, honey, and a banana. It's really delicious!


Kate: Ugh! I've never heard of that! How do you make it?

Jim: Well, first, you take two slices of bread and spread peanut butter on them. Then cut a banana into small pieces and put them on one of the slices of bread. Finally, pour some honey over the bananas and put the other slice of bread on top. Yum!

Kate: Yuck! It sounds awful!



CLASS AUDIO ONLY

B  Listen to the rest of the conversation.

What is Kate's favorite snack? Would you like to try it? Why or why not?

9 GRAMMAR FOCUS

Sequence adverbs

First, spread peanut butter on two slices of bread.

Then cut a banana into small pieces.

Next, put the pieces of banana on one slice of bread.

After that, pour honey over the bananas.

Finally, put the other slice of bread on top.

A Here's a recipe for barbecued kebobs. Look at the pictures and number the sentences 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 with lighter fluid.
- take the kebobs off the barbecue and enjoy!
- put the kebobs on the barbecue and cook for 10 to 15 minutes, turning them over from time to time.
- cut up some meat and vegetables and put them in a bowl with your favorite barbecue marinade. Marinate for 20 minutes.



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

10 TEMPTING SNACKS

CLASS AUDIO ONLY

A  Listen to people explain how to make these snacks. Which snack are they talking about? Number the photos (1–4).



B Pair work Choose one of the recipes you heard about in part A. Can you remember how to make it? Compare with your partner.

C 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: It's

C: What ingredients do you need to make it?

B: You need

A: How do you make it?

B: Well, first, you After that, Next, Then

11 WRITING Recipes

A Write a recipe for an interesting dish. First, list the ingredients you need. Then describe how to make the dish.

*This recipe is for chicken curry. For this dish, you need chicken, coconut milk,
First, cut up the chicken. Then fry the chicken pieces in oil*

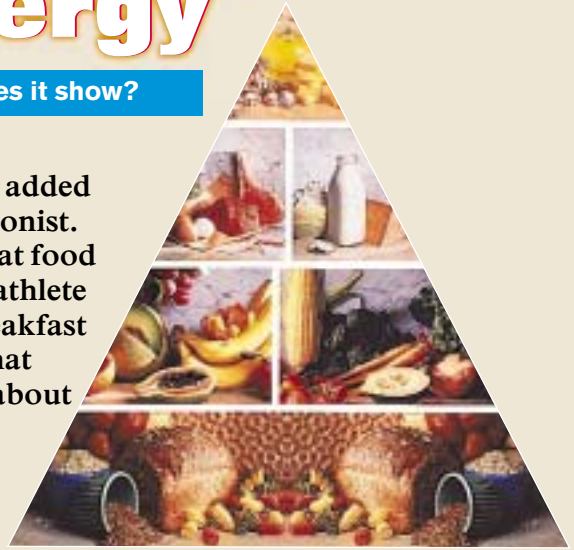
B Group work Exchange recipes and read them. Is there a recipe you would like to try? Why?

12 READING

Eating for Energy

Do you know anything about this food pyramid? What does it show?

Many professional sports teams have recently added a new member to their organization – a nutritionist. That's because athletes have become aware that food affects performance. You don't have to be an athlete to notice this effect. If you've ever skipped breakfast and then tried to clean the house, you know that you need food for energy. Here are some tips about eating to increase your physical performance:



▲ **Eat enough food.** Your body needs a certain number of calories each day. If you're too thin, you'll often feel tired and you'll be more likely to get sick.

▲ **Read the labels on food products.** This information will tell you how nutritious the foods are.

▲ **Avoid eating foods that are high in simple carbohydrates, that is, sugars.** A chocolate bar will first give you energy, but then it will leave you feeling even more tired.

▲ **Eat a balanced diet, one that includes complex carbohydrates, protein, and fat.**

Use the food pyramid to help you decide how much to eat of each type of food. Complex carbohydrates provide the body with "fuel." They are found in fruits and vegetables, and in bread, rice, pasta, and other foods made from grains. The body uses protein to build muscles, and it uses fat to absorb the vitamins in food. Protein and fat are found in foods like milk, cheese, meat, fish, and eggs. Too much fat, however, can be harmful.

A Read the article and look at the food pyramid. Then check (✓) True or False. For the statements that you marked false, write the correct information.

	True	False
1. You shouldn't eat foods that are high in complex carbohydrates.	<input type="checkbox"/>	<input type="checkbox"/>
2. Fruits and vegetables are a good source of protein.	<input type="checkbox"/>	<input type="checkbox"/>
3. A person should eat more carbohydrates than fat or protein.	<input type="checkbox"/>	<input type="checkbox"/>
4. If you're too thin, you might get sick easily.	<input type="checkbox"/>	<input type="checkbox"/>

B Group work Talk about these questions.

- Which of the tips in the article do you already follow?
- What do you eat in a typical day? Is your diet balanced? What do you need to eat more of? less of?
- Can you think of a time when eating (or not eating) affected your performance? What happened?