

9.2 In the kitchen

GOALS ■ Use quantifiers ■ Talk about cooking

Reading & Grammar quantifiers

- 1 Work in small groups. Answer the questions.
 - 1 How often do you cook?
 - 2 Who does the most cooking in your home?
- 2a Work with a partner. Look at the title of the magazine article. Why do you think cooking more often is good for our health?
- b Read the article and check your ideas.

The secret to good health: cook more!

How much time do people spend cooking today compared to the past? The answer is: not much time at all. For example, the average American family today spends just 27 minutes a day preparing meals. In the 1960s, it was nearly an hour a day. And how many young people know how to cook? Well, there aren't many, according to a survey in the UK. 49% of 18–24 year olds don't know how many minutes it takes to boil an egg! But is this change in cooking habits a problem?



Jean-Michel Cohen, a French doctor, thinks we have quite a lot of health problems today because not many people cook enough. He says that when we buy ready-made meals or takeaway food, we don't really think about what we're eating. This means we often eat a lot of food – more than we need. But when we buy the ingredients, e.g. vegetables, meat, fish, and then fry, bake or boil them, we think more carefully about what we are eating. And when we think about the ingredients, we usually eat healthy meals and we eat well.

So, perhaps the answer to some of the health problems is not 'eat less' – it's 'cook more'!

Life & Style | Food

- 3a Read the article again and complete the notes.

Cooking in the past:

1 *People spent a long time preparing meals.*

Cooking now: 2 _____.

When we buy ready-made meals or takeaways,

we 3 _____ and

4 _____. When we cook,

we 5 _____ and

6 _____.

- b Compare your answers with a partner. Do you agree with Dr Cohen? Why/Why not?
- 4 Read sentences 1–6 from the article and complete the rules in the Grammar focus box with *much/many/a lot of*.
 - 1 We have quite a lot of health problems today ...
 - 2 How many young people know how to cook?
 - 3 Well, there aren't many, according to a survey in the UK.
 - 4 This means we often eat a lot of food.
 - 5 How much time do people spend cooking today?
 - 6 The answer is: not much time at all.

GRAMMAR FOCUS quantifiers

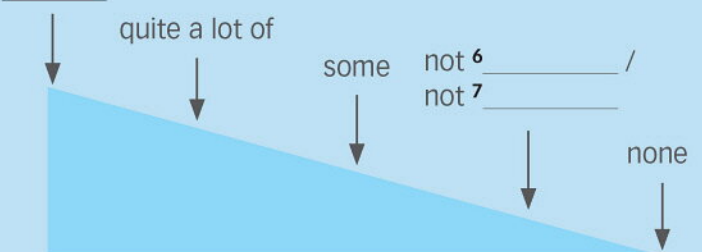
Countable nouns

We use 1 _____ in positive sentences. We use 2 _____ in questions and negative sentences.

Uncountable nouns

We use 3 _____ in positive sentences. We use 4 _____ in negative sentences and questions.

5 _____



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- 5a **Circle** the correct option in each question and the answer that is true for you.

- 1 How *much / many* time do you spend in the kitchen?
None / Not much / Some / A lot.
- 2 How *much / many* meat do you eat?
None / Not many / Some / A lot.
- 3 How *much / many* cookbooks do you have?
None / Not many / Some / A lot.
- 4 How *much / many* tea and coffee do you drink?
None / Not much / Some / A lot.
- 5 How *much / many* money do you spend on food?
None / Not much / Some / A lot.

- b Work in small groups. Take turns to ask and answer the questions. Give more information in your answers.

- A *How much time do you spend in the kitchen?*
- B *Not much. My husband cooks all our meals.*

Vocabulary & Listening in the kitchen

- 6a 9.7))) Listen to three people talking about their kitchens. Match the speakers to photos a-c.

Brigit _____ Laila _____ Joe _____

- b Compare your answers with a partner.

- 7a Work with a partner. Label photos a-c with the words in the box.

bowls food-processor fork frying pan kettle
knife microwave oven plates spoon saucepan

- b 9.8))) Listen and check your answers.

- 8a Work with a partner. Complete the sentences with the cooking verbs in the box.

bake boil chop fry mix roast

- You _____ water in a kettle to make tea.
- For breakfast I often _____ eggs, mushrooms and tomatoes together in a big frying pan.
- To _____ meat, you need a very hot oven.
- _____ the water and flour together in a bowl with a spoon.
- Not many people _____ their own bread or cakes at home these days.
- You need to use a sharp knife to _____ the onions.

- b 9.9))) Listen and check your answers.

- 9a Work with a partner. How do you cook different food? Write sentences using the words in exercises 7a and 8a.
You can boil potatoes in a saucepan.

- b Compare your sentences with another pair.

- 10a **TASK** Work with a partner. You want to cook mushroom soup for four people. Look at the list of ingredients and guess how much/many of each ingredient you need.

potatoes water milk mushrooms carrots butter

- A *How many potatoes do you think we need?*
B *A lot, I think we need about ten.*

- b Work with a partner. Take turns to ask and answer questions to check your answers to exercise 10a and complete the recipe. Student A, turn to page 129. Student B, turn to page 134.

