

10.1 A question of taste

GOALS ■ Describe a national dish ■ Use the *-ing* form

Vocabulary & Listening describing food

- 1 What's the nicest meal you've eaten recently? Where did you have it? Tell a partner about it.
- 2 **10.1**))) Listen to four people describing a dish from their country. Write the number of the speaker and the country the food comes from on photos a-d.



- 3 **10.1**))) Listen again and complete the sentences using between one and three words.
 - 1 It's covered with _____ which has a nice, bitter taste.
 - 2 It's often served with _____.
 - 3 It's a kind of stew ... It's made with _____ lamb.
 - 4 The tagine has some _____ in it, so it tastes _____.
 - 5 The sauce has _____ in it to make it sour.
 - 6 They are served as part of a meal or _____.
 - 7 It's a sort of cake, but _____ than a cake.
 - 8 You can eat them _____ temperature.

- 4 Write the words from the box in the correct column in the table.

baked bitter boiled dessert fried herbs honey hot/spicy lamb mild plain raw sauce savoury snack sour spices stew sweet thick

Type of dish	Ingredient	Texture and taste	How it is cooked/eaten

- 5 Work in a group. Take turns to describe a national dish or a dish you like. Use the phrases in **bold** in exercise 3 and the words in exercise 4.

PRONUNCIATION words with shortened vowels

Some words have vowels which are not pronounced. For example, *chocolate* is pronounced 'choclat' /'tʃɒklət/. It looks as if it has three syllables, but it is pronounced with two syllables.



- 6a **10.2**))) Listen to some sentences. For each word in the box, cross out the vowel which is not pronounced.

vegetable strawberry raspberry favourite different temperature several

- b **10.3**))) Listen and repeat the words.



Grammar & Reading uses of the *-ing* form

- 7a Work with a partner and look at the title of the article. What do you think a 'supertaster' is? Do you think it is a good or bad thing to be?
- b Read the article and check your ideas.



SUPERTASTERS

When you taste a dish, are you good at recognizing the different flavours? Can you tell which ingredients are in a sauce, or which spices are in a curry? If so, you might be a 'supertaster'.

According to scientists, people taste food differently: it depends on the number of taste buds on your tongue. If you have a large number of taste buds, things taste stronger. People who can taste things very well are called supertasters. Taste researchers divide people into three groups:

- **Non-tasters** (about 25%)
- **Medium tasters** (about 50%)
- **Supertasters** (about 25%)

Many professional chefs are supertasters. Also, supertasting is more common in women than in men, and more common in Asia, Africa and South America than other countries.

However, being a supertaster is not all good news.

Supertasters often find common foods too bitter, sweet or spicy. So, for example, coffee, some alcoholic drinks and dark green vegetables like spinach can taste too bitter; cake and ice cream can be too sweet, and chilli peppers too hot.

Recent research has shown that supertasting brings some health benefits. Supertasters can be slimmer than non-tasters because they don't like eating very sweet food. Also, smoking is less common in supertasters because of the strong taste of tobacco. On the other hand, there are downsides to being a supertaster as you may avoid eating certain healthy vegetables and fruit.

You can find out if you are a supertaster by looking in the mirror and counting the number of bumps on your tongue.

- 8 Read the article again and discuss the questions with your partner.
- 1 What makes some people better at tasting than others?
 - 2 What percentage of the population has a very good sense of taste?
 - 3 Why do some supertasters dislike drinking coffee?
 - 4 How can being a supertaster be good for your health?
- 9 Work in a group. Do you think you are a non-taster, a medium taster or a supertaster? Give reasons.

- 10 Read the information in the Grammar focus box. Then find one more example in the article of each use of the *-ing* form.

GRAMMAR FOCUS uses of the *-ing* form

When we add *-ing* to a verb, the verb can be used as a noun. We can use the *-ing* form as:

- 1 the subject of a sentence.
Being a supertaster is not all good news.
- 2 an object after another verb.
They don't like eating very sweet food.
- 3 an object after a preposition.
Are you good at recognizing different flavours?

→ Grammar Reference page 152

- 11a Complete the questionnaire with the *-ing* form of the verbs in the box.

become cook eat (x3) know share spend
take talk watch

Are you a foodie?

- 1 Do you prefer _____ home-cooked food or café/restaurant food?
- 2 Are you good at _____?
- 3 Is there any food that you avoid _____ because it's unhealthy?
- 4 Would you be happy to try a new dish without _____ what was in it?
- 5 Is _____ photos of your food in restaurants and _____ them with friends strange, or normal?
- 6 When your food arrives at the table, do you stop _____ and concentrate on _____ it?
- 7 Do you enjoy _____ cookery programmes on TV?
- 8 Have you ever considered _____ a vegetarian?
- 9 Is _____ a lot of money on a meal wrong, when millions of people don't have enough to eat?



- b Why is the *-ing* form used in each question? Write S if it is the subject of a sentence, V if it is the object of a verb and P if it is the object of a preposition.
- c Work with a partner and ask and answer the questions. Ask follow-up questions. Who is more of a foodie?
- 12 **TASK** Turn to page 129 and complete the sentences with your own ideas. Work in a group and compare your ideas.

▶ VOX POPS VIDEO 10