

0.1 Diet

Grammar: Present tenses – review

Vocabulary: Food

SHOW WHAT YOU KNOW

- In pairs, list food and drinks that can be described using the adjectives in the box.

bitter dried fattening fresh greasy raw
ripe salty sour spicy stale sweet

bitter = black coffee

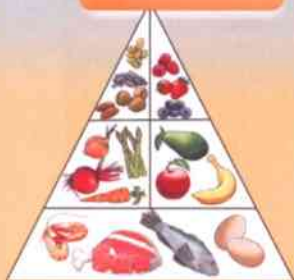
- Tell your partner which items on your list you like and how often you eat or drink them.
- CD-1.2 MP3-2** Read the comments about three cult diets and choose the correct options. Then listen and check.



THE HONEY DIET

¹I try / I'm trying the Honey Diet at the moment. Basically, ²you use / you're using honey instead of sugar. Also, ³you avoid / you're avoiding junk food, ⁴you're always having / you always have breakfast and ⁵you drink / you're drinking lots of water and full-fat milk. Since I started the diet, ⁶I've been having / I've had so much more energy! ⁷I've lost / I've been losing a kilo this week.

Winnie19 20 Jan, 8.15 a.m.



THE PALEO DIET

⁸I've done / I'm doing the Paleo Diet. I eat like the cavemen! My diet ⁹consists / is consisting of meat, fish, fresh fruit and vegetables, eggs, nuts and seeds. ¹⁰I give up / I've given up wheat and dairy. ¹¹I think / I'm thinking it's a very natural way to eat. ¹²I'm following / I've been following the Paleo Diet ¹³for / since two months but ¹⁴I don't lose / I haven't lost any weight yet.

Flintstone# 21 Jan, 9.40 p.m.

THE 5:2 DIET

¹⁵I'm doing / I've been doing the 5:2 Diet ¹⁶for / since 1 January. It's simple: ¹⁷you eat / you're eating normally on five days of the week, but on two days ¹⁸you're only eating / you only eat 500 calories. I'm on a 500-calorie day today and ¹⁹I have / I'm having my breakfast – scrambled egg and some smoked salmon. That's the kind of diet ²⁰I like / I'm liking!

C@lorieCounter 22 Jan, 7.14 a.m.

- Read REMEMBER THIS. Then complete the cartoon caption with the correct form of the verbs in brackets. Use each tense once only.

REMEMBER THIS

NOW

- Present Simple = facts, habits, routines
- Present Continuous = activities in progress

TIME UP TO NOW

- Present Perfect Simple = finished actions or unfinished states
- Present Perfect Continuous = unfinished or 'just finished' actions



Amy: Wow, you look great! ¹_____ (you/lose) weight?

Mia: Yes, I have. For the past two weeks I ²_____ (follow) the 5:2 Diet.

Amy: Well, I ³_____ (eat) all the time! I just tell people that, at the moment, I ⁴_____ (do) the 24:7 Diet.

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- Complete the sentences with the correct present form of the verbs in brackets. Explain your choice of tense. Then tick the sentences that are true for you.
 - I _____ (think) coffee _____ (taste) bitter. I _____ (not like) it.
 - My grandma _____ (bake) a lot. She _____ (probably/make) a cake right now.
 - My dad _____ (not see) why young people _____ (love) fast food so much.
 - I _____ (never/be) on a diet in my life.
 - I _____ (think) of giving up chocolate.
 - I _____ (do) some cooking. That's why I _____ (smell) of onions!
- Use the prompts to write questions in the correct present tense. Then, in pairs, ask and answer the questions.
 - you / ever / try / spicy Thai food?
 - food prices / go up / at the moment?
 - you / ever / cut / your finger / preparing food?
 - how often / you / cook / a meal / for the family?
 - how long / you / have / school lunches?
 - how long / you / have / the same dining table?

- Read the comments again. Which diet do you think would be the easiest to do?