

A top-down view of a wooden table with various food items. On the left is a large pizza with toppings like pickles, onions, and broccoli. In the center are two burgers with sesame seed buns and a pile of french fries. On the right is another pizza with arugula and prosciutto. At the bottom left are cherry tomatoes on a vine and a salad. At the bottom center is a bowl of sliced radishes. At the bottom right are a knife and a fork. The text "2e Real Food" is overlaid in the center in a white, outlined font.

# 2e Real Food



# PRACTICE

1. Containers

2. Much or many

3.

**a little/ a few**

Write a little or a few + these words

chairs; days; fresh air; friends;  
milk; Russian; times; years

1. Mark speaks Italian well.  
He lived in Italy for \_\_\_\_\_.
2. Can I have \_\_\_\_\_  
in my coffee, please?
3. 'When did Amy go away?'  
'\_\_\_\_\_ ago.'
4. 'Do you speak any foreign languages?'  
'I can speak \_\_\_\_\_.'
5. 'Are you going out alone?'  
'No, I'm going with \_\_\_\_\_.'
6. 'Have you ever been to Mexico?'  
'Yes, \_\_\_\_\_.'
7. There wasn't much furniture in the room –  
just a table and \_\_\_\_\_.
8. I'm going out for a walk.  
I need \_\_\_\_\_.

What is your favourite food?

▼ How often do you eat it?

Do you think it is good for you?





JAMIE OLIVER'S  
**FOOD**  
REVOLUTION



# Jamie's Food Revolution

## Did you know?

Chocolate milk has the same amount of sugar as a soft drink.

When it comes to good food, English celebrity chef Jamie Oliver is the man to talk to. **1** He stars in several TV shows and travels around the world to discover the best food recipes there are. With his experience, he can cook just about anything and he knows what's good and what's bad for you.

Jamie believes that too many people in the UK and in the USA are eating too much fat, too much sugar and not enough healthy food. He is campaigning to change the way British and American children

eat both at school and at home. **2**

Jamie tours schools in the US and teaches school children about food and shows them how he cooks healthy meals using fresh produce. The TV show, *Jamie's American Food Revolution*, follows him around as he tries to change the school lunch system and kids' eating habits. **3** It has got eight cooking stations, TV plasma screens for demonstrations, and can hold up to 40 students at a time. He also opened Huntington's Kitchen in the town of Huntington, which offers free cooking lessons to people of the community.

Jamie's food revolution is becoming very popular. **4** He hopes that his work will help reduce diseases like obesity and help people live longer healthier lives. Good job, Jamie!

- A He calls it his 'Food Revolution' and he hopes to do it one school meal at a time.
- B Many celebrities including Jennifer Aniston and Justin Bieber now support it.
- C Jamie is one of the best chefs in the world.
- D A lot of people don't know how to cook fresh food.
- E He has also got a huge 'food revolution truck' in which he visits different communities and gives free cooking lessons.





Check these words 1

Check these words 2

