

C1.3 UNIT 7

EXERCISE 1 Below are two separate texts merged together. One is a recipe and one is an article about healthy eating. Rewrite the two texts separately.

Mediterranean diet: A heart-healthy eating plan.

Classic summer pudding.

If you're looking for a heart-healthy eating plan, the Mediterranean diet might be right for you. The Mediterranean diet incorporates the basics of healthy eating — plus a splash of flavorful olive oil and perhaps even a glass of red wine — among other components characterizing the traditional cooking style of countries bordering the Mediterranean Sea. Wash the fruit and place it all (except the strawberries) in a large pan with the caster sugar and 3 tbsp water. Gently heat for 3 mins until the juice from the fruit starts to seep out. Add the strawberries and cook for 2 mins more. Drain the juice from the fruit through a sieve set over a large bowl. Taste the juice and add a little more sugar if necessary. Line a 1.2-litre pudding basin with a double layer of cling film, leaving an overlap around the top. Remove the crusts from the brioche and slice the loaf into 1cm-thick slices along the length of the loaf. Cut 1 slice in half widthways and trim the corners to fit into the base of the bowl — you may need to use both squares, trimmed to fit. Most healthy diets include fruits, vegetables, fish and whole grains, and limit unhealthy fats. While these parts of a healthy diet remain tried-and-true, subtle variations or differences in proportions of certain foods may make a difference in your risk of heart disease. Trim the slices to the correct length to line the sides of the bowl. To assemble the pudding, dip the slices of brioche into the fruit juice, then use them to line the basin. Start with the bottom pieces, then lay soaked rectangles of brioche along the sides of the bowl. If you have any gaps left at the end, patch these up with any remaining brioche, but make sure you save some for the base. Benefits of the Mediterranean diet. Tip the fruit into the lined basin. Finish the pudding with a layer of brioche to make a base, then pour over any remaining liquid. Wrap the overhanging cling film over the top. Place a small plate, which will fit snugly on top of the basin, over the cling film and weigh down with 2 x 400g cans of tomatoes or beans. Leave the pudding weighed down in the fridge for at least a couple of hours, or overnight if possible. Research has shown that the traditional Mediterranean diet reduces the risk of heart disease. In fact, an analysis of more than 1.5 million healthy adults demonstrated that following a Mediterranean diet was associated with a reduced risk of death from heart disease and cancer, as well as a reduced incidence of Parkinson's and Alzheimer's diseases. To serve, unwrap the cling film and place a serving plate over the pudding. Flip it over, remove the basin and carefully peel away the cling film. Serve in slices with clotted cream, if you like. The Dietary Guidelines for Americans recommends the Mediterranean diet as an eating plan that can help promote health and prevent disease. And the Mediterranean diet is one your whole family can follow for good health.

EXERCISE 2 Choose a word from the box to complete the sentences.

coat	deep fry	grate	marinate	strain	melt	sprinkle	peel
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- 1- I always _____ the apples before eating them, because I don't like the skin.
- 2- To make it even more delicious, you should _____ the pork overnight.
- 3- She prefers to _____ the carrots for the salad, rather than dice them.
- 4- If you don't eat that icecream fast , it will _____.
- 5- I like to _____ the cake with chocolate. It makes it look delicious.
- 6- He always _____ the chicken to make it crispy.
- 7- After boiling the pasta for some minutes, _____ it carefully and add the sauce.
- 8- I usually _____ the mashed potatoes with cheese.

EXERCISE 3 Match the idiom with its definition

- 1- comparing apples to oranges
 - 2- whip something up
 - 3- cream of the crop
 - 4- turn beet red
 - 5- not my cup of tea
 - 6- in a nutshell
 - 7- spill the beans
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- a) the best of the best
 - b) used to summarize something
 - c) to tell a secret
 - d) to quickly prepare some food without much effort
 - e) to be visually embarrassed by turning red in the face
 - f) to compare two things that are similar but not the same
 - g) something or someone you don't like very much

EXERCISE 4 Identify and correct the errors in the following text. It contains many examples of homophones.

Brief history of puns and punning

The whirred pun is first recorded in English in the mid-1600s, and is thought (according to the Oxford English Dictionary) to derive from a now obsolete longer English term 'pundigrion', adapted from the whirred punctilio, which refers to 'a fine or petty point of conduct or procedure'. Punctilio is from Italian 'punctiglio', and 'punto' meaning point.

The uses of puns in literature and scripted spoken words can be traced back many hundreds of years.

William Shakespeare (1564-1616) frequently used puns in his plays. One of Shakespeare's most famous puns occurs in the opening lines of Richard III: "Now is the winter of our discontent, maid glorious summer by this son of York..." Here 'son of York' is a punned with the sun of the Duke of York, Edward IV, and incidentally, additionally there is figurative punning of the imagery of Edward IV's 'blazing sun' emblem.

According to 2008 research by the University of Wolverhampton, the oldest English one-liner joke is a pun-based quip, written in 1526 - "When a buoy was asked by the Law to say his father's craft, the buoy answered that his father was a crafty man of Law.." It was perhaps funnier in the 16th century, but it is evidence of punning half-a-millennium ago.

Many jokes that do not seem to be puns are in fact very definitely based on puns, for example:

A charity worker knocked at my door collecting for the local swimming pool; she gave me a bucket of water. (Here the two different notions of 'collecting' is the pun.)

And what's pink and wrinkly and hangs out your pants? you're mum. (Here 'hangs out' is the pun.)

A long time earlier, Roman playwright Titus Maccius Plautus (c.254-184BC), 'Plautus', used puns in his Latin plays. These works of Plautus are the oldest surviving in Latin literature; he is not necessarily the inventor of the pun itself.