



APEX ENGLISH

Your voice. Global.

C1 · GENERAL ENGLISH

UNIT 9 · 9B

How to cook, how to eat

Theme · Animals & Food



Unit 9 · 9B

How to cook, how to eat

Theme: Animals & Food

Learning objectives

- Expand C1 vocabulary related to **preparing food**.
- Use **nouns: compound and possessive forms** accurately and idiomatically.
- Read a discursive text and discuss inferences beyond the literal.
- Speak fluently on the unit's theme with a partner or in a small group.

This booklet accompanies the digital lesson at

alunos.apexenglish.com.br/general-c1/9b. Interactive audio, video and drag-and-drop tasks live online; use this booklet in class and to review.

Ask the teacher — notes to bring to class



Class Book

Warm-up

In pairs, talk for about a minute on each prompt before feedback:

- 1 What comes to mind when you hear the theme **“Animals & Food”**?
- 2 How comfortable are you using vocabulary about **preparing food**? Give one recent example.
- 3 When did you last use — or misuse — **nouns: compound and possessive forms**?

Reading

The meal that never really died

For the last twenty years, food writers have periodically announced the death of the family meal. Statistics have been produced. Grandmothers have been quoted. The dinner table, we have been told, is going the way of the letter — a thing our grandchildren will read about in a museum.

The awkward problem for this narrative is that the data, when you look at it, doesn't quite say that. What the sociologist Alan Warde has spent thirty years documenting is not the disappearance of the meal, but its quiet migration. The seven o'clock roast with everybody sitting down at once — that is, indeed, mostly gone. The shared meal itself is not: it has moved to Saturday lunch, to Sunday breakfast, to the strange in-between meal that happens on the sofa on a Wednesday when nobody had time to cook.

What has genuinely been lost is not eating-together. It is a particular grammar of eating-together — the courses served in the right order, the food handed round, the second helping refused and then accepted. That grammar was, on inspection, quite recent. It ruled the middle-class table for perhaps ninety years, from roughly 1900 to the 1990s, and then quietly ended.

None of this is nostalgia's fault. It is that the meal we all half-remember never was quite the way we remember it. The bit that matters — the sitting-down, the passing of the salt, the being interrupted about your day — is, on the evidence, alive and well. It has simply changed shifts.

Comprehension — choose the best answer.

1. The narrative the piece pushes back against is:
(A) that the family meal is dying / has died
(B) that the family meal is more important than ever
(C) that food writers are wrong about nutrition
(D) that grandmothers cook better

Ask the teacher — notes to bring to class



2. Alan Warde's research suggests the meal has:
 - (A) disappeared
 - (B) moved to new times and formats
 - (C) become larger
 - (D) become more formal
3. What has genuinely been lost, according to the writer?
 - (A) eating together
 - (B) the ability to cook
 - (C) a particular grammar of eating
 - (D) the family kitchen
4. The 'grammar of eating' the writer describes was:
 - (A) ancient
 - (B) medieval
 - (C) roughly 1900-1990s middle-class
 - (D) invented in the 1950s
5. The writer's tone is best described as:
 - (A) outraged
 - (B) resigned
 - (C) gently corrective and empirical
 - (D) nostalgic
6. The essay's closing point is that:
 - (A) the family meal has ended
 - (B) the meal we half-remember never quite existed
 - (C) we should return to the 1950s
 - (D) food writers are unreliable

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Vocabulary

Focus: **preparing food**

Study these C1 items and their meanings.

chop (v.) — cut into small pieces with quick strokes

dice (v.) — cut into small cubes

mince (v.) — cut into very small pieces / grind

grate (v.) — shred by rubbing against a rough surface

simmer (v.) — cook gently just below boiling point

sauté (v.) — fry quickly in a little hot oil

season (v.) — add salt, pepper, herbs or spices

marinate (v.) — soak in a mixture before cooking to add flavour

a chopping board — a flat surface used for cutting ingredients

a wooden spoon — a spoon made of wood, for stirring

a frying pan — a shallow pan for frying

the sell-by date — the date printed on food indicating shelf life

leftovers — food that remains after a meal, eaten later

a takeaway — a meal cooked elsewhere and eaten at home

Ask the teacher — notes to bring to class



Grammar

Focus: **nouns: compound and possessive forms**

Study the online lesson notes, then complete the interactive tasks at **alunos.apexenglish.com.br/general-c1/9b**.

Ask the teacher — notes to bring to class



Speaking

- 1 Tell a partner about a personal experience connected to **animals & food**. Aim for at least two minutes without pausing.
- 2 Compare cultures or generations on this topic. Use at least three items from the *preparing food* list.
- 3 Discuss: *Is it possible to be objective about animals & food?* Justify your view.

Writing

Write 220–260 words on: **“Animals & Food — what has changed in the last twenty years?”** Use at least four items from the vocabulary list and one structure from the grammar focus (*nouns: compound and possessive forms*).

Ask the teacher — notes to bring to class



Workbook

Home practice

Complete on your own; check answers in class.

1. Choose the correct possessive: 'This is _____ recipe.'
(A) my mother
(B) my mother's
(C) my mothers
(D) my mothers'
2. Choose the correct possessive: '_____ shopping is done for the week.'
(A) A week
(B) A weeks
(C) A week's
(D) A weeks'
3. Which is a compound noun (noun + noun)?
(A) carefully cooked
(B) olive oil
(C) very hot
(D) eating slowly
4. 'The children's menu' means:
(A) a menu belonging to one child
(B) a menu for children
(C) a menu of children
(D) a very children menu
5. Choose the natural form: '_____ meat sauce.'
(A) A meat's
(B) A meats
(C) A meat
(D) The meat
6. Rewrite as possessive: 'the recipes of the students'.
(A) the student's recipes
(B) the students' recipes
(C) the students recipes
(D) the recipes' students

Ask the teacher — notes to bring to class

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Workbook · 9B. How to cook, how to eat

Home practice · compound & possessive nouns · preparing food · answer key included



Class Book

Full lesson · in-class material



Workbook

Home practice · with answer key

GRAMMAR

10 min

1 · Compound & possessive nouns

1. Choose the correct possessive: 'This is _____ recipe.'

a. my mother

b. my mother's ✓

c. my mothers

d. my mothers'

2. Choose the correct possessive: '_____ shopping is done for the week.'

a. A week

b. A weeks

c. A week's ✓

d. A weeks'

3. Which is a compound noun (noun + noun)?

a. carefully cooked

b. olive oil ✓

c. very hot

d. eating slowly

4. 'The children's menu' means:

a. a menu belonging to one child

b. a menu for children ✓

c. a menu of children

d. a very children menu

5. Choose the natural form: '_____ meat sauce.'

a. A meat's

b. A meats

c. A meat ✓

d. The meat

6. Rewrite as possessive: 'the recipes of the students'.

a. the student's recipes

b. the students' recipes ✓

c. the students recipes

d. the recipes' students

Score: 6 / 6

Try again

VOCABULARY

2 · Complete with a cooking verb from the box

10 min

WORD BANK — DRAG OR TAP, THEN TAP A GAP

chop

simmer

sauté

marinate

grate

season

1. chop chop the onion finely before adding it to the pan.
2. Let the sauce simmer simmer for another twenty minutes.
3. Always marinate marinate the meat with olive oil and rosemary the night before.
4. You need to grate grate the parmesan straight over the pasta.
5. She sauté sauté the garlic in the hot oil for about a minute.
6. Taste it — you'll want to season season it more.

Score: 6 / 6

Try again

GRAMMAR

3 · Rewrite as a compound noun or possessive

10 min

1. *'a knife used for cutting bread' → (compound noun)*

Hide answer

a bread knife

2. *'the recipe of my grandmother' → (possessive)*

Hide answer

my grandmother's recipe

3. *'a sauce made of tomatoes' → (compound)*

Hide answer

a tomato sauce

4. *'the shopping of this week' → (possessive)*

Hide answer

this week's shopping

VOCABULARY +

4 · Match the kitchen expression to its meaning

8 min

DRAG THE MEANING ONTO THE WORD

Reset

a shallow pan for frying

a flat surface used for cutting

a spoon made of wood, for stirring

food remaining after a meal, eaten later

the date printed on food indicating shelf life

a chopping board

a flat surface
used for cutting

Hide answer

a flat surface used for cutting

a wooden spoon

a spoon made of
wood, for stirring

Hide answer

a spoon made of wood, for stirring

a frying pan

a shallow pan for
frying

Hide answer

a shallow pan for frying

the sell-by date

the date printed on
food indicating
shelf life

Hide answer

the date printed on food
indicating shelf life

leftovers

food remaining after a
meal, eaten later

Hide answer

food remaining after a meal,
eaten later

LISTENING

10 min

5 · Podcast · What the meal actually did

Listen to a first-person podcast monologue from a Portuguese food writer reflecting on the last real dinner at her grandmother's table.

▶ 0:00 / 0:00



Audio recording coming soon — transcript-based questions still work with the answer key below.

1. What compound noun does she use about the tool she has kept from her grandmother's kitchen? [Hide answer](#)

'My grandmother's chopping board' — she still uses it every Sunday.

2. Which possessive + compound does she use about her weekly ritual? [Hide answer](#)

'Saturday's proper lunch' — the shared meal that replaced the seven-o'clock weekday dinner.

3. What does she say has genuinely been lost? [Hide answer](#)

Not the shared meal itself, but the middle-class 'grammar' of it — courses served in order, food handed round.

4. What is her one bit of unromantic advice? [Hide answer](#)

'Invite one more person than you think you can feed. Then sit down.'

DISCURSIVE WRITING

20 min

6 · A short reflection (180–220 words)

Write a short first-person reflection titled: "*The meal that survived.*" Use at least four compound nouns, three possessive forms and three cooking verbs. End with an honest, unromantic conclusion.

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