



“十四五”职业教育国家规划教材

# 捷进英语

DIRECT ENGLISH

总主编 石 坚  
主 编 王 欣

第二版

2

综合教程  
AN INTEGRATED COURSE

外语教学与研究出版社  
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

Approaching Society



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Approaching Society

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北京 BEIJING



# CONTENTS 目录

Unit	Topics	Language Focus	Beyond Language
<b>Journeys of Discovery 2</b> 职业与环境			
1	<ul style="list-style-type: none"> <li>• Animal migration</li> <li>• Greatest inventions</li> <li>• Accidental inventions</li> </ul>	<ul style="list-style-type: none"> <li>• Scanning the introduction paragraph</li> <li>• Indefinite pronouns</li> <li>• A notice of an event</li> <li>• Ignoring less important proper names</li> </ul>	<ul style="list-style-type: none"> <li>• Learning from nature</li> <li>• Valuing inventions</li> <li>• Being observational</li> </ul>
<b>Making a Difference 20</b> 职业与社会			
2	<ul style="list-style-type: none"> <li>• People behind the scenes</li> <li>• Volunteer projects around the world</li> <li>• The story of a volunteer</li> </ul>	<ul style="list-style-type: none"> <li>• Creating a text summary</li> <li>• <i>As... as, the... the..., ... and...</i></li> <li>• A poster</li> <li>• Listening for explanations</li> </ul>	<ul style="list-style-type: none"> <li>• Enriching life by giving helping hands to others</li> </ul>
<b>Dinner Tables Around the World 38</b> 职业与环境			
3	<ul style="list-style-type: none"> <li>• Feeding the world</li> <li>• Foods with meaning</li> <li>• Complaints in restaurants</li> </ul>	<ul style="list-style-type: none"> <li>• Using key words to identify cause and effect</li> <li>• <i>Can, could, be able to</i></li> <li>• An apology letter</li> <li>• Using context to predict questions and answers</li> </ul>	<ul style="list-style-type: none"> <li>• Not wasting food and having a healthy lifestyle</li> <li>• Cherishing traditions</li> </ul>

Unit	Topics	Language Focus	Beyond Language
<b>In My Mind 56</b> 职业与个人			
4	<ul style="list-style-type: none"> <li>• Sense and memory</li> <li>• Improving your memory</li> <li>• Memory championships</li> </ul>	<ul style="list-style-type: none"> <li>• Using examples</li> <li>• Present simple passive and past simple passive</li> <li>• A questionnaire</li> <li>• Understanding rules and processes</li> </ul>	<ul style="list-style-type: none"> <li>• Discovering the secret of memory</li> <li>• Study is not just hard work</li> </ul>
<b>Lessons in Literature 74</b> 职业与社会			
5	<ul style="list-style-type: none"> <li>• Love and revenge</li> <li>• Poetry</li> <li>• Essential things in life</li> </ul>	<ul style="list-style-type: none"> <li>• Connecting characters</li> <li>• Linking words and phrases</li> <li>• Minutes</li> <li>• Using prior knowledge</li> </ul>	<ul style="list-style-type: none"> <li>• Treating others fairly</li> <li>• How to behave when being treated unfairly</li> <li>• Being kind and open-minded</li> </ul>
<b>The Working World 92</b> 职业与个人			
6	<ul style="list-style-type: none"> <li>• Choosing a career</li> <li>• How does your social media page affect your job?</li> <li>• Job interviews</li> </ul>	<ul style="list-style-type: none"> <li>• Using questions wisely</li> <li>• <i>Too, enough, too many, too much</i></li> <li>• A cover letter</li> <li>• Communicating is not only language</li> </ul>	<ul style="list-style-type: none"> <li>• Analysing yourself and finding a job that suits you best</li> <li>• Thinking about your digital footprint</li> <li>• Learning how to stand out in job interviews</li> </ul>

VR Lab 111

The Key Numbers 119

Glossary 123





# Dinner Tables Around the World

五谷为养，五果为助，五畜为益，五菜为充。

The five grains provide nourishment; the five fruits provide support; the five domestic animals provide enrichment; and the five vegetables provide filling.





# Dinner Tables Around the World

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# WARM-UP

**Task 1** Look at the dinner tables around the world. How many kinds of foods can you name in the pictures?



**Task 2** Work with your partner. Think about foods eaten in Chinese families. What foods would be on the table? Write your own list.

**Task 3** Work in groups. How many kinds of foods can you write for each letter of the alphabet in two minutes?

a - apple	b	c	d
e	f	g	h
i	j	k	l
m	n	o	p
q	r	s	t
u	v	w	x
y	z		



**Task 1** Read the text and answer the questions.

- 1 What are the benefits of vertical farming?
- 2 What did Yuan Longping develop?
- 3 What should people be educated to do?
- 4 Which new approach to food does the text suggest?



## New Words

feed /fi:d/ *v.* 为……提供食物  
 population /ˌpɒpjəˈleɪʃən/ *n.* 人口数量；人口  
 #triple /ˈtripəl/ *v.* (使)增至三倍  
 forecast /ˈfɔ:kəst/ *v.* 预测；预报  
 innovative /ˈɪnəvətɪv/ *adj.* 创新的；革新的  
 solution /səˈlu:ʃən/ *n.* 解决方法  
 #vertical /ˈvɜ:tɪkəl/ *adj.* 垂直的；竖立的  
 crop /krɒp/ *n.* 庄稼；作物  
 #yield /ji:ld/ *n.* 产量；收益  
 adopt /əˈdɒpt/ *v.* 采用；采取  
 contribution /ˌkɒntrəˈbjʊ:ʃən/ *n.* 贡献  
 address /əˈdres/ *v.* 解决；处理  
 sustainable /səˈsteɪnəbəl/ *adj.* 可持续的  
 consumption /kənˈsʌmpʃən/ *n.* 消费；消耗  
 balance /ˈbæləns/ *v.* (使)均衡  
 #whichever /wɪtʃˈevəl/ *det.* 无论哪个

## Phrases and Expressions

food security 粮食安全  
 provide sb with sth 为某人提供某物  
 maximise the use of 充分利用

## Proper Names

hybrid rice 杂交水稻  
 all-encompassing approach to food 大食物观

## Using key words to identify cause and effect (利用关键词分辨因果)

在某些文章中，作者会重点陈述某事物产生的原因或由它带来的结果。阅读这类文章时，我们可根据一些关键指示词，如 *as, therefore, thus* 等帮助我们快速定位并找出事物之间的因果关系。



In the last 70 years, the world's population has tripled from 2.5 billion in 1950 to over 8 billion. Food has already become a big problem as we have not been able to feed everyone. Now the world's population is forecast to continue growing and may hit 10.3 billion by 2080. So, in a world where as many as 783 million people already do not have enough food, what measures can we take to truly feed another 2.3 billion?

Innovative solutions to this problem are being researched and used around the world. One idea being tried is vertical farming, which is to build farms in very tall buildings in the centre of cities. Such farms require less space and reduce the distance food needs to travel to reach most people. Another recent development is precision agriculture, which uses data and technology to optimise crop yields.





- 垂直农业 (vertical farming) 也叫垂直农耕，是科学家为了研究未来农业发展面临的人口压力及资源匮乏问题而提出的一种新的农业耕作方式，旨在解决资源与空间紧张的问题，实现单位面积产量最大化。
- 党的二十大报告提出，树立大食物观，发展设施农业，构建多元化食物供给体系。

# Feeding the World

We could feed the growing population more easily if these innovations were adopted more efficiently.

China's contributions to agriculture, particularly the work of Yuan Longping and his team, have also significantly boosted food production. Known as the "Father of Hybrid Rice," Yuan developed high-yielding hybrid rice varieties that have greatly increased rice production and food security in China and other countries. His work shows the potential of scientific research and innovation in addressing global food shortages.

The lifestyle is another important aspect. Public education on reducing food waste and promoting sustainable consumption is crucial. Simple actions like planning meals, buying only what is needed, and properly storing food can help decrease waste at the consumer level.

Changing our diets might also be a solution. To feed the animals that provide us with meat, we use a lot more land and water to grow their food, and we also use more energy to process the meat. However, if we balance our diets by eating more vegetables, fruits, seafood, and other foods in addition to meat, we will be able to use resources more efficiently, and can also form healthier eating habits. By adopting this all-encompassing approach to food, we can maximise the use of not only farmlands but also woodlands, rivers, and oceans, enabling more people to access a wide variety of foods.

From advanced agricultural technologies to changing lifestyles and diets, these are all ways of solving the world's food problem. Whichever methods countries and individuals choose, we still have a long way to go.

# Reading and Understanding

**Task 2** Read the text again. What do these numbers refer to?

1	2.5 billion	
2	8 billion	
3	10.3 billion	
4	783 million	

**Task 3** Put the facts into three columns: PAST, PRESENT, or FUTURE.

- 1 We could feed the growing population more easily if these innovations were adopted more efficiently.
- 2 What measures can we take to truly feed another 2.3 billion?
- 3 If we balance our diets, we will be able to use resources more efficiently.
- 4 We can maximise the use of farmlands, woodlands, rivers, and oceans.
- 5 Food has already become a big problem as we have not been able to feed everyone.

<u>PAST</u>	<u>PRESENT</u>	<u>FUTURE</u>
-------------	----------------	---------------

**Task 4** Complete the sentences with ideas from the text.

- 1 \_\_\_\_\_ uses data and technology to optimise crop yields.
- 2 Simple actions like planning meals, buying only what is needed, and properly \_\_\_\_\_ food can help decrease waste at the consumer level.
- 3 To feed the animals that provide us with meat, we use a lot more land and \_\_\_\_\_ to grow their food.
- 4 From advanced agricultural technologies to changing lifestyles and diets, these are all ways of solving the world's \_\_\_\_\_ problem.

**Task 5** Translate the sentences into Chinese.

- 1 Now the world's population is forecast to continue growing and may hit 10.3 billion by 2080.  
\_\_\_\_\_
- 2 Known as the "Father of Hybrid Rice," Yuan developed high-yielding hybrid rice varieties that have greatly increased rice production and food security in China and other countries.  
\_\_\_\_\_
- 3 Public education on reducing food waste and promoting sustainable consumption is crucial.  
\_\_\_\_\_
- 4 Whichever methods countries and individuals choose, we still have a long way to go.  
\_\_\_\_\_

# Vocabulary Focus

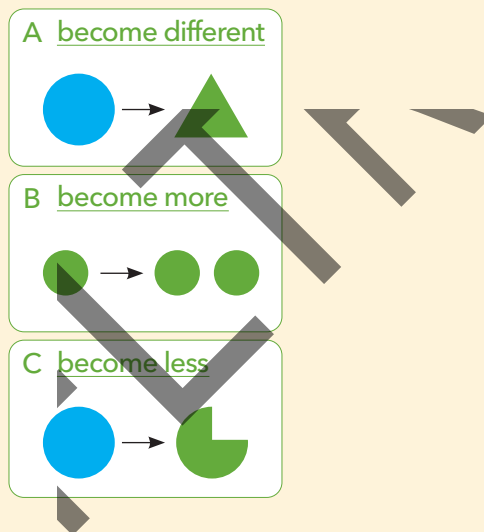
**Task 1** Replace the words or phrases in *italics* with the words from the boxes.

sustainable resources innovative solution contribution

- 1 Current unbalanced diet is not *possible in the long term*. ( )
- 2 China will promote the preservation and *creative* development of traditional Chinese medicine. ( )
- 3 Rich people consume a lot more *food, energy, water, and many other things*. ( )
- 4 One *way of solving the problem* is to eat local and seasonal (应季的) food. ( )
- 5 Just a small *effort* from each person can make a big difference. ( )

**Task 2** Read the six verbs and match each of them to a function. More than one verb is possible for each function.

- 1 triple
- 2 decrease
- 3 increase
- 4 grow
- 5 reduce
- 6 change



**Task 3** Complete the sentences with the correct form of the words from the boxes and the verbs from Task 2.

forecast feed adopt maximise

- 1 Advanced agricultural technologies are being \_\_\_\_\_ to \_\_\_\_\_ crop yields and ensure food security.
- 2 Experts \_\_\_\_\_ that the global population will continue to \_\_\_\_\_, necessitating innovative solutions to feed everyone.
- 3 By \_\_\_\_\_ our diets to include more vegetables and less meat, we can help \_\_\_\_\_ the growing population and improve food security.
- 4 Farmers \_\_\_\_\_ the use of new technology to increase crop yields and \_\_\_\_\_ waste.



# Grammar Focus: *can, could, be able to*

- can, could, be able to 都可以表示能力或可能性。  
can 用于现在时; could 主要用于过去时, 但也可用于现在时表示假设某种情况, 或者礼貌请求; be able to 常用于将来时或完成时。
- 当强调过去某一特定时刻或情况下的能力时, 更常使用 was/were able to 而不是 could。

**Task 1** Read the sentences from the text and match them to each function below.

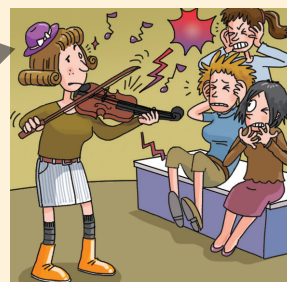
- ☐ 1 Food has already become a big problem as we have not been able to feed everyone.
- ☐ 2 ... what measures can we take to truly feed another 2.3 billion?
- ☐ 3 We could feed the growing population more easily if these innovations were adopted more efficiently.

- a showing a present ability or possibility  
b emphasising a certain ability in a specific situation  
c showing a past ability or possibility

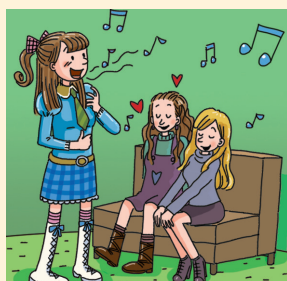
**Task 2** Write sentences using *can* or *can't* to describe what is happening in each picture. The first one is already done for you.



1 He can't lift the box.



2 \_\_\_\_\_



3 \_\_\_\_\_



4 \_\_\_\_\_

**Task 3** Complete the sentences with the correct form of *be able to* or *could*.

- 1 I \_\_\_\_\_ swim a mile easily when I was a child.
- 2 If she practised more, she \_\_\_\_\_ become an excellent guitarist.
- 3 I \_\_\_\_\_ pass the exam after a lot of hard work.
- 4 They \_\_\_\_\_ play the piano at the concert when they were young.

# Beyond the Text

**Task 1** Look at the dinner tables from different periods in China's history. Match the descriptions to the pictures.

- ☐ 1 In the 1960s, some people didn't have enough food to eat; starvation (饥饿) was not strange to some people.
- ☐ 2 In the 1980s, people had just enough food to eat.
- ☐ 3 Around the year 2000, some people had lots of food and sometimes ate too much.
- ☐ 4 Today, people put more emphasis on healthy dieting habits.



**Task 2** Look at the pictures in Task 1 again and discuss the questions.

- 1 What do you know about people's lives in the four periods?
- 2 How do the changes in food reflect development in society? Why do we have these changes?

**Task 3** Besides food, what changes have the Chinese people experienced in clothing, housing, and transportation over the past half-century? Share your opinions in groups.



**Task 1** Look at the pictures of some foods. Guess and match the foods to the countries they are typically eaten in. Check your predictions after reading the text.



*jiaozi*



cotechino con lenticchie (green lentils with sausage)



herring



vasilopita



green bean casserole

- |   |                                 |
|---|---------------------------------|
| <input type="checkbox"/> America                      | <input type="checkbox"/> Italy  |
| <input type="checkbox"/> Germany, Poland, Scandinavia | <input type="checkbox"/> China  |
|   | <input type="checkbox"/> Greece |

**Task 2** Do the foods in the pictures in Task 1 have special meaning? Read the text and find out.

## Foods with Meaning

Breakfast eaten quickly before the journey to college or work, lunch eaten while working, dinner as a takeaway—these situations probably sound quite normal to many people. For them, food is just functional—something to fit into the busy day. However, many foods also carry meaning and represent something greater. Here, we look at the meaning of some foods around the world.

### Reunion

*Jiaozi* is traditionally eaten on the first, fifth, and fifteenth days of the Chinese New Year. It is also eaten on first *fu* and the Winter Solstice. On Chinese New Year's Eve, people eat *jiaozi* with their family as a symbol of starting the New Year with good luck. It also symbolises the reunion of family members and is typically prepared by everyone together—something so important requires the full engagement of the whole family.

### Wealth

In many countries, beans and grains symbolise wealth because they resemble coins. A popular New Year's meal in Italy is cotechino con lenticchie (green lentils with sausage). The shape of the lentils and the fact that they grow in water symbolise wealth. In Germany, Poland, and the countries of Scandinavia, it's believed that eating herring at midnight will ensure a year of wealth.





## Progress

In some countries, including Cuba, Spain, Portugal, Hungary, and Austria, pigs symbolise progress. It's not limited to pork, even biscuits and cakes shaped like a pig are thought to be symbols of progress.

## Luck

In Greece, people eat a round cake called vasilopita, which is made with a coin baked inside. Whoever gets the coin is considered to be lucky throughout the year. In countries such as Spain, Portugal, and Peru, people eat 12 grapes at midnight on New Year's Eve to symbolise having 12 lucky months in the coming year.

While many foods carry meaning, some "traditional" celebratory dishes were simply invented by companies to make money. One example is the green bean casserole "traditionally" eaten at American Thanksgiving celebrations. It is not a centuries-old recipe, but one invented by a soup company in 1955. Although these foods do not have actual meaning behind them, today we could not imagine celebrations without them.

## New Words



- #takeaway /'teɪkəweɪ/ *n.* 外卖食品
- functional /'fʌŋkʃənəl/ *adj.* 功能上的
- eve /i:v/ *n.* (节日等的) 前夜; 前夕
- symbolise /'sɪmbəlaɪz/ *v.* 象征; 代表
- #resemble /rɪ'zembəl/ *v.* 与……相似
- #lentil /'lentl/ *n.* 小扁豆
- sausage /'sɒsɪdʒ/ *n.* 香肠
- #herring /'herɪŋ/ *n.* 鲱鱼; 鲱鱼肉
- biscuit /'bɪskɪt/ *n.* 饼干
- bake /beɪk/ *v.* 烤; 烘焙
- inside /m'saɪd/ *adv.* 在里面; 在内部
- celebratory /,selə'breɪtəri/ *adj.* 庆祝的; 庆典的
- #casserole /'kæsərəʊl/ *n.* 炖菜; 砂锅 (菜)
- celebration /,selə'breɪʃən/ *n.* 庆祝; 庆祝会
- recipe /'resəpi/ *n.* 食谱; 烹饪法

## Phrases and Expressions

fit into 成为……的一部分

## Proper Names

- Italy 意大利
- cotechino con lenticchie 香肠配扁豆
- Germany 德国
- Poland 波兰
- Scandinavia 斯堪的纳维亚
- Cuba 古巴
- Spain 西班牙
- Portugal 葡萄牙
- Hungary 匈牙利
- Austria 奥地利
- Greece 希腊
- vasilopita 希腊传统的新年蛋糕
- Peru 秘鲁

**Task 3** Read the text again and place all of the foods mentioned in the text in the table below. The first one is already done for you.

Fish		herring
Meat		
Fruit		
Vegetables		
Snacks		
Main course		
Dessert		

**Task 4** Complete the sentences with ideas from the text.

- 1 On the eve of Chinese New Year, people eat \_\_\_\_\_ which symbolises \_\_\_\_\_ and \_\_\_\_\_.
- 2 In Cuba, people eat \_\_\_\_\_, or biscuits and cakes shaped like pigs, as they symbolise \_\_\_\_\_.
- 3 At midnight on New Year's Eve in Spain, people eat \_\_\_\_\_ for \_\_\_\_\_ throughout the coming year.
- 4 The tradition of eating green bean casserole at Thanksgiving was started by \_\_\_\_\_.

**Task 5** Work with your partner and think of other foods representing special meanings.

Food	Meaning
noodles and peaches on birthdays	longevity
fish	wealth

**Task 6** Choose a special occasion (a birthday, a wedding, New Year, etc) and write a short paragraph describing the special food eaten and the meaning behind.

*When people celebrate their birthdays, they often eat noodles. It is believed that the longer the noodles are, the longer life they will live. To wish for a long life, people also eat peaches on their birthdays.*

# GUIDED WRITING

## An Apology Letter (道歉信)

**Task 1** Discuss with a partner what things people often complain about in a restaurant and add your ideas on the lines.

- poor food quality
- bad service
- \_\_\_\_\_
- \_\_\_\_\_

**Task 2** Read the apology letter below. Tick the things Meiko complained about in the restaurant.

- |  |  |
|--|--|
| <input type="checkbox"/> slow service    | <input type="checkbox"/> dirty plates    |
| <input type="checkbox"/> incorrect order | <input type="checkbox"/> not enough food |
| <input type="checkbox"/> rude staff      | <input type="checkbox"/> cold food       |

< Singapore Hotel, Restaurant Department

Monday 09:02

John Ceuto

Dear Meiko,

I am writing to you regarding your dining experience at our hotel on Friday, 12 April. I would like to sincerely apologise for the problems with your breakfast. Serving food that had gone cold was unacceptable. Please also accept our sincere apologies for the dirty plates and slow service you experienced.

Unfortunately, a number of our staff were off work that morning, and we were unable to provide the standard of service we strive for. We deeply regret the inconvenience this caused you.

I understand that you are a loyal customer of our hotel chain, and we hope you will visit our hotel again, so we can have the opportunity to provide you with the perfect service you deserve. On your next visit, your one-night hotel stay, including three meals, will be free of charge.

Again, please accept our deepest apologies.

Kind regards,  
John Ceuto  
Customer Service Manager  
Singapore Hotel, Restaurant Department

**Task 3** Complete the table with sentences from Task 2. Then look at the examples given and add your own examples on the lines.

Functions	Sentences from Task 2	More Examples
Apologise	(1) _____ (2) _____ (3) _____	<ul style="list-style-type: none"> <li>• We apologise for...</li> <li>• We are deeply sorry for...</li> <li>• _____</li> </ul>
Explain	(4) _____	<ul style="list-style-type: none"> <li>• Unfortunately, we have had problems with...</li> <li>• Due to unforeseen (不可预见的) circumstances...</li> <li>• We encountered an unusual situation, which is...</li> <li>• _____</li> </ul>
Say what you'll do next time	(5) _____	<ul style="list-style-type: none"> <li>• Please find enclosed/attached...</li> <li>• We would like to offer you...</li> <li>• We are pleased to offer you...</li> <li>• _____</li> </ul>

**Task 4** Complete the apology letter with suitable sentences from Task 3. More than one sentence is available for each gap.



Dear Mrs Robertson,

I am sorry to hear about your experience in our Manchester restaurant last weekend. (1) \_\_\_\_\_ not having so many dishes available. (2) \_\_\_\_\_ our supplier. We have now moved to a more reliable supplier.

(3) \_\_\_\_\_ a voucher (代金券) for dinner for two on any date of your choice.

Kind regards,  
David Thompson  
Customer Service Manager



**Task 5** Look at the following problems in a restaurant. Discuss with a partner what you could do to make each situation better on behalf of the restaurant.

1 The food was not very hot.

We could offer to cook it again for them. Or we could offer a free dessert if it wasn't too late.

2 The customer had to wait an hour for food.

\_\_\_\_\_

3 The staff were rude.

\_\_\_\_\_

4 The food was too expensive for the quality.

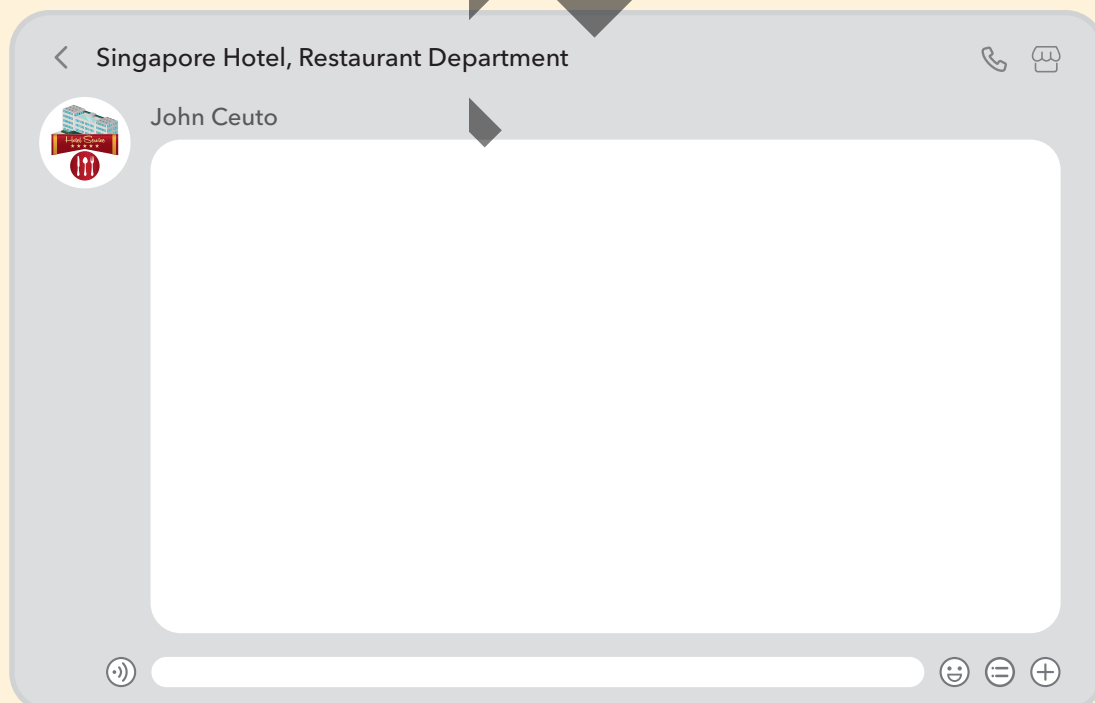
\_\_\_\_\_

5 The restaurant was dirty.

\_\_\_\_\_

**Task 6** Choose one of the situations in Task 5. Write a letter to apologise for the problem. Remember to:

- apologise
- explain
- say what you'll do next time





**Task 1** Discuss with a partner what the problem is in each picture. Would you leave a restaurant because of the problems?



**Task 2** Watch Video Clips 1–4. Choose the problem(s) in each situation.



- a Rude service.
- b Slow service.
- c Run out of (缺少) a dish.



- a The food is salty.
- b The food isn't fresh.
- c The food is undercooked.



- a The food is expensive.
- b The food doesn't look good.
- c The restaurant doesn't look good.



- a The food is disgusting.
- b The kitchen is dirty.
- c The staff are rude.

### Words and Expressions



salad *n.* 色拉; 凉拌菜  
 send sth back 退回某物  
 overcooked *adj.* 煮过头的  
 decorate *v.* 装修; 装饰  
 disgusting *adj.* 令人作呕的; 令人厌恶的  
 special *n.* 特价菜品; 特色菜品  
 still *adj.* 无泡的  
 sparkling *adj.* 有气泡的; 起泡的  
 tap water 自来水  
 rib-eye steak 肋眼牛排  
 medium rare (牛排等) 三四分熟的; 适中偏生的  
 side *n.* 配菜

**Task 3** Watch Video Clip 2 and complete the gaps.

**Customer 1:** I'm sorry, but I'd like to (1) \_\_\_\_\_.

**Waiter:** What seems to be (2) \_\_\_\_\_?

**Customer 1:** It's clearly not fresh. It's cooked from frozen. I could cook better food myself at home.

**Customer 2:** Sorry, but I'd like to (3) \_\_\_\_\_ as well.

**Waiter:** Is it the same problem?

**Customer 2:** No. Here, taste it. It tastes of nothing but salt. It's also really (4) \_\_\_\_\_!

**Waiter:** I'm really sorry. Can I (5) \_\_\_\_\_ with anything else?

**Customer 1:** No, thanks. We just want to leave and we're not paying.

**Waiter:** Of course. I'm (6) \_\_\_\_\_ this.

**Task 4** Practise the conversation in Video Clip 2 with a partner.

Using context to predict questions and answers  
(根据语境预先设想对话内容)

在出席某个场合之前，可以事先想一想对方会跟你说什么。例如，在餐厅里，你可能会被问到这样的问题：  
How would you like your steak cooked? Would you like any sides?  
这时，预想问题除了能帮你更好地理解对方的提问，还可以帮助你提前准备好自己的回答，实现有效交流。

**Task 5** Read the common questions in a restaurant. First predict the replies, and then match the questions to the answers.

- ☐ 1 Can I get you a drink before you order?
- ☐ 2 Still or sparkling?
- ☐ 3 How would you like your steak cooked?
- ☐ 4 Would you like any sides?
- ☐ 5 Would you like any dessert?

- a No, thanks. I don't have room for it.
- b Just a glass of orange juice for me.
- c Rare, please.
- d Could I have the mixed salad?
- e Sparkling, please.

**Task 6** Watch the Video Clip 5 and write down the answers in the video to the questions.

- 1 Can I get you a drink to start with?

---

- 2 Still or sparkling?

---

- 3 How would you like your steak cooked?

---

- 4 Would you like any sides?

---

- 5 Would you like a dessert?

---

**Task 7** Discuss the questions with a partner.

- 1 Do you prefer to eat in a restaurant or order a takeaway? Why is that?

*I prefer to order a takeaway. I can eat good food at home while watching movies or talking with my friends.*

- 2 Which are your favourite takeaway restaurants? Why?
- 3 Do you think it's a problem that people are ordering more and more takeaways? Why (not)?



# WRAP-UP

**Task 1** Decide whether the sentences are correct. If there are any mistakes, correct them. Pay attention to the use of *could*.

- 1 We *could* reach the top of the mountain before it got dark yesterday.
- 2 He *could* run very fast.
- 3 I *could* walk when I was under one.
- 4 I *could* send a text to my mum this morning.
- 5 They *could* cook for themselves.
- 6 They *could* cook dinner on the fire last weekend.

**Task 2** Circle the correct word to complete each sentence.

- 1 The number of people attending *tripled/increased* by 10 percent.
- 2 The number of hits (点击率) on the website *decreased/grew* from 5,000 a day to 4,000 a day.
- 3 The population of the city has *increased/adopted* by 20% in the last decade.
- 4 We have *reduced/changed* our plan many times since the start.
- 5 It took me a long time to *change/adopt* new study habits after starting university.

**Task 3** Write down answers or questions to complete the conversation in a restaurant.

**Customer:** Excuse me. (1) \_\_\_\_\_.

**Waitress:** Sure. What can I get you?

**Customer:** I'd like to order a steak, please.

**Waitress:** Certainly. (2) \_\_\_\_\_?

**Customer:** Medium, please.

**Waitress:** (3) \_\_\_\_\_?

**Customer:** I'd like chips and the side salad.

(A few minutes later.)

**Customer:** Sorry, but I'd like to send this back.

**Waitress:** (4) \_\_\_\_\_?

**Customer:** I said medium, but it's as hard as a rock!

**Waitress:** (5) \_\_\_\_\_.

**Task 4** What is the problem in Task 3? Write an apology letter on behalf of the restaurant.

# WARM-UP

**Task 1** Look at the dinner tables around the world. How many kinds of foods can you name in the pictures?



**Task 2** Work with your partner. Think about foods eaten in Chinese families. What foods would be on the table? Write your own list.

**Task 3** Work in groups. How many kinds of foods can you write for each letter of the alphabet in two minutes?

a - apple	b	c	d
e	f	g	h
i	j	k	l
m	n	o	p
q	r	s	t
u	v	w	x
y	z		





**Task 1** Read the text and answer the questions.

- 1 What are the benefits of vertical farming?
- 2 What did Yuan Longping develop?
- 3 What should people be educated to do?
- 4 Which new approach to food does the text suggest?



## New Words

feed /fi:d/ v. 为……提供食物  
 population /ˌpɒpjəˈleɪʃən/ n. 人口数量；人口  
 #triple /ˈtripəl/ v. (使)增至三倍  
 forecast /ˈfɔ:kəst/ v. 预测；预报  
 innovative /ˈɪnəvətɪv/ adj. 创新的；革新的  
 solution /səˈlu:ʃən/ n. 解决方法  
 #vertical /ˈvɜ:tɪkəl/ adj. 垂直的；竖立的  
 crop /krɒp/ n. 庄稼；作物  
 #yield /ji:ld/ n. 产量；收益  
 adopt /əˈdɒpt/ v. 采用；采取  
 contribution /ˌkɒntrəˈbjʊ:ʃən/ n. 贡献  
 address /əˈdres/ v. 解决；处理  
 sustainable /səˈsteɪnəbəl/ adj. 可持续的  
 consumption /kənˈsʌmpʃən/ n. 消费；消耗  
 balance /ˈbæləns/ v. (使)均衡  
 #whichever /wɪtʃˈevəl/ det. 无论哪个

## Phrases and Expressions

food security 粮食安全  
 provide sb with sth 为某人提供某物  
 maximise the use of 充分利用

## Proper Names

hybrid rice 杂交水稻  
 all-encompassing approach to food 大食物观

## Using key words to identify cause and effect (利用关键词分辨因果)

在某些文章中，作者会重点陈述某事物产生的原因或由它带来的结果。阅读这类文章时，我们可根据一些关键指示词，如 *as, therefore, thus* 等帮助我们快速定位并找出事物之间的因果关系。



In the last 70 years, the world's population has tripled from 2.5 billion in 1950 to over 8 billion. Food has already become a big problem as we have not been able to feed everyone. Now the world's population is forecast to continue growing and may hit 10.3 billion by 2080. So, in a world where as many as 783 million people already do not have enough food, what measures can we take to truly feed another 2.3 billion?

Innovative solutions to this problem are being researched and used around the world. One idea being tried is vertical farming, which is to build farms in very tall buildings in the centre of cities. Such farms require less space and reduce the distance food needs to travel to reach most people. Another recent development is precision agriculture, which uses data and technology to optimise crop yields.





- 垂直农业 (vertical farming) 也叫垂直农耕，是科学家为了研究未来农业发展面临的人口压力及资源匮乏问题而提出的一种新的农业耕作方式，旨在解决资源与空间紧张的问题，实现单位面积产量最大化。
- 党的二十大报告提出，树立大食物观，发展设施农业，构建多元化食物供给体系。

# Feeding the World

We could feed the growing population more easily if these innovations were adopted more efficiently.

China's contributions to agriculture, particularly the work of Yuan Longping and his team, have also significantly boosted food production. Known as the "Father of Hybrid Rice," Yuan developed high-yielding hybrid rice varieties that have greatly increased rice production and food security in China and other countries. His work shows the potential of scientific research and innovation in addressing global food shortages.

The lifestyle is another important aspect. Public education on reducing food waste and promoting sustainable consumption is crucial. Simple actions like planning meals, buying only what is needed, and properly storing food can help decrease waste at the consumer level.

Changing our diets might also be a solution. To feed the animals that provide us with meat, we use a lot more land and water to grow their food, and we also use more energy to process the meat. However, if we balance our diets by eating more vegetables, fruits, seafood, and other foods in addition to meat, we will be able to use resources more efficiently, and can also form healthier eating habits. By adopting this all-encompassing approach to food, we can maximise the use of not only farmlands but also woodlands, rivers, and oceans, enabling more people to access a wide variety of foods.

From advanced agricultural technologies to changing lifestyles and diets, these are all ways of solving the world's food problem. Whichever methods countries and individuals choose, we still have a long way to go.

# Reading and Understanding

**Task 2** Read the text again. What do these numbers refer to?

1 2.5 billion

2 8 billion

3 10.3 billion

4 783 million

**Task 3** Put the facts into three columns: PAST, PRESENT, or FUTURE.

- 1 We could feed the growing population more easily if these innovations were adopted more efficiently.
- 2 What measures can we take to truly feed another 2.3 billion?
- 3 If we balance our diets, we will be able to use resources more efficiently.
- 4 We can maximise the use of farmlands, woodlands, rivers, and oceans.
- 5 Food has already become a big problem as we have not been able to feed everyone.

PAST

PRESENT

FUTURE

**Task 4** Complete the sentences with ideas from the text.

- 1 \_\_\_\_\_ uses data and technology to optimise crop yields.
- 2 Simple actions like planning meals, buying only what is needed, and properly \_\_\_\_\_ food can help decrease waste at the consumer level.
- 3 To feed the animals that provide us with meat, we use a lot more land and \_\_\_\_\_ to grow their food.
- 4 From advanced agricultural technologies to changing lifestyles and diets, these are all ways of solving the world's \_\_\_\_\_ problem.

**Task 5** Translate the sentences into Chinese.

- 1 Now the world's population is forecast to continue growing and may hit 10.3 billion by 2080.  
\_\_\_\_\_
- 2 Known as the "Father of Hybrid Rice," Yuan developed high-yielding hybrid rice varieties that have greatly increased rice production and food security in China and other countries.  
\_\_\_\_\_
- 3 Public education on reducing food waste and promoting sustainable consumption is crucial.  
\_\_\_\_\_
- 4 Whichever methods countries and individuals choose, we still have a long way to go.  
\_\_\_\_\_

# Vocabulary Focus

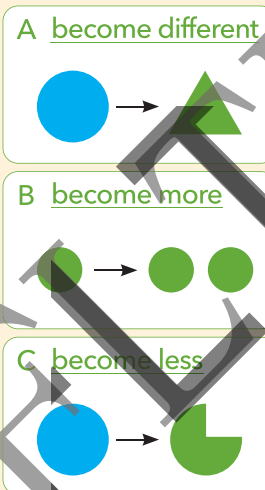
**Task 1** Replace the words or phrases in *italics* with the words from the boxes.

sustainable resources innovative solution contribution

- 1 Current unbalanced diet is not *possible in the long term*. ( )
- 2 China will promote the preservation and *creative* development of traditional Chinese medicine. ( )
- 3 Rich people consume a lot more *food, energy, water, and many other things*. ( )
- 4 One *way of solving the problem* is to eat local and seasonal (应季的) food. ( )
- 5 Just a small *effort* from each person can make a big difference. ( )

**Task 2** Read the six verbs and match each of them to a function. More than one verb is possible for each function.

- 1 triple
- 2 decrease
- 3 increase
- 4 grow
- 5 reduce
- 6 change



**Task 3** Complete the sentences with the correct form of the words from the boxes and the verbs from Task 2.

forecast feed adopt maximise

- 1 Advanced agricultural technologies are being \_\_\_\_\_ to \_\_\_\_\_ crop yields and ensure food security.
- 2 Experts \_\_\_\_\_ that the global population will continue to \_\_\_\_\_, necessitating innovative solutions to feed everyone.
- 3 By \_\_\_\_\_ our diets to include more vegetables and less meat, we can help \_\_\_\_\_ the growing population and improve food security.
- 4 Farmers \_\_\_\_\_ the use of new technology to increase crop yields and \_\_\_\_\_ waste.

# Grammar Focus: *can, could, be able to*

- can, could, be able to 都可以表示能力或可能性。  
can 用于现在时；could 主要用于过去时，但也可用于现在时表示假设某种情况，或者礼貌请求；be able to 常用于将来时或完成时。
- 当强调过去某一特定时刻或情况下的能力时，更常使用 was/were able to 而不是 could。

**Task 1** Read the sentences from the text and match them to each function below.

- ☐ 1 Food has already become a big problem as we have not been able to feed everyone.
- ☐ 2 ... what measures can we take to truly feed another 2.3 billion?
- ☐ 3 We could feed the growing population more easily if these innovations were adopted more efficiently.

- a showing a present ability or possibility  
b emphasising a certain ability in a specific situation  
c showing a past ability or possibility

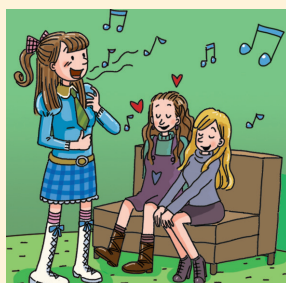
**Task 2** Write sentences using *can* or *can't* to describe what is happening in each picture. The first one is already done for you.



1 He can't lift the box.



2 \_\_\_\_\_



3 \_\_\_\_\_



4 \_\_\_\_\_

**Task 3** Complete the sentences with the correct form of *be able to* or *could*.

- 1 I \_\_\_\_\_ swim a mile easily when I was a child.
- 2 If she practised more, she \_\_\_\_\_ become an excellent guitarist.
- 3 I \_\_\_\_\_ pass the exam after a lot of hard work.
- 4 They \_\_\_\_\_ play the piano at the concert when they were young.



# Beyond the Text

**Task 1** Look at the dinner tables from different periods in China's history. Match the descriptions to the pictures.

- ☐ 1 In the 1960s, some people didn't have enough food to eat; starvation (饥饿) was not strange to some people.
- ☐ 2 In the 1980s, people had just enough food to eat.
- ☐ 3 Around the year 2000, some people had lots of food and sometimes ate too much.
- ☐ 4 Today, people put more emphasis on healthy dieting habits.



**Task 2** Look at the pictures in Task 1 again and discuss the questions.

- 1 What do you know about people's lives in the four periods?
- 2 How do the changes in food reflect development in society? Why do we have these changes?

**Task 3** Besides food, what changes have the Chinese people experienced in clothing, housing, and transportation over the past half-century? Share your opinions in groups.



**Task 1** Look at the pictures of some foods. Guess and match the foods to the countries they are typically eaten in. Check your predictions after reading the text.



*jiaozi*



cotechino con lenticchie (green lentils with sausage)



herring



vasilopita



green bean casserole

- |   |                                 |
|---|---------------------------------|
| <input type="checkbox"/> America                      | <input type="checkbox"/> Italy  |
| <input type="checkbox"/> Germany, Poland, Scandinavia | <input type="checkbox"/> China  |
|   | <input type="checkbox"/> Greece |

**Task 2** Do the foods in the pictures in Task 1 have special meaning? Read the text and find out.

## Foods with Meaning

Breakfast eaten quickly before the journey to college or work, lunch eaten while working, dinner as a takeaway—these situations probably sound quite normal to many people. For them, food is just functional—something to fit into the busy day. However, many foods also carry meaning and represent something greater. Here, we look at the meaning of some foods around the world.

### Reunion

*Jiaozi* is traditionally eaten on the first, fifth, and fifteenth days of the Chinese New Year. It is also eaten on first *fu* and the Winter Solstice. On Chinese New Year's Eve, people eat *jiaozi* with their family as a symbol of starting the New Year with good luck. It also symbolises the reunion of family members and is typically prepared by everyone together—something so important requires the full engagement of the whole family.

### Wealth

In many countries, beans and grains symbolise wealth because they resemble coins. A popular New Year's meal in Italy is cotechino con lenticchie (green lentils with sausage). The shape of the lentils and the fact that they grow in water symbolise wealth. In Germany, Poland, and the countries of Scandinavia, it's believed that eating herring at midnight will ensure a year of wealth.



## Progress

In some countries, including Cuba, Spain, Portugal, Hungary, and Austria, pigs symbolise progress. It's not limited to pork, even biscuits and cakes shaped like a pig are thought to be symbols of progress.

## Luck

In Greece, people eat a round cake called vasilopita, which is made with a coin baked inside. Whoever gets the coin is considered to be lucky throughout the year. In countries such as Spain, Portugal, and Peru, people eat 12 grapes at midnight on New Year's Eve to symbolise having 12 lucky months in the coming year.

While many foods carry meaning, some "traditional" celebratory dishes were simply invented by companies to make money. One example is the green bean casserole "traditionally" eaten at American Thanksgiving celebrations. It is not a centuries-old recipe, but one invented by a soup company in 1955. Although these foods do not have actual meaning behind them, today we could not imagine celebrations without them.

## New Words



- #takeaway /'teɪkəweɪ/ *n.* 外卖食品
- functional /'fʌŋkʃənəl/ *adj.* 功能上的
- eve /i:v/ *n.* (节日等的) 前夜; 前夕
- symbolise /'sɪmbəlaɪz/ *v.* 象征; 代表
- #resemble /rɪ'zembəl/ *v.* 与……相似
- #lentil /'lentl/ *n.* 小扁豆
- sausage /'sɒsɪdʒ/ *n.* 香肠
- #herring /'herɪŋ/ *n.* 鲱鱼; 鲱鱼肉
- biscuit /'bɪskɪt/ *n.* 饼干
- bake /beɪk/ *v.* 烤; 烘焙
- inside /ɪn'saɪd/ *adv.* 在里面; 在内部
- celebratory /ˌselə'breɪtəri/ *adj.* 庆祝的; 庆典的
- #casserole /'kæsərəʊl/ *n.* 炖菜; 砂锅 (菜)
- celebration /ˌselə'breɪʃən/ *n.* 庆祝; 庆祝会
- recipe /'resəpi/ *n.* 食谱; 烹饪法

## Phrases and Expressions

fit into 成为……的一部分

## Proper Names

- Italy 意大利
- cotechino con lenticchie 香肠配扁豆
- Germany 德国
- Poland 波兰
- Scandinavia 斯堪的纳维亚
- Cuba 古巴
- Spain 西班牙
- Portugal 葡萄牙
- Hungary 匈牙利
- Austria 奥地利
- Greece 希腊
- vasilopita 希腊传统的新年蛋糕
- Peru 秘鲁

**Task 3** Read the text again and place all of the foods mentioned in the text in the table below. The first one is already done for you.

Fish		herring
Meat		
Fruit		
Vegetables		
Snacks		
Main course		
Dessert		

**Task 4** Complete the sentences with ideas from the text.

- 1 On the eve of Chinese New Year, people eat \_\_\_\_\_ which symbolises \_\_\_\_\_ and \_\_\_\_\_.
- 2 In Cuba, people eat \_\_\_\_\_ for biscuits and cakes shaped like pigs, as they symbolise \_\_\_\_\_.
- 3 At midnight on New Year's Eve in Spain, people eat \_\_\_\_\_ for \_\_\_\_\_ throughout the coming year.
- 4 The tradition of eating green bean casserole at Thanksgiving was started by \_\_\_\_\_.

**Task 5** Work with your partner and think of other foods representing special meanings.

Food	Meaning
noodles and peaches on birthdays	longevity
fish	wealth

**Task 6** Choose a special occasion (a birthday, a wedding, New Year, etc) and write a short paragraph describing the special food eaten and the meaning behind.

*When people celebrate their birthdays, they often eat noodles. It is believed that the longer the noodles are, the longer life they will live. To wish for a long life, people also eat peaches on their birthdays.*



# GUIDED WRITING



## An Apology Letter (道歉信)

**Task 1** Discuss with a partner what things people often complain about in a restaurant and add your ideas on the lines.


- poor food quality
- bad service
- \_\_\_\_\_
- \_\_\_\_\_

**Task 2** Read the apology letter below. Tick the things Meiko complained about in the restaurant.

- |  |  |
|--|--|
| <input type="checkbox"/> slow service    | <input type="checkbox"/> dirty plates    |
| <input type="checkbox"/> incorrect order | <input type="checkbox"/> not enough food |
| <input type="checkbox"/> rude staff      | <input type="checkbox"/> cold food       |

< Singapore Hotel, Restaurant Department  

Monday 09:02

 John Ceuto

Dear Meiko,





I am writing to you regarding your dining experience at our hotel on Friday, 12 April. I would like to sincerely apologise for the problems with your breakfast. Serving food that had gone cold was unacceptable. Please also accept our sincere apologies for the dirty plates and slow service you experienced.

Unfortunately, a number of our staff were off work that morning, and we were unable to provide the standard of service we strive for. We deeply regret the inconvenience this caused you.

I understand that you are a loyal customer of our hotel chain, and we hope you will visit our hotel again, so we can have the opportunity to provide you with the perfect service you deserve. On your next visit, your one-night hotel stay, including three meals, will be free of charge.

Again, please accept our deepest apologies.

Kind regards,  
John Ceuto  
Customer Service Manager  
Singapore Hotel, Restaurant Department

**Task 3** Complete the table with sentences from Task 2. Then look at the examples given and add your own examples on the lines.

Functions	Sentences from Task 2	More Examples
Apologise	(1) _____ (2) _____ (3) _____	<ul style="list-style-type: none"> <li>• We apologise for...</li> <li>• We are deeply sorry for...</li> <li>• _____</li> </ul>
Explain	(4) _____	<ul style="list-style-type: none"> <li>• Unfortunately, we have had problems with...</li> <li>• Due to unforeseen (不可预见的) circumstances...</li> <li>• We encountered an unusual situation, which is...</li> <li>• _____</li> </ul>
Say what you'll do next time	(5) _____	<ul style="list-style-type: none"> <li>• Please find enclosed/attached...</li> <li>• We would like to offer you...</li> <li>• We are pleased to offer you...</li> <li>• _____</li> </ul>

**Task 4** Complete the apology letter with suitable sentences from Task 3. More than one sentence is available for each gap.



Dear Mrs Robertson,

I am sorry to hear about your experience in our Manchester restaurant last weekend. (1) \_\_\_\_\_ not having so many dishes available. (2) \_\_\_\_\_ our supplier. We have now moved to a more reliable supplier.

(3) \_\_\_\_\_ a voucher (代金券) for dinner for two on any date of your choice.

Kind regards,  
David Thompson  
Customer Service Manager

**Task 5** Look at the following problems in a restaurant. Discuss with a partner what you could do to make each situation better on behalf of the restaurant.

1 The food was not very hot.

We could offer to cook it again for them. Or we could offer a free dessert if it wasn't too late.

2 The customer had to wait an hour for food.

\_\_\_\_\_

3 The staff were rude.

\_\_\_\_\_

4 The food was too expensive for the quality.

\_\_\_\_\_

5 The restaurant was dirty.

\_\_\_\_\_

**Task 6** Choose one of the situations in Task 5. Write a letter to apologise for the problem. Remember to:

- apologise
- explain
- say what you'll do next time





**Task 1** Discuss with a partner what the problem is in each picture. Would you leave a restaurant because of the problems?



**Task 2** Watch Video Clips 1–4. Choose the problem(s) in each situation.



- a Rude service.
- b Slow service.
- c Run out of (缺少) a dish.



- a The food is salty.
- b The food isn't fresh.
- c The food is undercooked.



- a The food is expensive.
- b The food doesn't look good.
- c The restaurant doesn't look good.



- a The food is disgusting.
- b The kitchen is dirty.
- c The staff are rude.

### Words and Expressions



salad *n.* 色拉; 凉拌菜  
 send sth back 退回某物  
 overcooked *adj.* 煮过头的  
 decorate *v.* 装修; 装饰  
 disgusting *adj.* 令人作呕的; 令人厌恶的  
 special *n.* 特价菜品; 特色菜品  
 still *adj.* 无泡的  
 sparkling *adj.* 有气泡的; 起泡的  
 tap water 自来水  
 rib-eye steak 肋眼牛排  
 medium rare (牛排等) 三四分熟的; 适中偏生的  
 side *n.* 配菜

**Task 3** Watch Video Clip 2 and complete the gaps.

**Customer 1:** I'm sorry, but I'd like to (1) \_\_\_\_\_.

**Waiter:** What seems to be (2) \_\_\_\_\_?

**Customer 1:** It's clearly not fresh. It's cooked from frozen. I could cook better food myself at home.

**Customer 2:** Sorry, but I'd like to (3) \_\_\_\_\_ as well.

**Waiter:** Is it the same problem?

**Customer 2:** No. Here, taste it. It tastes of nothing but salt. It's also really (4) \_\_\_\_\_!

**Waiter:** I'm really sorry. Can I (5) \_\_\_\_\_ with anything else?

**Customer 1:** No, thanks. We just want to leave and we're not paying.

**Waiter:** Of course. I'm (6) \_\_\_\_\_ this.

**Task 4** Practise the conversation in Video Clip 2 with a partner.

Using context to predict questions and answers  
(根据语境预先设想对话内容)

在出席某个场合之前，可以事先想一想对方会跟你说什么。例如，在餐厅里，你可能会被问到这样的问题：  
How would you like your steak cooked? Would you like any sides?  
这时，预想问题除了能帮你更好地理解对方的提问，还可以帮助你提前准备好自己的回答，实现有效交流。

**Task 5** Read the common questions in a restaurant. First predict the replies, and then match the questions to the answers.

- ☐ 1 Can I get you a drink before you order?
- ☐ 2 Still or sparkling?
- ☐ 3 How would you like your steak cooked?
- ☐ 4 Would you like any sides?
- ☐ 5 Would you like any dessert?

- a No, thanks. I don't have room for it.
- b Just a glass of orange juice for me.
- c Rare, please.
- d Could I have the mixed salad?
- e Sparkling, please.

**Task 6** Watch the Video Clip 5 and write down the answers in the video to the questions.

- 1 Can I get you a drink to start with?

2 Still or sparkling?

- 3 How would you like your steak cooked?

- 4 Would you like any sides?

- 5 Would you like a dessert?

**Task 7** Discuss the questions with a partner.

- 1 Do you prefer to eat in a restaurant or order a takeaway? Why is that?

*I prefer to order a takeaway. I can eat good food at home while watching movies or talking with my friends.*

- 2 Which are your favourite takeaway restaurants? Why?
- 3 Do you think it's a problem that people are ordering more and more takeaways? Why (not)?



# WRAP-UP

**Task 1** Decide whether the sentences are correct. If there are any mistakes, correct them. Pay attention to the use of *could*.

- 1 We *could* reach the top of the mountain before it got dark yesterday.
- 2 He *could* run very fast.
- 3 I *could* walk when I was under one.
- 4 I *could* send a text to my mum this morning.
- 5 They *could* cook for themselves.
- 6 They *could* cook dinner on the fire last weekend.

**Task 2** Circle the correct word to complete each sentence.

- 1 The number of people attending *tripled/increased* by 10 percent.
- 2 The number of hits (点击率) on the website *decreased/grew* from 5,000 a day to 4,000 a day.
- 3 The population of the city has *increased/adopted* by 20% in the last decade.
- 4 We have *reduced/changed* our plan many times since the start.
- 5 It took me a long time to *change/adopt* new study habits after starting university.

**Task 3** Write down answers or questions to complete the conversation in a restaurant.

**Customer:** Excuse me. (1) \_\_\_\_\_.

**Waitress:** Sure. What can I get you?

**Customer:** I'd like to order a steak, please.

**Waitress:** Certainly. (2) \_\_\_\_\_?

**Customer:** Medium, please.

**Waitress:** (3) \_\_\_\_\_?

**Customer:** I'd like chips and the side salad.

(A few minutes later.)

**Customer:** Sorry, but I'd like to send this back.

**Waitress:** (4) \_\_\_\_\_?

**Customer:** I said medium, but it's as hard as a rock!

**Waitress:** (5) \_\_\_\_\_.

**Task 4** What is the problem in Task 3? Write an apology letter on behalf of the restaurant.