

FOOD – I can't live without

TRANSCRIPT

There are a few things that **I can't live without**, particularly when it comes to food. Firstly, I love **spicy food** so I always put **a lot of chilli** on my food. I usually use chilli powder but if I've got **some fresh chillies** then I **chop up** **a couple of chillies** and **throw them into** whatever I am cooking. I used to hate fruit and veg **when I was a kid** but now I always take **a piece of fruit** to work and I have to have at least **a couple of vegetables** for lunch and dinner.

I used to drink **a lot of coffee** to **get me through the day** and I got to a point where I was drinking **several cups of coffee** every day but I didn't feel too healthy with all that caffeine inside me so **I gave it up**. Now I prefer water. I drink **loads of it** actually. I probably have **around two bottles of water** at work and then **a few cups** at home as well. Also I drink **some green tea** every day, which **helps me to chill out**. I like beer too but I don't drink **much beer** these days. In the summer I might have **a couple of beers** in a week but I might have **some wine** instead if it's with a meal.

I don't eat **much pasta** or **bread** anymore. It just **makes me feel really, really full and bloated**. Although I do like them a lot. They say you shouldn't eat **much red meat** and you should **stick to** white meat like chicken and fish, which is **supposed to be healthier**. But I love red meat so I eat quite a lot of it.

My biggest treat at the end of a day is having **a little bit of chocolate** but I only eat dark chocolate, **really bitter, dark chocolate**. **A lot of chocolate** in Britain **tends to be** milk chocolate, which is...for me it's too fatty and sugary. It's far too sweet for me. But I just have **a few pieces** and **that's my limit**. I'm not **a chocoholic**!

VOCABULARY

I can't live without – I love this thing so much

spicy food – strong flavours that can give you a hot feeling in your mouth

chop up – cut everything into pieces with a knife

get me through the day – survive, manage, cope until the end of the day

give something up – stop doing something, often because it is bad for you
it helps me to chill out – it makes me feel relaxed, calm
feel full and bloated – uncomfortable feeling after eating or drinking too much
stick to something – continue, stay with something
supposed to be – people say this is true, although that might not be right
a big treat – a reward for doing something good
bitter – a sharp taste that is not sweet
tend – this is normally/usually true
that's my limit – I can't have any more, any more would be too much for me
a chocoholic – someone who is addicted to chocolate, can't stop eating chocolate

GRAMMAR

Nouns – countable and uncountable

I need **three carrots**, **a couple of onions** and **a few chillies**
I eat **an apple** every day

Some nouns are **countable**

I eat **pasta** or **bread** every day
I don't drink much **coffee**, but I drink lots of **water**

Some nouns are **uncountable**

I'd like **a coffee**, please
(a cup of coffee)
Would you like **the pasta** or **the fish**?
(the pasta dish or the fish dish)
However, we can make **uncountable** nouns **countable**