


**1 SPEAKING**

- a**  What is your favourite dish? Tell a partner. Talk about ...
- What it's made from (e.g. rice, chicken, eggs)
  - Why you like it

**2 READING**

- a** Look at the title and pictures with the text. Does each item look like something you already know about?
- b** Read the text. Was any of the information surprising? Why / Why not?

# Death in a Dish!

How do you like your food? Tasty? Healthy? Interesting? Cheap and easy to prepare? Or maybe you'd like a bit more than that – maybe you'd like it to be dangerous too? If you're one of these people, then a dish of pufferfish is the food for you! It's a strange animal and looks like a swimming football. But more about that later. First let's have a look at some more common dangerous foods.



## Red meat

It's not going to kill you immediately, but it's often full of salt and fat. And if you eat too much of it, you increase the amount of bad cholesterol in your blood, you increase your blood pressure and you put yourself in danger of heart disease. That's why people who don't like to eat dangerously go for healthier food like salad. But that's not completely safe either.

## Salad

This is maybe the most dangerous food there is, and that's because it can be covered with bacteria such as salmonella. Greens such as lettuce go through many hands on their journey from the field to your plate, and they're not always clean hands!





## Mushrooms

We all knew about this one already, right? There are some very dangerous mushrooms out there. You know the amanita mushroom, for example – it's got a lovely red top with white spots on it? That's one to stay away from unless you want to make yourself really ill. But there are of course lots of mushrooms which are good and safe to eat. If you want something that's definitely dangerous, then let's return to the pufferfish.

## Pufferfish

Our swimming football is a very popular dish in Japan, but some parts of the fish contain a very strong poison called tetrodotoxin, 1,200 times more dangerous than cyanide. You don't need to eat a lot of it – one fish can kill 30 people! You need special training to prepare pufferfish safely. The dangerous parts must be cut out very carefully. This means that a meal of *fugu* (its name in Japanese) can be very expensive. They say it's delicious, but there is a price to pay – and not only in money. Each year around 50 people have to go to hospital after eating it, and some of them die. So over to you – if someone offers you a dish of fugu, what will you do?



### BETTER READING: GUESSING THE MEANING OF SPECIALIST WORDS

No matter how well you speak a language, there will be words you don't know. These will sometimes be specialist words, for example science or technology words. You can still understand the text, but you will need to guess what kind of thing the word refers to. Looking at other words before or after the specialist word can help.

Find these science words in the text on pages 38–39. Read carefully the sentences where you find them and decide what the words are examples of.

amanita    cholesterol    cyanide    salmonella  
tetrodotoxin

d Find one true sentence below. Correct the false sentences.

- 1 Eating red meat gives you heart disease.
- 2 Salad is bad for you.
- 3 Amanita mushrooms are safe to eat.
- 4 All mushrooms are dangerous.
- 5 A dish of pufferfish is expensive.
- 6 Eating pufferfish will kill you.

### 3 SPEAKING

a The text begins and ends with questions. Ask and answer them with a partner.

- 1 How do you like your food? Tasty? Healthy? Interesting? Cheap and easy to prepare?
- 2 If someone offers you a dish of fugu, what will you do?

c For each sentence, answer the question, 'What is it?'

- 1 It looks like a swimming football.
- 2 It puts you in danger of heart disease.
- 3 It may be covered in bacteria.
- 4 It's red and white.
- 5 It's more dangerous than cyanide.
- 6 It can kill 30 people.

