



Name _____ Date _____

UNIT 7 – IN THE KITCHEN

basic / benefit / blend / complete / create / ease / essential / modest / orchard / prepare

7A Introduction

What's your favorite food? The rapper in this song loves all kinds of food, whether it's breakfast, lunch, or dinner. And not only does he like eating food—he likes cooking, too. Let's see what he's fixing in the kitchen.

7B Song Lyrics

Ah. What time is it? Oh man, I've got to get up. Oh, I'm so hungry. I wish I could just go back to sleep. Alright, I've got to get up and make something. Let's see. Let me step into the kitchen, see what I can make on my way out the door.

Bright and early as I rise out of bed,
Now is about the right time for me to get fed.
Yep—so as I'm combing my hair,
I think about the breakfast I want to **prepare**.
I mean, I've got to cook these eggs and cut veggies,
The bread is still in the toaster; it's not ready.
Fresh-squeezed OJ I pour it in a glass,
So I can get my vitamin C before class.
Hold up! I'll have a bowl of granola,
And throw a banana on top when it's chopped.
Aha, about to eat my **complete** breakfast,
Everything I need has been checked off the checklist.
But you know I'm kind of in a rush,
Because it's **essential** that I catch the bus.

I absolutely have to; I'm really in a crunch,
I'll be hungry again; I can't wait until lunch.
This is what I'm fixing in the kitchen,
This is what I'm fixing in the kitchen—listen!
(x2)



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The time is 11:59, got my mind on my food,
And my food on my mind.
Let me think: Maybe I'll start with the drink,
I would like some lemonade but only if it's pink.
Or, better yet, in the end,
I'll have a glass of the cranberry juice **blend**,
The kind that has cran and grape mixed together,
When it comes to juice, the more fruit the better.
Plus I have an apple straight from the **orchard**,
Where they grew on the trees for me, him or her.
But I need a sandwich in my belly,
Peanut—peanut butter—jelly!
You can say I like to keep it **basic**,
Simple, and plain, and that's what makes it great!
Today lunch was a winner,
But I can't wait until it's time to eat dinner.

Hook
(x2)

Mmm...
Time for dinner, and I love to **create**,
I make a whole bunch of things to put on my plate.
I think I'll have rice, that sounds nice,
A tall glass of water but I don't like the ice.
Maybe I should fire up the grill,
No matter what I do, everything will be chill.
And that's because I do it with **ease**,
I mean I'm comfortable, natural, and free.
See, a salad on the side would taste good indeed,
And while I'm at it, how about adding some green beans?
All of these foods would be a **benefit**,
Good for our bodies, so you probably should remember this.
And while I'm eating, I will try and stay **modest**,
And say that I'm not that great of a cook—honest.
But the truth is, I'm better than the best is,
Dinner was great and I can't wait until breakfast!

Hook
(x2)



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7C Words Defined

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basic

(adj) Having to do with the main or simplest part of something. *I don't really know much about wizardry; everything I know is really basic.*

benefit

(verb) To help or be helpful to; to be useful to. *The money we raised will benefit our school's basketball team and drama club.*

(noun) Something that is useful or helpful, that does good. *One of the biggest benefits of being older is that you get to make your own decisions.*

blend

(verb) To come or mix together into one. *When I make smoothies, I like to blend strawberries and bananas.*

(noun) A mixture. *This music is a blend of hip-hop and country.*

complete

(adj) Having no missing parts; whole. *I watched the complete first season of my favorite cartoon last week.*

(noun) To finish. *With only five minutes left, Karla wasn't sure if she could complete the test in time.*

create

(verb) To bring into being; to make for the first time. *Joey created a cookie that had milk trapped inside it.*

ease

(verb) To free from pain or trouble. *Talking to my dad about my problems really eased my mind.*

(noun) Freedom from concern, trouble, or work. *I wasn't worried about the future; I was totally at ease.*

essential

(adj) Needed; necessary; extremely important. *If you're going to play soccer, it's essential that you have a ball.*

modest

(adj) 1. Not thinking too highly of oneself. *Tricia always blushes when people compliment her; she's very modest.* 2. Simple; not fancy or extreme; moderate. *I live in a modest house—not too big, not too small.*

orchard

(noun) A place where fruit trees grow. *DeeDee went apple-picking in the apple orchard.*

prepare

(verb) To make or get ready. *Lilly prepared all week for the big show Friday night.*



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7D Synonyms

Circle the word on the right that matches the meaning of the word or phrase on the left.

basic / benefit / blend / complete / create / ease / essential / modest / orchard / prepare

- | | | | |
|--|----------|----------|-----------|
| 1. something that is useful | orchard | blend | benefit |
| 2. to make for the first time | create | complete | ease |
| 3. a place where fruit trees grow | blend | orchard | benefit |
| 4. to mix together | complete | blend | prepare |
| 5. necessary | basic | complete | essential |



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7E Fill in the Blank

Write the word in the blank so that the sentence makes sense.

1. I'm not allowed to watch TV until I've _____ my homework.

completed blended benefited

2. Tara's very _____, even though everyone tells her she's the best singer in the whole school.

basic modest essential

3. The most _____ difference between humans and monkeys is that monkeys have tails and we don't.

complete basic modest

4. Since he decided to stop working, my dad has lived a life of _____.

benefit blend ease

5. You'll need some milk and butter if you want to _____ macaroni and cheese.

ease prepare benefit



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7F Connections

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Each sentence has a strong connection with one of the words from the unit. Write the correct word on the line below.

1. If I get three more cards, I will have every baseball card in the set.

2. My sister ironed her dress and fixed her hair for the wedding.

3. Put the eggs and the cream cheese in a bowl and stir until they're mixed together.

4. The area was covered with peach trees, as far as the eye could see.

5. My friends and I love inventing new dances.



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7G Applying Meanings

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Circle the letter that makes sense or answers the question.

1. Which is a **modest** thing to say?

- (A) “I don’t think I’m very smart.”
- (B) “My friend gave me a cool birthday present.”
- (C) “I don’t like to eat vegetables.”
- (D) “I’m the best basketball player in the school.”

2. A book called The **Basics** of French would probably teach you

- (A) how to teach English to students in France
- (B) how to read difficult books in French
- (C) how to say simple sentences in French
- (D) how to give speeches to French audiences

3. Someone who was at **ease** would probably feel

- (A) excited
- (B) annoyed
- (C) frightened
- (D) comfortable

4. Which of these would most **benefit** a baby?

- (A) a dirty diaper
- (B) a big car
- (C) a CD player
- (D) a bottle of milk

5. Which of these is essential to making a painting?

- (A) a stool
- (B) paint
- (C) drawing a picture
- (D) nature



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7H Reading

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Read the passage below and then answer the questions that follow.

Eat Right, Save the Planet

Most of us do not think very much about the food we eat. We eat whatever tastes good when we are hungry. But if you want to lead a healthy life, it is **essential** to eat right. Eating well is not only good for our bodies—it is also good for the planet.

It is easy to feel confused about what to eat. It seems like the rules change often. One day, we are told that eggs are unhealthy; the next day, we are told they are healthy. The rules **create** a lot of confusion. But eating healthy should not be that confusing.

Food writer Michael Pollan came up with a good basic rule to remember. His rule is: “Eat food. Not too much. Mostly plants.” When Pollan says, “Eat food,” he means a certain type of food. Pollan does not consider snack foods like chips or cookies to be “food.” When he says, “Eat food,” he means natural foods that are **prepared** at home. Natural foods are foods that are grown or raised on a farm. Fresh fruits and vegetables, meat, eggs, grains, and milk are all natural foods. Eat **modest** amounts of natural foods, mostly vegetables, and you will be healthy.

There are many **benefits** to eating healthy. For starters, it is good for your body. You will have more energy if you eat healthy food. You will be safer from diseases. You will also live a longer life.

Eating healthy is also good for the planet. Farmers often use harmful chemicals when raising meat.

These chemicals harm our water, our land, and our air. There is nothing wrong with eating meat sometimes. A little meat can be part of a healthy diet. But to be truly healthy, remember Michael Pollan’s rule: “Eat food. Not too much. Mostly plants.”



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1. Why do some people feel confused about what to eat?

2. What is Michael Pollan's rule?

3. Name three kinds of foods that Pollan considers "natural foods."

4. What are two benefits to eating healthy food?

5. What does the author think of eating meat?

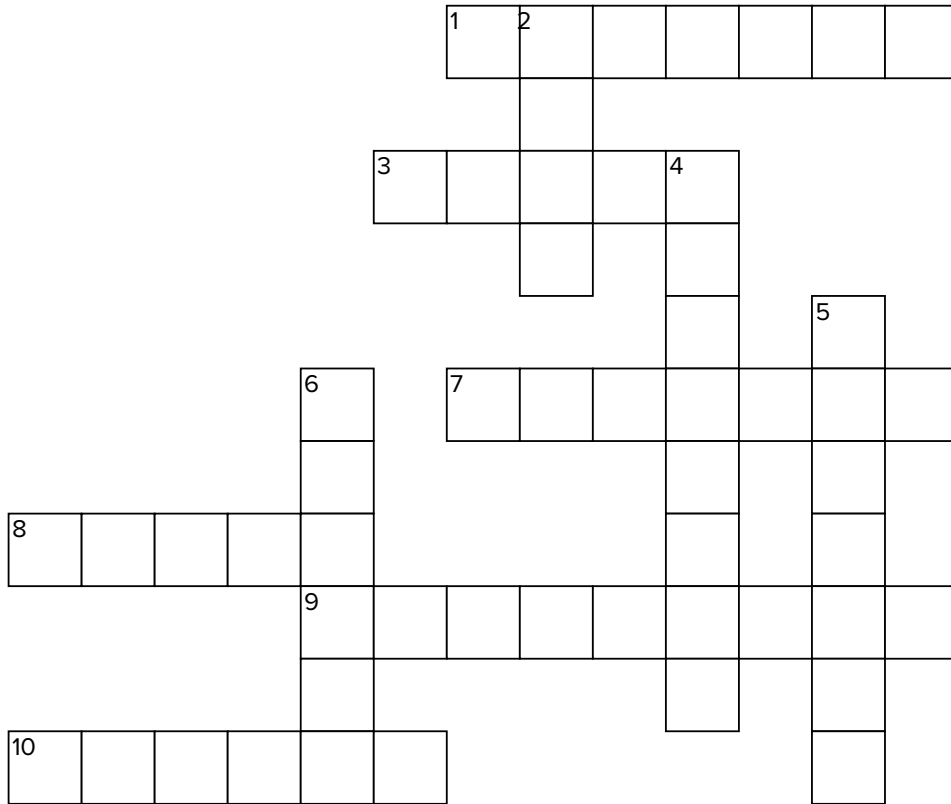


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Bonus: Crossword Puzzle

Solve this crossword puzzle. Note: Some answers may be different forms of the vocab words from this unit.

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ACROSS

- 1** One _____ of email is that getting in touch with people is easier than ever before.
- 3** Having to do with the simplest part of something.
- 7** To make or get ready.
- 8** My favorite fruit juice is a _____ of pear and apple.
- 9** If you want to get good grades, it is _____ that you pay attention in class.
- 10** The scientist was trying to _____ a breakfast cereal that tasted like cheeseburgers.

DOWN

- 2** My doctor helped to _____ the pain of my broken leg.
- 4** I only have one more book to read to _____ the entire Harry Potter series.
- 5** Farmer Cowley grows apples and lemons in his _____.
- 6** I love my bedroom, but it is pretty _____ compared to my sister's giant room.