

**TOPIC 7: RECIPES AND EATING HABITS**

**A. TỪ VỰNG**

**I. PHIẾU TỪ VỰNG SỐ 1**

| STT | Words                             | Pronunciation | Meaning               | Examples  |
|-----|-----------------------------------|---------------|-----------------------|---|
| 1.  | chop (v)                          | /tʃɒp/        | chặt                  | They first asked me if it was OK if they chopped the tree into pieces.              |
| 2.  | cube (n)                          | /kju:b/       | miếng hình lập phương | Please cut the cheese into small cubes.   |
| 3.  | deep-fry (v)<br><i>deep-fry</i>   | /di:p-fraɪ/   | rán ngập mỡ           | Food which is deep-fried is not healthy.  |
| 4.  | dip (v)                           | /dɪp/         | nhúng                 | Dad likes to dip toast into his soup.   |
| 5.  | drain (v)<br><i>drain</i>         | /dreɪn/       | làm ráo nước          | Don't bother drying the pans - just leave them to drain.                            |
| 6.  | garnish (v)<br><i>gar-nish</i>    | /'gɑ:rnɪʃ/    | trang trí (món ăn)    | My sister likes garnishing the dish with parsley before serving.                    |
| 7.  | grate (v)<br><i>grate</i>         | /greɪt/       | nạo                   | Would you grate the cheese?   |
| 8.  | grill (v)<br><i>grill</i>         | /grɪl/        | nướng                 | I always grill meat and beef in any party of my family.                             |
| 9.  | marinate (v)<br><i>ma-ri-nate</i> | /'mæɪnɪt/     | ướp                   | Marinating the chicken in white wine for a couple of hours makes it more delicious. |
| 10. | peel (v)                          | /pi:l/        | gọt vỏ, bóc vỏ        | You will be responsible for peeling the apples.                                     |
| 11. | purée (v)<br><i>pu-rée</i>        | /'pjʊəreɪ/    | xay nhuyễn            | The first solid food she gave her baby was puréed carrot.                           |
| 12. | roast (v)                         | /rəʊst/       | quay                  | I roasted the vegetables with some olive oil.                                       |

## II. PHIẾU TỪ VỰNG SỐ 2

| STT | Words                               | Pronunciation  | Meaning          | Examples  |
|-----|-------------------------------------|----------------|------------------|---|
| 1.  | shallot (n)<br><i>sha-l-lot</i>     | /ʃə'lot/       | hành khô         | When sliced, shallots release substances that irritate the human eye, resulting in production of tears. |
| 2.  | simmer (v)<br><i>sim-mer</i>        | /'sɪmə(r)/     | Om               | You can leave the vegetables to simmer for a few minutes.   |
| 3.  | spread (v)<br><i>sp-read</i>        | /spred/        | phết             | It's a special sort of butter that spreads easily even when cold.                                       |
| 4.  | sprinkle (v)<br><i>sp-rinkle</i>    | /'sprɪŋkl/     | rắc              | I sprinkled some sugar on top of the cake.  |
| 5.  | slice (v)<br><i>s-lice</i>          | /slaɪs/        | cắt lát          | Would you like another slice of ham/beef?   |
| 6.  | staple (n)<br><i>s-ta-ple</i>       | /'steɪpl/      | lương thực chính | Because of the storm, most stores were low on staples such as bread and milk.                           |
| 7.  | starter (n)<br><i>star-ter</i>      | /'stɑ:tə(r)/   | món khai vị      | We had soup/pâté/pasta as a starter.  |
| 8.  | steam (v)<br><i>s-team</i>          | /sti:m/        | hấp              | If water is heated to 100°C, it turns to steam.   |
| 9.  | stew (v)<br><i>s-tew</i>            | /stju:/        | hầm              | It tastes good if you boil it, fry it in oil, and then stew it with chilies.                            |
| 10. | stir-fry (v)<br><i>stir-fry</i>     | /stɜ:(r)-fraɪ/ | Xào              | She stir-fried the vegetables.  |
| 11. | tender (adj)<br><i>ten-der</i>      | /'tendə(r)/    | mềm              | My steak was beautifully tender.  |
| 12. | versatile (a)<br><i>ver-sa-tile</i> | /'vɜ:sətaɪl/   | đa dụng          | This is a very versatile recipe - you can double the portions for a party.                              |
| 13. | whisk (v)                           | /wɪsk/         | đánh (trúng...)  | Our coffees were whisked away before we'd even finished them.   |