

1 FOOD

- a Match the words and pictures.

Fish and seafood

- 1 crab /kræb/
 mussels /'maslz/
 salmon /'sæmən/
 shrimp /ʃrɪmp/
 squid /skwɪd/
 tuna /'tʊnə/

Meat

- beef /bi:f/
 chicken /'tʃɪkən/
 duck /dʌk/
 lamb /læm/
 pork /pɜ:k/

Fruits and vegetables

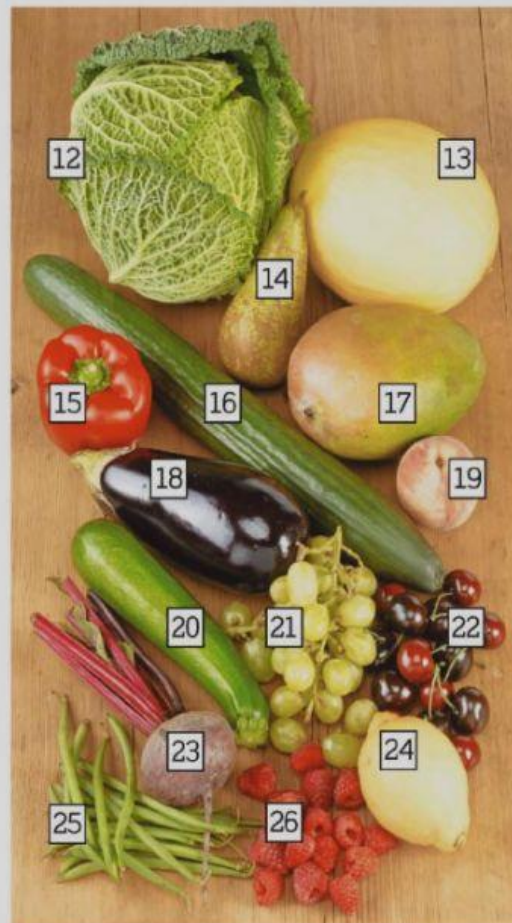
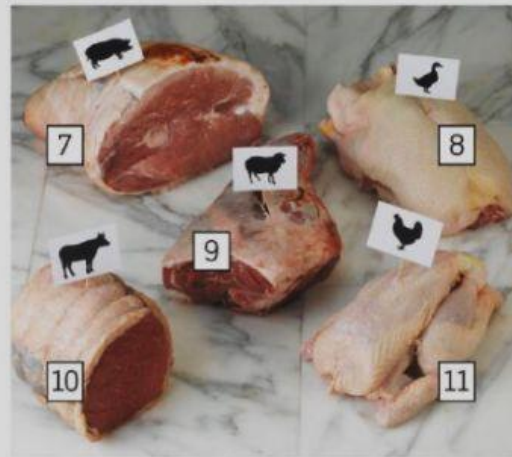
- beet /bi:t/
 cabbage /'kæbɪdʒ/
 cherries /'tʃerɪz/
 cucumber /'kyʊkəmbər/
 (BritE aubergine)
 grapes /greɪps/
 green beans /grɪn bi:nz/
 lemon /'lemən/
 mango /'mæŋɡəʊ/
 melon /'melən/
 peach /pi:tʃ/
 pear /peə/
 raspberries /'ræzberɪz/
 red pepper /red 'pepər/
 zucchini /zu'kɪni/
 (BritE courgette)

- b 1 2)) Listen and check.

- c Are there any things in the list that you...?

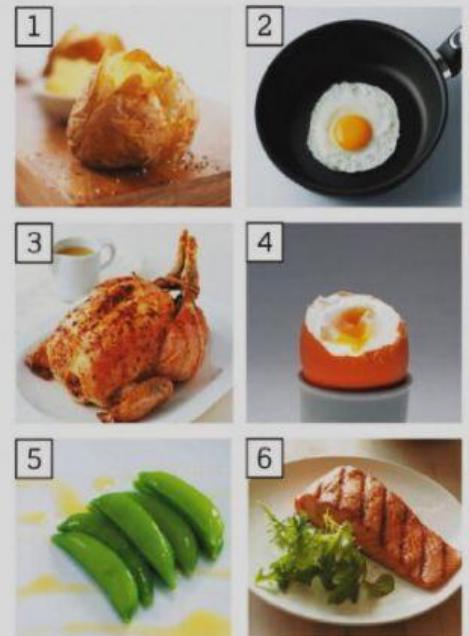
- a love
 b hate
 c have never tried

- d Are there any other kinds of fish, meat, or fruits and vegetables that are very common in your country?



2 COOKING

- a Match the words and pictures.



- 4 boiled /bɔɪld/
 roasted /roʊstɪd/
 baked /beɪkt/
 grilled /grɪld/
 fried /fraɪd/
 steamed /stiːmd/

- b 1 3)) Listen and check.

- c How do you prefer these things to be cooked?

eggs	chicken
potatoes	fish



Phrasal verbs

Learn these phrasal verbs connected with food and diet.

*I **eat out** a lot because I don't really have time to cook.*
 (= eat in restaurants)

*I'm trying to **cut down on** coffee right now. I'm only having one cup at breakfast.* (= have less)

*The doctor told me I had very high cholesterol and that I should completely **cut out** all high-fat cheese and dairy products from my diet.*
 (= eliminate)