

Match the words and pictures.

Fish and seafood

crab ☐

mussels ☐

salmon ☐

shrimp ☐

squid ☐

tuna ☐

Meat

beef ☐

chicken ☐

duck ☐

lamb ☐

pork ☐

Fruits and Vegetables

beet ☐

cabbage ☐

cherries ☐

cucumber ☐

eggplant (British aubergine) ☐

grapes ☐

green beans ☐

lemon ☐

mango ☐

melon ☐

peach ☐

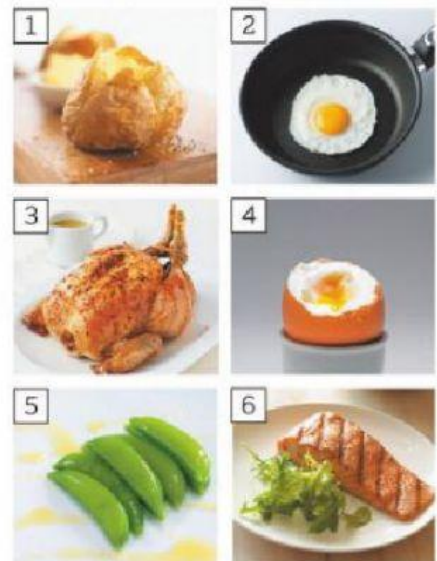
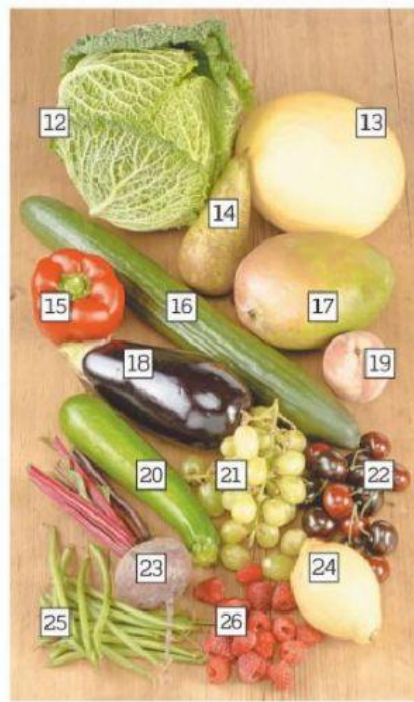
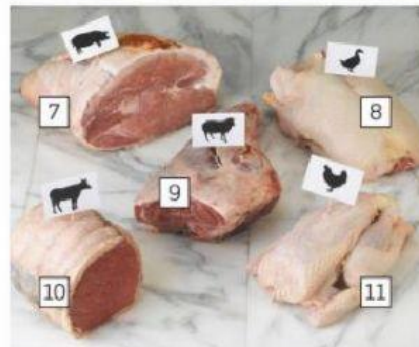
pear ☐

raspberries ☐

red pepper ☐

zucchini ☐

Food and Cooking



Cooking

Match the pictures and the words.

boiled ☐

grilled ☐

roasted ☐

fried ☐

baked ☐

steamed ☐



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)