

COOKING

Match the words and pictures.



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

1 3 Listen and check.

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.

cut out: remove something from a diet
(= eat more)

WORKSHEETS

1 FOOD

- a Match the words and pictures.

Fish and seafood

- 1 crab /kraɪb/
- 2 mussels /ˈmʌslz/
- 3 salmon /ˈsælmən/
- 4 shrimp /ʃrɪmp/
- 5 squid /skwɪd/
- 6 tuna /ˈtʊnə/

Meat

- 7 beef /biːf/
- 8 chicken /ˈtʃɪkən/
- 9 duck /dʌk/
- 10 lamb /læm/
- 11 pork /pɔːk/

Fruits and vegetables

- 12 beet /biːt/
- 13 cabbage /ˈkæbɪdʒ/
- 14 cherries /ˈtʃerɪz/
- 15 cucumber /ˈkyʊkəmbər/ (BritE aubergine)
- 16 grapes /ɡreɪps/
- 17 green beans /ɡrɪn biːnz/
- 18 lemon /ˈleɪmən/
- 19 mango /ˈmæŋɡoʊ/
- 20 melon /ˈmelən/
- 21 peach /piːtʃ/
- 22 pear /peə/
- 23 raspberries /ˈræzberɪz/
- 24 red pepper /red ˈpeɪpər/
- 25 zucchini /zuˈkɪni/ (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?

