

Unit 5 – Vocabulary

Vocabulary a healthy lifestyle

Complete the sentences with these opposites of the words in brackets.

beneficial cut down on cut out ~~give up~~ increases junk lose overeating relieve

- 1 Dave has decided to *give up* (take up) smoking again.
- 2 I've started a new diet to help me (put on / gain) weight.
- 3 Many people believe that caffeine can help to (cause) pain.
- 4 A fatty diet (reduces) the risk of heart disease.
- 5 There are several (harmful) effects of eating raw fish.
- 6 Too many young people are (dieting) these days.
- 7 Most of the cafés around here only serve (healthy) food.
- 8 The doctor advised me to (eat more) salt in my food.
- 9 I've had to (start eating) sugar.

Vocabulary restaurants

Complete the exchanges with these words.

book eat have leave look order pay

- 1 A: What will you *have* for dessert?
B: I think I'll have the chocolate cake, please.
- 2 A: What time did you the table for?
B: Eight o'clock.
- 3 A: Could I for our meal now, please?
B: Yes, of course. I'll just prepare your bill.
- 4 A: Would you like to any drinks?
B: Can we have two Diet Cokes, please?
- 5 A: The service was very good this evening.
B: Yes, we should a good tip.
- 6 A: What are you doing tonight?
B: I'm planning to out with friends.
- 7 A: Are you ready to order?
B: I need to at the menu for a little longer. Thank you.

Real life describing dishes

Put the letters in the correct order to make adjectives. The adjectives describe how food is cooked or how food tastes.

- 1 THO hot
- 2 BODILE _____
- 3 PICSY _____
- 4 KEBAD _____
- 5 WETSE _____
- 6 DNALB _____
- 7 FEDIR _____
- 8 LYSAT _____

Vocabulary revision

Match these verbs with the correct phrases.

add cook eat heat keep peel wash

- 1 keep cheese in the fridge
- 2 _____ vegetables before you wash them
- 3 _____ water to the rice
- 4 _____ meat well until it isn't pink
- 5 _____ fish on the day you buy it
- 6 _____ rice before you cook it
- 7 _____ the bread a little before serving