

Types of Food

- **Cuisine** – a style of cooking
Example: I love trying different cuisines like Thai, Indian, and Italian.
 - **Junk food** – food that's unhealthy but often tasty
Example: Many teenagers eat a lot of junk food, which can lead to health problems.
 - **Home-cooked meal** – food prepared at home
Example: I prefer home-cooked meals because they are healthier and more affordable.
 - **Street food** – ready-to-eat food sold by vendors in public places
Example: Street food in Bangkok is not only cheap but also incredibly delicious.
 - **Vegan food – Plant based style food.**
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Cooking & Eating

- **To dine out/eat out** – to eat at a restaurant
Example: I usually dine out with my friends on weekends.
 - **To grab a bite** – to eat something quickly
Example: I didn't have time for breakfast, so I just grabbed a bite on the way to work.
 - **To be a picky eater** – someone who doesn't like many types of food
Example: My little brother is a picky eater; he only eats plain rice and chicken.
 - **To be a foodie** – someone who loves food and eating
Example: I'm a real foodie, always looking for new restaurants to try.
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Health & Nutrition

- **Balanced diet** – a diet that includes all nutrients in the right proportions
Example: A balanced diet is essential for maintaining good health.
 - **Malnutrition** – lack of proper nutrition
Example: Malnutrition is a major issue in many developing countries.
 - **Processed food** – food that has been altered for convenience
Example: Processed foods are usually high in sugar, salt, and fat.
 - **Organic food** – food produced without chemicals or pesticides
Example: Many people choose organic food for health and environmental reasons.
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Describing Taste & Preferences

- **Savory** – salty or spicy, not sweet
Example: I prefer savory snacks like chips or nuts over sweets.
- **Bland** – lacking strong flavor
Example: The soup was quite bland; it needed more seasoning.
- **Rich** – having a strong or intense flavor, often fatty
Example: The chocolate cake was rich and satisfying.
- **Mouth-watering** – extremely appetizing
Example: The smell of freshly baked bread is absolutely mouth-watering.