

## 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.*