

Food and cooking

1 FOOD

- a Match the words and photos.

Fish and seafood

- 1 crab /kræb/
- lobster /'lɒbstər/
- mussels /'mʌslz/
- salmon /'sæmən/
- shrimp /'ʃrɪmp/
- squid /'skwɪd/
- tuna /'tʊnə/

Meat

- beef /biːf/
- chicken /'tʃɪkən/
- duck /dʌk/
- lamb /læm/
- pork /pɜːk/

Fruits and vegetables

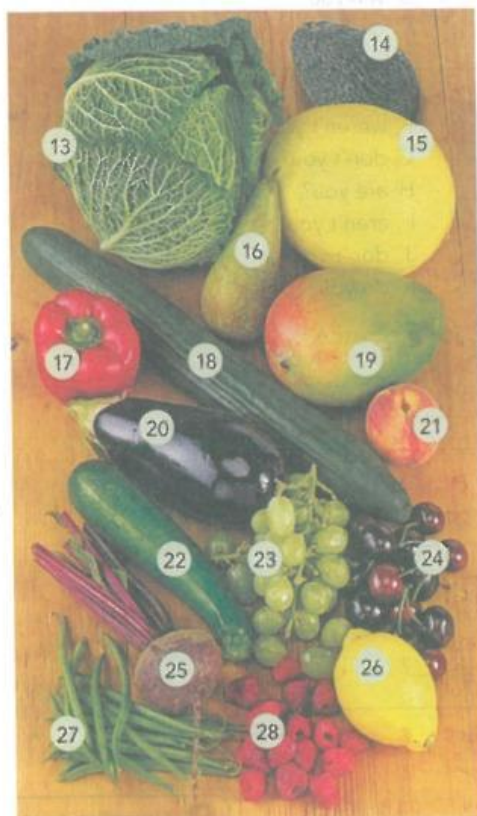
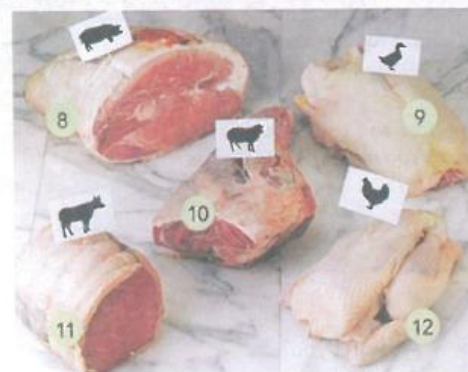
- avocado /əvə'kɑːdəʊ/
- beet /biːt/
- cabbage /'kæbɪdʒ/
- cherries /'tʃeriz/
- cucumber /'kyʊkəmbər/
- eggplant /'egplænt/ (BritE aubergine)
- grapes /'ɡreɪps/
- green beans /'ɡriːn biːnz/
- lemon /'lemən/
- mango /'mæŋɡəʊ/
- melon /'melən/
- peach /'piːtʃ/
- pear /peə/
- raspberries /'ræzberiz/
- red pepper /red 'pepər/
- zucchini /zu'kɪni/ (BritE courgette)

- b 1.2 Listen and check.

ACTIVATION Talk to a partner. Are there any things in the list that you...?

- a love
- b hate
- c have never eaten

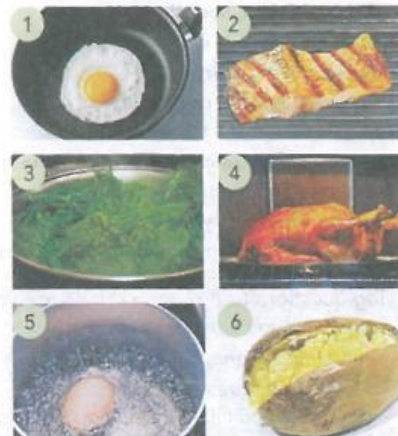
Are there any other kinds of fish, meat, fruits, or vegetables that are very common in your country?



VOCABULARY BANK

2 COOKING

- a Match the words and photos.



- baked /beɪkt/
- boiled /bɔɪld/
- 1 fried /fraɪd/
- grilled /ɡrɪld/
- roasted /rəʊstɪd/
- steamed /steɪmd/

- b 1.3 Listen and check.

ACTIVATION Talk to a partner. How do you prefer these things to be cooked?

chicken eggs fish potatoes

3 PHRASAL VERBS

- a Complete the phrasal verbs with a word from the list.

down on out (x2)

- 1 I eat _____ a lot because I don't really have time to cook. Luckily, there are lots of good restaurants close to where I live.
- 2 I'm trying to cut _____ coffee right now. I'm only having one cup at breakfast.
- 3 The doctor told me that I should completely cut _____ all cheese and dairy products from my diet.

- b 1.4 Listen and check.

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