Unit 2: Food and Restaurants

Word Store 2: Diet & Dining Reference Text

A vegetarian is someone who eats vegetables, fruit, nuts, bread, and pulses, but avoids meat. Some eat fish, while vegans consume no animal products at all, rejecting dairy products such as milk, butter, and cheese. Food lovers who appreciate fine dining and understand good cuisine are known as gourmets, and the professional responsible for preparing meals in a restaurant kitchen is a chef.

Exercise 1: Food & Diet Cloze

Fill in each blank with an appropriate word. The first letter of each missing word has been given.

A strict vegetarian consumes only fresh (1) **v**_____, pulses, bread, fruit, and grains, and deliberately avoids (2) **m**_____ such as beef or lamb. However, pescatarians choose to eat (3) **f**_____ and seafood. Other diners eat poultry but exclude (4) **r**_____ meat from their meals. A vegan abstains entirely from animal derivatives, rejecting all (5) **d**_____ goods including milk, yoghurt, and (6) **c**_____. To ensure adequate protein, vegans frequently eat varied (7) **n**_____ and seeds. A passionate (8) **g**_____ possesses refined gastronomic knowledge and takes great pleasure in tasting world-class culinary creations accompanied by fine (9) **w**_____. In a commercial kitchen, the head (10) **c**_____ supervises meal planning, preparation, and plating.

Exercise 2: Food Classification

Organise the thirty-six food items into their correct culinary categories in the table below.

nectarine • thyme • salmon • apple • mussel • lamb • satsuma • trout • squid • lettuce • plaice • oregano • mackerel • rosemary • mutton • courgette • basil • plum • coconut • fig • shrimp • cabbage • bacon • cauliflower • mincemeat • smoked salmon • chives • liver • chicken • pork chop • spinach • cucumber • beef joint • strawberry • grape • sausage • prawn • watermelon • lobster • cod • parsley • aubergine • pork • sardine • salami • mango • octopus

Vegetables	Fish	Herbs	Seafood	Fruit	Meat

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Exercise 3: Key Ingredients Clue Search

Read each clue below and write the target culinary ingredient from the original recipe lists.

Target Ingredients: anchovies • aubergines • bean sprouts • celery • gravy • mashed potato • mincemeat • saffron • spices • walnuts

1. Finely chopped or minced beef mixed with onions and carrots, used as the base for a shepherd's pie: _____

2. Shiny, deep purple Mediterranean vegetables with spongy white flesh, essential in Greek moussaka: _____

3. The world's most costly golden spice, harvested from crocus flowers to flavour and colour paella: _____

4. Tiny, intensely salty, cured silver fish fillets often melted into Italian pizza sauces or dressings: _____

5. Crisp, pale green edible shoots of germinated mung beans, widely used in stir-fries and spring rolls: _____

6. Crinkled, hard-shelled edible tree nuts with two lobes, added to a classic Waldorf salad: _____

7. Crisp, fibrous green stalks eaten raw in salads or diced into savoury soup bases: _____

8. A rich, seasoned brown sauce made from roasted meat juices and thickened stock: _____

9. Boiled potatoes crushed with butter, milk, salt, and pepper until smooth and fluffy: _____

10. Aromatic dried plant seeds, bark, or roots (such as cumin, turmeric, and cardamom) used in biryani: _____

Exercise 4: Cooking Methods

Verbs: bake | barbecue | boil | casserole | fry | grill | roast | steam

Complete each sentence by putting the most appropriate cooking verb into the correct grammatical form.

1. Melt a knob of butter before you _____ the fluffy mushroom omelette in a heavy pan.

2. Baked jacket potatoes are particularly delicious if you _____ them in their skins until the exterior turns crisp.

3. Nutritionists advise that you _____ delicate green vegetables over boiling water to preserve their essential vitamins.

4. A large, seasoned joint of prime beef tastes tender and juicy when you _____ it slowly in a moderate oven.

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5. Place seasoned fillets of trout skin-side up and _____ them beneath intense, direct heat for six minutes.

6. Tough, inexpensive cuts of meat become deliciously tender if you _____ them gently in a heavy covered pot with stock and root vegetables.

7. Traditional British boarding schools were notorious for choosing to _____ cabbage leaves in boiling water until they turned grey and soggy.

8. Whenever warm summer weekends arrive, our neighbours love to _____ seasoned lamb chops over glowing charcoal outside.

Exercise 5: A Night at the Bistro

Complete the restaurant review by writing the correct word starting with the letter provided.

Last Friday evening, my partner and I dined at The Olive Tree. We were extremely fortunate that we had (1) **b**_____ a table in advance, as every seat in the dining room was occupied. Shortly after we sat down, the waiter handed us the drinks (2) **l**_____ so that we could select an aperitif. For our (3) **s**_____, we ordered garlic mushrooms on toasted brioche. For the main (4) **c**_____, I requested the slow-cooked (5) **c**_____ casserole with fresh herbs and buttered carrots. For (6) **d**_____, we shared a rich dark chocolate tart served with clotted cream. At the end of the meal, we asked our server to bring the (7) **b**_____. Unfortunately, their card terminal was out of order, meaning they could not accept (8) **c**_____ cards, so we had to pay cash. Because the staff were so courteous and attentive, we left a generous (9) **t**_____ on the saucer to reward the impeccable (10) **s**_____.

Exercise 6: Food Preparation Adjectives

Match each food preparation adjective with the foods it typically describes. You may use words more than once.

Adjectives: chopped | grated | mashed | minced | sliced | spiced

1. beef / pork: _____

2. onions: _____

3. potatoes: _____

4. cheddar cheese: _____

5. crusty bread: _____

6. lamb curry: _____

7. yellow bananas: _____

8. ripe tomatoes: _____

9. carrots: _____

10. Bramley apple: _____

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Exercise 7: Food & Dining Odd-One-Out

Underline the word in each line that does not belong to the category.

1. meal • food • cuisine • feast • corkscrew

2. wine • starter • main course • appetiser • dessert

3. boil • fry • bake • bowl • grill

4. slice • boil • chop • grate • peel

5. salty • savoury • pan • sweet • bitter

6. dish • meal • bowl • plate • cup

7. courgette • mushroom • bean • plum • broccoli

8. bill • tip • receipt • menu • cheque

Exercise 8: Phrasal Verbs in Daily Life

Complete each sentence with the correct particle or phrasal verb form.

1. If the trousers you purchased online do not fit, take them _____ to the local branch for a full refund.

2. The family doctor advised my uncle to cut _____ on processed sugars and saturated fat.

3. We have finished our exams and are really looking _____ to our seaside holiday next week.

4. Do you think this patterned silk scarf goes _____ my new tailored navy blazer?

5. We felt exhausted after travelling, so we ordered an Indian _____-away from the high street.

6. Could I please try _____ this winter coat before deciding whether to purchase it?

7. If you clear the plates and wipe the tabletop, I will wash _____ all the greasy saucepans.

8. Children, please eat _____ your steamed broccoli and carrots before asking for ice cream!

9. Since there is no fresh milk left in the fridge, let's pop _____ to the corner shop to buy a pint.

10. My husband wants to celebrate our anniversary by taking me _____ to an Italian restaurant tonight.

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