

Food

beef -jautiena
blueberry -mėlynės
broccoli -brokoliai
celery -salieras
cherry -vyšnia
cod -menkė
cottage cheese –varškės sūris
cucumber -agurkas
fig -figa
haddock –juodalopė menkė
ham -kumpis
lamb-ėriena
lime –laimas(citrina)
salmon -lašiša
tuna -tunas
turnip -ropė
veal -veršiena

Adjectives (food)

artificial -dirbtinis
dark -tamsus
energy-giving-suteikiantis energijos
freshly-baked-šviežiai iškeptas
granulated-granuliuotas
iodised-joduotas
lean-liesas, sudžiūvęs
loose-purus, laisvas
mashed-trintas
mild-švelnus
mineral-mineralinis
pasteurised-pasterizuotas
processed-apdorotas, perdirbtas
protein-rich-turintis daug baltymų
refined-rafinuotas, valytas
roast-kepsnys
roasted-skrudintas, keptas
rye /ri/ -rugiai
scrambled eegs-plakta kiaušiniene
sparkling-putojantis
steamed-gamintas garuose
strong-stiprus
sugar-coated-apteptas glajumi, pabarstytas cukrumi
sun-dried –saulėje džiovinti
toasted-skrudinti
wholegrain-pilno grūdo
wholemeal-nesijotų grūdų, rupus

Verbs

prepare –paruošti

snack on-užkąsti

Eating out

café -kavinė
canteen -valgykla
exclusive restaurant-prabangus, pirmaklasis restoranas
family-run restaurant-šeimos valdomas restoranas
fast food restaurant-greito maisto restoranas
fresh ingredients-švieži ingredientai
helpful staff-paslaugus personalas
hotel dining room-viešbučio restoranas
Italian cuisine-itališka virtuvė
main course-pagrindinis patiekalas
reasonable prices-protingos, tinkamos kainos
relaxing atmosphere-atpalaiduojanti atmosfera
skilled chefs-kvalifikuoti, prityrę šefai
tempting desserts-gundantys, viliojantys desertai

Adjectives (eating out)

top-notch-geriausias, pirmarūšis

Verbs

dine-pietauti
recommend-rekomenduoti
serve-aptarnauti, patiekti

Cooking

Verbs

add –papildyti, įtraukti
bake-kepti
boil-virti
cool-atšaldyti
fry-kepti
grill-kepti ant grotelių
mix-maišyti
pour-pilti
preheat-įkaitinti
roast-apkepti, kepinti
scramble-kepti plaktą kiaušiniene
smoke-rūkyti
sprinkle-apibarstyti, apšlakstyti
weigh-sverti

Diet

bacterial infection-bakterinė infekcija
cancer prevention –vėžio prevencija
cravings-troškimai, potraukiai
digestive system-virškinimo sistema
food poisoning-apsinuodijimas maistu
intake-suvartojimas
leafy vegetables-lapinės dažovės
moderation-saikas

poor memory-prasta atmintis
servings-porcija
unhealthy lifestyle-nesveikas gyvenimo būdas
vital functions-gyvybinės funkcijos
vitamin supplements-vitaminų papildai

Adjectives (diets)

crash-skubus, intensyvus
detox-detoksikacinis, pašalinimo
high-protein-baltyminis
low-carb-turintis mažai angliavandenių
low-fat-neriebus

Verbs

boost (mood)-pakelti (nuotaiką)
burn (calories)-deginti (kalorijas)
lose (weight)-mesti (svorį)
put (sb) on a diet-priversti laikytis dietos
quench (thirst)-numalšinti (troškulį)
skip (a meal)-praleisti (valgymą)

Phrasal verbs

burn off (calories)- sudeginti (kalorijas)
cut down-sumažinti
keep down (weight)-sulaikyti svorio didėjimą
put on (weight)-priaugti svorio

Useful phrases

combat stress-kovoti su stresu
control your hunger-kontroliuoti alkį
health benefits-sveikatos privalumai, nauda
healthy eating plan-sveikos mitybos planas
high in calories-turintis daug kalorijų
keep energy levels high-palaikyti aukštą energijos lygį
makes your mouth water-keliantis apetitą, apetitiškas
regular intervals-reguliarūs intervalai
square meal-pilnavertis, sotos valgymas

2 Choose the odd word out (netinkamą):

1 lean - scrambled - red -luncheon **meat**

2 artificial- strong - steamed - mild **flavour**

3 still - sparkling - mineral - pasteurised **water**

4 roasted - iodised - rock - table **salt**

5 grain-fed - sugar-coated - breakfast - fortified **cereal**

6 granulated - energy - brown - icing **sugar**

7 wholegrain - wholemeal- rye - loose **bread**

3 Fill in: sun-dried mashed roast cottage dark toasted

1 There's some sliced cheese and ham in the fridge if you want to make a sandwich.

2 You'll need some butter and milk to make the potatoes.

3 chocolate is healthier than milk chocolate.

4 I love beef sandwiches.

5 Don't forget to buy some olives and a jar of tomatoes from the supermarket.

6 Emma loves snacking on cheese and crackers.

4 Fill in: square poor leafy functions unhealthy cancer digestive food bacterial energy-giving

1 substances

4 system

2 vital

5 lifestyle

3 meal

6 memory

7 poisoning

9 infection

8 vegetables

10 prevention

6 a) Fill in: cool preheat add bake weigh sprinkle pour mix

Baking instructions:

First, **1)** the oven to 180°C, grease and flour a cake tin, and **2)** the amount of flour and sugar you need on a set of scales. Then, get a bowl and **3)** the eggs, sugar, oil and water together with a wooden spoon. After a few minutes, **4)** the dry ingredients. Continue to stir the mixture. When the mixture is smooth, **5)** it into the cake tin. Let the cake **6)** in the oven for 40 minutes, then take it out and allow it to **7)** To decorate, icing sugar on top .

8 Fill in: relaxing skilled tempting family-run Italian fresh helpful main reasonable

This week, I visited Luigi's, a(n) **1)** restaurant in Henry Street that serves **2)** cuisine. Luigi's has a(n) **3)** atmosphere and a great selection of food. All the dishes are made with **4)** ingredients and are prepared by **5)** chefs. For my starter I chose the soup and for my **6)** course I ordered spaghetti in pepper sauce. It was delicious! There are also a good variety of **7)** desserts! And the service is excellent. I got my meal quite quickly and I was impressed by the **8)** staff. Prices are quite **9)** I highly recommend Luigi's. The quality of the food is topnotch. Make sure you make a reservation. Opening times Tuesday-Sunday 12:00 pm - 1:00 am.

9 Fill in: crash detox low-carb high-protein low-fat

1 Ben's doctor has put him on a diet in an effort to lower his cholesterol levels. **2** Juliet is on a diet; she's drinking lots of water to get rid of the toxins in her body. **3** Trying to lose weight quickly by going on a diet is extremely dangerous. **4** A diet involves eating a lot of protein-rich foods such as meat, fish and beans. **5** I could never go on a diet because I love potatoes, bread and pasta too much!

10 Fill in the verbs: put, keep, cut, burn.

1 Regular exercise helps you off calories. **2** Lisa has on 5 kilos since she started college.

3 Jane is trying to her weight down so she can fit into her wedding dress. **4** You'll have to down your salt intake if you want to stay healthy.

11 Choose the correct word.

1 There are many health **profits benefits earnings** to eating unsweetened chocolate. **2** I try to avoid eating **processed developed improved** foods with artificial colours. **3** Some vegetarians use vitamin **attachments**

additions supplements to give their body all the nutrients it needs. **4** Junk food is usually low in nutrients and

high extreme excessive in calories. **5** The smell of freshly-baked doughnuts always makes my mouth **water moisten soak**. **6** When dieting, you can **control cope supervise** your hunger by eating small meals throughout the day.

7 A good way to **combat oppose defy** stress is to eat healthily. **8** Eat breakfast every day to **keep hold maintain** your energy levels high.

12 Fill in: quench moderation servings skip burn cravings boosts intake refined intervals

1 Experts agree the key to healthy eating is balance, variety and **1)** In other words, eat a wide range

of foods but avoid getting too much of anyone nutrient or too many calories. Follow these 6 healthy eating tips and you'll soon feel the benefits!

- Don't **2)** breakfast.
- Eat at least eight **3)** of fruit & vegetables a day.
- Drink water to **4)** your thirst, not soft drinks.
- Eliminate **5)** carbohydrates from your diet and replace with wholegrain carbs.
- Watch your sodium **6)**
- Prevent fat and sugar **7)** by eating at regular **8)** (i. e. every 3-4 hours).

Finally, don't forget that a healthy eating plan must be accompanied by regular exercise. Aerobic exercise not only helps you **9)** calories, it **10)** your mood, too!