FOOD

A

Here are some types of meat. The animals they come from are given in brackets:
red meat: **beef** (cow), **lamb** (lamb), **mutton** (sheep), **venison** (deer)
white meat: **veal** (calf), **pork, ham, bacon** (pig), **chicken** (chicken), **turkey** (turkey)
Chicken, turkey and **duck** are sometimes referred to as **poultry**
Fish: **cod, hake, plaice, mackerel, herring, sardine, trout, salmon**
Seafood: **prawns, shrimps, crab, lobster, crayfish, squid, cockles, mussels, oysters**
Vegetables: **cabbage, cauliflower, broccoli, spinach, cucumber, leeks, mushrooms, courgettes** (*Am. Eng*: zucchini), **aubergines** (*Am. Eng*: egg plants)
Spices: **curry** [a mixture of spices such as **cumin, cardamom, coriander, paprika, turmeric, ginger**], **cinnamon, nutmeg**

Herbs:

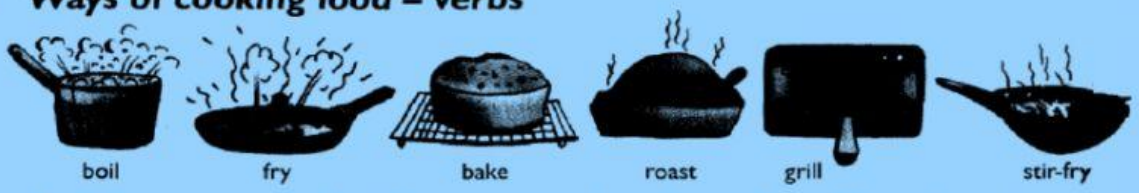
B Flavours and tastes – adjectives and some opposites (≠)

sweet ≠ **bitter** [sharp/unpleasant] **sour** [e.g. unripe fruit]
hot, spicy [e.g. curry] ≠ **mild** **bland** [rather negative]
salty [a lot of salt] **sugary** [a lot of sugar] **sickly** [too much sugar]
savoury [pleasant, slightly salty or with herbs]
tasty [has a good taste/flavour] ≠ **tasteless** [no flavour at all] **delicious**

C General appearance, presentation and quality

These chips are terribly **greasy** / **oily**. [too much oil/fat]
This meat is **over-cooked/overdone** / **under-cooked/underdone.**
British cooking can be very **stodgy.** [heavy, hard to digest]
Mm, this chicken's **done to a turn.** [just perfect, not overdone]
These pistachio nuts are terribly **more-ish.** [informal; you want to eat more]

D Ways of cooking food – verbs



Lamb chops are nice **barbecued.** [over hot coals, usually outdoors]
Have you **seasoned** the stew? [added herbs/spices/salt/pepper]

E Courses and dishes

In the UK a meal in a restaurant would typically be three courses: a **starter** [light snack/appetiser], a **main course** [the most important/substantial part of the meal], followed by a **dessert** [sometimes called a **sweet/pudding/afters**, especially at home].

LIVEWORKSHEETS

EXERCISES

To learn long lists of words, it is sometimes helpful to divide them up into groups. Try dividing the vegetable names into groups, in any way you like, e.g. 'vegetables which grow underground' (potatoes, carrots etc.). If possible, compare your answers with someone else's. There are some words which are not given opposite. Use a dictionary if necessary.

aubergine leek cucumber spinach carrot potato cauliflower
green/red pepper courgette sweetcorn lettuce onion rice pea cabbage
garlic radish bean shallot turnip asparagus beetroot celery

Use the taste and flavour words opposite to describe the following.

1 Indian curry
2 pizza
3 sea water
4 an unripe apple
5 a cup of tea with five spoonfuls of sugar
6 strong black coffee with no sugar
7 factory-made white bread

Sort these dishes out under the headings *starters, main courses* or *desserts*.

chicken casserole coffee gateau fresh fruit salad sorbet Irish stew
pâté and toast prawn cocktail rump steak chocolate fudge cake
grilled trout shrimps in garlic

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What do we call the *meat* of these animals?
calf deer sheep (two names) pig (three names)

Which of these fruit grow in your country/region? Are there others not listed here?
peach plum grapefruit grape nectarine star-fruit blackcurrant
raspberry strawberry melon lime kiwi-fruit mango pear pineapple

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