TOPIC 5: FOOD

No	Words	Meaning	Example
1	Boil (v)	Đun sôi	If you give water to a small baby to drink, you have to boil it first.
2	Chop (v)	Chặt nhỏ	He was chopping wood in the yard.
3	Cut (v)	Cắt	Cut the meat up into small pieces.
4	Dine (v)	ăn bữa chính trong ngày	He once dined with the president of France.
5	Dine out	Ăn ngoài hàng	We rarely dine out these days.
6	Eat a balanced diet	Ăn theo chế độ dinh dưỡng hợp lý	a healthy balanced diet helps provide your body with the energy and nutrients it needs to function.
7	Eat like a horse	Ăn nhiều	Sorry I'm eating like a horse but I didn't have time for lunch today.
8	Eat in moderation	Ăn điều độ	Eating in moderation involves planning ahead to make sure healthy foods are readily available and other foods are less so.
9	Food additives (n)	Chất phụ gia	Although some people are intolerant to food additives, including colours, there is an interesting thought in this respect.
10	Fresh produce	Sản phẩm tươi sạch	Of that growth in sales, fresh produce accounted for about 50% of total organic sales.
11	Fry (v)	Rán, chiên	Fry the mushrooms in a little butter.
12	Fussy eater (n)	Người kén chọn trong ăn uống	My husband is a fussy eater, and he's never pleased with my cooking.
13	Garlic (n)	Củ tỏi	It seems reasonable to assume that one of the ingredients in the mixture was garlic.
14	Have a sweet tooth	Thích ăn đồ ngọt	Dave eats candy all the time. He must have a sweet tooth.
15	Home-cooked food	Đồ ăn ở nhà (lành mạnh)	Preparing home-cooked food is a good way to make a balanced meal.
16	Ingredient (n)	Thành phần, nguyên liệu	You mix all the dry ingredients together before you add the milk.
17	Junk food (n)	Đồ ăn vặt (không tốt cho sức khoẻ)	On a daily basis, the average

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			child in America is exposed to dozens of television advertisements for junk food.
18	Main meal (n)	Món chính	The main meal is now often taken in the evening.
19	Make a hearty stew	Hầm canh	I would like to tell you how to make a hearty beef stew.
20	Mouth-watering (a)	Có mùi thơm, bắt mắt	Fresh local produce are used to create mouth watering dishes.
21	Nutritious food (np)	Đồ ăn dinh dưỡng	Milk is given to children as a nutritious food to create healthy, strong, non-ricketed limbs.
22	Organic food (np)	Thực phẩm hữu cơ	We are conducting a survey of consumer attitudes towards organic food.
23	Quick snack (np)	Bữa ăn dặm	We stopped at a service station for a quick snack.
24	Roll (v)	Cuốn	When you have rolled (out) the pastry, place it in a pie dish.
25	Salmon (n)	cá hồi	They went salmon fishing.
26	Slap-up meal (np)	Đồ ăn nhanh, nhiều chất béo	I feel like making a slap-up meal tonight.
27	Seafood (n)	Hải sản	In the supermarkets that sell seafood, there is almost an obsessive concern about hygiene.
28	Starving hungry	Cực kỳ đói	I woke up starving hungry yesterday and ate the whole roast chicken.
29	Traditional food (np)	Món ăn truyền thống	The traditional food from every European country highlights the local culture, making these dishes favorites for good reasons.
30	Tuck into (v)	Ăn ngấu nghiến (nhanh và hứng khởi)	After a few days of intensive preparation for exams, Marry tucks into everything she could found in the fridge.

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PRACTICE EXERCISE

I. Fill in the blank with suitable word, the first word is provided.

1.Judging by the way they t_____ i_____ their dinner, they must have been very hungry.

2. Tom enters a deep depression, only leaving his apartment for alcohol and j_____ f_____.

3. When cooking the sauce, don't forget that all-important i_____, fresh basil.

4. Although some people are intolerant to f_____a_____, including colours, there is an interesting thought in this respect.

5. Milk is given to children as a n_____ f_____to create healthy, strong, non-ricketed limbs.

II. Match the phrases with their definitions

1. dine out	A. produced or practised without using artificial chemicals
2. seafood	B. fish and sea creatures that can be eaten
3. junk food	C. to cook something in hot fat or oil; to be cooked in hot fat or oil
4. organic	D. to eat dinner in a restaurant or somebody else's home
5. additive	E. to cut something into pieces with a sharp tool such as a knife
6. fry	F. food that is quick and easy to prepare and eat but that is thought to be bad for your health
7. chop	G. a substance that is added in small amounts to something, especially food, in order to improve it, give it colour, make it last longer, etc.
8. cut	H. a vegetable of the onion family with a very strong taste and smell, used in cooking to add taste to food
9. garlic	I. a large fish that has silver skin and is pink inside and is used for food. Salmon live in the sea but swim up rivers to lay their eggs.
10. salmon	J. to divide something into two or more pieces with a knife, etc.

III. Complete the sentences using the words/ phrases in the box.

traditional food	home-cooked food	fussy eater	starving hungry	eating in moderation
tuck into	salmon	cut	chop	boil

1. The _____ from every European country highlights the local culture, making these dishes favorites for good reasons.
2. Preparing _____is a good way to make a balanced meal.
3. My husband is a _____, and he's never pleased with my cooking.
4. I woke up _____ yesterday and ate the whole roast chicken.
5. _____involves planning ahead to make sure healthy foods are readily available and other foods are less so.
6. After a few days of intensive preparation for exams, Marry _____ everything she could found in the fridge.

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7. They went _____ fishing.
8. He _____ the cake in/into six and gave each child a slice.
9. He was _____wood in the yard.
10. As water begins to _____, bubbles rise ever faster to the surface.

IV. Choose from the list the word/phrase with the CLOSEST meaning to the underlined part.

eat like a horse	tuck into	eat balanced diet	mouth watering
junk food	fry	a fussy eater	cut

1. She's so thin, yet she always eats a lot.
2. After not eating the whole day, he eats something greedily and with pleasure the ham like a savage.
3. Eating correctly and in time helps provide your body with the energy and nutrients it needs to function.
4. Fresh local produce are used to create delicious, appetizing dishes.
5. She won't eat anything other than pasta - she's such someone who will only eat a few particular things, and is difficult to please
6. He divides something into two or more pieces with a knife the loaf into thick slices.
7. We cook something in hot fat or oil; to be cooked in hot fat or oil chicken for dinner.
8. My son likes food that is quick and easy to prepare and eat but that is thought to be bad for your health such as crips, sweets an fizzy drinks.

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