Food and Drink.

Task 1. Read the text in the box below and match the words in bold with their definitions underneath. Use your dictionary to check your answers.

I recently went on a cookery course. It was very tiring work. First of all I had to learn how to prepare food. The teacher showed us how to ***marinade*** meat before we cooked it, ***baste*** it while it was cooking and even how to ***slice*** it once it had been cooked. We were also shown how to ***chop***, ***grate*** and ***dice*** vegetables. I had never realized before how many different ways there are of cooking food; I had to learn how to ***fry***, ***bake***, ***roast***, ***grill***, ***barbecue, stir-fry*** and ***steam*** it! The best part of the course was trying out the food we had cooked. Some of the students would ***nibble*** the food cautiously and (in the case of the drinks we had prepared), ***sip*** delicately before they would ***swallow***. I, on the other hand, would ***gobble*** and ***gulp*** it, sometimes without even bothering to ***chew*** it properly first!

1. to make something soft with your teeth.

2. to swallow food or liquid quickly.

3. to make food into small pieces by rubbing it over a metal tool.

4. to cook over a pan of boiling water by allowing the hot mist from the water to pass through small holes in a container with food in.

5. to cook food outdoors on a metal grill over wood or charcoal

6. to soak meat or fish in a mixture of wine and herbs, etc, before cooking it

7. to eat something by taking small bites

8. to make food or liquid pass down your throat from your mouth to the stomach.

9. to eat greedily.

10. to pour melted fat and juices over meat as it is cooking.

11. to cut something into thin pieces

12. to cook food in oil or fat in a shallow pan.

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13. to cook food using very strong heat directly above it.

14. to drink something by taking only a small amount of liquid at a time.

15. to cut food into small pieces with a knife.

16. to cook vegetables or meat quickly in hot oil. Chinese food is often cooked in this way

17. to cook in an oven without any extra liquid or fat. Bread and cakes are usually cooked this way.

18. to cut food into small cubes.

19. to cook food (especially meat) over a fire or in an oven.

Task 2. Read the text in the box below and match the words in bold with their definitions underneath. Use your dictionary to check your answers.

recipe ***menu*** ***fast food*** ***takeaway*** ***tip***
side plate ***ingredients*** ***balanced diet*** ***calories***
dessert ***health foods*** ***bill*** ***fatty***
vegetarian ***vegan*** ***diet*** ***starter***
main course ***carbohydrates*** ***fibre***

1. I had soup as a _____, followed by chicken and chips for the _____ , with a _____ of green salad, and finally a delicious _____ of strawberries and cream.

2. My friend Tim is a _____; he won't eat meat. His girlfriend won't eat any food that exploits animals (including eggs and cheese). She's a _____.

3. In the restaurant, I chose my food from the _____, and when I had finished, paid the _____ and left the waiter a small _____.

4. I'm on a _____ because I'm trying to lose weight, so I suppose I should eat more _____, but I'm afraid I can't resist hamburgers, pizzas and other _____ .

5. I bought a really good _____ book last week, but can't find some of the _____ I need for the dishes.

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6. Shall we have dinner at home or shall we eat out? I know, let's do a bit of both. I'll go to the Chinese _____ and bring something back.

7. Nutritionists tell us that we should eat a _____. We should eat less _____ food such as meat and cheese, and should eat more foods that contain _____, like brown bread and vegetables.

8. Cakes and biscuits contain lots of _____ and _____.

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