

Food and cooking

1 FOOD

a Match the words and photos.

Fish and seafood

- 1 crab /kræb/
- lobster /'lɒbstə/
- mussels /'mʌslz/
- prawns /prɔːnz/
- salmon /'sæmən/
- squid /skwɪd/
- tuna /'tjuːnə/

Meat

- beef /biːf/
- chicken /'tʃɪkɪn/
- duck /dʌk/
- lamb /læm/
- pork /pɔːk/

Fruit and vegetables

- aubergine /'æʊbəʒiːn/ (AmE eggplant)
- avocado /ˌævə'kɑːdəʊ/
- beetroot /'biːtruːt/
- cabbage /'kæbɪdʒ/
- cherries /'tʃeriz/
- courgette /kə'ret/ (AmE zucchini)
- cucumber /'kjuːkʌmbə/
- grapes /greɪps/
- green beans /grɪn 'biːnz/
- lemon /'lemən/
- mango /'mæŋɡəʊ/
- melon /'melən/
- peach /piːtʃ/
- pear /peə/
- raspberries /'ræzbəriz/
- red pepper /red 'pepə/

b 1.2 Listen and check.

ACTIVATION Talk to a partner. Are there any things in the list that you...?

- a love
- b hate
- c have never eaten

Are there any other kinds of fish, meat, fruit, or vegetables that are very common in your country?



2 COOKING

a Match the words and photos.



- baked /beɪkt/
- boiled /bɔɪld/
- 1 fried /fraɪd/
- grilled /grɪld/
- roast /rəʊst/
- steamed /stiːmd/

b 1.3 Listen and check.

ACTIVATION Talk to a partner. How do you prefer these things to be cooked?

chicken eggs fish potatoes

3 PHRASAL VERBS

a Complete the phrasal verbs with a word from the list.

down on out (x2)

- 1 I **eat** _____ a lot because I often don't have time to cook. Luckily, there are lots of good restaurants near where I live.
- 2 I'm trying to **cut** _____ coffee at the moment. I'm only having one cup at breakfast.
- 3 The doctor told me that I should completely **cut** _____ all cheese and dairy products from my diet.

b 1.4 Listen and check.

← p.6