

## 1 FOOD

- a Match the words and pictures.

### Fish and seafood

- 1 crab /kræb/  
 mussels /'maslz/  
 salmon /'sæmən/  
 shrimp /'ʃrɪmp/  
 squid /'skwɪd/  
 tuna /'tʊnə/

### Meat

- beef /bif/  
 chicken /'tʃɪkən/  
 duck /dʌk/  
 lamb /læm/  
 pork /pɜ:k/

### Fruits and vegetables

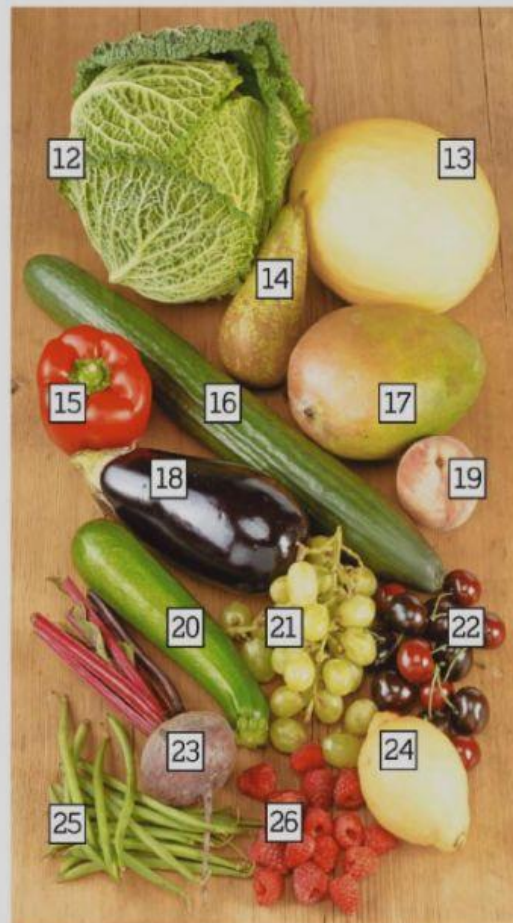
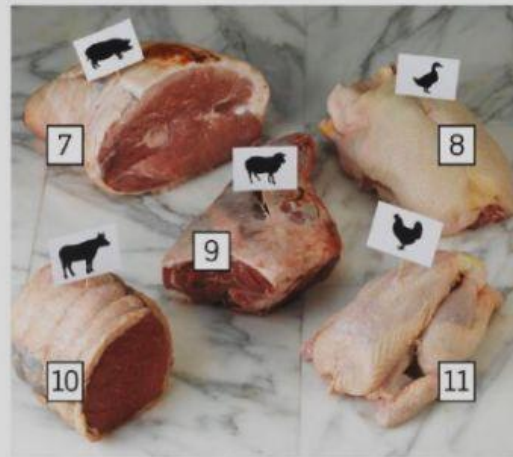
- beet /bit/  
 cabbage /'kæbɪdʒ/  
 cherries /'tʃerɪz/  
 cucumber /'kyʊkəmbər/  
 (BritE aubergine)  
 grapes /greɪps/  
 green beans /grɪn biːnz/  
 lemon /'lemən/  
 mango /'mæŋɡəʊ/  
 melon /'melən/  
 peach /pi:tʃ/  
 pear /peə/  
 raspberries /'ræzberɪz/  
 red pepper /red 'pepər/  
 zucchini /zu'kɪni/  
 (BritE courgette)

- b 1 2)) Listen and check.

- c Are there any things in the list that you...?

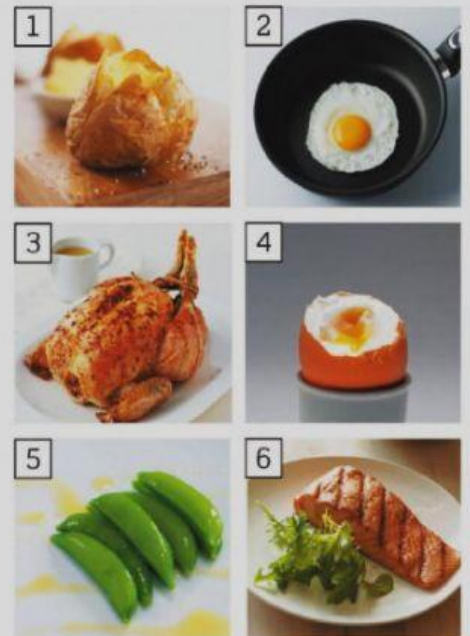
- a love  
 b hate  
 c have never tried

- d Are there any other kinds of fish, meat, or fruits and vegetables that are very common in your country?



## 2 COOKING

- a Match the words and pictures.



- 4 boiled /bɔɪld/  
 roasted /rəʊstɪd/  
 baked /beɪkt/  
 grilled /grɪld/  
 fried /fraɪd/  
 steamed /stiːmd/

- b 1 3)) Listen and check.

- c How do you prefer these things to be cooked?

|          |         |
|----------|---------|
| eggs     | chicken |
| potatoes | fish    |



### Phrasal verbs

Learn these phrasal verbs connected with food and diet.

*I eat out a lot because I don't really have time to cook.*  
 (= eat in restaurants)

*I'm trying to cut down on coffee right now. I'm only having one cup at breakfast.* (= have less)

*The doctor told me I had very high cholesterol and that I should completely cut out all high-fat cheese and dairy products from my diet.*  
 (= eliminate)