

**18 Complete the health tips with the correct verbs in the box.**

sip   gulp   chew   spread   rinse   slice  
swallow   squeeze

- 1 Try to \_\_\_\_\_ your food thoroughly before you \_\_\_\_\_ it.
- 2 \_\_\_\_\_ some lemon juice onto your salad instead of adding dressing.
- 3 Always \_\_\_\_\_ fruit before you eat it.
- 4 \_\_\_\_\_ low-fat margarine on your bread instead of butter.
- 5 \_\_\_\_\_ bread thinly and you won't eat so much.
- 6 You should \_\_\_\_\_ your drinks, not \_\_\_\_\_ them.

**19 Complete the definitions with the correct words in the box.**

tin opener   corkscrew   sieve   wooden spoon  
chopping board   cutlery   crockery   ladle

- 1 a collective noun for plates, cups, bowls, etc.: \_\_\_\_\_
- 2 we use this to take corks out of wine bottles: \_\_\_\_\_
- 3 we use this to drain boiled potatoes and pasta: \_\_\_\_\_
- 4 we use this to serve a helping of soup: \_\_\_\_\_
- 5 we use this to stir hot sauces: \_\_\_\_\_
- 6 a collective noun for knives, forks, spoons, etc.: \_\_\_\_\_
- 7 we use this to cut vegetables on: \_\_\_\_\_
- 8 we use this to open tins / cans: \_\_\_\_\_

**22 Choose the correct words to complete the sentences.**

- 1 I think a **culinary / gastronomic** critic must have the best job in the world!
- 2 You can order local **delicacies / delicatessen**, which are shown on the specials board.
- 3 I love going to *Tony's* because they serve really large **pieces / portions**!
- 4 I ordered the roast lamb with several side **plates / dishes**.

**Dieting**

**COMPOUND NOUNS**

**23 Choose the correct words to complete the sentences.**

- 1 I could never eat a **full / complete** English breakfast. It's much too big!
- 2 We usually have several **ready / immediate** meals during the week.
- 3 I try not to eat too much **rubbish / junk** food because I know it's bad for my health.
- 4 I think I have a well-balanced **diet / menu** and eat loads of fruit and vegetables.
- 5 I've been on a couple of **speed / crash** diets but they don't work very well.
- 6 I like **do-it-yourself / self-service** restaurants and cafés because you can choose exactly what you want and how much.

**24 Do you agree with the statements in exercise 23?**