

## 6 ŻYWIENIE

### 1. Dopasuj nazwy produktów spożywczych do odpowiednich kategorii.

yoghurt	prawns	beef	nuts	tea	lobster	turkey	pork
plums	cupcake	ice cream	potatoes	lamb	butter	orange juice	bread
chicken	octopus	strawberries	cod	cheese	water	flour	cabbage
sardines	rice	mushrooms	apples	beans	cake	pears	peas



Meat/Poultry



Vegetables



Fruit



Desserts



Fish/Seafood



Drinks



Dairy products



Other


### 2. Uzupełnij tabelę.

carton    loaf    bag    bottle    box    packet    slice    can    jar



a ..... of cereal



a ..... of ketchup



a ..... of pizza



a ..... of sugar



a ..... of coffee



a ..... of spaghetti



a ..... of orange juice



a ..... of bread



a ..... of cola

### 3. Dopasuj nazwy przyborów kuchennych do odpowiednich czynności.

grate cheese    peel carrots    whip cream    chop onions    stir soup    sift flour    roll pastry    open tinned beans



whisk



wooden spoon



grater



peeler



knife



rolling pin



tin opener



sieve

#### 4. Wstaw.

drink eggs salad chicken pie juice food water soup

- a) sparkling/mineral/still .....
- b) soft/fizzy .....
- c) shepherd's/apple .....
- d) junk/frozen/fast .....
- e) mixed/green .....
- f) vegetable/tomato .....
- g) grilled/roast .....
- h) scrambled/fried .....
- i) orange/fruit .....

#### 5. Wybierz właściwy czasownik.

- a) Add the egg, then **mix / beat / slice** it with the flour.
- b) Cut the cheese, then **grate / mash / peel** it.
- c) **Mix / Boil / Roll** the potatoes, then **cook / stew / mash** them.
- d) First, **fry / peel / sprinkle** the onion, then **slice / stew / drain** it.
- e) **Grate / Grill / Broil** the steak on both sides.
- f) **Peel / Chop / Grind** the peppers, and then **mince / fry / slice** them.
- g) **Toast / Steam / Beat** the vegetables, then **offer / serve / stir-fry** them on the plates.
- h) **Bake / Cook / Stew** the cake for 30 minutes, then take it out of the oven.

#### 6. Wstaw odpowiedni wyraz.

fresh fatty hot nutritious spicy bland tempting disgusting salty stale

- a) The food in the restaurant was ..... I'm never going back there.
- b) The soup tastes quite .....; you should add more herbs and spices.
- c) You can buy ..... fruit and vegetables in the local market.
- d) Milk is very ..... because it contains lots of protein and vitamins.
- e) I bought this bread a week ago, so it's probably ..... now.
- f) The desserts look very ..... I'll take the cheesecake.
- g) Lisa is on a diet, so she's avoiding ..... foods like cheese and sausages.
- h) Ben went red in the face when he tasted the ..... curry.
- i) I don't like these sardines. They are too .....
- j) Mexican cuisine is very ..... as they use a lot of chili peppers.

#### 7. Dopasuj definicje do podanych nazw miejsc.

café fast food restaurant formal restaurant pizzeria steakhouse drive-through

- a) a place to buy cheap food that's prepared and served quickly
- b) a place where you order food from your car
- c) a restaurant that specialises in cooking certain types of meat
- d) a place where you can experience fine dining
- e) a place to go for a hot drink and a piece of cake
- f) a place that makes and serves popular Italian dishes

8. Uzupełnij brakujące litery w wyrazach.

- A: Good evening. Are you ready to order or would you like more time to look at the m.....?
- B: I'd like soup for my s....., followed by the duck, please.
- A: OK. And you, sir?
- C: Well, I think I'll just have a main c..... Could you tell me what the d..... of the day is, please?
- A: Certainly. It's our chef's s....., roast goose.
- C: OK, I'll have that then, please.
- A: An excellent choice, sir. And would you like anything for d.....?
- B: Not for me, but my husband will have the apple tart. And can we have a b..... of water too, please?
- A: Of course.

9. Wybierz właściwy wyraz.

- a) I'd like a **back / side** order of vegetables with my burger and chips, please.
- b) It's important to eat a **supported / balanced** diet with plenty of nutrients.
- c) Do you want to **eat / take** out tonight?
- d) You should chew **sugar-free / fat-free** gum – it's much better for your teeth.
- e) She doesn't **take / bring** milk in her coffee.
- f) Make eating regularly a habit, and don't **skip / jump** meals.
- g) My mum gave me a sandwich and a piece of apple pie for a **boxed / packed** lunch.
- h) You should try to avoid eating so much **fast / quick** food.
- i) I can't drink milk, so I'll have a **black / dark** coffee, please.
- j) I'm not very hungry – let's just have a **light / hot** meal.
- k) Please don't cook my steak for long, I like it **well-done / medium**.