Food and Cooking

Match the words and pictures.

Fish and seafood

crab ☐
mussels ☐
salmon ☐
shrimp ☐
squid ☐
tuna ☐

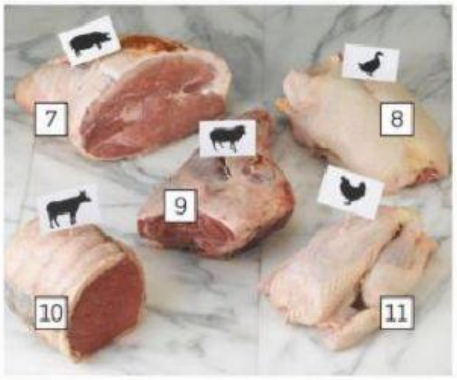
Meat

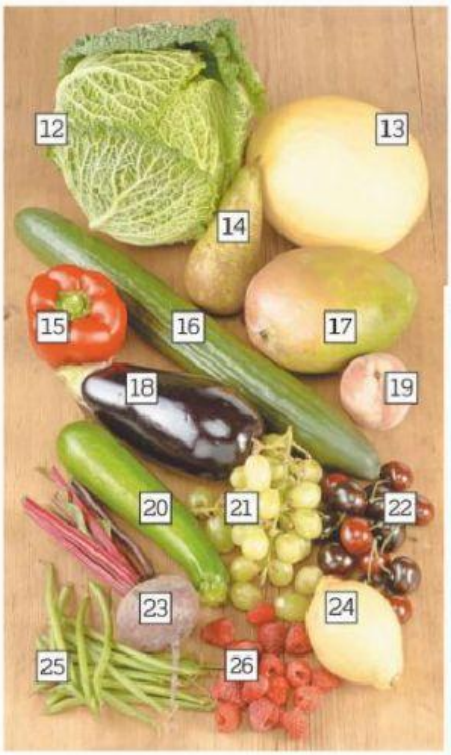
beef ☐
chicken ☐
duck ☐
lamb ☐
pork ☐

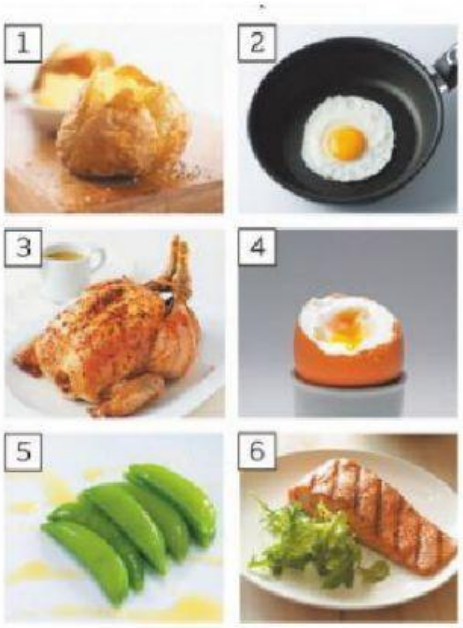
Fruits and Vegetables

beet ☐
cabbage ☐
cherries ☐
cucumber ☐
eggplant (BritE aubergine) ☐
grapes ☐
green beans ☐
lemon ☐
mango ☐
melon ☐
peach ☐
pear ☐
raspberries ☐
red pepper ☐
zucchini ☐









Cooking

Match the pictures and the words.

boiled ☐ grilled ☐
roasted ☐ fried ☐
baked ☐ steamed ☐

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)