

Vocabulary Ex. > Food & Cooking

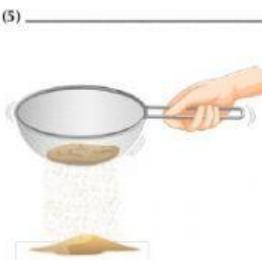
A. Look at the pictures. What is the name of each food group? Write them on the lines below.

(1) _____ (2) _____ (3) _____ (4) _____ (5) _____



B. Look at the pictures. Choose the correct word in the box for each image.

boiling kneading frying grilling baking dipping
peeling slicing sifting tasting pouring microwaving



C. Complete the sentences using ONLY ONE WORD.

- People should avoid eating ⁽¹⁾ _____ foods if they need to lose some weight.
- Having a healthy diet may help people to have a lower risk of ⁽²⁾ _____ such as obesity, type 2 diabetes, and certain cancers.
- Doing regular ⁽³⁾ _____ and eating well are a great combination to stay healthy at any age.
- The excessive consumption of ⁽⁴⁾ _____ drinks such as soda, sweetened tea, chocolate milk and others can damage your teeth.
- Kids must eat plenty of fresh ⁽⁵⁾ _____ at lunch time.
- A ⁽⁶⁾ _____ is a person who does not eat meat or fish for moral, religious, healthy, or environmental reasons.
- The *Eatwell Guide* recommends that people should aim to drink 6 to 8 ⁽⁷⁾ _____ of water a day.
- It has become trendy to eat ⁽⁸⁾ _____ food since it is grown 'naturally' without the use of chemicals or fertilizers.

D. Choose the correct answer (a-d) to complete each sentence.

1. Andrew is a bit _____. He ought to eat less fats and more vegetables.
a. underweight b. overweight c. muscular d. pale
2. It is better to eat ____ meat two or three times monthly.
a. lean b. white c. seafood d. red
3. The Mediterranean diet contains ____ that help to prevent cardiovascular disease.
a. lots of carbs b. sugary foods c. little sugar d. antioxidants
4. Adults can drink ____ and coffee within reasonable limits.
a. water b. juice c. wine d. energy drinks
5. ____ your consumption of highly processed and refined foods, as they are often high in added sugars, unhealthy fats, and sodium.
a. Organize b. Minimize c. Increase d. Keep
6. Prepare your ____ at home whenever possible.
a. meals b. diet c. nutrients d. cooking
7. Limit the amount of ____ in your diet to maintain healthy blood pressure levels.
a. spices b. flavors c. sodium d. proteins
8. Be mindful of portion sizes using ____ plates and bowls.
a. larger b. glass c. recyclable d. smaller
9. Chew your food thoroughly, savor the flavors, and listen to your body's signals of ____ and fullness.
a. hunger b. inactivity c. emptiness d. disease

