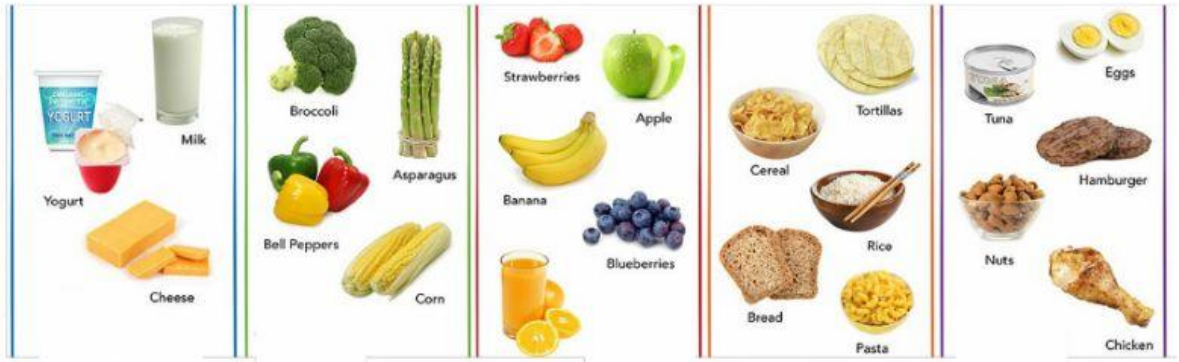
Vocabulary Ex. > Food & Cooking

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



(1) _____



(2) _____



(3) _____



(4) _____



(5) _____



(6) _____



(7) _____



(8) _____



(9) _____



(10) _____



(11) _____



(12) _____

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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

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