

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

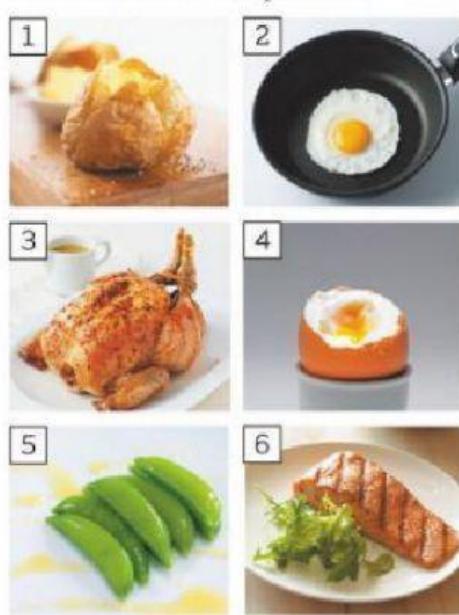
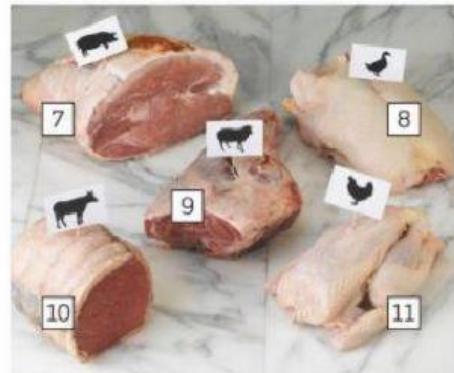
pear

raspberries

red pepper

zucchini

Food and Cooking



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)