

Words connected with food

- 1 Write the words in the box in the correct column.

bake | barbecue | bitter | boil | fry
grill | juicy | microwave | roast | salty
sour | spicy | sweet

ways of cooking	words to describe food
_____	_____
_____	_____
_____	_____
_____	_____

Phrasal verbs

- 2 Choose the correct word to complete the phrasal verbs in bold.

- I'm going to **give up** / off eating chocolate for a while. Wish me luck!
- It will **go off** / up if you don't keep it in the fridge.
- The doctor said I should **cut up** / down on the amount of sugar I eat.
- If you're hungry, there's some spaghetti you can **warm up** / off for your lunch.
- You can't **live up** / off sandwiches – you need fruit and vegetables too.
- That tea is too hot to drink – let it **cool up** / down for a few minutes.
- We **chop** the salad **up** / down into small pieces.
- Eat up** / off your breakfast quickly or you'll be late for school.

- 3 Choose the correct response, a or b.

- Why are you throwing that food away? ____
a) To warm it up.
b) Because it's gone off.
- I've put on weight. What can I do? ____
a) You should cut down on fast food.
b) You need to live off sugar.
- Are you microwaving the meal? ____
a) No, it's cooked. I'm just warming it up.
b) Yes, but when it cools down.
- Where did the pizza go? ____
a) Your brother went off it.
b) Sorry – I ate it all up!
- I don't feel very good when I eat meat. ____
a) Maybe you should give it up.
b) Let it cool down first.
- Do you eat a lot when you're studying? ____
a) Yes, I cut down on chocolate.
b) Yes, I live off crisps and biscuits.

- How can I help you in the kitchen? ____
a) You could chop up the vegetables.
b) Can you give up salad?
- I burnt my mouth on those potatoes. ____
a) You should let them cool down first.
b) Eat them up quickly then.

Adjectives / nouns / verbs

- 4 Complete the table with the corresponding words.

adjective	noun	verb
1 _____, frying	–	fry
mixed, mixing	mixture	2 _____
3 _____	spice	–
4 _____, creamed	cream	cream
blend	5 _____	blend
6 _____, boiled	–	boil
7 _____, satisfying	satisfaction	satisfy
8 _____, tasteless	taste	taste

Unit round-up

- 5 Choose the correct words to complete the text.

Q: What food should I be eating if I want to be healthy?

I'm glad to hear that you want to be healthy. There are lots of (1) **tasty** / **tasteless** things you can eat that are good for you. First of all, you should (2) **cool** / **cut** down on things that are really bad for you, like (3) **sweet** / **sour** things and fast food. You don't have to (4) **give** / **stop** them up completely, but maybe you could have them once a week instead of every day. It's a bad idea to eat a lot of (5) **frying** / **fried** food. A healthier idea when you're cooking is to (6) **blend** / **grill** or boil it. Remember that too much salt is also bad for you – it's OK if the food is (7) **spicy** / **mixed** but don't make it too salty. It's even better to eat salad. You can (8) **warm** / **chop** it up into small pieces and eat it as a snack when you're hungry (much better than chocolate or biscuits). Oh, and don't forget fruit! A nice, (9) **juicy** / **boiled** apple or orange is a perfect healthy snack.

The other thing I would say is to eat slowly. That way, the food is still (10) **satisfied** / **satisfying**, but you won't put on weight. Good luck!