

## 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!