Food and cooking

1 FOOD

a Match the words and pictures.

Fish and seafood

1 crab /kræb/
mussels /'mʌslz/
prawns /prɔːnz/
salmon /'sæmən/
squid /skwɪd/
tuna /'tjuːnə/

Meat

beef /biːf/
chicken /'tʃɪkɪn/
duck /dʌk/
lamb /læm/
pork /pɔːk/

Fruit and vegetables

aubergine /'əʊbəʒiːn/ (*AmE* eggplant)
beetroot /'biːtruːt/
cabbage /'kæbɪdʒ/
cherries /'tʃerɪz/
courgette /kɔː'ʒet/ (*AmE* zucchini)
cucumber /'kjuːkʌmbə/
grapes /greɪps/
green beans /griːn biːnz/
lemon /'lemən/
mango /'mæŋgəʊ/
melon /'melən/
peach /piːtʃ/
pear /peə/
raspberries /'rɑːzbərɪz/
red pepper /red 'pepə/

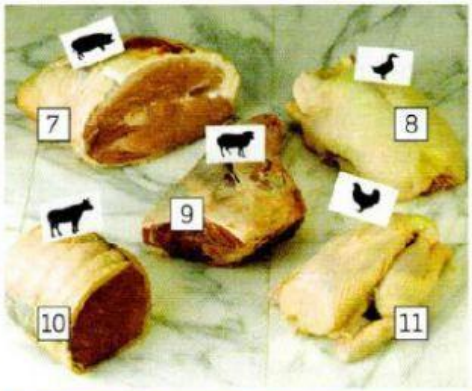
b 1 2 Listen and check.

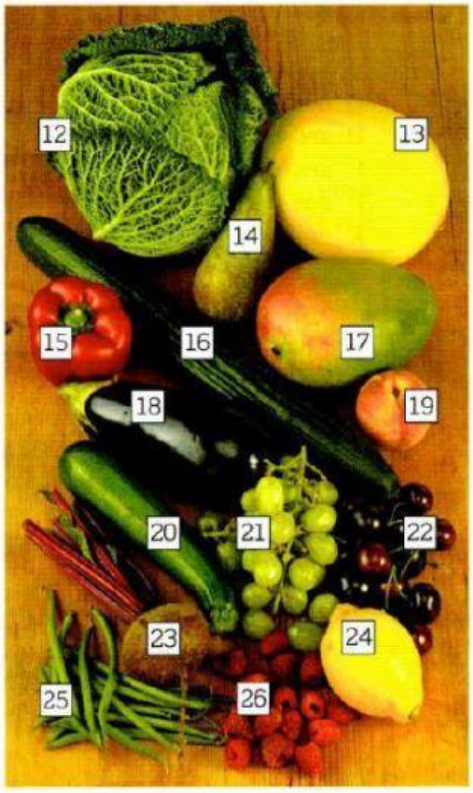
c Are there any things in the list that you...?

a love
b hate
c have never tried

d Are there any other kinds of fish, meat, or fruit and vegetables that are very common in your country?

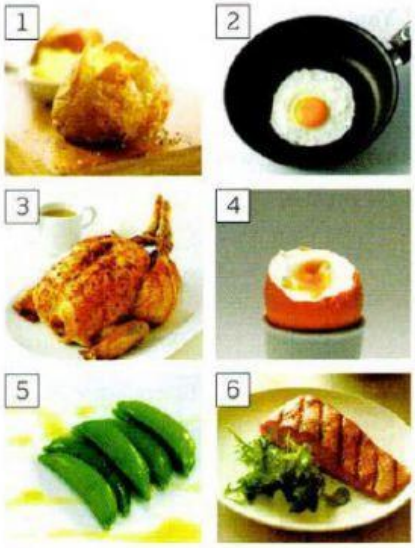






2 COOKING

a Match the words and pictures.



4 boiled /bɔɪld/
grilled /grɪld/
roast /rəʊst/
fried /fraɪd/
baked /beɪkt/
steamed /stiːmd/

b 1 3 Listen and check.

c How do you prefer these things to be cooked?

eggs	chicken
potatoes	fish

Phrasal verbs

Learn these phrasal verbs connected with food and diet.

*I **eat out** a lot because I often don't have time to cook.*
(= eat in restaurants)

*I'm trying to **cut down on** coffee at the moment. 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)

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LIVEWORKSHEETS