

Food and cooking

VOCABULARY BANK

1 FOOD

- a Match the words and pictures.

Fish and seafood

- 1 crab /kraɪb/
- 2 mussels /ˈmʌslz/
- 3 prawns /praʊnz/
- 4 salmon /ˈsæmən/
- 5 squid /skwɪd/
- 6 tuna /ˈtjuːnə/

Meat

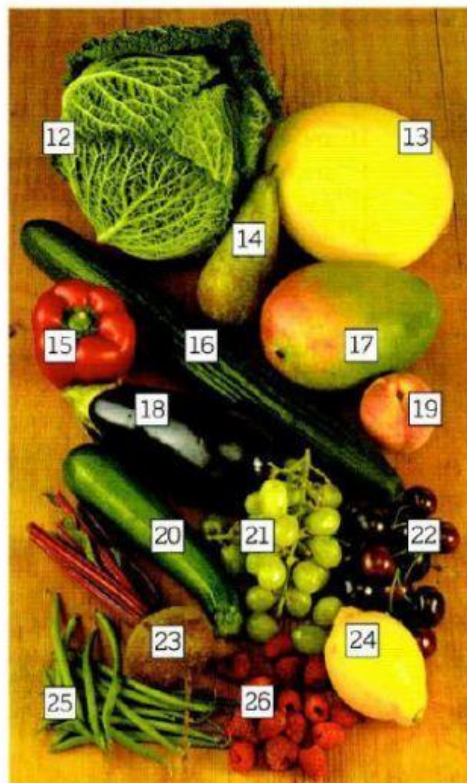
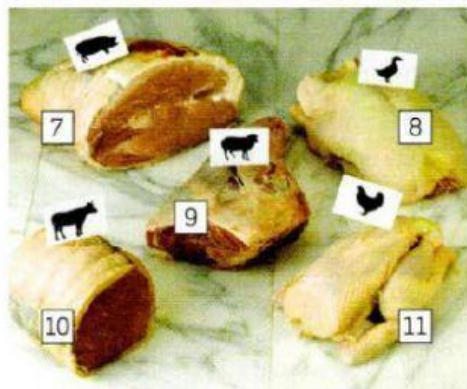
- 7 beef /biːf/
- 8 chicken /ˈtʃɪkɪn/
- 9 duck /dʌk/
- 10 lamb /læm/
- 11 pork /pɔːk/

Fruit and vegetables

- 12 aubergine /ˈəʊbədʒiːn/ (AmE eggplant)
- 13 beetroot /ˈbiːtʁuːt/
- 14 cabbage /ˈkæbɪdʒ/
- 15 cherries /ˈtʃerɪz/
- 16 courgette /kɔːˈʒet/ (AmE zucchini)
- 17 cucumber /ˈkjuːkʌmbə/
- 18 grapes /ɡreɪps/
- 19 green beans /ɡriːn biːnz/
- 20 lemon /ˈlemən/
- 21 mango /ˈmæŋɡəʊ/
- 22 melon /ˈmelən/
- 23 peach /piːtʃ/
- 24 pear /peə/
- 25 raspberries /ˈræzˌbɛrɪz/
- 26 red pepper /red ˈpepə/

- 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/
- 5 roast /rəʊst/
- 6 baked /beɪkt/
- 7 grilled /ɡrɪld/
- 8 fried /fraɪd/
- 9 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)