

Food and cooking

VOCABULARY BANK

1 FOOD

a Match the words and pictures.

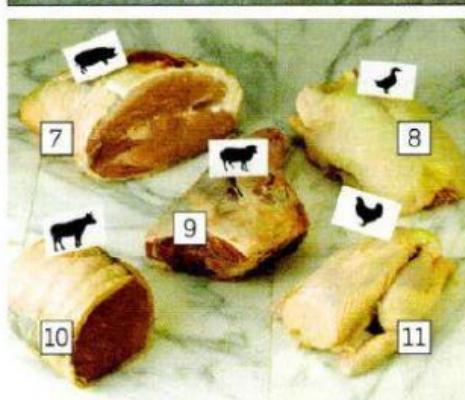
Fish and seafood

- 1 crab /kræb/
- 2 mussels /mæslz/
- 3 prawns /prənz/
- 4 salmon /sæmən/
- 5 squid /skwid/
- 6 tuna /tjūnə/



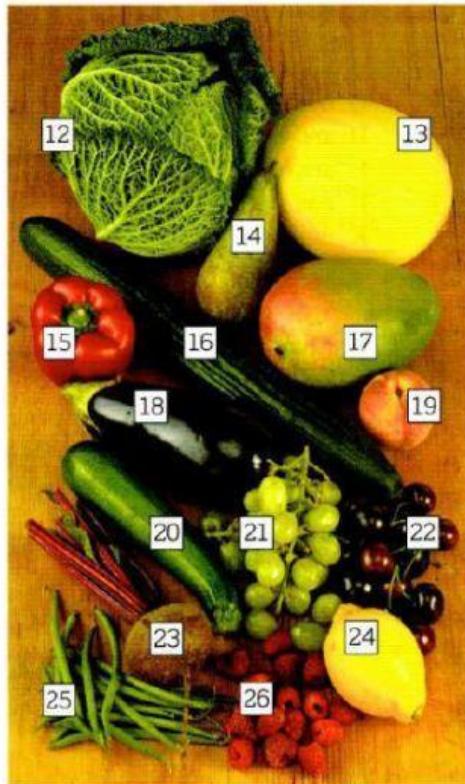
Meat

- 7 beef /bi:f/
- 8 chicken /tʃɪkɪn/
- 9 duck /dʌk/
- 10 lamb /læm/
- 11 pork /pɔ:k/



Fruit and vegetables

- 12 aubergine /'aʊbəzɪn/ (AmE eggplant)
- 13 beetroot /bi:troot/
- 14 cabbage /'kæbɪdʒ/
- 15 cherries /'tʃerɪz/
- 16 courgette /kɔ:ʒet/ (AmE zucchini)
- 17 cucumber /'kjʊ:kʌmbə/
- 18 grapes /grɛips/
- 19 green beans /grɪn bi:nz/
- 20 lemon /'lemən/
- 21 mango /'mæŋgəo/
- 22 melon /'melən/
- 23 peach /pi:tʃ/
- 24 pear /peə/
- 25 raspberries /'ræzberɪz/
- 26 red pepper /red 'pe:pə/



b 12 Listen and check.

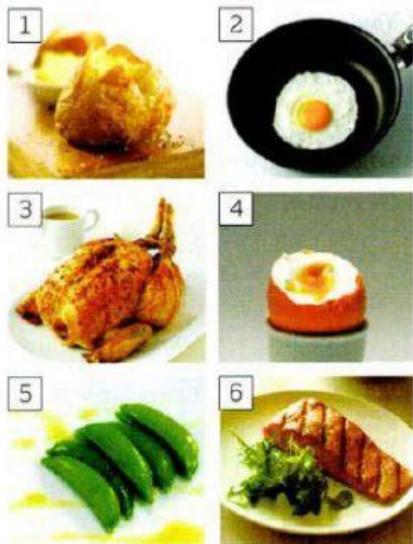
c Are there any things in the list that you...?

- 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 /bɔ:lɪd/
- 5 grilled /grɪld/
- 6 fried /f्रɪd/
- 7 baked /beɪkt/
- 8 steamed /sti:mɪd/

b 13 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)