Food and drink

1. VERBS

Read the text in the box below and match the words in bold with their definitions underneath. Use your dictionary to check your answers.

I recently went on a cookery course. It was very tiring work. First of all I had to learn how to prepare food. The teacher showed us how to **marinade** meat before we cooked it, **baste** it while it was cooking and even how to **slice** it once it had been cooked. We were also shown how to **chop**, **grate** and **dice** vegetables. I had never realised before how many different ways there are of cooking food; I had to learn how to **fry, bake, roast, grill, barbecue. stir-fry** and **steam** it! The best part of the course was trying out the food we had cooked. Some of the students would **nibble** the food cautiously and (in the case of the drinks we had prepared), **sip** delicately before they would **swallow**. I, on the other hand, would **gobble** and **gulp** it, sometimes without even bothering to **chew** it properly first!

1. to make something soft with your teeth.
2. to swallow food or liquid quickly.
3. to make food into small pieces by rubbing it over a metal tool.
4. to cook over a pan of boiling water by allowing the hot mist from the water to pass through small holes in a container with food in.
5. to cook food outdoors on a metal grill over wood or charcoal
6. to soak meat or fish in a mixture of wine and herbs, etc, before cooking it
7. to eat something by taking small bites
8. to make food or liquid pass down your throat from your mouth to the stomach.
9. to eat greedily.
10. to pour melted fat and juices over meat as it is cooking.
11. to cut something into thin pieces
12. to cook food in oil or fat in a shallow pan.
13. to cook food using very strong heat directly above it.
14. to drink something by taking only a small amount of liquid at a time.
15. to cut food into small pieces with a knife.
16. to cook vegetables or meat quickly in hot oil. Chinese food is often cooked in this way
17. to cook in an oven without any extra liquid or fat. Bread and cakes are usually cooked this way.
18. to cut food into small cubes.
19. to cook food (especially meat) over a fire or in an oven.

LIVEWORKSHEETS

2 NOUNS AND OTHER WORDS

Read the text in the box below and match the words in bold with their definitions underneath. Use your dictionary to check your answers.

recipe	side plate	health foods	diet
menu	ingredients	bill	starter
fast food	balanced diet	fatty	main course
takeaway	calories	vegetarian	carbohydrates
tip	dessert	vegan	fibre

1. I had soup as a _____, followed by chicken and chips for the _____ , with a _____ of green salad, and finally a delicious _____ of strawberries and cream.
2. My friend Tim is a _____; he won't eat meat. His girlfriend won't eat any food that exploits animals (including eggs and cheese). She's a _____.
3. In the restaurant, I chose my food from the _____, and when I had finished, paid the _____ and left the waiter a small _____.
4. I'm on a _____ because I'm trying to lose weight, so I suppose I should eat more _____, but I'm afraid I can't resist hamburgers, pizzas and other _____ .
5. I bought a really good _____ book last week, but can't find some of the _____ I need for the dishes.
6. Shall we have dinner at home or shall we eat out? I know, let's do a bit of both. I'll go to the Chinese _____ and bring something back.
7. Nutritionists tell us that we should eat a _____ We should eat less _____ food such as meat and cheese, and should eat more foods that contain _____, like brown bread and vegetables.
8. Cakes and biscuits contain lots of _____ and _____.

Did you know?
Diet can be used in 2 ways:
'You should eat a balanced diet'. Diet refers to the sorts of foods you eat. A balanced diet means that you eat the right amount from the different food groups.
'I'm on a diet'. When you are on a diet, you eat less because you want to lose weight.

3. IDIOMS, COLLOQUIALISMS AND OTHER EXPRESSIONS

The expressions in bold, which all use words connected with food, have been put into the wrong sentences below. Use your dictionary to help you rearrange them.

1. The exam was so easy! It was a **butter-fingers**.
2. I don't like horror films; they're **bananas**.
3. I don't get paid very much in my new job. In fact, my boss pays me **sour grapes**.
4. Jane is really angry with her boyfriend. As far as she's concerned, he's not **warm as toast**.
5. I've just seen the boss and he looks really angry. I think there's a **different kettle of fish**.
6. She became very embarrassed and her face turned **cool as a cucumber**.
7. Mr Lewis is a wonderful man. He's as **different as chalk and cheese**.
8. You're mad, crazy, completely **not my cup of tea**!
9. I'm always dropping things and breaking them. I'm such **a piece of cake**.
10. Although Joe and Brian are brothers, they're completely different. They're **the salt of the earth**.
11. The bank robbers were **packed together like sardines** when the police questioned them, and told them everything they knew about the robbery.
12. I'm not at all cold. In fact, I'm **the flavour of the month**.
13. Andy is always calm and relaxed. He never panics. He's **as red as a beetroot**.
14. Steven didn't congratulate me when I got the job. It was probably **peanuts**.
15. It was so crowded on the train we **spilled the beans**.
16. I don't mind you borrowing my umbrella without asking, but to borrow my car? That's **trouble brewing**.

LIVEWORKSHEETS