

1 FOOD

a Match the words and pictures.

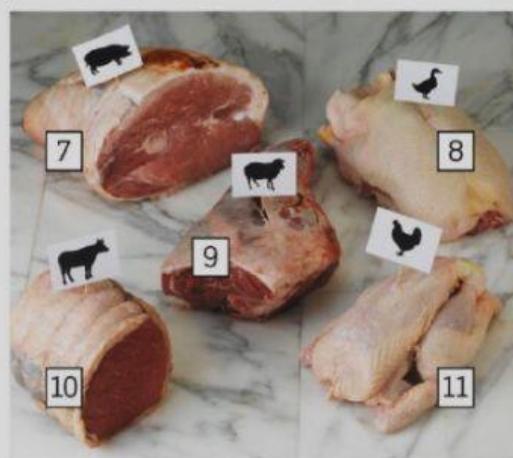
Fish and seafood

- 1 crab /kræb/
- 2 mussels /'maslz/
- 3 salmon /'sæmən/
- 4 shrimp /ʃrɪmp/
- 5 squid /skwɪd/
- 6 tuna /tunə/



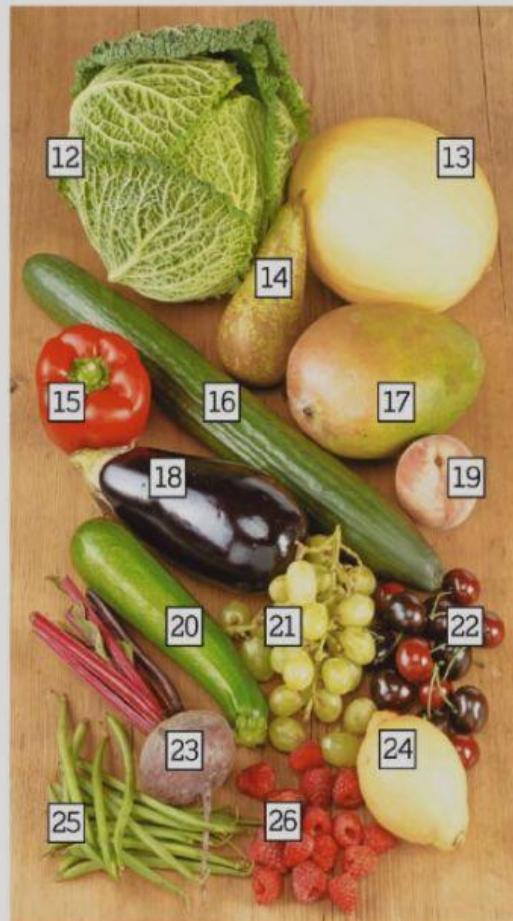
Meat

- 7 beef /bif/
- 8 chicken /'tʃikən/
- 9 duck /dʌk/
- 10 lamb /læm/
- 11 pork /pɔrk/



Fruits and vegetables

- 12 beet /bit/
- 13 cabbage /'kæbidʒ/
- 14 cherries /'tʃeriz/
- 15 cucumber /'kyukəmboŋ/
- 16 eggplant /'egplænt/ (BritE aubergine)
- 17 grapes /'greips/
- 18 green beans /'grin binz/
- 19 lemon /'lemən/
- 20 mango /'mæŋgou/
- 21 melon /'melən/
- 22 peach /pitʃ/
- 23 pear /per/
- 24 raspberries /'reɪzberiz/
- 25 red pepper /red 'pepər/
- 26 zucchini /zu'kini/ (BritE courgette)



b 1 2 Listen and check.

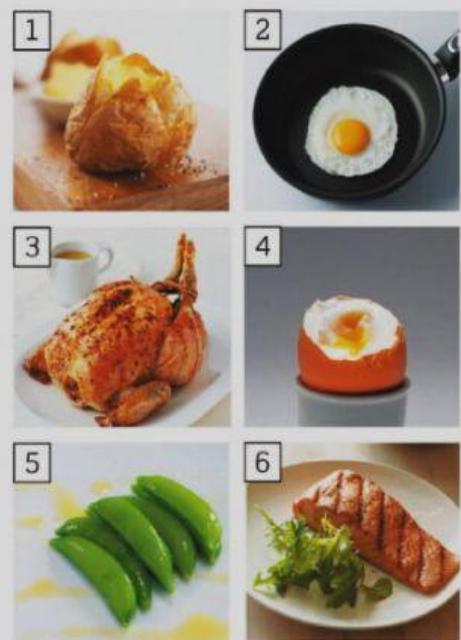
c Are there any things in the list that you...?

- a love
- b hate
- c have never tried

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

2 COOKING

a Match the words and pictures.



- 4 boiled /bɔːld/
- 5 grilled /grɪld/
- 6 roasted /roɔstɪd/
- 7 fried /frɪd/
- 8 baked /beɪkt/
- 9 steamed /stɪmɪd/

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 don't really have time to cook.
(= eat in restaurants)

I'm trying to cut down on coffee right now. 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)