

18 Complete the health tips with the correct verbs in the box.

sip gulp chew spread rinse slice
swallow squeeze

- 1 Try to _____ your food thoroughly before you _____ it.
- 2 _____ some lemon juice onto your salad instead of adding dressing.
- 3 Always _____ fruit before you eat it.
- 4 _____ low-fat margarine on your bread instead of butter.
- 5 _____ bread thinly and you won't eat so much.
- 6 You should _____ your drinks, not _____ them.

19 Complete the definitions with the correct words in the box.

tin opener corkscrew sieve wooden spoon
chopping board cutlery crockery ladle

- 1 a collective noun for plates, cups, bowls, etc.: _____
- 2 we use this to take corks out of wine bottles: _____
- 3 we use this to drain boiled potatoes and pasta: _____
- 4 we use this to serve a helping of soup: _____
- 5 we use this to stir hot sauces: _____
- 6 a collective noun for knives, forks, spoons, etc.: _____
- 7 we use this to cut vegetables on: _____
- 8 we use this to open tins / cans: _____

22 Choose the correct words to complete the sentences.

- 1 I think a **culinary** / **gastronomic** critic must have the best job in the world!
- 2 You can order local **delicacies** / **delicatessen**, which are shown on the specials board.
- 3 I love going to *Tony's* because they serve really large **pieces** / **portions**!
- 4 I ordered the roast lamb with several side **plates** / **dishes**.

▶ Dieting

COMPOUND NOUNS

23 Choose the correct words to complete the sentences.

- 1 I could never eat a **full** / **complete** English breakfast. It's much too big!
- 2 We usually have several **ready** / **immediate** meals during the week.
- 3 I try not to eat too much **rubbish** / **junk** food because I know it's bad for my health.
- 4 I think I have a well-balanced **diet** / **menu** and eat loads of fruit and vegetables.
- 5 I've been on a couple of **speed** / **crash** diets but they don't work very well.
- 6 I like **do-it-yourself** / **self-service** restaurants and cafés because you can choose exactly what you want and how much.

24 Do you agree with the statements in exercise 23?