

Match the words and pictures.

Fish and seafood

- crab ☐
- mussels ☐
- salmon ☐
- shrimp ☐
- squid ☐
- tuna ☐

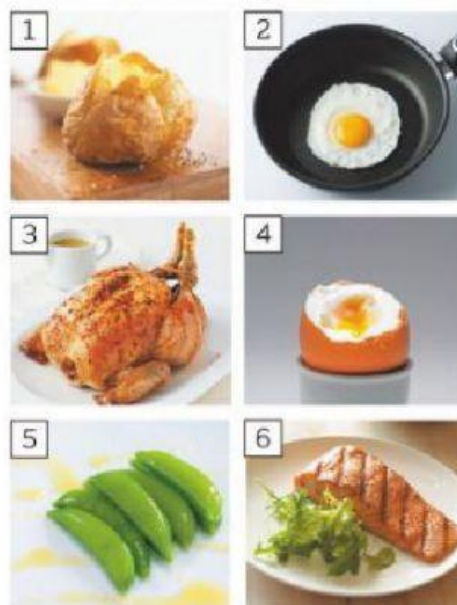
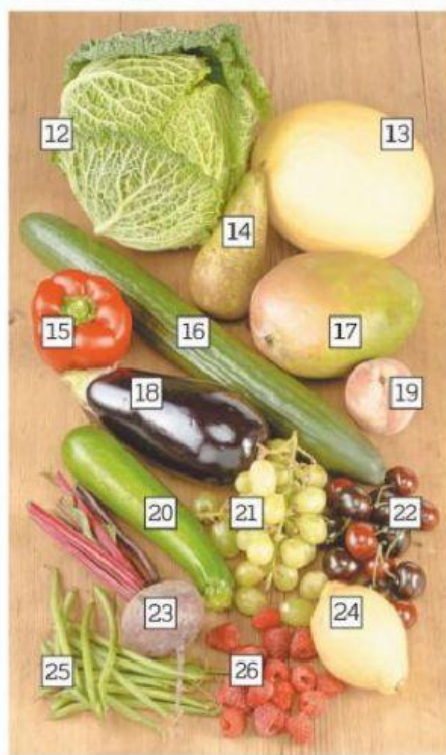
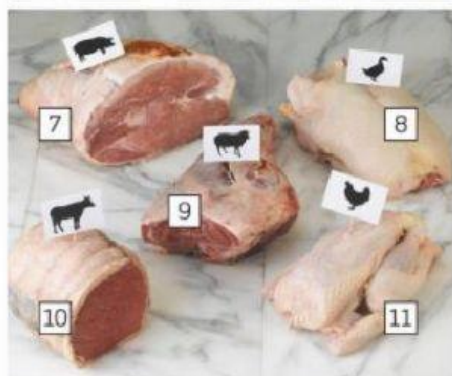
Meat

- beef ☐
- chicken ☐
- duck ☐
- lamb ☐
- pork ☐

Fruits and Vegetables

- beet ☐
- cabbage ☐
- cherries ☐
- cucumber ☐
- eggplant (BritE aubergine) ☐
- grapes ☐
- green beans ☐
- lemon ☐
- mango ☐
- melon ☐
- peach ☐
- pear ☐
- raspberries ☐
- red pepper ☐
- zucchini ☐

Food and Cooking



Cooking

Match the pictures and the words.

- | | |
|----------------------------------|----------------------------------|
| boiled ☐ | grilled ☐ |
| roasted ☐ | fried ☐ |
| baked ☐ | steamed ☐ |



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)