

1 FOOD

a Match the words and pictures.

Fish and seafood

- 1 crab /kræb/
- 2 mussels /'mʌsəl/
- 3 salmon /sælmon/
- 4 shrimp /ʃrɪmp/
- 5 squid /skwɪd/
- 6 tuna /tuːnə/

Meat

- 7 beef /biːf/
- 8 chicken /'tʃɪkən/
- 9 duck /dʌk/
- 10 lamb /læm/
- 11 pork /pɔːk/

Fruits and vegetables

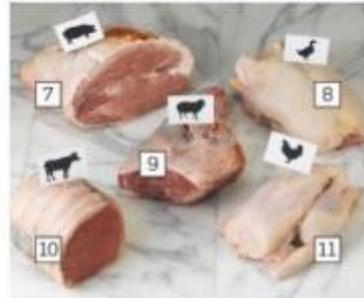
- 12 beet /biːt/
- 13 cabbage /'kæbɪdʒ/
- 14 cherries /'tʃeriz/
- 15 cucumber /'kjuːkʌmbər/
- 16 eggplant /'egplɑːnt/ (BritE aubergine)
- 17 grapes /grəʊps/
- 18 green beans /grɪn biːnz/
- 19 lemon /'lemən/
- 20 mango /'mæŋɡoʊ/
- 21 melon /'melən/
- 22 peach /piːtʃ/
- 23 pear /pɪər/
- 24 raspberries /'ræzberiz/
- 25 red pepper /red 'peɪpər/
- 26 zucchini /zu:'kiːni/ (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 /bɔɪld/
- 5 roasted /'rəʊstɪd/
- 6 baked /beɪkt/
- grilled /grɪld/
- fried /fraɪd/
- steamed /stiːmd/

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)

← p.4