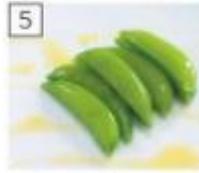
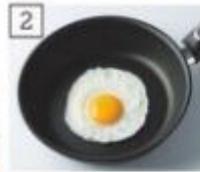


COOKING

Match the words and pictures.



- 4 boiled /boild/ 5 grilled /grild/
6 roasted /roostid/ 7 fried /fraid/
8 baked /beikt/ 9 steamed /stimd/

3 Listen and check.

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.

WORKSHEETS

1 FOOD

a Match the words and pictures.

Fish and seafood

- 1 crab /kraɪb/
- 2 mussels /ˈmʌsəlz/
- 3 salmon /ˈsælmən/
- 4 shrimp /ʃrɪmp/
- 5 squid /skwɪd/
- 6 tuna /ˈtuːnə/

Meat

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

Fruits and vegetables

- 12 beet /biːt/
- 13 cabbage /ˈkæbɪdʒ/
- 14 cherries /ˈtʃerɪz/
- 15 cucumber /ˈkjuːkʌmbər/
- 16 eggplant /ˈegplɑːnt/ (BritE aubergine)
- 17 grapes /ɡreɪps/
- 18 green beans /ɡriːn biːnz/
- 19 lemon /ˈleɪmən/
- 20 mango /ˈmæŋɡoʊ/
- 21 melon /ˈmelən/
- 22 peach /piːtʃ/
- 23 pear /peə/
- 24 raspberries /ˈræzberɪz/
- 25 red pepper /red ˈpeɪpə/
- 26 zucchini /zuːˈkiːni/ (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?

