

24 Food

A Fruit, vegetables, etc.



1 avocado



2 mango



3 watermelon



4 grapefruit



5 apricots



6 raspberries



7 raisins (a type of dried fruit)



8 aubergines



9 celery



10 asparagus



11 courgettes



12 beetroot



13 spinach



14 broccoli



15 almonds
(a type of nut)



16 basil
(a type of herb)



17 lentils
(a type of pulse)



18 ginger
(a type of spice)

1 Is the pronunciation of the underlined letters the same or different? Write S or D. Use the to help you.

- 1 avocado apricot
2 grapefruit raspberry
3 aubergine avocado
4 asparagus almond

- 5 watermelon courgette
6 aubergine ginger
7 spinach ginger
8 aubergine celery

2 Complete the foods.

- 1 ma
2 au
3 bee
4 av
5 ra
6 asp

- 7 wat
8 cou
9 gra
10 sp
11 apr
12 bro

3 Complete the sentences in a logical way.

- 1 Celery is a type of
2 Basil is a type of
3 Almonds are a type of
4 Raisins are a type of fruit.
5 Ginger is a type of
6 Lentils are a

4 Answer the questions.

- 1 Which of the fruits at the top of the page have a stone in the middle?
2 Which of the vegetables at the top of the page can you eat cooked or raw?
3 Why do you normally add basil or ginger to food?
4 Are nuts and lentils healthy or unhealthy?

5 ABOUT YOU AND YOUR COUNTRY Write your answers, or talk to another student.

- 1 Tick (✓) the foods that you often grow in your country.
2 Put a cross (X) by the ones you think you have never eaten.
3 Can you add to the list six more types of fruit, six vegetables, another nut, another herb, another dried fruit and another spice?



TEST YOURSELF

B Kitchen equipment

Equipment	used to ...	what?	Equipment	used to ...	what?
	deep-fry	<i>fish, potatoes, etc.</i>		grate	<i>cheese, e.g. parmesan</i>
	braise/stew (cook meat slowly in liquid in a closed container)	<i>meat, vegetables</i>		peel	<i>vegetables, fruit</i>
	chop, slice, mix	<i>meat, vegetables, etc.</i>		squeeze	<i>lemons, oranges, limes</i>
	beat SYN whisk	<i>eggs, cream</i>		open	<i>wine bottles</i>
	drain	<i>vegetables, pasta, etc. that have been washed or cooked in water</i>		weigh	<i>all types of food</i>
				carve	<i>usually meat</i>
				fry	<i>meat, fish, vegetables</i>

6 Find six compound words in the box.

frying lemon- kitchen food carving deep-fat
processor fryer pan knife squeezer scales

.....
.....

7 Write down the equipment you would need to ...

- | | |
|--|--------------------------------|
| 1 drain vegetables cooked in water | 5 beat eggs |
| 2 braise/stew meat | 6 weigh food |
| 3 open a bottle of wine | 7 cut meat into slices |
| 4 chop and slice vegetables | 8 fry meat or vegetables |

8 Write down a food or type of food you often ...

- | | |
|------------------|----------------|
| 1 squeeze | 5 slice |
| 2 grate | 6 braise |
| 3 deep-fry | 7 carve |
| 4 weigh | 8 peel |

9 ABOUT YOU How much of the kitchen equipment above do you think you have in your kitchen? Are there any items of equipment you don't have that would be very useful?

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