Vocabulary a healthy lifestyle

Complete the sentences with these opposites of the words in brackets.

beneficial	cut down on	cut out	give up	increases	junk	lose	overeating	relieve

1   Dave has decided to _____give up_____ (take up) smoking again.

2   I've started a new diet to help me _____ (put on / gain) weight.

3   Many people believe that caffeine can help to _____ (cause) pain.

4   A fatty diet _____ (reduces) the risk of heart disease.

5   There are several _____ (harmful) effects of eating raw fish.

6   Too many young people are _____ (dieting) these days.

7   Most of the cafés around here only serve _____ (healthy) food.

8   The doctor advised me to _____ (eat more) salt in my food.

9   I've had to _____ (start eating) sugar.

Vocabulary restaurants

Complete the exchanges with these words.

book	eat	have	leave	look	order	pay

1   A: What will you _____have_____ for dessert?

    B: I think I'll have the chocolate cake, please.

2   A: What time did you _____ the table for?

    B: Eight o'clock.

3   A: Could I _____ for our meal now, please?

    B: Yes, of course. I'll just prepare your bill.

4   A: Would you like to _____ any drinks?

    B: Can we have two Diet Cokes, please?

5   A: The service was very good this evening.

    B: Yes, we should _____ a good tip.

6   A: What are you doing tonight?

    B: I'm planning to _____ out with friends.

7   A: Are you ready to order?

    B: I need to _____ at the menu for a little longer. Thank you.

Real life describing dishes

Put the letters in the correct order to make adjectives. The adjectives describe how food is cooked or how food tastes.

1 THO   *hot*
2 BODILE   ....
3 PICSY   ....
4 KEBAD   ....
5 WETSE   ....
6 DNALB   ....
7 FEDIR   ....
8 LYSAT   ....

Vocabulary revision

Match these verbs with the correct phrases.

add	cook	eat	heat	keep	peel	wash

1 ....*keep*........   cheese in the fridge
2 ....   vegetables before you wash them
3 ....   water to the rice
4 ....   meat well until it isn't pink
5 ....   fish on the day you buy it
6 ....   rice before you cook it
7 ....   the bread a little before serving