

FOOD

1 FOOD

Match the words and pictures.

Fish and seafood

- 1 crab /kræb/
- 2 mussels /ˈmʌslz/
- 3 prawns /prɔːnz/
- 4 salmon /ˈsæmən/
- 5 squid /skwɪd/
- 6 tuna /ˈtjuːnə/

Meat

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

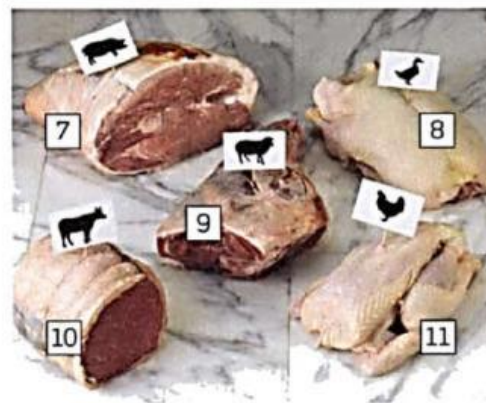
Fruit and vegetables

- 12 aubergine /ˈɒbəʒiːn/ (AmE eggplant)
- 13 beetroot /ˈbiːtruːt/
- 14 cabbage /ˈkæbɪdʒ/
- 15 cherries /ˈtʃeriz/
- 16 courgette /kəˈʒet/ (AmE zucchini)
- 17 cucumber /ˈkjuːkʌmbə/
- 18 grapes /ɡreɪps/
- 19 green beans /ɡriːn biːnz/
- 20 lemon /ˈlemən/
- 21 mango /ˈmæŋɡəʊ/
- 22 melon /ˈmelən/
- 23 peach /piːtʃ/
- 24 pear /peə/
- 25 raspberries /ˈræzbəriːz/
- 26 red pepper /red ˈpepə/

Are there any things in the list that you...?

- a love
- b hate
- c have never tried

Are there any other kinds of fish, meat, or fruit and vegetables that are very common in your country?



2 COOKING

Match the words and pictures.



- 4 boiled /bɔɪld/
- 5 roast /rəʊst/
- 6 baked /beɪkt/
- grilled /ɡrɪld/
- fried /fraɪd/
- steamed /stiːmd/

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 often don't have time to cook.
(= eat in restaurants)

I'm trying to cut down on coffee at the moment. 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)

FOOD & EATING

- 1 Is there any food or drink that you couldn't live without? How often do you eat / drink it?
- 2 Do you ever have
 - a ready-made food?
 - b takeaway food? What kind?
- 3 What's your favourite
 - a fruit?
 - b vegetable?
 Are there any that you really don't like?
- 4 When you eat out do you normally order meat, fish, or vegetarian?
- 5 What food do you usually eat
 - a when you're feeling a bit down?
 - b before doing sport or exercise?
 - c before you have an exam or some important work to do?

- a **1.6** Listen to five people talking. Each person is answering one of the questions in *Food & Eating* above. Match each speaker with a question.

- | | |
|---|------------------------------------|
| ☒ Speaker A | ☐ Speaker D |
| ☐ Speaker B | ☐ Speaker E |
| ☐ Speaker C | |

- b Listen again and make notes about their answers. Compare with a partner.

- A
B
C
D
E

Who needs to diet?

I never **go on a diet**: it's a waste of time. Diets list all the food that is **good for you**, but few people can **keep them up**. I haven't **put on weight** in twenty years. Here's why:

- I eat almost anything I like, but I don't eat a lot. And I don't eat **junk food**.
- I drink **plenty of** water. It's better for you than **fizzy drinks**, and cheaper too.
- I avoid **snacks** between meals because most of them are **fattening**.
- I've **cut down on** the amount of food I eat in the evening.
- I get plenty of **exercise**.

Complete the sentences.

- Eat it – it's good for you.
- 1 They're both going on a diet.
 - 2 She's cut down on chocolate.
 - 3 I tried to diet but couldn't keep it up.
 - 4 That diet was a waste of time.
 - 5 He's put on a lot of weight.
 - 6 We've got plenty of orange juice.

Complete the sentences with a suitable word.

- You shouldn't eat much cream and cheese: they're fattening.
- 1 You should drink plenty of of water: about 6 to 8 glasses a day.
 - 2 You should get plenty of exercise. One good way is going to the gym.
 - 3 It's difficult to cut down on the amount of salt you eat.
 - 4 Doing lots of exercise is better than going on a diet.
 - 5 I think diets are a waste of time and money.
 - 6 The problem with diets is that most people can't keep them up.