

Food and cooking

VOCABULARY BANK

1 FOOD

- a Match the words and pictures.

Fish and seafood

- 1 crab /kraeb/
- 2 mussels /'mʌslz/
- 3 prawns /praʊnz/
- 4 salmon /'sæmən/
- 5 squid /skwid/
- 6 tuna /'tju:nə/

Meat

- 7 beef /bi:f/
- 8 chicken /'tʃi:kɪn/
- 9 duck /dʌk/
- 10 lamb /læm/
- 11 pork /pɔ:k/

Fruit and vegetables

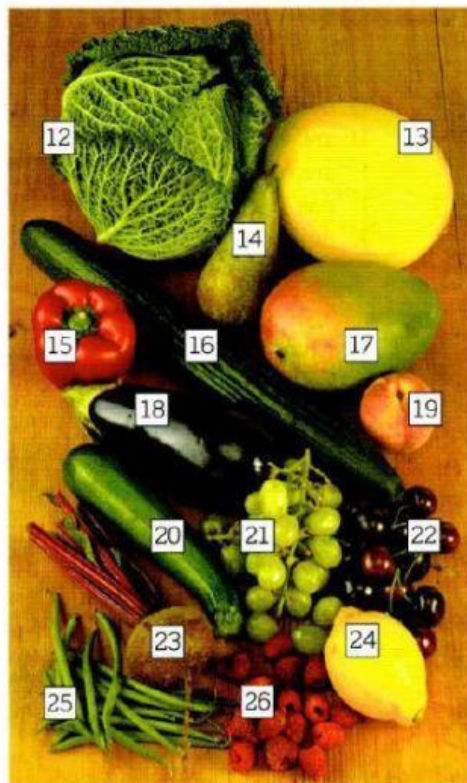
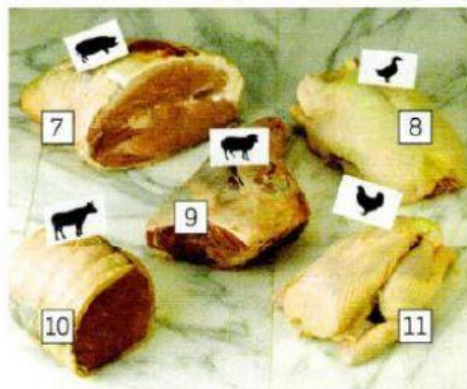
- 12 aubergine /'əʊbəʒi:n/ (AmE eggplant)
- 13 beetroot /'bi:tru:t/
- 14 cabbage /'kæbɪdʒ/
- 15 cherries /'tʃeriz/
- 16 courgette /kɔ:'ʒet/ (AmE zucchini)
- 17 cucumber /'kju:kʌmbə/
- 18 grapes /greɪps/
- 19 green beans /grɪn bi:nz/
- 20 lemon /'lemən/
- 21 mango /'mæŋɡəʊ/
- 22 melon /'melən/
- 23 peach /pi:tʃ/
- 24 pear /peə/
- 25 raspberries /'ræzbəriz/
- 26 red pepper /red 'pepə/

- 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 fruit and vegetables that are very common in your country?



2 COOKING

- a Match the words and pictures.



- 4 boiled /bɔɪld/
- 5 roast /rəʊst/
- 6 baked /beɪkt/
- 7 grilled /grɪld/
- 8 fried /fraɪd/
- 9 steamed /sti:md/

- 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 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)