

Food

beef -jautiena
 blueberry -mėlynės
 broccoli -brokoliai
 celery -salieras
 cherry -vyšnia
 cod -menkė
 cottage cheese –varškės sūris
 cucumber -agurkas
 fig -figa
 haddock –juodalopė menkė
 ham -kumpis
 lamb-ėriena
 lime –laimas(citrina)
 salmon -lašiša
 tuna -tunas
 turnip -ropė
 veal -veršiena

Adjectives (food)

artificial -dirbtinis
 dark -tamsus
 energy-giving-suteikiantis energijos
 freshly-baked-šviežiai iškeptas
 granulated-granuliuotas
 iodised-joduotas
 lean-liesas, sudžiūvęs
 loose-purus, laisvas
 mashed-trintas
 mild-švelnus
 mineral-mineralinis
 pasteurised-pasterizuotas
 processed-apdorotas, perdirbtas
 protein-rich-turintis daug baltymų
 refined-rafinuotas, valytas
 roast-kepsnys
 roasted-skrudintas, keptas
 rye /ri/ -rugiai
 scrambled eegs-plakta kiaušiniene
 sparkling-putojantis
 steamed-gamintas garuose
 strong-stiprus
 sugar-coated-apteptas glajumi, pabarstytas cukrumi
 sun-dried –saulėje džiovinti
 toasted-skrudinti
 wholegrain-pilno grūdo
 wholemeal-nesijotų grūdų, rupus

Verbs

prepare –paruošti

snack on-užkąsti

Eating out

café -kavinė
 canteen -valgykla
 exclusive restaurant-prabangus, pirmaklasis restoranas
 family-run restaurant-šeimos valdomas restoranas
 fast food restaurant-greito maisto restoranas
 fresh ingredients-švieži ingredientai
 helpful staff-paslaugus personalas
 hotel dining room-viešbučio restoranas
 Italian cuisine-itališka virtuvė
 main course-pagrindinis patiekalas
 reasonable prices-protingos, tinkamos kainos
 relaxing atmosphere-atpalaiduojanti atmosfera
 skilled chefs-kvalifikuoti, prityrę šefai
 tempting desserts-gundantys, viliojantys desertai

Adjectives (eating out)

top-notch-geriausias, pirmarūšis

Verbs

dine-pietauti
 recommend-rekomenduoti
 serve-aptarnauti, patiekti

Cooking

Verbs

add –papildyti, įtraukti
 bake-kepti
 boil-virti
 cool-atšaldyti
 fry-kepti
 grill-kepti ant grotelių
 mix-maišyti
 pour-pilti
 preheat-įkaitinti
 roast-apkepti, kepinti
 scramble-kepti plaktą kiaušiniene
 smoke-rūkyti
 sprinkle-apibarstyti, apšlakstyti
 weigh-sverti

Diet

bacterial infection-bakterinė infekcija
 cancer prevention –vėžio prevencija
 cravings-troškimai, potraukiai
 digestive system-virškinimo sistema
 food poisoning-apsinuodijimas maistu
 intake-suvartojimas
 leafy vegetables-lapinės dažovės
 moderation-saikas

poor memory-prasta atmintis
servings-porcija
unhealthy lifestyle-nesveikas gyvenimo būdas
vital functions-gyvybinės funkcijos
vitamin supplements-vitaminų papildai

Adjectives (diets)

crash-skubus, intensyvus
detox-detoksikacinis, pašalinimo
high-protein-baltyminis
low-carb-turintis mažai angliavandenių
low-fat-neriebus

Verbs

boost (mood)-pakelti (nuotaiką)
burn (calories)-deginti (kalorijas)
lose (weight)-mesti (svorį)
put (sb) on a diet-priversti laikytis dietos
quench (thirst)-numalšinti (troškulį)
skip (a meal)-praleisti (valgymą)

Phrasal verbs

burn off (calories)- sudeginti (kalorijas)
cut down-sumažinti
keep down (weight)-sulaikyti svorio didėjimą
put on (weight)-priaugti svorio

Useful phrases

combat stress-kovoti su stresu
control your hunger-kontroliuoti alkį
health benefits-sveikatos privalumai, nauda
healthy eating plan-sveikos mitybos planas
high in calories-turintis daug kalorijų
keep energy levels high-palaikyti aukštą energijos lygį
makes your mouth water-keliantis apetitą, apetitiškas
regular intervals-reguliarūs intervalai
square meal-pilnavertis, sotos valgymas

2 Choose the odd word out (netinkamą):

- 1 lean - scrambled - red -luncheon **meat**
- 2 artificial- strong - steamed - mild **flavour**
- 3 still - sparkling - mineral - pasteurised **water**
- 4 roasted - iodised - rock - table **salt**
- 5 grain-fed - sugar-coated - breakfast - fortified **cereal**
- 6 granulated - energy - brown - icing **sugar**
- 7 wholegrain - wholemeal- rye - loose **bread**

3 Fill in: sun-dried mashed roast cottage dark toasted

- 1 There's some sliced cheese and ham in the fridge if you want to make a sandwich.
- 2 You'll need some butter and milk to make the potatoes.
- 3 chocolate is healthier than milk chocolate.
- 4 I love beef sandwiches.
- 5 Don't forget to buy some olives and a jar of tomatoes from the supermarket.
- 6 Emma loves snacking on cheese and crackers.

4 Fill in: square poor leafy functions unhealthy cancer digestive food bacterial energy-giving

- | | |
|--------------------|----------------------|
| 1 substances | 4 system |
| 2 vital | 5 lifestyle |
| 3 meal | 6 memory |

7 poisoning

9 infection

8 vegetables

10 prevention

6 a) Fill in: cool preheat add bake weigh sprinkle pour mix

Baking instructions:

First, **1)** the oven to 180°C, grease and flour a cake tin, and **2)** the amount of flour and sugar you need on a set of scales. Then, get a bowl and **3)** the eggs, sugar, oil and water together with a wooden spoon. After a few minutes, **4)** the dry ingredients. Continue to stir the mixture. When the mixture is smooth, **5)** it into the cake tin. Let the cake **6)** in the oven for 40 minutes, then take it out and allow it to **7)** To decorate, icing sugar on top .

8 Fill in: relaxing skilled tempting family-run Italian fresh helpful main reasonable

This week, I visited Luigi's, a(n) **1)** restaurant in Henry Street that serves **2)** cuisine. Luigi's has a(n) **3)** atmosphere and a great selection of food. All the dishes are made with **4)** ingredients and are prepared by **5)** chefs. For my starter I chose the soup and for my **6)** course I ordered spaghetti in pepper sauce. It was delicious! There are also a good variety of **7)** desserts! And the service is excellent. I got my meal quite quickly and I was impressed by the **8)** staff. Prices are quite **9)** I highly recommend Luigi's. The quality of the food is topnotch. Make sure you make a reservation. Opening times Tuesday-Sunday 12:00 pm - 1:00 am.

9 Fill in: crash detox low-carb high-protein low-fat

1 Ben's doctor has put him on a diet in an effort to lower his cholesterol levels. **2** Juliet is on a diet; she's drinking lots of water to get rid of the toxins in her body. **3** Trying to lose weight quickly by going on a diet is extremely dangerous. **4** A diet involves eating a lot of protein-rich foods such as meat, fish and beans. **5** I could never go on a diet because I love potatoes, bread and pasta too much!

10 Fill in the verbs: put, keep, cut, burn.

1 Regular exercise helps you off calories. **2** Lisa has on 5 kilos since she started college.

3 Jane is trying to her weight down so she can fit into her wedding dress. **4** You'll have to down your salt intake if you want to stay healthy.

11 Choose the correct word.

1 There are many health **profits benefits earnings** to eating unsweetened chocolate. **2** I try to avoid eating **processed developed improved** foods with artificial colours. **3** Some vegetarians use vitamin **attachments**

additions supplements to give their body all the nutrients it needs. **4** Junk food is usually low in nutrients and

high extreme excessive in calories. **5** The smell of freshly-baked doughnuts always makes my mouth **water moisten soak**. **6** When dieting, you can **control cope supervise** your hunger by eating small meals throughout the day.

7 A good way to **combat oppose defy** stress is to eat healthily. **8** Eat breakfast every day to **keep hold maintain** your energy levels high.

12 Fill in: quench moderation servings skip burn cravings boosts intake refined intervals

1 Experts agree the key to healthy eating is balance, variety and **1)** In other words, eat a wide range

of foods but avoid getting too much of anyone nutrient or too many calories. Follow these 6 healthy eating tips and you'll soon feel the benefits!

- Don't **2)** breakfast.
- Eat at least eight **3)** of fruit & vegetables a day.
- Drink water to **4)** your thirst, not soft drinks.
- Eliminate **5)** carbohydrates from your diet and replace with wholegrain carbs.
- Watch your sodium **6)**
- Prevent fat and sugar **7)** by eating at regular **8)** (i. e. every 3-4 hours).

Finally, don't forget that a healthy eating plan must be accompanied by regular exercise. Aerobic exercise not only helps you **9)** calories, it **10)** your mood, too!