

*'A balanced diet is a cookie in each hand.'*

(ANONYMOUS)

### TYPES OF FOOD

1 Match the sections of the food pyramid a-g with the words 1-7.

- 1 cereal products
- 2 dairy products
- 3 fats and sweets
- 4 fish and seafood
- 5 fruit
- 6 meat
- 7 vegetables

2 In your notebook, divide these types of food into the seven categories from the food pyramid. Then add two to three more words to each category.

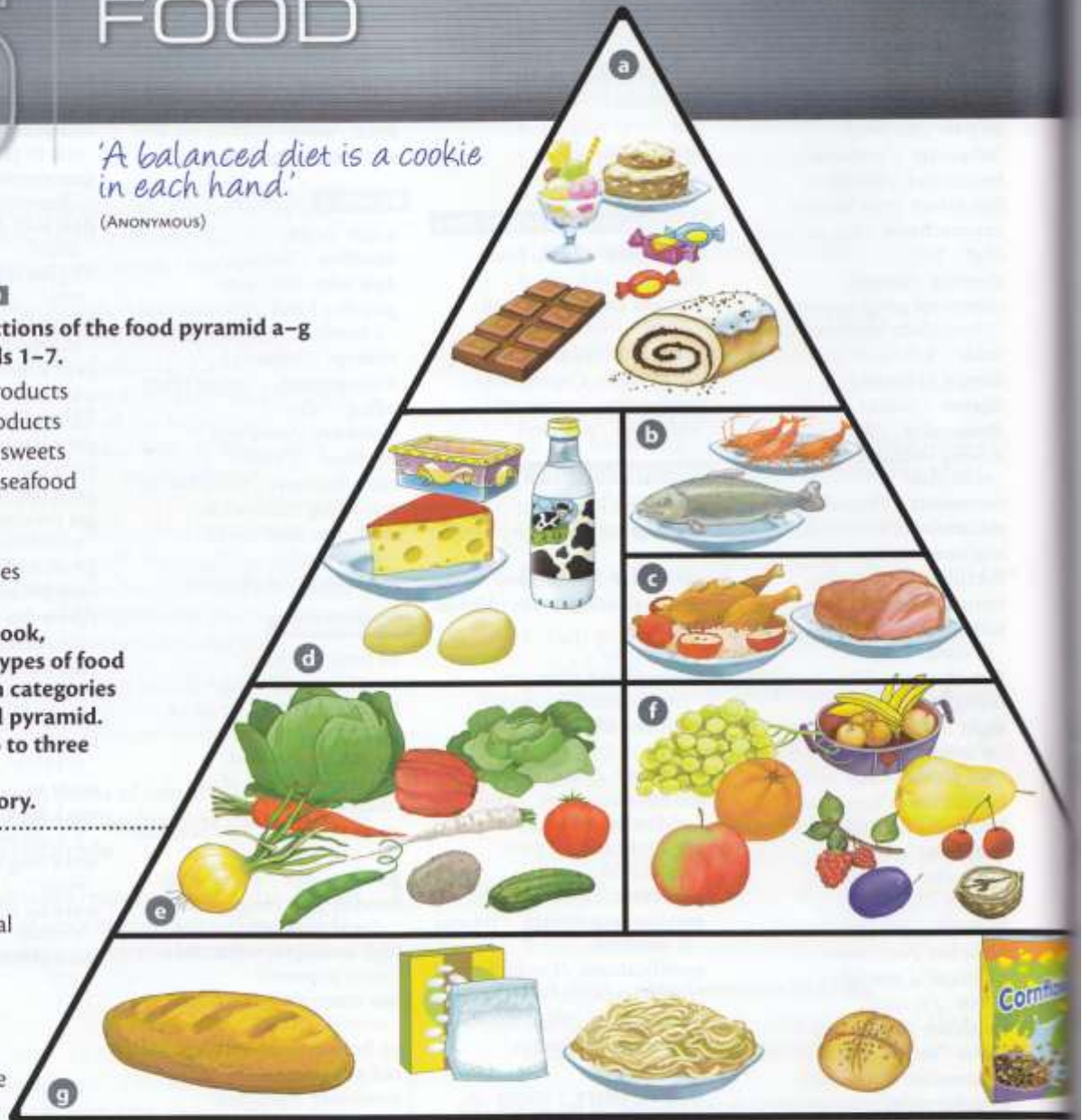
- apricot  
bacon  
beef  
breakfast cereal  
cabbage  
cauliflower  
cherry  
chocolate  
cod  
cottage cheese  
cucumber  
eggs  
grapes  
green peas  
herring  
lettuce  
margarine

- milkshake  
olive oil  
pasta  
peach  
pear

- plum  
pork  
radish  
red pepper  
rice

- rolls  
sausage  
steak  
strawberry  
sweetcorn

- tuna  
turkey  
watermelon  
yoghurt



### ADJECTIVES DESCRIBING FOOD

3 Match.

- 1 How would you like your steak?
- 2 What kind of water would you like?
- 3 How do you like your tea?
- 4 What kind of wine shall we buy?
- 5 What's this bread like?
- 6 What kind of food do you prefer?

- a Dry or sweet?
- b Mild or spicy?
- c Fresh or stale?
- d Rare, medium or well-done?
- e Still or sparkling?
- f Weak or strong?

### FOOD PACKAGING AND QUANTITIES

4 Match.

- |               |              |
|---------------|--------------|
| 1 a carton of | a bread      |
| 2 a can of    | b honey      |
| 3 a packet of | c chocolate  |
| 4 a loaf of   | d chocolates |
| 5 a jar of    | e cola       |
| 6 a box of    | f crisps     |
| 7 a bar of    | g juice      |

### PREPARING FOOD

5 Match the drawings a-i to the sentences 1-9.



- 1 Boil the eggs in a saucepan.
- 2 Stir the soup with a wooden spoon.
- 3 Bake for forty-five minutes in a hot oven.
- 4 Put the kettle on.
- 5 Mix all the ingredients in a large bowl.
- 6 Peel the potatoes.
- 7 Slice the pineapple.
- 8 Chop the parsley with a sharp knife.
- 9 Melt some butter in a frying pan.

### MEALS

6 Complete the sentences with the words from the box.

picnic breakfast dinner barbecue snack  
packed lunch

- 1 I usually have a bowl of cereal for \_\_\_\_\_.
- 2 Our neighbours are having a \_\_\_\_\_. I can smell the burning meat!
- 3 We're going hiking tomorrow. Remember to bring a \_\_\_\_\_, there won't be any restaurants in the mountains!
- 4 We've got some guests coming to \_\_\_\_\_ on Saturday at 7 p.m.
- 5 I'm busy. I'm just going to have a quick \_\_\_\_\_.
- 6 The weather's so lovely! Let's have a \_\_\_\_\_ in the park!

### RESTAURANTS AND BARS

7 In what situations would you go to these places? Match.

- 1 pub
- 2 cafe
- 3 canteen
- 4 buffet car
- 5 fast food restaurant
- 6 Chinese takeaway

- a You're on a train journey.
- b You need something to eat while studying, so you buy it on your way home.
- c You're in a hurry and not thinking about your health!
- d You're at school or at work.
- e You want to meet some friends for a beer.
- f You're meeting a friend for a coffee.

### USEFUL PHRASES

8 In what order do you normally do these activities? Number them 1-5.

- Clear the table
- Cook a meal
- Do the washing-up
- Have a meal
- Lay the table

9 CD 2-09 Complete the dialogue between Lucy and her boyfriend with the words from the box. Then listen and check.

junk vegetarian lose put on go low high

LUCY: Oh dear. I really need to '\_\_\_\_\_ weight. I'll have to '\_\_\_\_\_ on a diet. I hate it.

PHIL: Do you really have to? You don't look as if you've '\_\_\_\_\_ weight.

LUCY: Oh, but I have, Phil. It's all this '\_\_\_\_\_ food I eat when I don't have time to cook. It's so fattening, you know.

PHIL: Well, then it's not just about weight, is it? It's really about your health, Lucy. Listen, why don't we do something together? We could cook healthy food, you know, '\_\_\_\_\_ in fat and calories, '\_\_\_\_\_ in vitamins and minerals... and maybe some of it might even be tasty. We could take it in turns, you cook one day and I do the next. How's that?

LUCY: OK. Let's try. We could even do some '\_\_\_\_\_ food. Summer's a good time for that. Who needs meat when there are all those cheap fresh vegetables?

MATCHING ◀ 26

1 Describe the photo below. Answer these questions.

- Do you eat school lunches or do you bring your own lunch from home?
- What do you usually have for lunch?
- What is your favourite lunch food?
- Are the school lunches in your school good?

examtask

2 Read the following text about school meals in different countries. Match the statements 1–5 to the countries A–F. There is one extra country that you do not need to use.

- 1 Meals are organised differently in primary school and in high school.
- 2 Small children receive free fruit.
- 3 Sweets cannot be bought at all times.
- 4 The government makes rules about the content of the meals.
- 5 You cannot usually choose your food unless you are on a special diet.

3 Which of the school lunches described in the text would you most like to eat?

4 Use the highlighted words from the text to complete these sentences.

- 1 \_\_\_\_\_ are a bit like spaghetti, but thinner; they are often used in Chinese cooking.
- 2 In informal speech vegetables are often called \_\_\_\_\_.
- 3 When you can choose your meal from a range of foods on a table and serve yourself, this is called a \_\_\_\_\_.
- 4 Another word for cold non-alcoholic drinks is \_\_\_\_\_.
- 5 \_\_\_\_\_ comes from Italy and there are many different kinds, eg spaghetti, penne, farfalle.

5 In pairs, write a paragraph like the ones in the text about school meals in your country.

## SCHOOL MEALS AROUND THE WORLD

### A SCOTLAND

The typical menu might offer a choice between turkey steak and two veg; pizza; baked potato with salmon mayonnaise; a sandwich, roll or salad. In addition, children can choose to have milk, juice, soup and bread, vegetable and fruit. Chips are still available, but no more than twice a week. Every child gets a free piece of fruit a day in their first two school years and all dining rooms provide free fresh chilled water.

### B COLOMBIA

State schools provide either one hot meal a day: soup, rice or pasta, meat, salad and fruit juice; or a series of light snacks: at least two pieces of fruit, fruit juice, small cake and sandwich. In both cases, the amounts of calories, vitamins and nutritional content are set by the Health Ministry, and each meal must provide children with thirty-three per cent of their recommended daily intake.

### C JAPAN

In many primary schools meals are eaten in the classroom during the lunch break, and children clean up afterwards. Among the dishes served are tofu stew, assorted vegetables, rice, miso soup, frozen yoghurt and cartons of milk. High schools operate canteens, which serve anything from

noodles to curry, but not burgers and chips. Other children have lunchboxes, which may contain cold rice balls, grilled meat or fish, pickles and simmered vegetables.

### D SPAIN

Hamburgers are on the menu, but only once a week. On other days you might find omelettes, salads, chick pea stew, fish and pasta. Desserts could be natural yoghurt, orange compote or a banana. Typically there is only one option on offer, though children on special diets are catered for.

### E AUSTRALIA

Meat pies, sausage rolls and hotdogs are traditional in Australia. But to fight childhood obesity, many schools use a 'traffic light' system, which limits the sale of red-labelled foods that are high in fat, sugar or salt, such as pastries, chocolate and soft drinks. Healthier green-labelled foods such as sushi, sandwiches, corn on the cob and watermelon slices are available every day. In one school, students can choose from eighty-nine foods, including popcorn, sandwiches, spring water, milkshakes and rice crackers.

### F SWEDEN

Schools serve at least one cooked main dish with vegetables, bread



with low fat margarine, salad, skimmed milk and water. A balanced meal should include one third meat or fish, one third pasta or rice,

and one third fruit and veg. A typical lunch features meatballs with potatoes, cabbage rolls or fish, with a mixed salad from the buffet.

### LANGUAGE & CULTURE

The word 'lunch' means a (usually light) meal eaten around 1 p.m. It doesn't matter what you have: just a sandwich, or a cooked meal. The largest meal of the day is 'dinner', which is eaten later.

## GAP FILLING ◀19

## MULTIPLE CHOICE ◀34

## examworkout

1 Read the article in the Exercise 3. Ignore the gaps. Decide if the sentences 1–3 below are true or false.

- 1 According to the article, crisps are a popular snack nowadays.
- 2 Crisps were invented by a choosy customer.
- 3 An annoyed cook invented crisps unintentionally.

2 Read the paragraph below and complete gaps a–d using the options 1–4 from Exercise 3. Explain your choice and say why the other options are not correct.

Mike has been going to that restaurant <sup>a</sup> \_\_\_\_\_ he first came to live in London. It <sup>b</sup> \_\_\_\_\_ very cheap, but the food is delicious. He last went there <sup>c</sup> \_\_\_\_\_ Monday and ate some spicy Thai noodles and a traditional Chinese moon pie, which was not sweet <sup>d</sup> \_\_\_\_\_ but he liked it anyway.

## examtask

3 Read the following text about the invention of crisps (or *chips* in American English). For gaps 1–8, choose the correct answer A–D.

## THE ORIGIN OF CRISPS

CRISPS HAVE BEEN GREAT FAVOURITES WITH MANY OF US <sup>1</sup> \_\_\_\_\_ YEARS. WHO <sup>2</sup> \_\_\_\_\_ ENJOY NIBBLING THIN ROUND PIECES OF FRIED POTATOES IN FRONT OF THE TV OR AS A SNACK TO GO WITH A DRINK AT A PARTY? ONE WOULD THINK THAT SUCH A POPULAR FOOD WAS BORN FROM AN IDEA THAT CAME TO ONE OF THE TOP CHEFS OF AMERICA AT A MOMENT OF GREAT INSPIRATION, BUT THE TRUTH IS QUITE DIFFERENT.

One day in 1853 in a restaurant a choosy customer complained to the waitress <sup>3</sup> \_\_\_\_\_ the quality of his chips, saying that they were <sup>4</sup> \_\_\_\_\_ thick and oily. When the cook heard about this, he became very angry. He made some paper-thin slices of potatoes, fried them until they were brown and <sup>5</sup> \_\_\_\_\_ a rather generous amount of salt. Finally, he <sup>6</sup> \_\_\_\_\_ his crisps to the dissatisfied customer in person and literally dumped them in front of him. The customer tried one, liked the taste, and went on to eat <sup>7</sup> \_\_\_\_\_ all. Today, according <sup>8</sup> \_\_\_\_\_ statistics, an American eats an average of six pounds of crisps each year.

- |            |           |          |          |
|------------|-----------|----------|----------|
| 1 A many   | B since   | C from   | D for    |
| 2 A isn't  | B doesn't | C hasn't | D wasn't |
| 3 A on     | B that    | C for    | D about  |
| 4 A enough | B more    | C too    | D so     |
| 5 A mixed  | B added   | C put    | D did    |
| 6 A served | B gave    | C sold   | D fried  |
| 7 A them   | B it      | C this   | D that   |
| 8 A to     | B with    | C by     | D on     |



1 In pairs, describe the photo and answer these questions.

- Why do you think the people are eating in this place?
- What do you think of restaurants of this kind?

2 Here are some possible effects of an unhealthy diet. Tick (✓) the ones you think are true.

- It makes you fat.
- You can get heart disease.
- It makes you aggressive.
- It makes your skin and hair look bad.
- You get worse academic results.

## examtask

3 CD 2.10 You are going to hear people talking about the link between food and crime. Complete the gaps 1–9 with one word.

## THE LINK BETWEEN FOOD AND VIOLENT CRIME

- TV commercials encourage people to <sup>1</sup> \_\_\_\_\_ the wrong kind of <sup>2</sup> \_\_\_\_\_.
- The kinds of food shown in adverts include fizzy drinks, chocolate, <sup>3</sup> \_\_\_\_\_, biscuits, sweets, <sup>4</sup> \_\_\_\_\_ and chicken nuggets.
- There are no TV adverts for bananas or <sup>5</sup> \_\_\_\_\_.
- The proportion of obese children has almost doubled in <sup>6</sup> \_\_\_\_\_ years.
- Children who don't have a balanced diet are more <sup>7</sup> \_\_\_\_\_.
- In the experiment, the number of violent incidents caused by the teenagers who changed their diet <sup>8</sup> \_\_\_\_\_ by <sup>9</sup> \_\_\_\_\_.

4 What is your reaction to the idea that a bad diet makes people violent? Tell another student.

I'm surprised.

I don't believe it's true.

I already knew it.

I didn't know it, but I'm not really surprised.

TRUE/FALSE 23

1 Think about any sci-fi (science fiction) books or stories you've read. In pairs, ask and answer these questions.

- Who in a sci-fi book would be called *Earthman*?
- What could *aliens* look like?
- Describe one unusual invention you remember from a sci-fi story.
- What do you imagine a *restaurant at the end of the universe* could be like?

2 Using a dictionary, match the words to the explanations.

- 1 To **approach** someone is to
  - 2 When you **whisper**, you
  - 3 To **exclaim** is to
  - 4 If you **speak disapprovingly**, you
  - 5 To treat animals **in a humane** way is to
  - 6 Someone who is **malicious**
  - 7 If you **stuff yourself**, you
- a eat too much.
  - b are critical.
  - c come near them.
  - d enjoys making fun of others in a cruel way.
  - e speak very quietly.
  - f not be cruel to them.
  - g say something loudly and suddenly, often because you're surprised.

examtask

3 Read the following excerpt from a novel. Decide if the statements 1-6 are true (T) or false (F).

- 1 The cow was upset that it was going to be killed.
- 2 Arthur ordered a salad because he was shocked by the cow's behaviour.
- 3 The cow believes that vegetables can think.
- 4 The animal behaved in this way because it had been designed to do so.
- 5 When the meal was served, all the characters started eating at once.
- 6 Zaphod agrees with Arthur's objections.

4 Read the two statements by Arthur and Zaphod. Who do you agree with? Why? Do you think this idea is just science fiction or could it become reality some day?

- 'I don't want to eat an animal that's standing there inviting me to. It's cruel.'
- 'It's better than eating an animal that doesn't want to be eaten.'

5 Complete these phrases from the text.

- 1 Are you ready to \_\_\_\_\_?
- 2 May I \_\_\_\_\_ you in...?
- 3 Why \_\_\_\_\_ have some ...?
- 4 I think I'll just \_\_\_\_\_ a salad.
- 5 A \_\_\_\_\_ of water, \_\_\_\_\_.

6 Complete these sentences with highlighted words from the text.

- 1 Potatoes and other vegetables can be \_\_\_\_\_ in water.
- 2 Food can be \_\_\_\_\_ in oil.
- 3 Meat or vegetables can be \_\_\_\_\_ over a real or electrical fire.
- 4 To make \_\_\_\_\_ potatoes creamier you can add butter and milk.
- 5 \_\_\_\_\_ meat is usually cooked in the oven.

LANGUAGE & CULTURE

The novel *The Restaurant at the End of the Universe* is the second volume of the series *The Hitchhiker's Guide to the Galaxy* by Douglas Adams.

*The Restaurant at the End of the Universe*

A large cow with big eyes and a smile approached Zaphod's table. 'Good evening,' it said and sat down, 'Are you ready to order? I'm the main Dish of the Day. May I interest you in parts of my body?'

Arthur and Trillian were shocked, Ford appeared bored but Zaphod looked hungry.

'A slice from the shoulder perhaps?' suggested the animal, **grilled**, with a wine sauce?'

'Er, your shoulder?' said Arthur, horrified.

'But naturally my shoulder, sir.'

Zaphod jumped up and felt the animal's shoulder.

'My meat is very good,' it said. 'I've been exercising and eating plenty of grass.'

'This animal actually wants us to eat it!' whispered Trillian.

'That's horrible!' exclaimed Arthur.

'What's the problem, Earthman?' said Zaphod.

'I don't want to eat an animal that's standing there inviting me to,' said Arthur, 'it's cruel.'

'It's better than eating an animal that doesn't want to be eaten,' said Zaphod.

'That's not the point,' Arthur protested. Then he thought for a moment. 'Alright,' he said, 'maybe it is, but...' He looked at the menu.

'I think I'll just have a salad.'

The cow spoke up. 'Why don't you have some nice **roast** beef with peas and carrots? Or how about a steak **fried** with onions? Rare, medium or well done?'

MULTIPLE CHOICE ◀ 14

- 1 How often do you eat out? Do you enjoy it?
- 2 In what order do you usually do these things in a restaurant? Number them 1-8.
 

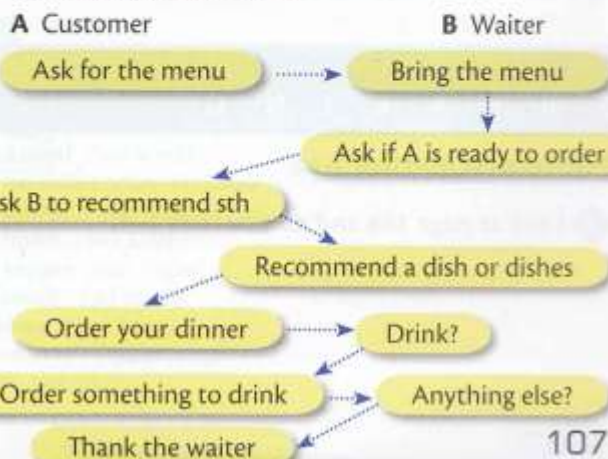
<input type="checkbox"/> Ask for the bill	<input type="checkbox"/> Leave a tip
<input type="checkbox"/> Have a dessert	<input type="checkbox"/> Find a table
<input type="checkbox"/> Order	<input type="checkbox"/> Have a starter
<input type="checkbox"/> Have a main course	<input type="checkbox"/> Read the menu

**examtask**

3 **CD 2-11** You are going to hear a radio programme about an unusual restaurant. For questions 1-5 choose the correct answer A-C.

- 1 Why is it dark in the restaurant?
  - A To save energy.
  - B To make the atmosphere more romantic.
  - C To let you imagine what it's like being blind.
- 2 How do you find your table?
  - A You follow little lights in the floor.
  - B The waiter leads you there.
  - C There's just enough light to do it.
- 3 Which of these difficulties is NOT mentioned?
  - A Getting the waiter's attention.
  - B Finding things on the table.
  - C Pouring drinks.
- 4 What was special about the meal Lily and Julian ordered?
  - A It was vegetarian.
  - B They didn't know what they'd get.
  - C It was fried in a mustard sauce.
- 5 Which of these statements best summarises how Lily and Julian felt about the restaurant?
  - A They felt uncomfortable.
  - B It felt odd at first, but they liked it.
  - C They loved it from the start.

4 In pairs, write your own restaurant menus, with a choice of at least three starters, main courses and desserts, and some drinks. Make two copies of your menu. Change partners and order meals from each other's menu.



Are you ready to order? I'm the main Dish of the Day. May I interest you in parts of my body?



Chapter 17

'A salad', said Arthur emphatically, 'some lettuce, cucumber and tomatoes and maybe some sweetcorn.'

'A salad?' said the animal, disapprovingly.

'Are you telling me I shouldn't have salad?'

'Well,' said the animal, 'I know many vegetables that don't think you should. Which is why it was such a good idea to create an animal that actually wants to be eaten and can say so clearly. And here I am.'

'A glass of water, please,' said Arthur.

'Look,' said Zaphod, 'I'm really hungry! Four rare steaks please, and hurry. We haven't eaten in five hundred and seventy-six thousand million years.'

The animal looked delighted.

'A very good choice, sir, if I may say so. I'll just go and shoot myself.'

As it walked slowly towards the kitchen, it gave Arthur a friendly smile.

'Don't worry, sir,' he said. 'I'll be very humane.'

A few minutes later the waiter arrived with four huge steaks served with **mashed** potatoes, **boiled** cabbage and mushrooms. Zaphod and Ford started eating without a second's hesitation. Trillian paused, then picked up her knife and fork.

Arthur stared at his feeling slightly ill.

'Hey, Earthman,' said Zaphod with a malicious smile on the face that wasn't stuffing itself, 'what's eating you?'

## SITUATIONAL ROLEPLAY ◀ 58

## examworkout

- 1 Read the following exam task and complete a candidate's response to it by putting the words from the box in gaps 1–6.

You and your English-speaking friend are planning a field trip and have to decide what sort of food to take with you. Think of possible ideas and decide together what to take. Consider taking chocolate bars, biscuits, some fruit, sandwiches.

.....  
 about better good sure think what  
 .....

EXAMINER: 'So, about the food. Let's take two chocolate bars per person and a few packets of biscuits.'

CANDIDATE: 'Nothing but sweets? I don't <sup>1</sup> \_\_\_\_\_ that's a <sup>2</sup> \_\_\_\_\_ idea. We'll be hungry and thirsty. I'm <sup>3</sup> \_\_\_\_\_ it's <sup>4</sup> \_\_\_\_\_ to take some sandwiches and apples.'

EXAMINER: 'Oh no, it's too much bother making sandwiches, and apples are heavy.'

CANDIDATE: 'How <sup>5</sup> \_\_\_\_\_ this then: I'll make the sandwiches and you buy some biscuits. And perhaps we'll manage to get some fruit on the way. <sup>6</sup> \_\_\_\_\_ do you think about that?'

EXAMINER: 'OK, let's do that.'

## examtask

- 2 In pairs, roleplay the situation below. One of you is the candidate, the other plays the role of the examiner.

You and your English-speaking friend are planning a party and have to decide what sort of food to prepare. Your friend wants to roast a duck and serve strawberry pancakes for dessert. You don't think this is a good idea for party food. Persuade your partner to prepare something else. Consider the following ideas: pizza, sandwiches, fruit salad, potato crisps, fresh fruit, apple pie, sweets and chocolates. Decide on three foods that you are going to buy or prepare.

- 3 Now swap roles and roleplay the situation again.

## PHOTO DESCRIPTION ◀ 62

- 4 Look at page 168 and do exercises 1–4.

## NOTE ◀ 45

## examworkout

- 1 Read the following exam task and a student's response to it. The paragraphs in the note are jumbled. Number them 1–6. Use the bullet points to help you.

You are studying abroad. You promised to bring some food to a party. You have to go out and don't have time to prepare anything. Write a note to your roommate, in which you will:

- explain the situation
  - say what dish should be prepared
  - explain where the ingredients are
  - apologize for the problem
- Begin like this: *Donny,*

- It's nothing serious, but I can't prepare the Greek salad I promised to bring to the party. Could you please do it for me?
- Donny,
- I'm really sorry to bother you; I hope it's not too much trouble. Thank you very much and see you in the evening.
- The tomatoes and peppers are on the kitchen table, and the onions, olives and cheese are in the fridge. Just chop everything and put it in a bowl with some olive oil!
- Adam
- Help! I've got a problem. Jim hurt his leg playing football today and I have to take him to the clinic.

- 2 Think of different ideas for the same task.

- explain the situation
- say what dish should be prepared
- explain where the ingredients are

- 3 Write your own version of the note from Exercise 1.

## examtask

- 4 Read the exam task below and write a note.

You have just started university. There is a picnic organised for new students where you can get to know your classmates better. Everyone is supposed to bring a friend and some food with them. Write a note to your friend Jane, in which you will:

- tell her about the picnic
  - ask her if she would like to come with you
  - suggest what you could take to the picnic
  - offer to pick her up in your car
- Start your note like this: *Hi Jane,*

## TYPES OF FOOD

## MEAT

bacon /'beikən/  
beef /bi:f/  
chicken /'tʃɪkɪn/  
ham /hæm/  
meat /mi:t/  
pork /pɔ:k/  
sausage /'sɔ:sɪdʒ/  
turkey /'tɜ:ki/

## FISH AND SEAFOOD

cod /kɒd/  
fillet /'fɪlɪt/  
fish and chips /fɪʃ ən tʃɪps/  
herring /'hɛrɪŋ/  
salmon /'sælmən/  
sardine /sɑ:'di:n/  
shellfish /'ʃel,fɪʃ/  
tuna /'tju:nə/

## DAIRY PRODUCTS

butter /'bʌtə/  
cheese /tʃi:z/  
cottage cheese /'kɒtɪdʒ tʃi:z/  
egg /eg/  
ice cream /aɪs kri:m/  
margarine /mɑ:dʒə'ri:n/  
milkshake /mɪlk ʃeɪk/  
omelette /'ɒmlət/  
yoghurt /'jɒgət/

## CEREAL PRODUCTS

breakfast /'brekfəst/  
brown bread /braʊn bred/  
cereal /'sɪəriəl/  
noodles /'nu:dlz/  
pasta /'pæstə/  
rice /raɪs/  
roll /rɔʊl/  
toast /təʊst/  
white bread /waɪt bred/

## SWEETS

apple pie /'æpəl paɪ/  
birthday cake /'bɜ:θdeɪ keɪk/  
biscuits (BrE) /'bɪskɪts/  
cake /keɪk/  
cheesecake /'tʃi:zkeɪk/  
cookies (AmE) /'kʊkiz/  
fruitcake /'fru:tkeɪk/  
poppy-seed cake /'pɒpi si:d keɪk/  
pudding /'pu:dɪŋ/

## FRUIT

apple /'æpəl/  
apricot /'eɪprəkɒt/  
banana /bə'nɑ:nə/  
blackcurrant /blæk'kʌrənt/  
blueberry /'blu:bəri/  
cherry /'tʃɛri/  
coconut /'kəʊkənət/  
grapefruit /'greɪpfru:t/  
grapes /greɪps/  
kiwi /'ki:wi/  
lemon /'lemən/  
lime /laɪm/  
mango /'mæŋgəʊ/  
melon /'melən/

orange /'ɒrændʒ/  
peach /pi:tʃ/  
pear /peə/  
pineapple /'paɪnæpəl/  
plum /plʌm/  
strawberry /'strɔ:bəri/  
watermelon /'wɔ:təmelən/

## VEGETABLES (VEG)

avocado /ævə'kɑ:dəʊ/  
beans /bi:ns/  
broccoli /'brɒkəli/  
cabbage /'kæbɪdʒ/  
carrot /'kærət/  
cauliflower /'kɒlɪflaʊə/  
celery /'seləri/  
cucumber /'kju:kʌmbə/  
garlic /'gɑ:lɪk/  
green peas /'grɪn pi:s/  
green pepper /'grɪn 'pepə/  
lettuce /'letɪs/  
mashed potatoes /mæʃt pə'tetəʊs/  
mushrooms /'mʌʃrʊms/  
onion /'ɒnjən/  
parsley /'pɑ:slɪ/  
radish /'rædɪʃ/  
red pepper /red 'pepə/  
sweetcorn /'swi:tkɔ:n/  
tomato /tə'mɑ:təʊ/

## THINGS ADDED TO FOOD

black pepper /blæk 'pepə/  
herbs /hɜ:bs/  
ketchup /'ketʃəp/  
mayonnaise /meɪə'neɪz/  
mustard /'mʌstəd/  
olive oil /'ɒlɪv oɪl/  
salad dressing /'sæləd 'dresɪŋ/  
salt /sɔ:lt/  
spices /'spɑ:sɪs/  
sugar /'ʃʊgə/  
tomato sauce /tə'mɑ:təʊ sɔ:s/  
vinegar /'vɪnɪgə/

## DRINKS

beer /biə/  
coffee /'kɒfi/  
fizzy drinks /'fɪzi drɪŋks/  
juice /dʒu:s/  
soft drinks /sɒft drɪŋks/  
sparkling water /'spɑ:kɪŋ 'wɔ:tə/  
still water /stɪl 'wɔ:tə/  
tea /ti:/  
wine /waɪn/

## ADJECTIVES DESCRIBING FOOD

delicious /dɪ'lɪʃəs/  
dry wine /draɪ waɪn/  
fatty /'fæti/  
fresh /fref/  
mild /maɪld/  
rare steak /reə steɪk/  
sour milk /saʊə mɪlk/  
spicy /'spɑ:si/  
stale bread /steɪl bred/  
strong tea /strɒŋ ti:/  
sweet /swi:t/

tasty /'teɪsti/  
weak tea /wi:k ti:/  
well-done steak /wel 'dʌn steɪk/

## PREPARING FOOD

add /æd/  
bake /beɪk/  
barbecue /'bɑ:bɪkjʊ:/  
beat /bi:t/  
boil /bɔɪl/  
bowl /bəʊl/  
chop up /tʃɒp ʌp/  
cook /kʊk/  
cut /kʌt/  
freeze /fri:z/  
fry /fraɪ/  
frying pan /'fraɪŋ pæn/  
grill /grɪl/  
heat /hi:t/  
ingredient /ɪn'grɪ:diənt/  
kettle /'ketl/  
melt /melt/  
mix /mɪks/  
oven /'ɒvən/  
peel /pi:l/  
pour /pɔ:/  
recipe /'resəpi/  
roast /rəʊst/  
saucepan /'sɔ:speɪn/  
slice /slaɪs/  
spoon /spu:n/  
stir /stɜ:/

## PACKAGING AND QUANTITIES

bag of flour /bæg əv fləʊə/  
bar of chocolate /bɑ: əv 'tʃɒklət/  
bottle of lemonade /'bɒtl əv lemə'neɪd/  
box of chocolates /bɒks əv 'tʃɒkləts/  
can of cola /kən əv 'kəʊlə/  
carton of milk /'kɑ:tn əv mɪlk/  
carton of orange juice /'kɑ:tn əv 'ɒrændʒ dʒu:s/  
glass of water /glɑ:s əv 'wɔ:tə/  
jar of jam /dʒɑ: əv dʒæm/  
loaf of bread /ləʊf əv bred/  
packet of biscuits /'pækɪt əv bɪskɪts/  
packet of crisps /'pækɪt əv krɪspz/

## MEALS

barbecue /'bɑ:bɪkjʊ:/  
course /kɔ:s/  
eat out /i:t aʊt/  
have a meal /həv ə mi:l/  
have breakfast /həv 'brekfəst/  
have dinner /həv 'dɪnə/  
have lunch /həv lʌntʃ/  
have supper /həv 'sʌpə/  
light snack /laɪt snæk/  
lunchbox /'lʌntʃbɒks/  
packed lunch /'pækt lʌntʃ/  
picnic /'pɪknɪk/

## RESTAURANTS AND BARS

bill /bɪl/  
café /'kæfeɪ/  
cafeteria /kæfə'tɪəriə/  
canteen /kæn'ti:n/  
cutlery /'kʌtləri/  
dessert /dɪ'zɜ:t/  
dish /dɪʃ/  
fast food restaurant /fɑ:st fu:d 'restərɒnt/  
fork /fɔ:k/  
knife /naɪf/  
main course /meɪn kɔ:s/  
menu /'menju:/  
napkin /'næpkɪn/  
order /'ɔ:də/  
self-service restaurant /'self 'sɜ:vɪs 'restərɒnt/  
serve /sɜ:v/  
service /'sɜ:vɪs/  
serviette /sɜ:vɪ'eɪt/  
spoon /spu:n/  
starter /'stɑ:tə/  
takeaway /'teɪkəweɪ/  
tip /tɪp/  
waiter /'weɪtə/  
waitress /'weɪtrɪs/  
wine list /waɪn lɪst/

## USEFUL PHRASES

be on a diet /bi ən ə 'daɪət/  
book a table /bʊk ə 'teɪbəl/  
clear the table /kliə ðə 'teɪbəl/  
cook a meal /kʊk ə mi:l/  
do the washing-up /du: ðə 'wɒʃɪŋ ʌp/  
go on a diet /gəʊ ən ə 'daɪət/  
healthy food /'helθi fu:d/  
high in calories /haɪ ɪn 'kælərɪs/  
junk food /dʒʌŋk fu:d/  
lay the table /leɪ ðə 'teɪbəl/  
leave a tip /li:v ə tɪp/  
lose weight /lu:z weɪt/  
low in calories /ləʊ ɪn 'kælərɪs/  
put on weight /pʊt ən weɪt/  
vegetarian diet /vedʒə'teəriən 'daɪət/