

# 5 Food

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### serve /sɜːv/ Verb

when you **serve** food, you give it to someone ready for them to eat. When food **is served** in a restaurant, someone brings it to you

*it's usually served with chips and peas | salad is served as a side dish | I'm going to serve the soup with home-made bread | we were served by a very polite waiter*

### smell /smel/ Verb

if something **smells** sweet, bad, delicious, etc., you think that is what it is like because of the smell that it has

*the meat smells bad | those flowers smell lovely | the food smells delicious | the kitchen smells fishy (has a strong smell of fish)*

Noun: *smell*

*the sweet smell of oranges | What's that horrible smell?*

### taste /teɪst/ Verb

if you **taste** what food is like, you notice what sort of flavour it has

*this chocolate tastes delicious | he added herbs to make it taste nicer | this tastes like fish | I can't taste the cheese in this | What does it taste like? | it tastes of apple*

Noun: *taste*

*Do you like the taste of carrots? | it's got a lovely taste | a really nice taste*

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### ceviche /se'vi:tʃeɪ/ Noun uncount

**ceviche** is raw fish in a sauce served cold, usually in a salad at the start of a meal

*I ordered ceviche | they serve a delicious ceviche here | freshly prepared ceviche*

### cheese /tʃiːz/ Noun

**cheese** is a food made from milk

*bread and cheese | Do you want some cheese? | a strong cheese (which has a strong flavour) | a hard cheese (that is difficult to cut) | a soft cheese | a piece of cheese | they sell a lot of different cheeses | I really like French cheese*

### chicken /tʃɪkɪn/ Noun uncount

**chicken** is the meat from a hen that you eat as food  
*a chicken sandwich | roast chicken | a bowl of chicken soup | chicken with fried rice | a cold chicken salad*

### chips /tʃɪps/ Noun

**chips** are thin slices of potato that are fried in hot oil  
*fish and chips | steak and chips | a portion of chips (enough for one person) | Do you want chips or rice with your chicken? | my chips are cold!*

### curry /'kʌrɪ/ Noun

**curry** is an Indian dish made with a lot of spices

*a beef curry | a chicken curry | a curry house (a restaurant that serves curries) | a hot curry (made with very strong spices) | I prefer a mild curry (with not very strong spices) | curry and rice*

### egg /eg/ Noun

**eggs** are small, almost round objects with a thin shell produced by birds. People eat eggs as food

*a box of eggs | a boiled egg | fried eggs | half a dozen eggs (six eggs) | crack the egg into the water*

### fish /fɪʃ/ Noun

a **fish** is an animal that lives in water. Fish can be eaten as food

*I don't like eating fish | Do you like fish? | fish and chips | I don't eat meat but I eat fish | fresh fish | I bought some fish for dinner | the kitchen smells of fish*

### juice /dʒuːs/ Noun

**juice** is the liquid you get by squeezing a fruit, such as an orange or an apple

*a glass of orange juice | Would you like some apple juice? | add some lemon juice to the salad | a bottle of fruit juice*

### kabsa /'kæbsɑː/ Noun

**kabsa** is a spicy rice dish

*a traditional lunch of kabsa | kabsa originally came from Yemen | kabsa is a very popular dish here*

### lamb /læm/ Noun

a **lamb** is a young sheep, and **lamb** is the meat you get from young sheep

*Would you like lamb for dinner? | a shoulder of lamb | roast leg of lamb | Would you prefer lamb or beef? | garlic goes well with lamb*

### lemon /'lemən/ Noun

a **lemon** is a yellow fruit with a very strong, sharp taste

*a kilo of lemons | the juice of a lemon | these lemons are ripe | a glass of lemon juice*

### lentil /'lentɪl/ Noun

**lentils** are the seeds of some plants that you cook and eat

*a bowl of lentils | a dish of lentils and sausages | a kilo of lentils*

### nut /nʌt/ Noun

a **nut** is the hard seed of some plants, which you can eat

*a bag of nuts | Do these chocolates have nuts in them? | I bought a packet of nuts to eat on the journey | these nuts are very salty | I've eaten too many nuts*

**onion** /ˈɒnjən/ Noun

an **onion** is a vegetable with a thin brown or red skin that you use in cooking

*slice the onion and add it to the pan | fry the onions in butter | a kilo of onions | use red onions in the salad | I hate cutting onions | you need a cup of chopped onions (cut into very small pieces) | thin slices of onion*

**orange** /ˈɒrɪndʒ/ Noun

an **orange** is a fruit with a sweet, sharp flavour

*a glass of orange juice | a kilo of oranges | you should eat an orange every day | oranges have vitamin C in them*

**pasta** /ˈpæstə/ Noun uncount

**pasta** is a food made from flour and water that you cook and eat

*Do you want more pasta? | a pasta sauce | a bowl of pasta | boil the pasta for five minutes*

**pepper** /ˈpepə/ Noun uncount

**pepper** is a spice that you crush into a powder and add to food

*salt and pepper | we've run out of pepper (there's none left) | black pepper | grey pepper*

**pepper** /ˈpepə/ Noun

a **pepper** is a vegetable with a slightly sweet flavour

*red and green peppers | slice the peppers thinly | add the peppers 10 minutes before the end of the cooking time | roasted peppers*

**pierogi** /piəˈrəʊgi/ Noun

**pierogi** are traditional small pies from Poland made with meat or cheese and vegetables

*we eat pierogi on Christmas Eve | pierogi is actually the plural - if you have just one it's a pierog | fry pierogi in a little butter just before serving*

**potato** /pəˈteɪtəʊ/ Noun

**potatoes** are vegetables that grow under the soil

*we eat a lot of potatoes in our house | a baked potato | I grow potatoes in the garden | two kilos of potatoes | boiled potatoes | mashed potatoes (cooked and then smashed until they become smooth) | potato crisps (crisps made from potatoes)*

**prawn** /prɔːn/ Noun

a **prawn** is a small creature that lives in the sea and that you can cook and eat

*Are there any prawns in the fridge? | a kilo of fresh prawns | Do you like prawns?*

**raisin** /ˈreɪz(ə)n/ Noun

**raisins** are small, dried grapes that taste sweet

*a bowl of raisins | chocolate and raisin flavour ice cream | there are lots of raisins in the cake*

**rice** /raɪs/ Noun uncount

**rice** is the white or brown seeds that grow on a type of grass, which you can eat

*Do you want rice or chips? | they eat a lot of fruit and rice here | we have rice nearly every day | boiled rice | fried rice | pour the sauce over the rice | you need 50 grams of rice per person (for each person)*

**salt** /sɔːlt/ Noun uncount

**salt** is white stuff found in the sea and in the ground. You add **salt** to food when you are cooking it to make it taste nicer

*salt and pepper | a teaspoon of salt | there's too much salt in the soup | you should reduce the amount of salt in your food*

**satay** /ˈsateɪ/ Noun

**satay** is a dish of meat or fish cooked on long thin sticks and served with a spicy peanut sauce

*chicken satay | I always have satay when we come to this restaurant | they make the best satay in Indonesia*

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**bag** /bæg/ Noun

a **bag** is a container made of cloth, paper or plastic that usually holds food

*a bag of rice | the bag broke and the tomatoes fell out | put the empty bag in the cupboard*

**chocolate** /ˈtʃɒklət/ Noun

**chocolate** is a sweet brown food made from cocoa

*a chocolate sauce | a bar of chocolate | chocolate cake | a box of chocolates*

**flour** /flaʊə/ Noun uncount

**flour** is a powder made by crushing wheat that is used to make bread, cakes, etc.

*a bag of white flour | I use brown flour to make bread | a kilo of flour*

**glass** /glɑːs/ Noun

a **glass** is a container for liquids that you drink out of

*a glass of water | she filled up her glass with milk | I dropped a glass and broke it | a set of six wine glasses*

**kilo** /kiːləʊ/ Noun

a **kilo** is a measure of weight. The word **kilo** is short for kilogramme. There are 1000 grams in one kilo

*a kilo of bananas | I weigh 72 kilos | half a kilo of tomatoes | the oranges are £3 a kilo | a kilo and a half of potatoes*

**packet** /ˈpækɪt/ Noun

a **packet** is a small box that holds something such as food or cigarettes

*a packet of tea | the packet weighs 1.5 kilos | a packet of cigarettes*

**piece** /piːs/ Noun

a **piece** of something is an amount of it that has been broken away from a larger amount

*a piece of chocolate | a large piece of bread | Does anyone want another piece of cake?*

**pizza** /ˈpiːtsə/ Noun

**pizza** is a dish made with a sort of bread that has meat and vegetables on top, usually with tomatoes and cheese, and that is cooked in a very hot oven

*a mushroom pizza | two slices of pizza | cook the pizza in a hot oven for 10 minutes | Would you like some salad with your pizza?*

**sauce** /sɔ:s/ Noun

**sauce** is a liquid that you serve with food to give it a nice taste

tomato sauce | brown sauce | cheese sauce

*he spilt some sauce on the carpet | do you want sauce with your chips? | a bottle of tomato sauce | stir the sauce until it boils | pour the sauce over the rice | I don't like brown sauce (a kind of sauce with lots of spices in it)*

**slice** /slaɪs/ Noun

a **slice** of food is a piece of it that has been cut with a knife  
*a slice of bread | put the slices on a plate | Would you like a slice of pizza?*

Adjective: *sliced* | Verb: *slice*

*a packet of sliced bread | add the sliced onion just before it goes in the oven | slice the ham thinly | I had to use the bread knife to slice the tomatoes*

**tin** /tɪn/ Noun

a **tin** is a metal container, especially for drinks or food.  
 A **tin** is also the amount of drink or food inside it  
*a tin of tomatoes | she drank two tins of Coke | can you buy a tin of beans for lunch? | a tin opener (a special tool to cut the top of a tin and open it) | I had a tin of soup for lunch*

Adjective: *tinned*

*I use a lot of tinned tomatoes when I'm cooking*

**tuna** /tju:nə/ Noun

**tuna** is a kind of fish that you can eat. It is often sold in tins

*a tuna sandwich | a tin of tuna | fried tuna steak | a tuna salad*

**water** /wɔ:tə/ Noun uncount

**water** is the liquid that falls as rain and that makes up the sea and rivers and lakes. People, animals, and plants need **water** in order to be able to live

*a glass of water | the water's too cold to swim in the sea today | the water in the kettle started to boil (reach a temperature of 100° centigrade) | a bottle of water | when it reaches 0° centigrade, the water will freeze and ice will form*

**PAGES 62–63****best before** /,best brɪ'fɔ:/ Phrase

the date on a **best before** label is the date after which the food is going to start going bad

best before date

*it's nearly a week after the best before date | don't buy that one, the best before date is tomorrow*

**cost** /kɒst/ Verb

if something **costs** an amount of money, that is how much you have to pay to buy it

cost someone something

*How much did it cost? | our apartment cost £250,000 when we bought it | the whole holiday cost over £1,000 | it didn't cost much | these shoes cost me £90*

Noun: *cost*

*we share the cost of the rent | the cost of petrol has gone up again*

**fat** /fæt/ Noun

**fat** is a substance found in some foods such as meat or vegetable oil

*there's a lot of fat in butter | try to eat less fat | it's better to grill bacon than cook it in fat | a diet with too much fat in it*

**healthy** /'helθi/ Adjective

something that is **healthy** is good for you and helps keep you fit and well

*a healthy diet (food that will help you stay well) | fast food is not very healthy | she walks to work as part of her new healthy lifestyle | daily exercise and healthy eating are essential for children*

Noun: *health* | Adverb: *healthily* || Opposite – Adjective: *unhealthy*

*you're lucky you still have your health (that you are still well and fit) | she was in very good health | you should try and eat healthily and avoid sugar | he has a very unhealthy lifestyle*

**label** /'leɪb(ə)/ Noun

the **label** on something you buy is the part that has the name of the brand and other information on it  
*the label said there was no added sugar | the list of ingredients on the label includes honey and lemon juice | the writing on the label is too small for me to read without my glasses*

**low-fat** /'ləʊ,fæt/ Adjective

**low-fat** food contains less fat than other similar foods

*I only eat low-fat yoghurt | low-fat foods often have extra sugar in them | I refuse to eat low-fat sausages*

**natural** /'nætʃ(ə)rəl/ Adjective

something that is **natural** has not been made or changed by people but exists like that in nature

*a jar of natural yoghurt (with nothing added to it) | all our dishes are made from natural ingredients | the chairs are made from natural wood | the paint looks red in natural light (the light from the sun, not from electric light bulbs)*

Opposite – Adjective: *artificial*

*there are no artificial ingredients in this orange juice | artificial grass*

**superfood** /'su:pəfu:d/ Noun

some people refer to food that has a lot of vitamins or other essential things in it as a **superfood**

*eggs are one of nature's superfoods | Which superfoods do you think I should eat? | a list of ten recommended superfoods | another superfood you should eat is berries*

**traffic light** /'træfɪk ,laɪt/ Noun

on food labels, **traffic lights** are a system of colours that give you information about how much fat, salt, sugar etc are contained in the food. Red means a lot, yellow means a medium amount, and green means

not very much

*the traffic light labels on food are very helpful | a leaflet explaining the traffic light system of food labelling*

## PAGES 64–65

**anything else** /ˌeniθɪŋ ˈels/ Phrase

**anything else** is something that you have not already asked for or mentioned and that you would like to ask for or mention

*Can I get you anything else? | if there's anything else you need, let me know | no, I can't think of anything else*

**bill** /bɪl/ Noun

a **bill** is a list that shows how much you have to pay for something

pay a bill | a bill for something

*I asked the waiter for the bill | I paid the electricity bill yesterday | they've just sent us a bill for £200 | here's the bill for the work we did for you | Can I have the bill please? (what you say in a restaurant when you have finished your meal)*

**chop** /tʃɒp/ Verb

if you **chop** food when you are preparing to cook it, you cut it into very small pieces

*chop the onion very finely Can you chop the carrots while I do the cabbage? | wash the herbs before you chop them*

Adjective: *chopped*

*a tin of chopped tomatoes*

**colon** /ˈkəʊlən/ Noun

a **colon** is the punctuation mark ":" that you use at the start of a list

*use a colon here rather than a full stop | Where's the colon on this keyboard?*

**comma** /ˈkɒmə/ Noun

a **comma** is the punctuation mark "," that you use to separate different parts of a sentence, or between items in a list

*you need a full stop here, not a comma | if you don't put a comma there, the meaning changes slightly*

**delicious** /dɪˈlɪʃəs/ Adjective

food that is **delicious** tastes very nice

*it tastes delicious | a delicious cake | this apple pie is delicious | the food there was delicious | that was a delicious meal | thank you – that was delicious | a delicious smell of chocolate was coming from the kitchen*

**dessert** /dɪˈzɜ:t/ Noun

in a meal, the courses are the separate dishes that you eat, one after the other. **Dessert** is usually the last course, or part, of a meal and is something sweet

*dessert is my favourite course | he never eats desserts | the desserts here are very expensive | I'll have cheese instead of a dessert*

**drink** /drɪŋk/ Noun

a **drink** is a liquid that you swallow as a food

*I put my drink down on the table | let's take our drinks into the garden | Would you like another drink? | I'll just have a drink of water*

Verb: *drink*

*What would you like to drink with your meal?*

**full stop** /ˈfʊl ˌstɒp/ Noun

a **full stop** is the punctuation mark "." that shows the end of a sentence

*you forgot the full stop at the end of your first sentence | use a capital letter for the first word after a full stop*

**main course** /ˌmeɪn ˈkɔ:s/ Noun

in a meal, the courses are the separate dishes that you eat, one after the other. The **main course** is the biggest one, usually between the first course and the dessert

*What are we having for the main course? | I had so much as a starter that I couldn't eat all my main course | we had to wait 20 minutes for the main course*

**menu** /ˈmenju:/ Noun

in a restaurant, the **menu** is the list of dishes that you can have

*the waiter brought us our menus | Can you see anything you like on the menu? | it wasn't a long menu, but everything looked delicious | she picked the first dish on the menu*

**mix** /mɪks/ Verb

if you **mix** things, you put them together so that they are all together in one place

*mix the flour and water together, then add some salt | if you mix these two tins of paint, you should get a deep green colour | heat the ingredients until they are melted and mixed into a sauce*

Noun: *mixture*

*leave the mixture in the fridge for ten minutes*

**order** /ˈɔ:də/ Verb

when you **order** in a restaurant, you tell the waiter what you want to eat and drink

*Are you ready to order? | I can't decide what to order | Pete ordered another bottle of water | I ordered fish for my main course*

Noun: *order*

*we waited over half an hour for our order to arrive*

**pour** /pɔ:/ Verb

if you **pour** a liquid, you make it flow out of its container

*pour someone something*  
*Shall I pour you a drink? | pour the sauce over the meat | she poured the milk into the bowl*

**punctuation** /ˌpʌŋktʃu'eɪʃ(ə)n/ Noun

**punctuation** is the system of marks that you use in writing to show the end of a sentence, a pause, etc

punctuation mark



*good punctuation helps make your writing easier to read | not all languages have the same rules of punctuation | nobody uses punctuation in emails these days | my keyboard has a separate row for punctuation marks*

Verb: **punctuate**

*for homework, we had to punctuate three paragraphs from our coursebook*

**spread** /spred/ Verb

if you **spread** food, you press down on it so that it covers the top of something, such as a slice of bread  
*spread the jam evenly on each slice | the butter was too hard to spread easily*

**starter** /'sta:tə/ Noun

in a meal, the courses are the separate dishes that you eat, one after the other. The **starter** is the first course

*I'm having prawns for my starter | I won't have a starter, but I'll have a dessert later | Does everyone know what they want for a starter?*

## PAGES 66–67

**cereal** /'sɪəriəl/ Noun

a **cereal** is a plant that produces grain that is used as food

*around 40% of cereals grown in the world go to feed animals | a farm growing cereal crops | we have to import most of our cereals*

**eggplant** /'eg,plɑ:nt/ Noun

an **eggplant** is a shiny, usually purple vegetable with a cream-coloured inside

*cut the eggplant in half | wash and dry the eggplant before cooking it | fry the eggplant in hot oil for ten minutes*

**final score** /'faɪn(ə)l ,skɔ:/ Noun

the **final score** in a sports match is the score when the match ends

*we were winning two-nil at half time, but the final score was three-two to the other side | What was the final score? | the final score was four-one to Wales*

**leaf** /li:f/ Noun

the **leaves** of a plant are the flat, usually green parts that grow on the branches. On some trees, leaves change colour and fall off in autumn

*the leaves are long and thin | the symbol of Canada is the maple leaf | the leaves started to fall in October this year*

**point** /pɔɪnt/ Noun

in a test or exam, you get **points** when you get an answer right. In sports competitions, a **point** is a unit of scoring. Usually, the player or team with the most points wins the match

*you get one point for each correct answer | in tennis, you don't need to win every point to win the match | we lost by four points (the other team got four more points than we did) | you get two points for getting the basketball into the basket*

**root** /ru:t/ Noun

the **roots** of a plant are the parts under the ground that send food up to the plant above the ground

*the roots are very dry | the plant has put down strong roots | a tree with a deep root system | the roots grew sideways and damaged the wall*

**seaweed** /'si:wi:d/ Noun uncount

**seaweed** is a kind of plant that grows in the sea

*the beach was covered in seaweed | the seaweed is dried before being used as food | seaweed goes very crisp when you fry it*

**stem** /stem/ Noun

a **stem** is the long thin part of a plant that a flower grows on

*hold the flower by its stem | cut the stems before you put the flowers in the vase | the stems can grow up to 60 cm | it has tough, woody stems | roses with long stems*

**wheat** /wi:t/ Noun

**wheat** is a very common cereal plant. Its grain is turned into powder (flour) and is used to make bread, cakes, etc

*we had a good wheat harvest this year | a field of wheat | Canadian wheat is good for making bread flour*