

Nutrition, diet and fitness vocabulary

Types of food

Meat (or "red meat") = lamb, pork or beef

Poultry (or "white meat") = chicken, turkey, goose, duck

Game ("wild" meat) = rabbit, hare, partridge, pheasant

Fish = salt water fish / sea fish or fresh water fish

Seafood = prawns, shrimps, lobster, scallops, mussels, crab

Vegetables = leafy vegetables (such as broccoli or spinach), root vegetables (such as carrots and onions) etc

Fruit = stone fruit (peach..), berry/soft fruit (such as strawberries or raspberries) etc

You can also talk about the different food groups: **fats** and **oils** (such as olive oil, butter etc); fruit; vegetables; **protein** (such as meat); **dairy** (such as milk, cheese, and yoghurt); **grains** (such as wheat, or corn); and **sugar**.

Carbohydrates = Essential nutrients that are the body's main source of energy. Sugars are simple forms of carbohydrates and starches are complex forms of carbohydrates.

How food is cooked

Boiled - cooked in boiling water

Steamed - cooked over a saucepan of boiling water

Fried / **sautéed** - cooked in oil in a frying pan

Stir-fried - fried fast in hot oil

Pan-fried - fried in a frying pan

Roasted - cooked in oil in the oven

Grilled - cooked under a grill or on a ridged pan

Baked - cooked in the oven

Stewed - cooked for a long time on a low heat

Casseroled - cooked slowly in juices

Dishes

Starter / **hors d'oeuvre** / **appetiser** = the first thing you eat as part of a more formal meal

Main course = often a meat, fish or vegetarian dish

Dessert / **pudding** = a sweet course at the end of the meal. You might also see cheese or fruit offered.

Diets

Watch what you eat = be careful about what you eat, and the quantities you eat

Watch your figure = refuse certain food because you want to stay slim

Go on a crash diet = start a radical diet to lose weight quickly

Count the calories / **a calorie-controlled diet** = a diet where you measure the calories of each item of food you eat

Snack between meals = to eat between meals (avoid doing this if you are on a diet!)

Cut out certain foods altogether (i.e. stop eating bread or pasta, for example)

Cut down on = reduce the amount of (fatty or sugary foods, for example)

Body size and putting on weight

"You are what you eat!" = a common expression meaning that your body shape is directly related to what or how much you eat.

Middle-age spread = where you put on weight especially around your waist and hips.

Put on / gain weight = become heavier

Pinch an inch = where you can measure at least an inch worth of fat around your middle (an inch is approximately 2.5 cm)

Pile on the pounds = gain a lot of weight (a pound is approximately half a kilo)

Lose / shed weight = become lighter

Go up a size = become one size larger (the opposite is to **drop a size** = become one size smaller)

Other expressions

Have a sweet tooth = like eating sweet or sugary things like cakes, sweets or chocolate

Eat sensibly = eat moderate quantities of food, and not over-indulging in unhealthy food

Five a day = five portions of fruit or vegetables every day

Active Lifestyle = Includes being physically active at a level equal to walking more than 3 miles at 3 to 4 miles per hour, in addition to the light physical activity of day-to-day life.

Inactive Lifestyle = An inactive lifestyle includes only the light physical activity of standard day-to-day life such as getting dressed, preparing food, talking with your family, and attending class, with much of the time spent sitting.

Fitness & Exercise

• Warm up	• Cardio
• Cool down	• (do) Sit-ups
• To Work out / workout	• (do) Push-ups
• Get in shape	• (do) squats
• Keep fit	• (do) Weights
• Tone up	• Dumbbells
• Be fit/unfit	• Stretching