

Word	Unit No	Page	Definition	PoS	Example	CEF	IPA
chef	9	84	a skilled and trained cook who works in a hotel or restaurant, especially the most important cook	noun	Harry wants to be a chef in an Italian restaurant.	A2	ʃef
cooking	9	84	preparing and cooking food, or a particular way of preparing and cooking food	noun	I want to be a chef because I love cooking.	A1	'kʊk.ɪŋ
plate	9	84	a flat, round object which is used for putting food on	noun	And we must be very careful with hot plates.	A1	pleɪt
soup	9	84	a usually hot, liquid food made from vegetables, meat or fish	noun	I love chicken noodle soup.	A1	sup
salad	9	84	a cold mixture of vegetables that usually have not been cooked, sometimes eaten with meat, cheese, etc.	noun	I'd like a lettuce and tomato salad, please.	A2	'sæl.əd
steak	9	84	a thick, flat piece of meat or fish	noun	Let's grill the steak.	A2	steɪk
omelette	9	84	a food made with eggs that have been mixed and fried, often with other foods added	noun	The omelette with ham and cheese is delicious.	A2	'ɑ.mə.lət
cake	9	84	a sweet food made from flour, butter, sugar and eggs, mixed together and baked	noun	My mom is making a chocolate cake for my birthday.	A1	keɪk
young	9	85	having lived or existed for only a short time and not old	adjective	More and more young people are interested in cooking.	A1	jʌŋ
star	9	85	someone or something that is better than all the others in a group	noun	The star chef made this restaurant famous.	A2	stɑː
must	9	86	used to say that it is necessary or important that something happens or is done	verb	You must boil the water before you put the pasta in.	A2	mʌst
mustn't	9	86	the negative of <i>must</i>	verb	You mustn't eat raw meat.	A2	'mʌs.ənt
meat	9	86	the flesh or muscle of an animal when it is used as food	noun	I'm a vegetarian, so I don't eat meat.	A1	mit
fruit	9	86	something such as an apple or orange that grows on a tree or a bush, contains seeds, and can be eaten as food	noun	Bananas and strawberries are my favorite fruits.	A1	frut
vegetable	9	86	a plant that you eat, for example a potato, onion, bean, etc.	noun	I love vegetable soup.	A1	'vedʒ.tə.bəl
drink	9	86	liquid that is taken into the body through the mouth	noun	Would you like a drink of water?	A1	drɪŋk
chicken	9	86	the meat of a chicken	noun	I would like a grilled chicken sandwich, please.	A2	'tʃɪk.ɪn
beef	9	86	the meat of a cow	noun	We often have roast beef and potatoes for Sunday dinner.	B1	bɪf
lamb	9	86	the meat of a young sheep	noun	Lamb is delicious in curry!	B1	læm
burger	9	86	meat or other food pressed into a round, flat shape and fried	noun	I'm having a burger and fries for lunch.	A2	'bɜːɡər
potato	9	86	a round vegetable with a brown, yellow, or red skin that grows in the ground	noun	I'll have the baked potato, please.	A1	pə'teɪ.tʊʊ
tomato	9	86	a soft, round, red fruit eaten in salad or as a vegetable	noun	OK, first we need to add the tomato sauce.	A1	tə'meɪ.tʊʊ
carrot	9	86	a long, thin orange vegetable that grows in the ground	noun	Raw carrots are a healthy snack.	A2	'kær.ət
pepper	9	86	a hollow green, red, or yellow vegetable	noun	Let's cut peppers and onions for the fajitas.	A2	'pep.ər
coffee	9	86	a hot drink made from dark beans which are made into a powder	noun	Would you like some coffee with your breakfast?	A1	'kɔ-fi
tea	9	86	a hot drink that you make by pouring water onto dried leaves	noun	Coffee and tea are hot drinks.	A1	ti

juice	9	86	the liquid that comes from fruit or vegetables	noun	I'm going to have orange juice with my eggs and bacon.	A1	dʒʊs
milk	9	86	a white liquid produced by cows and other female animals	noun	I'd like a glass of milk with my cookie, please.	A1	mɪlk
banana	9	86	a long curved fruit with a yellow skin	noun	I'd like a banana, please.	A1	bə'næn.ə
orange	9	86	a round, sweet fruit with a thick orange skin and a centre that is divided into many equal parts	noun	Could you peel this orange for me?	A1	'ɔr.ɪndʒ
apple	9	86	a hard, round fruit that has a green or red skin and is white inside	noun	Let's slice an apple for our snack.	A1	'æp.əl
strawberry	9	86	a small, red fruit with a green leaf at the top and small, brown seeds on its surface	noun	I love strawberries with cream.	B1	'strɑˌber.i
menu	9	88	a list of food and drinks that you can order in a restaurant	noun	Here are the lunch menus.	A2	'men.ju
appetizer	9	88	something that you eat as the first part of a meal	noun	We'll have the nachos for the appetizer.		'æp.ɪˌtɑɪ.zər
main course	9	88	the largest or most important part of a meal	noun	I'd like the steak for the main course, please.	A2	ˌmeɪn'kɔrs
dessert	9	88	sweet food eaten after the main part of a meal	noun	Would you like a dessert? We have cake and ice cream.	A2	dɪ'zɜrt
order	9	88	ask for food, goods, etc.	verb	What would you like to order?	A2	'ɔr.dər
bread	9	89	a basic food made by mixing flour, water and sometimes yeast	noun	Here are two slices of bread for your sandwich.	A1	bred
cereal	9	89	a food that is made from grain and usually eaten with milk, especially in the morning	noun	I usually have a bowl of cereal for breakfast.	A2	'sɪər.i.əl
yogurt	9	89	a thick, liquid food with a slightly sour taste which is made from milk	noun	I'm going to have a low-fat strawberry yogurt with my fruit.	A2	'jɒʊ.gərt
jam	9	89	a sweet food made with fruit and sugar that you can put on bread	noun	Would you like strawberry/ or raspberry jam on your toast?	A2	dʒæm
honey	9	89	a sweet, sticky food that is made by bees	noun	We had a cup of tea and toast with honey.	A2	'hʌn.i
egg	9	89	an oval object with a hard shell which is produced by female birds, especially chickens, and which is eaten as food	noun	An omelette is made of eggs.	A1	eg
butter	9	89	a pale yellow food made from cream that you put on bread or use in cooking	noun	Have some bread and butter.	A1	'bʌt.ər
breakfast	9	89	the food you eat in the morning after you wake up	noun	What do you want for breakfast?	A1	'brek.fəst
lunch	9	89	a meal that is eaten in the middle of the day	noun	What's for lunch?	A1	lʌntʃ
dinner	9	89	the main meal of the day that people usually eat in the evening	noun	For dinner we often eat meat.	A1	'dɪn.ər
of course	9	91	used to say yes and emphasize your answer	phrase	Of course, I'd be happy to make you a cup of coffee.	B1	ʌv kɔrs
be careful	9	91	used to warn someone that something could be dangerous	phrase	Just be careful with the knife.		bi 'keər.fəl
a little	9	91	a small amount of something	phrase	I'm putting a little cheese on the pizza.	B1	eɪ 'lɪt̩.əl
the thing is...	9	91	used to introduce an answer, comment, or explanation	phrase	The thing is, I forgot to eat breakfast this morning.	B2	ði θɪŋ ɪz