Eating habits.

**To be full up** - to eat to the point that you can no longer eat any more;

**To be starving hungry** - an exaggerated way of saying you are very hungry;

**To bolt something down** - to eat something very quickly;

**To be dying of hunger** - an exaggerated way of saying you are hungry;

**To eat a balanced diet** - to eat the correct types and amounts of food;

**To eat like a horse** - to eat a lot;

**To follow a recipe** - to cook a meal using instructions;

**To foot the bill** - to pay the bill;

**A fussy eater** - somebody who has their own very high standards about what to eat;

**To grab a bite to eat** - to eat something quickly (when you’re in a rush);

**To have a sweet tooth** - to enjoy sugary food;

**Home-cooked food** - food cooked at home from individual ingredients.

**Examples.**

*She loves****home-cooked food****.*

*If you want a wonderful dish, you should****follow****the****recipe.***

*Look! He is so****hungry****. He is eating like a horse.*

**A quick snack** - to eat a small amount of food between meals;

**A ready meal** - ‘processed food’;

**A slap up meal** - a large meal;

**To spoil your appetite** - to eat something that will stop you feeling hungry when it’s meal-time;

**A take away** - a cooked meal prepared in a restaurant and eaten at home;

**To tuck into** - to eat something with pleasure;

**To wine and dine** - to entertain someone by treating them to food and drink;

**To work up an appetite** - to do physical work that leads to you becoming hungry;

**The main meal** - the most important meal of the day, usually eaten in the evening;

**To make your mouth water** - to make you feel very hungry for something;

**To play with your food** - to push food around the plate to avoid eating it;

**Processed food** - commercially prepared food bought for convenience.

**Examples.**

*He needs a****quick snack****.*

*She can****spoil my appetite****very quickly.*

*Mary knows how to****wine and dine****.*

*What is the****main meal****today?*

Condition of food and cooking food

**Fresh** - fresh food has been produced or collected recently and has not been frozen, dried, etc;

**Sell-by date** - the date printed on a food or drink container after which it should not be sold;

**Raw** - not cooked;

**Ripe** - developed enough and ready to be eaten;

**Rotten** - rotten vegetable or animal substances are decaying;

**Tough**- not easily damaged, cut, etc;

**Undercooked** - to not cook something enough;

**Unripe** - (of food or crops) not yet ready to be eaten or collected; not yet ripe;

**Overcooked** - to cook food for longer than necessary, reducing its quality as a result;

**Bake** - to cook something such as bread or a cake with dry heat in an oven;

**Boil** - to cook food in water that is boiling;

**Cook** - to prepare food and usually heat it;

**Fry** - to cook something in hot oil or fat or to be cooked in hot oil or fat;

**Grill** - cook food using direct heat from above;

**Heat** - make food warm or hot;

**Poach** - to cook something, especially an egg without its shell, by putting it into liquid that is gently boiling;

**Roast** - if you roast food, you cook it in an oven or over a fire, and if food roasts, it is cooked in an oven or over a fire;

**Stew** - to cook food slowly in liquid.

**Examples.**

*The chicken was****overcooked and dry****.*

***Boil the pasta****for 10 minutes.*

*Who's****cooking****this evening?*

***Fry theonions****in a little butter.*

***Roast the lamb****in a hot oven for 35 minutes.*

Quantities and types of food

**Bar** - a small block of something solid;

**Loaf**- bread that has been baked in one large piece so that it can be cut into smaller pieces;

**Lump** - a piece of a solid substance with no particular shape;

**Piece** - an amount of something, or a part of something;

**Pint**- a unit for measuring liquid, equal to 0.568 litres in the UK and 0.473 litres in the US;

**Portion** - a part of something;

**Slice** - a flat piece of food that has been cut from a larger piece;

**Spoonful** - the amount of something which can be held on a spoon;

**Barbecue** - a party at which you cook food over a fire outdoors;

**Buffet**- a meal in which dishes of food are arranged on a table and you serve yourself;

**Four-course meal** - meal consisting of 4 dishes;

**Picnic** - a meal that you make and take with you somewhere to eat outside;

**Snack** - a small amount of food that you eat between meals;

**TV dinner** - a meal that can be bought already prepared from a shop and just needs to be heated before being eaten, especially while watching television.

**Examples:**

*We're going to****have a picnic****down by the lake.*

*Do you want a****quick snack****before you go out?*

*A lot of people prefer****TV dinner****.*

*She wants a****slice of cake****.*

Taste

**Bitter**- having a strong, sour, usually unpleasant taste;

**Bland**- if food is bland, it does not have much taste;

**Creamy** - like cream or containing cream;

**Crisp** - crisp food is pleasantly hard;

**Crunchy** - crunchy food is hard and makes a noise when you eat it;

**Hot** - hot food contains strong spices which cause a burning feeling in your mouth;

**Mild**- not having a strong effect;

**Salty** - tasting of or containing salt;

**Sickly** - unpleasant and making you feel slightly ill;

**Sour** - having a sharp, sometimes unpleasant, taste or smell, like a lemon, and not sweet;

**Spicy**- containing strong flavours from spice;

**Stodgy** - stodgy food is heavy and unhealthy, sometimes in an unpleasant way;

**Sweet**- with a taste like sugar;

**Tasteless** - having no flavour.

**Examples.**

*Be careful. The chilli sauce is very****hot****.*

*This wine has a****mild taste****.*

*Is the soup too****salty****?*

*I've been eating too many****stodgy****puddings.*

Snacks.

**Bacon** - meat from a pig cut into long thin slices;

**Sandwich** - two slices of bread with meat, cheese, etc between them;

**Ham** - meat from a pig's back or upper leg;

**Soft caviar** - the eggs of a large fish, eaten as a food and usually very expensive;

**Sausage** - a mixture of meat and spices pressed into a long tube;

**Boiled sausage** - a mixture of meat and spices cooked in a boiling water;

**Smoked sausage** – a mixture of meat or spices that has a special taste by hanging it over burning wood;

**Corn flakes** - a breakfast food of small, dry pieces of crushed corn, often served with milk and sugar;

**Butter** - a soft, pale yellow food made from cream that you put on bread and use in cooking;

**Vegetable oil** - cooking oil made from plants;

**Olive oil** - oil produced from olives, used for cooking or on salads;

**Omelette** - a food made with eggs that have been mixed and fried, often with other foods added;

**Paste, pâté** - a soft food, usually made of meat or fish, that you spread on bread, etc;

**Salad**- a cold mixture of vegetables that have not been cooked, usually eaten with meat, cheese, etc;

**Sour cream** - cream made sour by adding special bacteria.

**Examples.**

*I made a****big salad****for lunch.*

*For breakfast he has****corn flakes****.*

*Do you like****paste****?*

*Can he cook an****omelette****with bacon?*

**Сheese** - a food that is made from milk, is usually white or yellow, and can be either hard or soft;

**White bread, wheat bread** - bread made from a plant whose grain is used for making flour, or the grain itself;

**Rye bread** - dark brown bread made with rye;

**Bacon and eggs** - traditional breakfast with a certain type of meet and eggs;

**Ham** - meat from a pig's back or upper leg;

**Scrambled eggs** - eggs which are mixed together and then cooked;

**Fried eggs, sunny-side up eggs** - eggs that are cooked in hot oil or fat;

**Hard-boiled eggs** - a hard-boiled egg has been boiled with its shell on, until the inside is solid;

**Soft-boiled eggs** - an egg that has been boiled with its shell on and removed from the water while the yellow part is still soft;

**Cheese sandwich** - two slices of bread with cheese between them;

**Corned-beef** - cooked beef that has been preserved in salty water and spices, often sold in tins (= metal containers);

**Egg sandwich** - two slices of bread with eggs between them.

**Examples.**

*He wants to eat****bacon and eggs****.*

*Do you like****cheese****?*

*Kate doesn’t cook****fried eggs****. It is unhealthy.*

*I want to order****corned-beef****.*

Vegetables

**Artichoke** - a round, green vegetable with thick, pointed leaves covering the outside;

**Aubergine** - an oval, purple vegetable that is white inside;

**Green peas** - a small, round, green seed that people eat as a vegetable;

**Cabbage**- a large, round vegetable that consists of a lot of thick leaves;

**Cauliflower** - a large, round, white vegetable with thick, green leaves around the outside;

**Brussels sprouts** - a green vegetable like very small cabbages;

**Kelp**- a large, brown plant that grows in the sea, used in some foods and medicines;

**Onion** - a round vegetable with layers that has a strong taste and smell;

**Cucumber** - a long, green vegetable that you eat raw in salads;

**Tomato** - a soft, round, red fruit eaten in salad or as a vegetable;

**Beans**- a seed case of some climbing plants that is eaten as a vegetable.

**Examples.**

*She grows****cucumbers****in her garden.*

*Sam doesn’t eat****onions****.*

*Shall I add****Brussels sprouts****in this salad?*

*It is popular to eat****kelp****.*

Seafood

**Jellied** - jellied meat or fish is cooked and then served in its own juices that become firm when cold;

**Plaice** - a sea fish with a flat, circular body, or its flesh eaten as food;

**Crab** - a sea creature with ten legs and a round, flat body covered by a shell, or the meat from this animal;

**Shrimp** - a small, pink, sea animal that you can eat, with a curved body and a shell;

**Salmon** - a large, silver fish, or the pink meat of this fish;

**Grouper**- a large fish with a big head and a wide mouth that lives in warm seas;

**Lobster** - a sea creature that has two claws (= sharp, curved parts) and eight legs, or the meat of this animal;

**Sturgeon** - a type of fish that lives in northern parts of the world and is usually caught for its eggs, which are eaten as caviar;

**Sardines** - a small sea fish that you can eat;

**Herring** - a small, silver-coloured fish which lives in the sea and is eaten as food;

**Pike** - a large river fish with sharp teeth, or the meat of this fish;

**Oyster** - a sea creature that lives in a flat shell and is eaten as food;

**Trout** - a type of river fish, or the meat from this fish.

**Examples.**

*In this café you can try****shrimps and oysters****.*

***Lobster****is very expensive to buy.*

*I like eating****salmon****once a week.*

Desserts

**Biscuit**- a thin, flat cake that is dry and usually sweet;

**Bun** - a small, round cake;

**Jam** - a sweet food made from fruit that you spread on bread;

**Jelly** - a soft but solid sweet food that shakes when you move it;

**Cake** - a sweet food made from flour, butter, sugar, and eggs mixed together and baked;

**Candy**- a small piece of sweet food made from sugar, chocolate, etc;

**Honey** - a sweet, sticky food that is made by bees;

**Ice cream** - a sweet food made from frozen milk or cream and sugar;

**Cookies** - a thin, flat cake that is dry and usually sweet;

**Cake** - a sweet food made from flour, butter, sugar, and eggs mixed together and baked;

**Pudding** - in the US, a soft, sweet food made from milk, sugar, eggs, and sometimes flour;

**Sugar**- a very sweet substance used to give flavour to food and drinks;

**Chocolate** - a sweet, brown food that is usually sold in a block;

**Tiramisu** - a sweet, cold Italian dish, consisting of soft cheese, cake, coffee, and sometimes alcohol;

**Cheesecake** - a sweet cake made with soft, white cheese on a biscuit base.

**Examples.**

*We would like to try****cheesecake****.*

*Do you eat****puddings****for dinner?*

*My sister has bought a lot of****candies.***

*Jam is my favourite****dessert.***

Herbs and spices

**Basil**- a herb with a sweet smell;

**Chives** - a plant with long, thin leaves used in cooking to give a flavour similar to onions;

**Coriander** - a herb that is used in cooking;

**Dill**- a herb whose seeds and thin feathery leaves are used in cooking;

**Parsley** - a herb that is added to food to give it flavour;

**Rosemary** - a herb that grows as a bush with thin, pointed leaves;

**Sage** - a herb whose leaves are used to give flavour to food;

**Thyme**- a herb used in cooking;

**Chilli powder** - a dark red powder made from dried chillies and other spices, used to give flavour to particular foods;

**Cinnamon**- a brown spice that is used in cooking;

**Cumin**- (a plant with) seeds that smell pleasant and are used as a spice, especially in South Asian and Western Asian cooking;

**Curry powder** - a dry mixture of spices used to flavour curries;

**Nutmeg** - the hard fruit of a tropical tree, or a brown powder made from this, used as a spice to add flavour to food;

**Paprika**- a red powder used as a spice to give a slightly hot flavour to food, especially in meat dishes;

**Saffron** - a yellow powder that is used as a spice.

**Examples.**

*Grate some****nutmeg****on top of the pudding.*

*You can add****sage****in your soup.*

*Where can I buy****thyme?***

***Saffron****can be added in this salad.*

Fruit, berries, nuts

**Macadamia**- a round, white nut that grows on an Australian tropical tree;

**Melon**- a large, round, sweet fruit with a thick, green or yellow skin and a lot of seeds;

**Orange** - a sweet fruit that has an orange colour;

**Peach** - a soft, sweet, round fruit with red and yellow skin;

**Peanut** - an oval-shaped nut with a soft, brown shell;

**Pear** - an oval-shaped, pale green or yellow fruit;

**Pecan** - a nut that grows on a tree, or the tree itself;

**Pineapple** - a large fruit with thick skin and sharp leaves sticking out of the top which is sweet and yellow inside;

**Pistachio** - a nut with a hard shell containing a green seed that can be eaten;

**Plum** - a soft, round fruit with red, yellow, or purple skin and a stone in the middle;

**Raspberry** - a small, soft, red fruit that grows on bushes;

**Strawberry** - a small, red fruit with a green leaf at the top and small, brown seeds on its surface;

**Tangerine** - a fruit like a small orange;

**Walnut**- a nut that is in two halves inside a brown shell, and whose surface has curves and folds in it.

**Examples.**

*Sally bought 2 kilos of****oranges.***

*We can order****strawberries****with cream.*

*Would you like to try****plums****?*

*Do you eat****walnuts****?*

Soft drinks

**Carbonated water/sparkling water** - water with bubbles in it;

**Decaf** - decaffeinated coffee;

**Fruit juice** - the liquid that comes from fruit;

**Grapefruit juice** - the liquid that comes from grapefruit;

**Hot chocolate** - a hot, sweet drink with a chocolate flavour;

**Milk** - a white liquid produced by women and other female animals, such as cows, for feeding their babies;

**Iced-tea** - a cold drink that you make by pouring water onto dried leaves, or the leaves that you use to make this drink;

**Lemonade** - a cold drink with a lemon flavour that is sweet and has bubbles;

**Milkshake** - a drink made of milk and usually ice cream and a flavour such as fruit or chocolate, mixed together until it is smooth;

**Mineral water** - water which is taken from the ground and contains chemicals that are good for your health;

**Refill** - to fill something again;

**Root beer** - a fizzy (= with bubbles) brown drink without alcohol, that is flavoured with the roots of various plants;

**Soda** - water with bubbles in it that you mix with other drinks;

**Soft drink** - a cold, sweet drink that does not have alcohol in it.

**Examples.**

*Would you like a****soft drink****?*

*I drink****milk****every day.*

*Kin never drinks****lemonade****. She thinks it is not tasty.*

Hot drinks

**Beer** - an alcoholic drink made from grain, or a glass or container of this drink;

**Bourbon** - a type of American whisky (= strong alcoholic drink);

**Champagne** - French white wine with lots of bubbles in it which people often drink to celebrate something;

**Cocktail**- an alcoholic drink made from two or more kinds of drink mixed together;

**Eggnog**- a drink made from milk, sugar, and eggs, often mixed with alcohol such as brandy or rum;

**Mulled wine** - wine heated with added sugar and spices, drunk warm as a traditional winter drink in some countries;

**Red wine** - a wine with a dark red colour that is made from black grapes, including their skins;

**White wine** - a wine with a pale yellow colour that is made from green or yellow grapes, or from black grapes without their skins;

**Scotch whiskey** - a strong alcoholic drink made in Scotland;

**Wine cooler** - a drink made of wine, fruit juice, and fizzy water.

**Examples.**

*Can I have a****pint of beer****?*

*They invited us over on Christmas Eve for****mulled wine****.*

*Would you like a****glass of red wine****?*

*He poured a****glass of white wine****.*

Types of meat

**Beef** - the meat of a cow;

**Chicken** - the meat of a bird kept on a farm for its meat and eggs;

**Pork** - meat from a pig;

**Rib eye steak** - the best meat from the back of a cow;

**Sirloin steak** - the best meat from the lower back of a cow;

**Spare ribs** - pig's ribs (= curved bones) with most of the meat cut off them, cooked, and eaten;

**Strip steak** - a thick, flat piece of meat cut from the side of a cow;

**T-bone steak** - a piece of thickly cut beef that has a T-shaped bone in it;

**Tenderloin** - a strip of meat taken from the lower back of cows, pigs, or chickens that does not contain a lot of fat and is easy to cut or chew (= crush with the teeth);

**Turkey -** the meat of a bird that looks like a large chicken, or the meat of this bird;

**Veal**- meat from a very young cow;

**Lamb** - meat from a young sheep.

**Examples.**

*She loves****barbecued spare ribs****.*

*Can you cook a****rib eye steak****?*

***Beef****was very important for people in pre-historic times.*

***T-bone steak****is tasty. You should try it.*

Types of dishes in the kitchen

**Butter dish** - a curved container for butter;

**China** - the hard substance that plates, cups, bowls, etc are made from;

**Coffee pot** - a container with a handle and shaped opening, for making and serving coffee in;

**Crockery** - plates, cups, and other dishes, especially those made from clay;

**Cup** - a small, round container with a handle on the side, used to drink from;

**Cutlery** - knives, forks, and spoons;

**Dinner plate** - a flat, round object which is used for putting food on (for dinner);

**Earthenware** - made of quite rough clay, often shaped with the hands;

**Fork** - a small object with three or four points and a handle, that you use to pick up food and eat with;

**Glass** - a container made of glass that is used for drinking;

**Goblet**- a container from which a drink, especially wine, is drunk, usually made of glass or metal, and with a stem and a base but no handles;

**Knife** - a sharp tool or weapon for cutting, usually with a metal blade and a handle;

**Pepper pot** - a small container with several holes in the top that contains pepper;

**Plate** - a flat, round object which is used for putting food on;

**Saucer** - a small plate that you put under a cup;

**Soup plate** - a plate for a hot, liquid food, made from vegetables, meat, or fish;

**Spoon** - an object with a handle and a round, curved part at one end, used for eating and serving food;

**Kettle** - a metal or plastic container with a lid, used for boiling water;

**Teaspoon** - a small spoon that is used for mixing drinks and measuring small amounts of food, or the amount this spoon can hold;

**Teapot** - a container used for making and serving tea, which has a lid, a handle, and a spout (= tube that liquid comes out of);

**Tray** - a flat object with higher edges, used for carrying food and drinks.

**Examples.**

*Charlotte put the****kettle****on to make some tea.*

*I need a****knife and a fork****.*

*There is a****kettle****on the table.*

Eating out. Adjectives.

**Homelike** - the place like where you live or feel you belong;

**Crowded**- very full of people;

**Cosy** - comfortable and warm;

**Relaxed** - feeling happy and comfortable because nothing is worrying you;

**Attractive**- beautiful or pleasant to look at;

**Local** - relating to an area near you;

**Modern** - relating to the present time and not to the past;

**Spacious** - large and with a lot of space;

**Delicious** - if food or drink is delicious, it smells or tastes extremely good;

**Spectacular** - extremely good, exciting, or surprising;

**Expensive** - costing a lot of money.

**Examples.**

*She doesn’t like****crowded cafes****.*

*Sam likes a****relaxed atmosphere****in this restaurant.*

*Will you try****local food****in Korea?*

**Low prices** - prices below the usual level;

**Various choice** - different choice;

**Unusual dishes** - different and not ordinary dishes, often in a way that is interesting or exciting;

**Trendy décor** - the fashionable style of decoration and furniture in a room or building;

**Fashionable restaurant** - trendy restaurant;

**Favourite café** - the café that you like best;

**Excellent service** - service on the highest level;

**Organic food** - food without artificial chemicals when keeping animals or growing plants for food;

**GM food** - genetically modified food: food from crops whose genes have been scientifically changed;

**Long queues** - a long row of people waiting for something, one behind the other.

**Examples.**

*Agricultural companies have failed to convince consumers that****GM foods****are safe.*

*I can’t stand****long queues.***

*What is your****favourite café?***

*Does she like****unusual dishes****?*