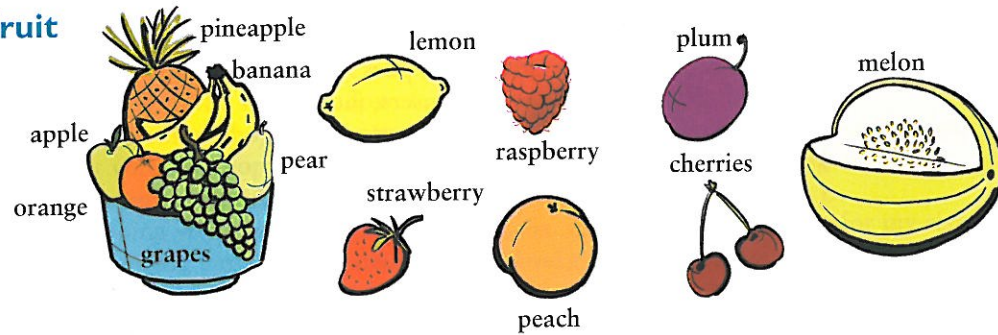


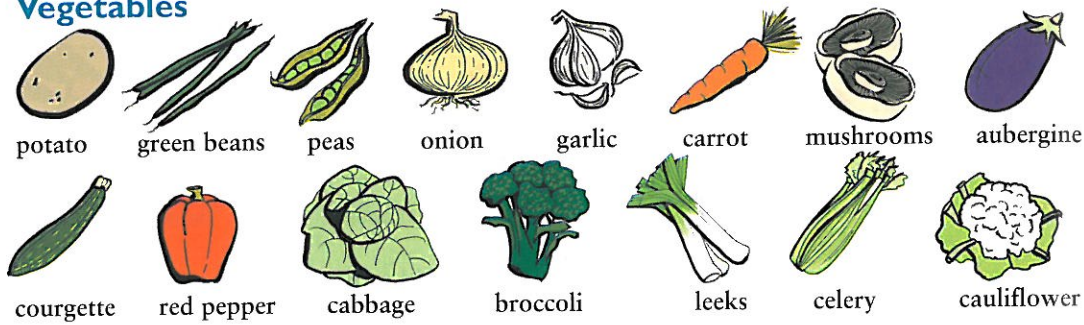
Food

A Fruit



You normally peel oranges and bananas (= remove the skin) before you eat them.

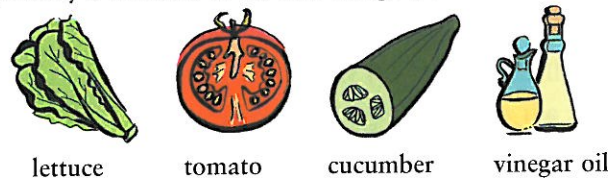
B Vegetables



I peeled the potatoes and **chopped** the carrots. (= cut into small pieces)

C Salad

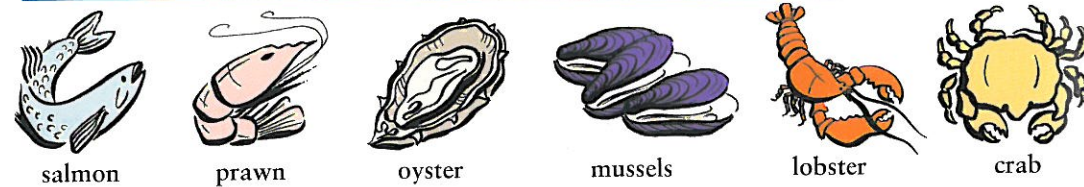
A salad is usually a mixture of uncooked vegetables. In Britain it often contains lettuce, but may also contain **tomato**, **cucumber**, and other things. We often put salad dressing (usually a mixture of oil and vinegar, or oil and lemon juice) on salad.



D Meat (animals), fish and seafood

animal:	cow	calf (= young cow)	lamb (= young sheep)	pig	chicken
meat:	beef	veal	lamb	pork	chicken

**NOTE**  
A person who does not eat meat is a **vegetarian**.



Exercises

63.1 Write down at least one vegetable and fruit:

	vegetable	fruit
1 beginning with the letter 'p'	...potato, peas	.....
2 beginning with the letter 'b'	.....	.....
3 beginning with the letter 'm'	.....	.....
4 beginning with the letter 'c'	.....	.....
5 beginning with the letter 'a'	.....	.....

63.2 Match words in the two boxes where the underlined letters are pronounced the same.

Example banana melon

lettuce	onion	tomato	<u>me</u> lon
orange	<u>ba</u> nana	<u>po</u> rk	chicken
<u>au</u> bergine	<u>sa</u> lmon	calf	<u>la</u> mb
raspberry	<u>pra</u> wn	broccoli	<u>mu</u> shroom

63.3 Which is the odd one out in each group, and why?

- pork veal salmon beef *Salmon is a fish, the others are meat.*
- lettuce leek tomato cucumber
- peach onion mushroom courgette
- chicken lamb beef crab
- grape cherry aubergine melon

63.4 Do you eat the skin (= the outside) of these fruits *always*, *sometimes* or *never*? Make three lists.

apple	orange	banana	cherries	melon
strawberries	pear	pineapple	peach	grapes

63.5 What do we call:

- the meat from a cow?
- the meat from a calf?
- the meat from a pig?
- the main vegetable in a green salad?
- the two things we often put on salad? Oil and ..... or .....

63.6 Using words from the opposite page, complete these sentences about yourself and your country. If possible, compare your answers with someone else.

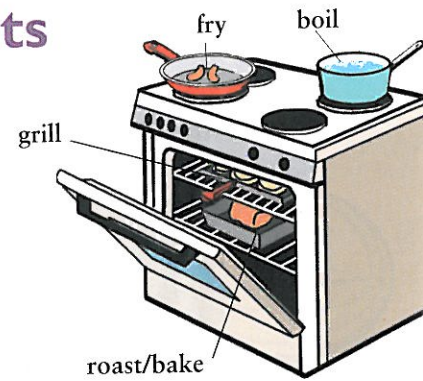
- In my country ..... is/are more common than .....
- In my country ..... is/are more expensive than .....
- In my country a mixed salad usually contains .....
- In my country we don't grow .....
- And we don't often eat .....
- Personally, I prefer ..... to .....



**A** Ways of cooking food

**NOTE**  
Food which is not cooked is **raw**.

**boil:** in water, e.g. potatoes or rice  
**fry:** in oil or butter above the heat, e.g. sausages  
**grill:** under the heat, e.g. toast or meat  
**roast:** in the oven using oil, e.g. meat  
**bake:** in the oven without oil, e.g. cakes



**B** How would you like your steak?

**Rare** (= cooked quickly and red inside); **medium-rare** (= cooked longer but still red in the middle); **medium** (= cooked more and pink); or **well-done**. (= cooked longer and not pink)

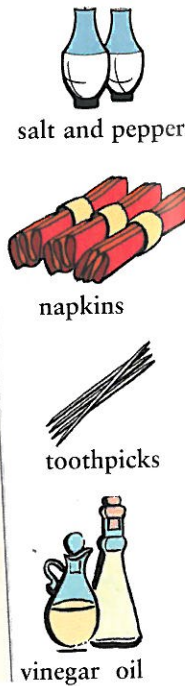
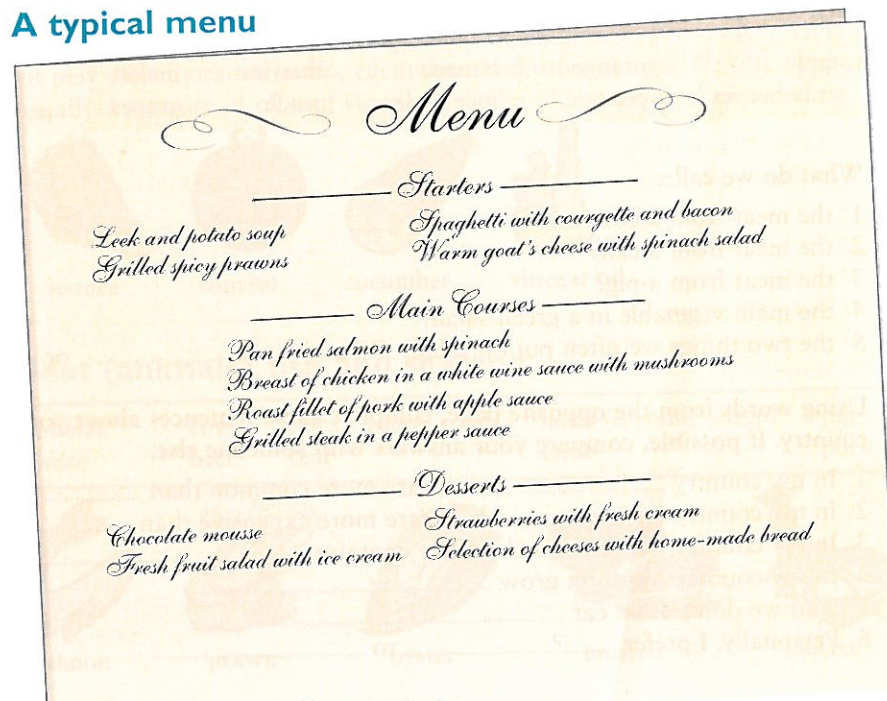
**C** What does it taste like?

Taste the sauce (= try a bit to see if it's good) and add salt if necessary.  
You can really taste the garlic in this. It's very tasty. (= lots of flavour; a positive word)

**D** Describing food and drink

**salty:** lots of salt    **hot/spicy:** lots of spices, e.g. curry, chilli  
**sweet:** lots of sugar (*opp* **bitter**, e.g. very strong coffee, or **sour**, e.g. lemons)  
**fresh:** recently produced or picked, e.g. fresh bread, fresh fruit  
**fattening:** food which makes you put on weight/get fat, e.g. cream, cakes, etc.  
**healthy:** good for your health/fitness, e.g. salad or fruit  
**chilled** (= very cold), e.g. white wine is usually chilled  
**still:** describes water without gas; **sparkling** is water with gas (also called fizzy water)

**E** A typical menu



Exercises

**64.1** Do you often eat the following food in your country? If so, do you eat it in the same way?  
*Example* In Britain, we often eat 'fish' but not usually 'raw fish'.

- |                |                |
|----------------|----------------|
| raw fish       | fried rice     |
| fried eggs     | baked potatoes |
| roast beef     | raw spinach    |
| roast peppers  | boiled eggs    |
| grilled cheese | baked bananas  |

**64.2** Look at the menu on the opposite page again, and answer these questions.

- Which starter doesn't contain vegetables? *Grilled spicy prawns*
- Which dish contains pasta?
- Which main course may be rare or well-done?
- Which main course is definitely cooked in the oven?
- Which main course will probably be quite spicy?
- Which main course contains alcohol?
- Which dessert(s) will be quite sweet?
- If you don't want to put on weight, which would probably be the best dish for the main course?

**64.3** Choose an adjective from the opposite page which could describe these things.

	adjective		adjective
honey	<i>sweet</i>	bacon	
lemon		fillet steak	
bread		mineral water	
cakes		coffee	

**64.4** Answer these questions about the food you like, and eating in your country. If possible, ask another person the same questions.

- Do you eat steak? If so, how do you like it cooked?
- Do you like hot spicy food?
- In restaurants, do you normally drink still or sparkling water?
- Do waiters normally leave fresh bread on the table?
- Do you normally eat a starter, main course and dessert when you eat out?
- How many of these do you normally find on the table in a café or restaurant in your country?  
salt YES/NO      pepper YES/NO      oil YES/NO  
vinegar YES/NO      toothpicks YES/NO      napkins YES/NO
- Generally, do you add more salt to your food when you eat in cafés or restaurants?
- Do you think that food in your country is generally quite fattening?