

Types of food

**Fast food:** food that is already cooked and prepared and all we do is buy it and eat it. Example of a fast food chain: McDonald's.

**Junk food:** food that is not very healthy and is always easy to prepare so that you can eat it immediately.

**Take-away food:** food that you buy at a shop or restaurant to eat in another place.

**GM (genetically modified) food or Frankenstein Food:** food that has been produced by a method that involves changing the structure of its genes.

**Processed food:** food that has been especially treated before it is sold, to make it look more attractive or last longer.

**Fattening:** food that makes you put on weight.      **Fatty:** with a lot of fat.

**Spicy:** food with a strong flavour, often from a spice (e.g. paprika)

**Fresh:** food recently picked, not old.

**Wholemeal:** food made from unrefined flour.

**Frozen:** food kept below 0°C.

**Tinned:** food kept in a tin or can.

Ways of cooking food

boil

fry

bake

roast

grill

Flavours and tastes – adjectives and opposites

hot, spicy – mild

salty (a lot of salt) - sugary (a lot of sugar)

sweet – bitter

tasty (has a good taste) - tasteless (no flavour at all)

Condiments

oil                      pepper                      salt

spices: curry, cinnamon, ginger...

vinegar                      mustard                      spice                      ketchup

herbs: parsley, rosemary, oregano, sage...

Diet

**Balanced/ healthy diet:** a good mixture of healthy foods.

**Unhealthy diet:** a diet that is not balanced.

**Mediterranean diet:** a diet that often includes monthly servings of meat and weekly meals of poultry, eggs and sweets. Vegetables, fruits, nuts, legumes, unrefined cereals, olive oil, cheese and yoghurt are eaten most days, as is fish.

**To diet/ to go on a diet:** to eat less in order to lose weight.

**To put on weight:** to become fatter and heavier.

**To lose weight:** to become thinner.

**To be overweight:** to be too heavy and fat.

**To be underweight:** not heavy enough physically.

**A vegetarian:** sb who eats only vegetables, bread, fruit, eggs... and does not eat meat or fish.

**A vegan:** sb who does not eat meat, fish, eggs, cheese, or milk.      **A vegetarian diet / A vegan diet.**

Eating

**To swallow –** to move food from the mouth to the stomach down your throat.

**To consume –** used especially in scientific contexts meaning to eat or drink sth.

**To overeat –** to regularly eat more than is healthy or necessary.

Others

**Possible illnesses related to eating unhealthy food:** heart attack, cancer, heart disease, food poisoning, vomiting, diarrhoea.

**Protein:** a substance that exists in food such as meat, fish, eggs, and pulses, which helps your body to grow and keep it strong and healthy.

**Carbohydrate:** a substance that exists in food such as rice, pasta, bread, and potatoes, which provides your body with heat and energy.

**Fat:** an oily substance contained in certain foods like margarine and olive oil.

**Calorie/s:** a unit for measuring the amount of energy that food will produce.

**Producer:** a person or company that produces (grows or makes) food, things to sell to consumers.

**Consumer:** a person who buys and uses what a producer sells.

EXERCISES

1. Put the foods in the correct columns.

- |            |          |           |         |
|------------|----------|-----------|---------|
| apricots   | beef     | lentils   | pasta   |
| asparagus  | cod      | margarine | rice    |
| aubergines | cream    | mussels   | turkey  |
| beans      | cherries | olive oil | yoghurt |

MEAT	FISH / SEAFOOD	EGGS / MILK PRODUCTS	PULSES	FRUIT	VEGETABLES	CARBO-HYDRATES	FATS

2. Complete the following sentences with the words below.

breakfast  
carbohydrates  
chain

consume  
dinner  
fast food

Frankenstein  
fried  
genetically

gravy  
on a diet  
overeat

poisoning  
takeaway

- A \_\_\_\_\_ modified fish can grow ten times faster than a normal fish.
- Gm foods are sometimes nicknamed \_\_\_\_\_ Foods.
- The British people tend to have a big \_\_\_\_\_ before they go to work. They tend to eat their evening meal or \_\_\_\_\_ between 6.30 p.m. and 8 p.m.
- Many people like to have a \_\_\_\_\_ breakfast which can consist of fried bacon and eggs with fried bread and possibly fried tomatoes.
- \_\_\_\_\_ is a sauce made with the juice that is obtained when the meat is cooked, and is used to cover the meat.
- People who \_\_\_\_\_ large amounts of animal fats are more likely to get cancer and heart disease.
- Many people who \_\_\_\_\_ do so for psychological reasons rather than from hunger.
- She went \_\_\_\_\_ four weeks ago but she still looks fat.
- If you eat too many bad \_\_\_\_\_ (white bread, pasta, flour...), your level of blood glucose goes up and then goes down.
- The most famous British \_\_\_\_\_ is the fish and chip shop.
- After the hamburger, the hot dog is the great American \_\_\_\_\_ invention.
- The largest fast food \_\_\_\_\_ is McDonald's.
- Bacteria are tiny living things (microorganisms) which cannot be seen by the human eye. Some bacteria cause food \_\_\_\_\_.

3. Complete the sentences with a word from the box.

draught    full-bodied    mild    organic    roast    spicy    strong    wholemeal

- a) A lot of people in Britain are buying \_\_\_\_\_ food these days.
- b) I like a cup of \_\_\_\_\_ coffee first thing in the morning.
- c) In pubs in Britain, people usually drink \_\_\_\_\_ beer.
- d) In some countries, it's quite hard to find \_\_\_\_\_ bread.
- e) Mexican food is often very \_\_\_\_\_ .
- f) My favourite meal is \_\_\_\_\_ chicken and chips.
- g) Rioja is a \_\_\_\_\_ wine that goes well with red meat.
- h) Would you like to try this cheese? It's very \_\_\_\_\_ .

Sources:

Exercise 1: English File Intermediate. Student's book, page 132.

Exercise 3: Inside Out Workbook. Intermediate, page 62.

Key:

Exercise 1:

Meat - beef, turkey.

Fish/ Seafood - cod, mussels.

Eggs/ milk products - cream, yoghurt.

Pulses - beans, lentils.

Fruit - apricots, cherries.

Vegetables - asparagus, aubergines.

Carbohydrates - pasta, rice.

Fats - margarine, olive oil.

Exercise 2:

1. genetically
2. Frankenstein
3. breakfast, dinner
4. fried
5. gravy
6. consume
7. overeat
8. on a diet
9. carbohydrates
10. takeaway
11. fast food
12. chain
13. poisoning

Exercise 3:

a) organic, b) strong, c) draught, d) wholemeal, e) spicy, f) roast, g) full-bodied, h) mild.