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 0ºC.

**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  vinegar  mustard  spice  ketchup  
spices: curry, cinnamon, ginger...  
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 be overweight:** to be too heavy and fat.

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

**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.
1. Put the foods in the correct columns.

<table>
<thead>
<tr>
<th>FOODS</th>
<th>MEAT</th>
<th>FISH / SEAFOOD</th>
<th>EGGS / MILK PRODUCTS</th>
<th>PULSES</th>
<th>FRUIT</th>
<th>VEGETABLES</th>
<th>CARBOHYDRATES</th>
<th>FATS</th>
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</table>

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

1. A __________________ modified fish can grow ten times faster than a normal fish.
2. Gm foods are sometimes nicknamed __________________ Foods.
3. 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.
4. Many people like to have a __________________ breakfast which can consist of fried bacon and eggs with fried bread and possibly fried tomatoes.
5. __________________ is a sauce made with the juice that is obtained when the meat is cooked, and is used to cover the meat.
6. People who __________________ large amounts of animal fats are more likely to get cancer and heart disease.
7. Many people who __________________ do so for psychological reasons rather than from hunger.
8. She went __________________ four weeks ago but she still looks fat.
9. If you eat too many bad __________________ (white bread, pasta, flour...), your level of blood glucose goes up and then goes down.
10. The most famous British __________________ is the fish and chip shop.
11. After the hamburger, the hot dog is the great American __________________ invention.
12. The largest fast food __________________ is McDonald’s.
13. 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.

<table>
<thead>
<tr>
<th>draught</th>
<th>full-bodied</th>
<th>mild</th>
<th>organic</th>
<th>roast</th>
<th>spicy</th>
<th>strong</th>
<th>wholemeal</th>
</tr>
</thead>
</table>

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:

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.