

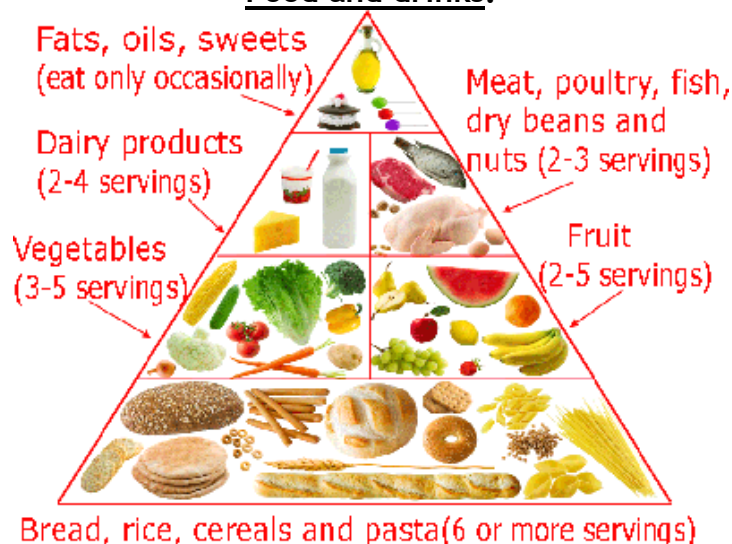
Meals:

Match the meals with the corresponding definition: **barbecue/barbeque/BBQ - breakfast - brunch - dinner - lunch - tea.**

- a) _____: a meal eaten in the morning.
 b) _____: a meal eaten in the late morning; a combination of breakfast and lunch.
 c) _____: a meal that is eaten in the middle of the day.
 d) _____: a small meal eaten in the late afternoon, usually including cake and a cup of tea.
 e) _____: the main meal of the day, usually the meal you eat in the evening but sometimes, in Britain, the meal eaten in the middle of the day.
 f) _____: a meal or party during which food is cooked on a metal frame over a fire and eaten outdoors.

Parts of a meal:

Starter (BrE)/ Appetizer (AmE) (soup) - Main course (steak) - Dessert (ice cream)

Food and drinks:

Meat: bacon, beef, ham, lamb, pork, ribs, sausage, steak (=good quality red meat), T-bone steak ...

Poultry: chicken, duck, turkey...

Fish and seafood: crab, mussel, oyster, prawn, salmon, shrimp, squid, tuna...

Dairy foods: butter, cheese, milk, yoghurt/ yogurt...

Vegetables and pulses: cabbage, carrot, corn, cucumber, garlic, green bean, kidney bean, lentil, lettuce, mushroom, onion, pea, red/green pepper, potato, pumpkin, tomato ...

Salads: green salad, Caesar salad, fresh fruit salad...

Fruit: apple, avocado, banana, coconut, dry fruit (e.g. almonds), grape, kiwi/ kiwi fruit, lemon, lime, melon, orange, peach, pear, pineapple, plum, strawberry ...

Bread: baguette, croissant, sandwich, toast, white bread, wholemeal bread...

Pasta: macaroni, spaghetti...

Soup: e.g. [chicken soup](#), [mushroom soup](#), [seafood soup](#), [vegetable soup](#) ...

Desserts and sweets: biscuit/ cookie (AmE), brownie, cake, cheesecake, chocolate, custard, donut/doughnut, fruit salad, ice cream, jelly, muffin, pie...

Drinks: beer, coffee (e.g. white coffee (=with milk/cream), black coffee, decaffeinated coffee), (diet) coke, juice, lemonade, mineral water, still water/ sparkling water, soft drink, tea (e.g. decaffeinated tea, green tea...), wine...

Condiments, herbs and sauces: garlic, guacamole, ketchup, mayonnaise, mustard, (olive) oil, parsley, pepper, salt, spice (=curry, cinnamon), sugar, vinegar ...

Other foods: cereals, eggs, brown/white rice, jam/marmalade...

Types of food:

Spanish: paella, Spanish cured ham, Spanish potato omelette...

Chinese: spring roll, sweet and sour pork, fried rice...

Italian: spaghetti, fettuccine, ravioli, tortellini, lasagna, macaroni...

Indian: curry (=meat or vegetables in a spicy sauce)

Japanese: sushi (= small cakes of cooked rice served with raw fish)

Fast food: chips (BrE)/(French) fries (AmE), fish & chips, hamburger/ burger, hot dog, pizza...

Food adjectives and opposites:

hot, spicy ≠ mild : a hot soup

sweet (lots of sugar) ≠ sour (sharp acid taste like a lemon): sour pork

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

crispy: a piece of crispy fried bread

Food can also be beautifully prepared /fresh/good-quality/ delicious/ tasty≠ tasteless

For the meat we use the following adjectives: rare - medium - well done

Ways of cooking food:



boil: in water: **boiled rice.**

fry: in oil or butter above the heat: **a fried egg.**

bake: in the oven without oil: **a baked potato, baked beans.**

roast: in the oven using oil: **roast chicken.**

grill: under the heat: **grilled prawns, grilled salmon.**

A healthy diet vs. an unhealthy diet:



Healthy diet/food: home-made food, low-fat food (e.g. **low-fat yoghurt**), fresh food, Mediterranean diet (= includes monthly servings of meat and weekly meals of poultry, eggs and sweets; vegetables, fruits, nuts, legumes, fish, unrefined cereals, olive oil, cheese and yoghurt are eaten most days), organic food (=not using artificial chemicals: e.g. organic yoghurt), vegetarian diet (e.g. vegetarian sausages)...

Unhealthy food: fast/junk/takeaway food, fattening (=food that makes you put on weight)...

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

To diet/ to go on a diet, to gain weight = to put on weight ≠ to lose weight

Protein: a substance that exists in food such as meat, fish, eggs, and pulses, which helps your body to grow and keeps 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.

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

At a restaurant:

Waiter/ Waitress: the person who serves you in a restaurant.

Chef: the person who cooks your food.

Maitre d': the person who welcomes the guests, gives orders to the waiters...



In a restaurant you **order** food and drink. When you pay the **bill** (**check** in AmE), you sometimes also leave a **tip** for the waiter/ waitress if service is not included in the price (10% is a normal tip).

If it is a popular restaurant, you may need to **book** (=reserve) a table in advance.

Typical restaurant questions:

1. If you want a table for three people: **A table for three, please.**
2. A waiter asks you what you want: **Are you ready to order? / Can I get you something to start with? / Can I bring you anything else? / And (what would you like) to drink? / How would you like your steak? / Here's your bill/check.**
3. You want to order: **Can I have the ...? / Could I have the...? / I'll have the... / I'd like the ...**
4. You don't want a starter: **I'll just have a main course.**
5. When you are ready to pay: **Can we have the bill, please? / Could we have the check, please?**
6. You want to explain there is a problem with your food, the bill, etc:
I'm sorry but I asked for a green salad, not fries.
Excuse me, I think there is a mistake... We had two bottles of water, not three.

- Typical problems with a meal:

I asked for a baked potato, not fries. - No problem, I'll change it.

I asked for my steak rare and this is well done. - I'm sorry. I'll send/take it back to the kitchen.

I think there is a mistake in the bill. - Yes, you're right. I'm sorry! I'll get you a new bill.

- To describe restaurants you can use the following adjectives: **big/ small, busy, cheap/ expensive, clean/dirty, efficient/ friendly waiters, elegant, exclusive, fashionable, fast/slow service, fresh food, healthy/ unhealthy food, noisy, popular, romantic, tasty/ tasteless food, varied menu/ wine list ...**

- **Restaurant ratings:** there are one to four or even five-star restaurants. One of the most well-known and respected guides is the Michelin series which award one to three stars to restaurants they perceive to be of high culinary merit. One star indicates a "very good restaurant"; two stars indicate a place "worth a detour"; three stars means "exceptional cuisine, worth a special journey."