

**Meat, fish and seafood**

bacon /'beɪkən/  
 beef /bi:f/  
 chicken /'tʃɪkən/  
 ham /hæm/  
 prawns /praʊnz/  
 red meat /red 'mi:t/  
 salmon /'sæmən/  
 sardines /,sɑ:'di:nz/  
 shellfish /'ʃel,fɪʃ/  
 tuna /'tju:nə/

**Fruit**

apple /'æpəl/  
 avocado /,ævə'kɑ:dəʊ/  
 banana /bə'nɑ:nə/  
 grapefruit /'greɪpfru:t/  
 grape /greɪp/  
 kiwi /'ki:wɪ/  
 mango /'mæŋgəʊ/  
 melon /'melən/  
 orange /'ɒrændʒ/

**Vegetables**

beetroot /'bi:tru:t/  
 broccoli /'brɒkəli/  
 Brussels sprouts /'brʌsəlz sprauts/  
 cabbage /'kæbɪdʒ/  
 carrot /'kærət/  
 cauliflower /'kɒli,flaʊə/  
 celery /'seləri/  
 chilli /'tʃɪli/  
 corn /kɔ:n/  
 garlic /'gɑ:ɪk/  
 green beans /grɪn 'bi:nz/  
 lettuce /'letəs/  
 olive /'ɒləv/  
 onion /'ɒnjən/  
 potato /pə'teɪtəʊ/  
 red pepper /,red 'pepə/  
 soya /'sɔ:ə/  
 spinach /'spɪnɪdʒ/  
 tomato /tə'mɑ:təʊ/

**Dairy products**

butter /'bʌtə/  
 cheese /tʃi:z/  
 cream /kri:m/  
 egg /eg/  
 milk /mɪlk/

**Other products**

(brown) sugar /,(braʊn) 'ʃʊgə/  
 crisps /kri:ps/  
 jam /dʒæm/  
 mushroom /'mʌʃru:m/  
 olive oil /'ɒləv ɔɪl/  
 rice /raɪs/  
 salt /sɔ:lt/  
 (white) bread /,(waɪt) 'bred/

**Drinks**

coffee /'kɒfi/  
 fizzy drink /,fɪzi 'drɪŋk/  
 juice /dʒu:s/  
 water /'wɔ:tə/

**Dishes**

cheeseburger /'tʃi:z,bɜ:ɡə/  
 chips /tʃɪps/  
 fast food /,fɑ:st 'fu:ɪd/  
 (green) salad /,(grɪ:n) 'sæləd/  
 (Indian) curry /,(ɪndiən) 'kʌri/  
 omelette /'ɒmlət/  
 pasta sauce /'pæstə sɔ:s/  
 pizza /'pɪtsə/  
 pudding /'pu:dɪŋ/  
 risotto /rɪ'zɒtəʊ/  
 sandwich /'sænwɪdʒ/  
 scrambled egg /,skræmblɪd 'eg/

steak /steɪk/  
 sushi /'su:ʃɪ/  
 (vegetable) soup /('vedʒtəbəl) su:p/

**Sweets and desserts**

apple pie /'æpəl paɪ/  
 biscuit /'bɪskət/  
 cake /keɪk/  
 chocolate mousse /,tʃɒklət 'mu:s/  
 (dark) chocolate /,(dɑ:k) 'tʃɒklət/  
 fruit salad /'fru:t ,sæləd/  
 ice cream /,aɪs 'kri:m/

**Meals**

breakfast /'brekfəst/  
 dinner /'dɪnə/  
 lunch /lʌntʃ/  
 main course /,meɪn 'kɔ:s/  
 snack /snæk/  
 starter /'stɑ:tə/  
 supper /'sʌpə/

**Adjectives describing food**

bitter /'bɪtə/  
 boiled /bɔɪld/  
 cold /kəʊld/  
 cooked /kɒkt/  
 crispy /'kri:spi/  
 delicious/yummy /dɪ'li:ʃəs/'jʌmi/  
 disgusting /dɪs'gʌstɪŋ/  
 dried /draɪd/  
 edible /'edəbəl/  
 fattening /'fætnɪŋ/  
 firm /fɜ:m/  
 fresh /frefʃ/  
 fried /fraɪd/  
 frozen /'frəʊzən/  
 greasy /'greɪsi/  
 healthy /'helθi/  
 hot/spicy /hɒt/'spai:si/  
 juicy /'dʒu:si/  
 mild /maɪld/  
 raw /rɔ:/  
 ripe /raɪp/  
 roast /rəʊst/  
 rotten /'rɒtn/  
 salty /'sɔ:lti/  
 smelly /'smeli/  
 sour /saʊə/  
 strong /strɒŋ/  
 sweet /swi:t/  
 tasty /'teɪsti/  
 stale /steɪl/  
 tinned /tɪnd/  
 ugly /'ʌgli/  
 unripe /,ʌn'raɪp/  
 warm /wɔ:m/

**Cooking and serving food**

add /æd/  
 boil /bɔɪl/  
 chop (up) /,tʃɒp ('ʌp)/  
 cook /kɒk/  
 cut up /,kʌt 'ʌp/  
 flavour /'fleɪvə/  
 freeze /fri:z/  
 fry /fraɪ/  
 heat /hi:t/  
 ingredient /ɪn'gri:dɪənt/  
 jar /dʒɑ:/  
 loaf /ləʊf/  
 mash (up) /,mæʃ 'ʌp/  
 mix /mɪks/  
 mixture /'mɪkstʃə/  
 oven /'ʌvən/  
 packet /'pækət/  
 pan/saucepan /pæn/'sɔ:speɪn/  
 peel /pi:l/  
 plate /pleɪt/  
 portion /'pɔ:ʃən/

pour /pɔ:/  
 press /pres/  
 recipe /'resəpi/  
 roast /rəʊst/  
 serve /sɜ:v/  
 slice (n; v) /slaɪs/  
 smell /smel/  
 spoon /spu:n/  
 taste (n; v) /teɪst/  
 texture /'tekstʃə/

**Food and health**

animal products /'ænəməl ,prɒdʌkts/  
 balanced diet /,bælənst 'daɪət/  
 be allergic to /bi ə'lɜ:dʒɪk tə/  
 eating habits /'i:tɪŋ ,hæbɪts/  
 energy boost /'enədʒɪ bu:st/  
 fresh produce /,frefʃ 'prɒdʒu:s/  
 grease /greɪs/  
 heavy/light meal /,hevi/,laɪt 'mi:l/  
 (healthy) lifestyle /,(helθi) 'laɪfstɑɪl/  
 lose weight /,lu:z 'weɪt/  
 nutritionist /nju:'trɪʃənəst/  
 protein /'prəʊtɪn/  
 vegan /'vi:gən/  
 vegetarian /vedʒə'teəriən/  
 vitamin /'vɪtəmən/

**In a restaurant**

bill /bɪl/  
 chef /ʃef/  
 cook /kɒk/  
 cuisine /kwɪ'zi:n/  
 menu /'menju:/  
 order (n; v) /'ɔ:də/  
 waiter /'weɪtə/

**Other**

consumer /kən'sju:mə/  
 cookery course/lessons /'kʊkəri kɔ:s/  
 ,lesənz/  
 crust /krʌst/  
 eat up /,i:t 'ʌp/  
 feed /fi:d/  
 filling /'fɪlɪŋ/  
 force /fɔ:s/  
 fussy /'fʌsi/  
 go up /,gəʊ 'ʌp/  
 go without /,gəʊ wɪð'aʊt/  
 leftovers /'left ,əʊvəz/  
 put off /,pʊt 'ɒf/  
 refuse /rɪ'fju:z/  
 throw away /θrəʊ ə'weɪ/  
 waste (n; v) /weɪst/