

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.

Calories: 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.