Vocabulary

- **Food and Drink**

6 Study the table and identify the foods, then use the information to make sentences, as in the example.

Vitamins	Foods	Benefits
A		is good for our eyes
B complex		helps our bodies process the foods we eat
C		
D		
E		

Minerals	Foods	Benefits
iron		maintains healthy cells
calcium		promotes growth of healthy bones and teeth
		is good for our muscles and nerves
		helps to keep the right amount of water in our bodies
		helps our bodies process carbon dioxide

Zad 7,8 WysTać odp.

We can find vitamin A in fish, butter, carrots and broccoli. Vitamin A is good for our eyes.

- **Methods of cooking & preparation**

7 Fill in: *diced, fried, sliced, mashed, boiled, grilled, grated, scrambled.*

1 The Smiths often eat scrambled eggs for breakfast.
2 I don't want to put on weight, so I usually eat .... fish or chicken.
3 You need some .... cheese to put on the pizza.
4 Use .... bread to make the sandwiches.
5 You need lots of .... fruit to make a fruit salad.
6 Shepherd's Pie is a traditional British dish made from mince and .... potato.
7 Chips are .... food.
8 Grilled fish and .... vegetables is a low-fat meal.

8 Match the foods/drinks to the questions, then, in pairs, talk as in the example.

- a glass of water • a cup of coffee
- some potatoes • a steak • some fish
- some sugar • some bread

1 Brown or white? ....
2 Still or sparkling? ....
3 Black or white? ....
4 One lump or two? ....
5 Fresh or frozen? ....
6 Medium, rare or well done? ....
7 Roast or boiled? ....

SA: *I'd like some bread, please.*
SB: *Brown or white?*
SA: *I'd like brown, please.* etc.