

# Spicing things up

## Language focus

- Food language
- Health and diets
- Verbs for cooking

### 1 Food for all occasions

Where would you expect to find the following?

A self-service breakfast buffet

A tray of crisps, nuts and other nibbles

A cold, clingfilm-wrapped cheese and tomato sandwich

A selection of canapés

The choice of an apple, banana or orange

A bundle of grilled scallions or green onions wrapped in newspaper and seasoned with a very tasty sauce



### 2 Do you consider yourself...

a gourmet foodie?

a dab hand in the kitchen?

a specialist in one particular dish?

a reluctant cook, but an enthusiastic diner?



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“How would you like your steak, madam?”

Talk about your food preferences when you’re eating out.

For example, when the waiter asks which water you’d like, do you answer still or fizzy?

When they ask how you want your vegetables, do you say raw, steamed, boiled or grilled?

And when they ask how you’d like your steak, do you say rare, medium or well done?

Or do you order an omelette instead?



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## Wonder food

Discuss what foods are supposed to be good or bad for the following.

- To cure a hangover
- To relax in the evening
- To impress someone you're cooking for
- To make your hair thicker and stronger
- To keep your cholesterol level down
- To help you see in the dark!



### Useful language

- *They say that...*
- *This is supposed to be good/bad for...*
- *There's this popular idea that ... but it's actually just another fad.*

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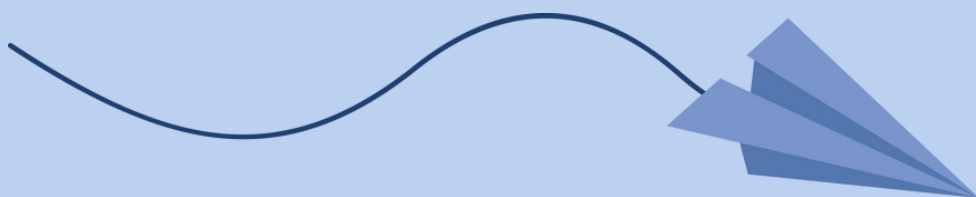
## Get healthy!

Design a diet for someone who wants to ...

- put on as much weight as possible.
- lose as much weight as possible.
- build up some muscle.
- train for an important sporting event.

### Useful language

- *wholesome food*
- *stodgy meals*
- *raw vegetables*
- *herbs and spices*
- *carbohydrates*



## 6 Cooking techniques

The following verbs refer to cooking techniques. Choose some of them, explain how to use them and say which recipes they are good for.

boil  
steam  
simmer  
poach  
bake  
roast  
grill  
marinate

fry  
sauté  
stir  
knead  
whisk  
sprinkle  
season  
garnish

