

FOOD AND EATING VOCABULARY

Adjectives

- fresh fish
- frozen lasagne
- low-fat /high fat cheese
- raw fish
- spicy chicken
- takeaway pizza
- tinned meatballs
- ready-made dish
- delicious /nice taste
- it's nice/ it's disgusting
- fizzy drinks
- healthy/unhealthy food
- fatty food

Verbs

- to eat out
- to eat sensibly
- to cut down on sugar
- to cut out sugar
- to be on a diet
- to lose weight
- to put on weight
- to order food
- to take vitamins
- to take food supplements
- to try new food
- to contain vitamins and minerals
- to have a balanced diet

Nouns

- (food that is high/low in) carbohydrates "carbs"
- (rich/high - low/poor in) proteins
- (high in) sugar
- eating habits (change?)
- a nutritionist
- fats

