

Food and meals

Food, dish, meal, course

Courses and dishes – a typical menu

<i>Dinner</i>			
		£	p
courses	Starters		
	Prawn cocktail Chilled melon Garlic mushrooms		
dishes	Main Courses		
	Meat Rumpsteak Pork chop Lamb casserole Chicken Kiev prices include vegetables, chips or boiled potatoes		
	Fish Dover sole Grilled trout Cod in cheese sauce		
	Children's Portions Burger 'n' beans Fish fingers 'n' chips		
	Desserts Chocolate fudge cake Ice cream (various) Apple pie with cream Tea, coffee snacks always available		

sometimes called
sweets
pudding
afters
(especially
at home)

small items,
e.g. sandwiches,
pies, etc.

FOOD is anything that can be eaten.

- They sell quite **a wide choice of foods** at this shop.

DISH is food prepared in a particular way.

- **a chicken dish, a vegetarian dish**

MEAL is an occasion when food is eaten, or the food that is eaten on such an occasion.

- **a hot meal; a three-course meal a light (= small) meal**
- Traditional meals: breakfast, lunch, dinner

Meals on special occasions: tea, barbecue, picnic, banquet, etc.

COURSE is a part of a meal that is served separately from the other parts.

- **a four-course lunch**
- A traditional British **main course** consists of a meat dish with potatoes and other vegetables.

Names of courses: starter, soup, fish course, entrée, meat/main course, dessert, etc.

Practice

Arrange the following items of food into the four categories: oyster, chicken, beef, squid, goose, pheasant, duck, hare, lobster, mutton, turkey, pork, venison, mussel, veal, partridge

meat

game

poultry

sea food

....

The food items given below belong to 5 different groups of food- stuffs. Decide to which group each food item belongs and write it in one of the columns.

leek, butter, mustard, béchamel, vinegar, tartar, cream, trout, pepper, carp, spinach, hollandaise*, peas, salmon, cheese

A	B	C	D	E
_____	_____	_____	_____	_____
....				

* hollandaise /ˌhɒl.ənˈdeɪz/ - a sauce made from egg yolks (= the yellow parts) and butter, usually with lemon juice added

Complete the following text about meals using the words from the box, and answer the questions that follow.

Dessert / dinner
party / garnish /
courses / menus /
sausage/ honey/
cereal / toast and
marmalade/ meal

Meals

The three main meals of the day are breakfast lunch, and dinner. At other times of the day, people have snacks, such as tea, supper, etc.

Breakfast is the first meal of the day. The simplest breakfast usually consists of a cup of tea, coffee or hot chocolate, bread or pastry, butter, and jam or

_____. It is very small, and differs greatly from the traditional **English** breakfast. English breakfast begins with fruit juice or _____, such as cornflakes or porridge. This is followed by eggs and bacon, grilled tomatoes and _____. At the end of the meal, toast and marmalade are served with tea or coffee. However, people who go out to work in the morning just have cereal, which is followed by tea or coffee with_____.

Lunch is a midday meal in many English-speaking countries. It is a light meal, and usually includes cold meats, pies, sausage rolls, eggs, salads and sandwiches. But in other European countries lunch is the main _____ of the day. It is a full hot meal, similar to dinner, normally with soup, a meat or fish course, and dessert.

Dinner is an evening meal. Now it is the most important meal of the day in English-speaking countries. It takes place at about 7 p.m. It may be a formal occasion for receiving guests, so people may have a _____. Dinner _____ vary a lot. A dinner may consist of several courses and may include several dishes, both hot and cold. The usual dinner menu consists of four or five _____: consommé or soup, cold or hot entrée, main course — grilled or roast meat or fish with _____ and fresh vegetable salad, and _____.

- What are the main meals of the day?
- What foods does the simplest breakfast include?
- Can you say that English breakfast is a heavy meal? Prove it.
- Is lunch a light meal all over Europe?
- What dishes and foods can be served for lunch?
- How many courses does dinner usually consist of? What are they?
- What dishes can be served: for a starter, for a soup course, for a fish course, for the main course, and for dessert?
- What do you eat for breakfast? For lunch? For dinner?

feast, barbecue,
snack, tea, dinner,
refreshments,
banquet, picnic

1. ____ will be provided during the interval.
2. We were in a terrible hurry and only had time for a quick ____.
3. The firm are having an important _____ on Thursday and I must be there.
4. He was asked to make a speech at the __ in honour of the writer's silver wedding.
5. Christmas dinner was quite a _____, with a variety of dishes to please the eye and the palate.
6. At noon the mother spread a cloth on the grassy bank and they all ate a ____ lunch.
7. These formal dinners are such a bore! I'd rather go to a ____ and enjoy a piece of roast meat.
8. The English people like to eat outside in summer, and the easiest meal to serve in the garden is _____.

how the food tastes,
looks, feels or smells

ADJECTIVES DESCRIBING VARIOUS QUALITIES OF FOOD:



Flavours and tastes

sweet ≠ **bitter** (sharp/unpleasant)

sour (e.g. unripe fruit, lemon or vinegar)

hot, spicy (e.g. curry) ≠ **mild**

bland (rather negative) unseasoned, mild-tasting

salty (a lot of salt)

sugary (a lot of sugar)

sickly (unpleasant e.g. too much sugar – The chocolate cake was sickly sweet)

savoury (pleasant, slightly salty or with herbs)

tasty (has a good taste/flavour) ≠ **tasteless** (no flavour at all)

delicious

fresh ≠ **stale** no longer fresh and pleasant to eat, e.g. stale bread, cake, biscuits, beer

Use the taste and flavour words to describe the following:

1. Indian curry
2. pizza
3. sea water
4. an unripe apple
5. A cup of tea with five spoonfuls of sugar
6. strong black coffee with no sugar
7. factory-made white bread

smell

Acrid - strong and bitter and causes a burning feeling (in the throat)

*Clouds of acrid **smoke** issued from the building.*

Aromatic - perfumed, fragrant, scented, sweet smelling, pungent, usually pleasing - it is not odorless and unscented.

Delicate - subtle, faint, fine, elusive, tantalizing - never overpowering.

Fetid **smelling extremely bad and stale** (*fetid air/breath*)

Foul unclean, dirty polluted - it does not smell clean and fresh.
Those toilets smell foul!

Fresh - the aroma is clean

Pungent **-smelling or tasting very strong and sharp:** *the pungent whiff of a goat*

I sat down to a cup of wonderfully pungent Turkish coffee.

Rancid (of oil, butter) - the stale smell of something past its sell by date, rank, off, sour, rotten - not fresh at all.

Stinking - foul smelling,

Stuffy - no fresh air - *a stuffy office*

Sweet - pleasing and easy on the palate

Appearance and quality

These chips are terribly **greasy/oily**. (too much oil/fat)

This meat is **over-cooked/ overdone/ under-cooked/underdone**.

British cooking can be very **stodgy**. (heavy, hard to digest, high in carbohydrates)

*The beef was **cooked/done to a turn**.* (just perfect, not overdone, cooked for exactly the right amount of time)

These pistachio nuts are terribly **more-ish**. (Informal, you want to eat more)

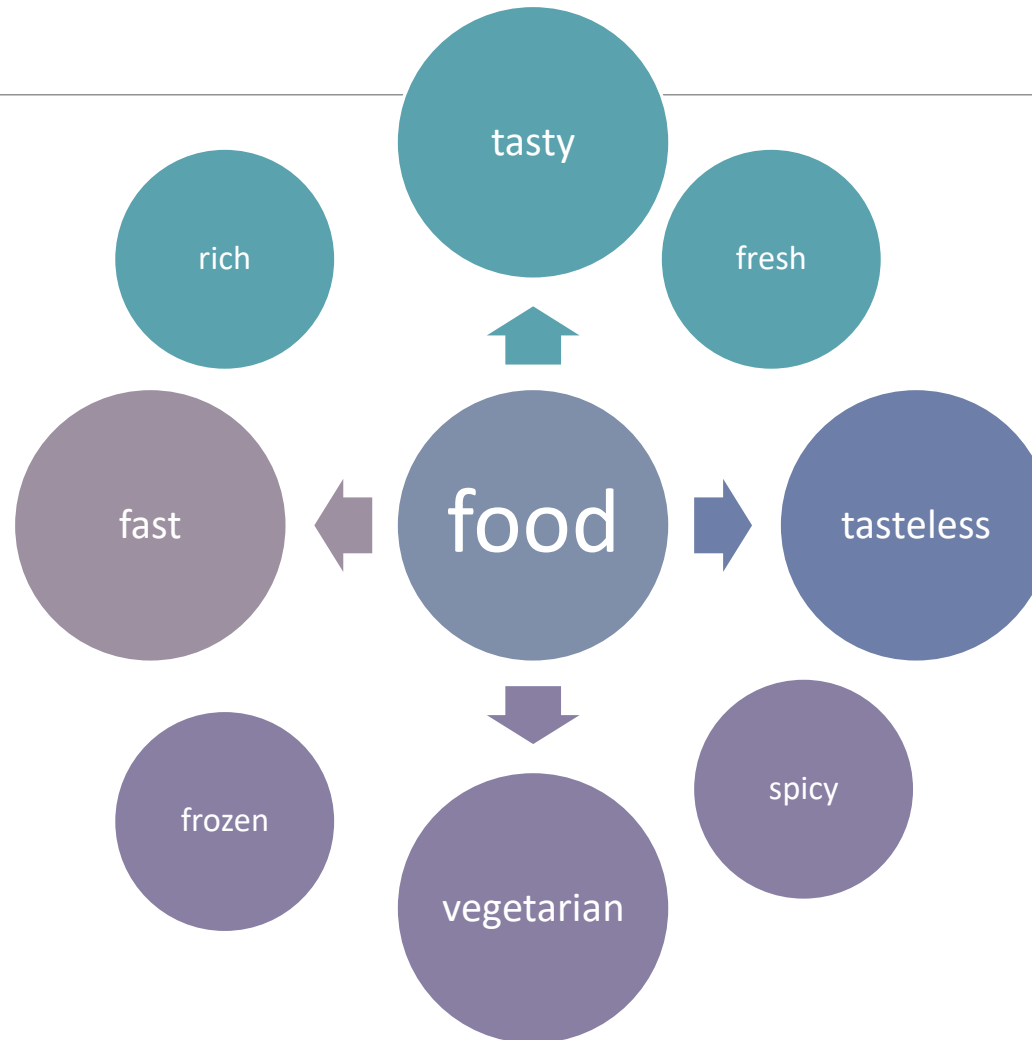
rotten (apples)

mouldy (bread, cheese)

What might you say to the person/people with you in a restaurant if...

- 1 your chips had too much oil/fat on them?
- 2 your dish had obviously been cooked too much/too long?
- 3 your piece of meat was absolutely perfectly cooked?
- 4 your dish seemed to have no flavour at all?

Adjectives describing food



FOOD:	Tasteful
disgusting,	Spicy
Delicious	Plain
Boiled	Tasty
Fresh	Frozen
Rich	Starving
Fast	Vegetarian
Wealthy	Nourishing
Disgusted	
Poisonous	
Home-grown	
Tasteless	

“What was your meal like?”

“Ugh! It was awful. The pizza was_! We couldn’t eat it.”

“The fish smells; I don’t think it’s quite_____.”

“This is_____cake I have ever tried!”

“I’d like something simple but_____, tasty, but not too ‘hot’ or _____, not too exotic, but not too__.”

“I hate all kinds of___food, but most of all I hate frozen food.”

“Help yourself to the meat! It’s so tender!”

“No, thank you. Don’t you know that I eat only_____food?”

“These pears are____!” “Yes, they are so juicy and sweet!”

“Unbelievable! Some Japanese cooks can cook_____fish and make it delicious!”

“Odd Word Out”. In each line one word differs from the rest. Find it. Explain your choice.

stale, moldy, rotten, fresh;

tough, tender, soft, delicious;

boiled, raw, fried, cooked;

sweet, sour, bitter, tasteless, hot, spicy;

delicious, tasty, pleasant, disgusting.

Eating events/celebrations/gatherings

Banquet - a large formal meal for many people

Feast – a special meal with very good food or a large meal for many people who celebrate something

Picnic – an occasion when people eat a meal outside

Barbecue – a party held outdoors, during which food is cooked on a barbecue

Tea party – an occasion when people meet in the afternoon to drink tea and eat a small amount of food



American puddings
are closer to what
the Brits would call
"custard."

