***Cooking Basics Chec***

## Unit 6

**Food and Meals**

**Word Study**

##### Learn the difference between the words “food”, “dish”, “meal”, and “course”.

**FOOD** is anything that can be eaten.

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

***Milk*** *is a good* ***food.***

*The British people have a taste for* ***highly seasoned food.***

**DISH** is food prepared in a particular way.

###### a chicken dish, a vegetarian dish

*It is easy to prepare the* ***dish,*** *you only need rice and vegetables. I ordered the most expensive* ***dish*** *on the menu.*

**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;*** *a* ***heavy*** *(*= *large)* ***meal***

*That was the worst* ***meal*** *I have ever eaten.*

##### 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.*

*If you make the* ***main course,*** *I shall make a dessert.*

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

**Practice**

## Unit 6

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1. **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

1. **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

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

|  |  |  |  |
| --- | --- | --- | --- |
| dessert | dinner party garnish courses | menus | sausages |
| 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 .

##### Questions:

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

##### Fill in the gaps with one of the words from the box.

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.

1. These formal dinners are such a bore! I’d rather go to a

and enjoy a piece of roast meat.

1. The English people like to eat outside in summer, and the easiest meal to serve in the garden is .

##### We often need to say how the food tastes, looks, feels or smells. Make a list of adjectives describing various qualities of food:

## Unit 6

**Food and Meals**

Taste

Texture Smell Appearance Freshness Good or pleasant qualities of food Bad or unpleasant qualities of food

##### Look at the adjectives around the word ‘food’. Use your dictionaries to look up new words. Which four words cannot go with the word ‘food’ ?

**Words Describing Food**



1. **Put a suitable adjective from Exercise 6 into the gaps in the fol- lowing sentences. If necessary, use their comparative or superlative forms.**
   1. “What was your meal like?”

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

* 1. “The fish smells; I don’t think it’s quite .”
  2. “This is cake I have ever tried!”
  3. “I’d like something simple but , tasty, but not too ‘hot’ or

, not too exotic, but not too .”

* 1. “I hate all kinds of food, but most of all I hate frozen food.”
  2. “Help yourself to the meat! It’s so tender!”

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

* 1. “These pears are !” “Yes, they are so juicy and sweet!”
  2. “Unbelievable! Some Japanese cooks can cook fish and make it delicious!”

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**Food and Meals**

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

1. stale, moldy, rotten, fresh;
2. tough, tender, soft, delicious;
3. boiled, raw, fried, cooked;
4. sweet, sour, bitter, tasteless, hot, spicy;
5. delicious, tasty, pleasant, disgusting.