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Food & Diet Vocabulary

Fast food /fɑːst fu:d/ (N) - Food that can be cooked and served quickly.

Example: A new fast food outlet selling hamburgers; will open in the mall .

Processed /'prəʊsɛst/ (Adj) - Processed food has additives such as chemicals added to it to improve the taste or make it last longer.

Example: Research is being conducted into the effects on health of processed foods.

Organic /ɔː'gænik/ (Adj) - Food produced without adding chemicals.

Example: Organic fruit and vegetables are usually more expensive but they are popular.

Genetically modified /dʒi'netɪk(ə)li 'mɒdɪfaɪd/ (Adj) - Animals and plants that have had their genes modified.

Example: Some scientists claim that genetically modified food will reduce global hunger.

Cuisine /kwi(:)'zi:n/ (N) - A style of cooking.

Example: French cuisine is considered by many to be of the highest quality.

Ravenous /'rævənəs/ (Adj) - To be very hungry.

Example: I didn't have time for breakfast and lunch so by dinner time I was ravenous.

Frozen food /'frəʊzn fu:d/ (N) - Food that has been frozen.

Example: Frozen food is usually cheaper than fresh food.

Leftovers /'left'əʊvəz/ (Adj) - Parts of a meal that haven't been eaten.

Example: Our dogs usually get the leftovers from dinner.

Cholesterol /kə'lestə,rɒl/ (N) - A fatty substance found in the body. Too much of it can be harmful to health.

Example: High cholesterol is a major cause of heart disease.

Set menu /set 'menju:/ (N) - A menu that has a limited number of dishes, at a fixed price.

Example: The restaurant's set menu is \$20 and you can have 2 courses.

Indigestion /,ɪndɪ'dʒɛstʃən/ (N) - Pain in the stomach when you have difficulty digesting.

Example: Don't eat so quickly, you'll get indigestion.

Food & Diet: Idioms

Eat like a horse - To eat a lot of food regularly.

Example: When she was young, she used to eat like a horse so she gained too much weight.



Finger in every pie - To be involved in many activities.

Example: Our manager is very controlling. He's got a finger in every pie.

Take with a pinch of salt - To believe something is not true or exaggerated.

Example: Everything that politician says, I take with a pinch of salt.



Not my cup of tea - Something you are not interested in or don't like.

Example: Binge watching TV series is very popular now but it's not my cup of tea.

Eat your words - To admit something you said was wrong.

Example: He said she would never pass but she did. Now he will have to eat his words.

