

Daily English Vocabulary – Lesson 2: Food and Drink

Level: A2 | Everyday English | Student Worksheet

Vocabulary

Cooking and preparation

batch cooking (noun phrase)	Preparing large quantities of food at one time to eat throughout the week.	<i>"I do batch cooking every Sunday so I have meals ready for the week."</i>
plant-based (adjective)	Containing only food that comes from plants, such as vegetables, grains, and beans.	<i>"I have been eating more plant-based food and I feel much healthier."</i>
nutritious (adjective)	Full of the substances your body needs to stay healthy; good for you.	<i>"Lentils are very nutritious — they are full of protein and fibre."</i>
processed food (noun phrase)	Food that has been changed from its natural state by adding chemicals, sugar, or salt.	<i>"I am trying to eat less processed food and cook more from scratch."</i>
skip (verb)	To miss something you usually do; in food, to not eat a meal.	<i>"I sometimes skip breakfast if I am in a hurry."</i>
cut down on (phrasal verb)	To reduce the amount of something you eat or drink.	<i>"My doctor told me to cut down on sugar and salt."</i>

Describing food and diet

balanced diet (noun phrase)	A diet containing the right amounts of all different types of food your body needs.	<i>"A balanced diet includes protein, carbohydrates, healthy fats, and vegetables."</i>
portion (noun)	The amount of food that is served or eaten at one time.	<i>"The portions at that restaurant are huge — I could not finish mine."</i>
vegetarian (noun/adjective)	A person who does not eat meat or fish.	<i>"She has been vegetarian for five years and feels much healthier."</i>
protein (noun)	A substance in meat, fish, eggs, and beans that your body needs to grow and repair.	<i>"Athletes need to eat a lot of protein to build muscle."</i>
ingredient (noun)	One of the individual foods used to make a dish or recipe.	<i>"The main ingredient in this soup is tomatoes."</i>
takeaway (noun)	A meal bought from a restaurant and taken home to eat.	<i>"We ordered a takeaway because we did not feel like cooking."</i>

Eating habits and preferences

diet (noun)	The food that a person regularly eats.	<i>"My diet is mostly vegetables, fish, and whole grains."</i>
appetite (noun)	The desire or wish to eat food.	<i>"I have no appetite when I am stressed."</i>
snack (noun/verb)	A small amount of food eaten between main meals.	<i>"I usually snack on fruit or nuts in the afternoon."</i>
cuisine (noun)	The style of cooking typical of a particular country or region.	<i>"Japanese cuisine is famous for its use of fresh fish."</i>
in moderation (phrase)	In reasonable amounts; not too much of something.	<i>"You can eat chocolate in moderation — a small amount is fine."</i>
eat out (phrasal verb)	To eat a meal in a restaurant rather than at home.	<i>"We eat out about once a week, usually on a Friday evening."</i>

Exercise 1: Listening

Listen to the conversation. Then answer the questions below.

Conversation

Nadia: Have you tried that new restaurant on Green Street?

Tom: Not yet. I have been trying to eat more plant-based food recently.

Nadia: I became vegetarian about two years ago. I feel so much better for it.

Tom: Do you find it difficult to get enough protein?

Nadia: Not really. I eat a lot of beans, lentils, and eggs. I have started batch cooking at weekends.

Tom: I tend to grab takeaway when I am tired, which is not great for my diet.

Nadia: Home-cooked food is so much more nutritious than processed stuff.

Tom: I think I need to cut down on processed food. I eat too many ready meals.

Answer the questions. Circle the correct answer.

1. What has Tom been trying to do recently?

a) Become fully vegetarian b) Cut down on coffee c) Eat more plant-based food d) Start batch cooking

2. How long has Nadia been vegetarian?

a) One year b) Five years c) Two years d) Six months

3. How does Nadia get enough protein?

a) She takes protein supplements. b) She eats beans, lentils, and eggs. c) She eats fish and chicken. d) She drinks protein shakes.

4. What does Tom tend to do when he is tired?

a) He skips dinner. b) He cooks a simple meal. c) He orders a takeaway. d) He eats processed snacks.

5. What does Nadia say about home-cooked food?

a) It is more expensive than eating out. b) It is more nutritious than processed food. c) It takes too much time to prepare. d) It is difficult to make without good ingredients.

6. What does Tom say he needs to cut down on?

a) Takeaway food b) Sugar and salt c) Processed food d) Eating out

Exercise 2: True or False?

Read each sentence. Write True or False on the line.

1. "Batch cooking" means cooking one small meal at a time.

Answer: _____

2. "Plant-based" food contains only food that comes from plants.

Answer: _____

3. "Processed food" is food in its completely natural state with no added chemicals.

Answer: _____

4. If you "cut down on" something, you reduce how much of it you eat or drink.

Answer: _____

5. A "portion" is the amount of food served or eaten at one time.

Answer: _____

6. "Eat out" means to eat food that you bring home from a restaurant.

Answer: _____

7. A "balanced diet" contains the right amounts of all the different types of food your body needs.

Answer: _____

8. "In moderation" means eating or drinking as much as you want.

Answer: _____

Exercise 3: Multiple Choice

Circle the correct answer.

1. I have been trying to ____ sugar since my doctor said my levels were too high.

a) eat out b) skip c) cut down on d) snack on

2. Thai ____ is one of my favourites — I love the spicy flavours.

a) ingredient b) portion c) diet d) cuisine

3. The ____ at this restaurant are enormous. You could easily share one plate.

a) appetites b) ingredients c) portions d) diets

4. She has a very poor _____. She eats a lot of fast food and very few vegetables.

a) appetite b) cuisine c) ingredient d) diet

5. I ____ lunch yesterday because I had a meeting that went on all afternoon.

a) skipped b) cut down on c) ate out d) snacked on

6. I like to ____ on nuts and fruit between meals instead of biscuits or crisps.

a) eat out b) snack c) skip d) cut down

7. This salad is very _____. It has quinoa, chickpeas, and lots of fresh vegetables.

a) nutritious b) processed c) vegetarian d) balanced

8. We decided to _____ to celebrate her birthday. We went to an Italian restaurant.

a) batch cook b) skip dinner c) eat out d) snack

Exercise 4: Matching

Match each word or phrase (A) to its meaning (B).

A – Word / Phrase	B – Meaning
1. batch cooking ____	6. The desire or wish to eat food
2. plant-based ____	8. Full of the substances your body needs to stay healthy
3. cut down on ____	2. Containing only food that comes from plants such as vegetables and grains
4. takeaway ____	1. Preparing large amounts of food at one time to eat over several days
5. in moderation ____	3. To reduce the amount of something you eat or drink
6. appetite ____	7. One of the individual foods used to make a dish or recipe
7. ingredient ____	4. A meal bought from a restaurant and taken home to eat
8. nutritious ____	5. In reasonable amounts — not too much of something

Exercise 5: Gap Fill

Complete each sentence with the correct word or phrase from the box.

Word Bank: batch cooking | ingredient | cut down on | appetite | in moderation | balanced diet | eat out | processed food

1. I do _____ every Sunday. It means I have meals ready for the whole week.

2. The main _____ in this dish is chickpeas. It is a very simple recipe.

3. She decided to _____ caffeine because she was not sleeping well.

4. I do not have much _____ today. I think I might be getting a cold.

5. Chocolate is fine _____. You do not have to cut it out completely.

6. I try to follow a _____ with plenty of vegetables, protein, and whole grains.

7. We often _____ on Friday evenings. There is a great Thai restaurant near our house.

8. Too much _____ is bad for your health because it contains a lot of sugar and salt.

Exercise 6: Word Sort

Put each word or phrase into the correct group.

Word Bank: vegetarian | cut down on | protein | plant-based | ingredient | snack | batch cooking | takeaway | appetite | nutritious | eat out | balanced diet | processed food | skip | in moderation

Cooking and food preparation	Healthy eating	Eating habits
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Exercise 7: Complete the Dialogue

Complete the conversation using the words in the box.

Word Bank: diet | cut down on | batch cooking | nutritious | in moderation | appetite

1. Emma: I have been thinking about improving my ____.
2. Luis: The first step is to ____ sugar.
3. Luis: Try ____ at the weekend. I prepare four or five meals on Sunday.
4. Emma: Are the meals still ____ after a few days in the fridge?
5. Luis: You can still enjoy treats ____.
6. Emma: I have no ____ for salads, to be honest. I need something more filling.

TEACHER ANSWER KEY

Do Not Distribute to Students

Daily English Vocabulary – Lesson 2: Food and Drink | A2

Exercise 1: Listening

1. What has Tom been trying to do recently?

Answer: Eat more plant-based food

2. How long has Nadia been vegetarian?

Answer: Two years

3. How does Nadia get enough protein?

Answer: She eats beans, lentils, and eggs.

4. What does Tom tend to do when he is tired?

Answer: He orders a takeaway.

5. What does Nadia say about home-cooked food?

Answer: It is more nutritious than processed food.

6. What does Tom say he needs to cut down on?

Answer: Processed food

Exercise 2: True or False?

1. "Batch cooking" means cooking one small meal at a time.

Answer: FALSE — "Batch cooking" means preparing large amounts of food at once to eat over several days.

2. "Plant-based" food contains only food that comes from plants.

Answer: TRUE

3. "Processed food" is food in its completely natural state with no added chemicals.

Answer: FALSE — Processed food has been changed from its natural state and often contains added chemicals, sugar, or salt.

4. If you "cut down on" something, you reduce how much of it you eat or drink.

Answer: TRUE

5. A "portion" is the amount of food served or eaten at one time.

Answer: TRUE

6. "Eat out" means to eat food that you bring home from a restaurant.

Answer: FALSE — "Eat out" means to eat at a restaurant. Bringing food home is called a "takeaway".

7. A "balanced diet" contains the right amounts of all the different types of food your body needs.

Answer: TRUE

8. "In moderation" means eating or drinking as much as you want.

Answer: FALSE — "In moderation" means eating reasonable amounts — not too much.

Exercise 3: Multiple Choice

1. I have been trying to ____ sugar since my doctor said my levels were too high.

Answer: cut down on

2. Thai ____ is one of my favourites — I love the spicy flavours.

Answer: cuisine

3. The ____ at this restaurant are enormous. You could easily share one plate.

Answer: portions

4. She has a very poor _____. She eats a lot of fast food and very few vegetables.

Answer: diet

5. I ____ lunch yesterday because I had a meeting that went on all afternoon.

Answer: skipped

6. I like to ____ on nuts and fruit between meals instead of biscuits or crisps.

Answer: snack

7. This salad is very _____. It has quinoa, chickpeas, and lots of fresh vegetables.

Answer: nutritious

8. We decided to ____ to celebrate her birthday. We went to an Italian restaurant.

Answer: eat out

Exercise 4: Matching

1. batch cooking → 1

Preparing large amounts of food at one time to eat over several days

2. plant-based → 2

Containing only food that comes from plants such as vegetables and grains

3. cut down on → 3

To reduce the amount of something you eat or drink

4. takeaway → 4

A meal bought from a restaurant and taken home to eat

5. in moderation → 5

In reasonable amounts — not too much of something

6. appetite → 6

The desire or wish to eat food

7. ingredient → 7

One of the individual foods used to make a dish or recipe

8. nutritious → 8

Full of the substances your body needs to stay healthy

Exercise 5: Gap Fill

1. I do ____ every Sunday. It means I have meals ready for the whole week.

Answer: batch cooking

2. The main ____ in this dish is chickpeas. It is a very simple recipe.

Answer: ingredient

3. She decided to ____ caffeine because she was not sleeping well.

Answer: cut down on

4. I do not have much ____ today. I think I might be getting a cold.

Answer: appetite

5. Chocolate is fine _____. You do not have to cut it out completely.

Answer: in moderation

6. I try to follow a ____ with plenty of vegetables, protein, and whole grains.

Answer: balanced diet

7. We often ____ on Friday evenings. There is a great Thai restaurant near our house.

Answer: eat out

8. Too much ____ is bad for your health because it contains a lot of sugar and salt.

Answer: processed food

Exercise 6: Word Sort

Cooking and food preparation:

batch cooking, plant-based, ingredient, nutritious, processed food

Healthy eating:

balanced diet, cut down on, in moderation, protein, vegetarian

Eating habits:

eat out, takeaway, snack, skip, appetite

Exercise 7: Complete the Dialogue

1. Emma: I have been thinking about improving my ____.

Answer: diet

2. Luis: The first step is to ____ sugar.

Answer: cut down on

3. Luis: Try ____ at the weekend. I prepare four or five meals on Sunday.

Answer: batch cooking

4. Emma: Are the meals still ____ after a few days in the fridge?

Answer: nutritious

5. Luis: You can still enjoy treats ____.

Answer: in moderation

6. Emma: I have no ____ for salads, to be honest. I need something more filling.

Answer: appetite