

Daily English Vocabulary - Lesson 2: Food and Drink

Level: B1 | Everyday English | Student Worksheet

Vocabulary

Flavour, texture and cooking

umami (noun)	A deep, savoury taste found in aged cheese, mushrooms, and soy sauce.	<i>"The umami in this miso broth comes from the fermented soybean paste."</i>
pungent (adjective)	Having a strong, sharp smell or taste.	<i>"Blue cheese has a pungent flavour that not everyone enjoys."</i>
fermented (adjective)	Describing food that has undergone controlled bacterial or yeast activity, changing its flavour and preserving it.	<i>"Fermented foods like kimchi and yoghurt are beneficial for gut health."</i>
refined (adjective)	Processed to remove impurities; also used to describe sophisticated, discerning tastes.	<i>"She has quite refined tastes and prefers artisan produce to mass-market food."</i>
indulgent (adjective)	Allowing yourself to enjoy something rich or pleasurable, often without restraint.	<i>"We shared an indulgent dessert — dark chocolate mousse with salted caramel."</i>
wholesome (adjective)	Naturally good for you in terms of nutrition; plain and nourishing.	<i>"She prefers wholesome, home-cooked meals to processed convenience food."</i>

Food culture and eating habits

food miles (noun)	The distance food travels from where it is produced to where it is consumed.	<i>"Buying local produce reduces food miles and supports nearby farmers."</i>
seasonal eating (noun phrase)	The practice of eating foods naturally available at a particular time of year.	<i>"Seasonal eating means enjoying strawberries in summer rather than buying them in December."</i>
foraging (noun/verb)	Searching for and gathering wild food such as berries, mushrooms, or edible plants.	<i>"She goes foraging for wild garlic and nettles in the woods near her home."</i>
mindful eating (noun phrase)	Paying full attention to the experience of eating — taste, texture, and hunger cues.	<i>"Mindful eating helped her recognise when she was full, which reduced overeating."</i>
culinary (adjective)	Relating to cooking and the preparation of food.	<i>"He trained at a prestigious culinary school in Lyon."</i>
artisan (adjective)	Made in a traditional, skilled way by hand rather than through industrial processes.	<i>"The market sells artisan bread baked fresh each morning."</i>

Attitudes and relationship with food

comfort eating (noun phrase)	Eating in response to negative emotions rather than physical hunger.	<i>"Comfort eating can become a problem when it is the only way you manage stress."</i>
food intolerance (noun phrase)	A difficulty digesting certain foods that causes uncomfortable symptoms.	<i>"She developed a food intolerance to gluten in her late twenties."</i>
ethical (adjective)	Morally correct; relating to choices that consider animal welfare, environmental impact, and fair trade.	<i>"He only buys ethical coffee that is certified as fair trade."</i>
overconsumption (noun)	Eating or consuming more than is needed or beneficial.	<i>"Overconsumption of ultra-processed foods is linked to a range of health problems."</i>
moderation (noun)	The quality of avoiding extremes; eating a varied range of foods in reasonable amounts.	<i>"The key to a healthy diet is moderation — no food needs to be completely forbidden."</i>
intuitive eating (noun phrase)	An approach based on listening to your body's natural hunger and fullness signals.	<i>"Intuitive eating encourages you to eat what your body genuinely needs."</i>

Exercise 1: Listening

Listen to the conversation. Then answer the questions. Some questions ask about attitude and implied meaning.

Conversation

Interviewer: You work as a food writer but have been open about your complicated relationship with food.

Layla: For most of my twenties, food was something I felt anxious about. I was very caught up in rules about what I should and should not eat.

Interviewer: What changed?

Layla: Becoming a food writer. When your job is to eat thoughtfully, you start to appreciate food differently. You slow down. You pay attention.

Interviewer: So the work became a kind of mindful eating practice?

Layla: Exactly. And I became interested in where food comes from — the ethics, the environmental cost, the people who produce it. That shifted my focus from restriction to curiosity.

Interviewer: Is there a tension between being a food writer and eating ethically?

Layla: There is. But moderation is more useful than abstinence. I eat indulgent food, but try to make thoughtful choices most of the time.

Interviewer: You write about culinary traditions from different cultures. What draws you to that?

Layla: The stories behind the food. Every dish carries a history. When I understand why a cuisine developed the way it did, the food tastes more meaningful.

Interviewer: Do you still experience comfort eating?

Layla: Of course. But I have learned to distinguish between eating because I am genuinely hungry and eating to manage an emotion.

Circle the correct answer.

1. What was Layla's relationship with food like in her twenties?

a) She ate indulgently. b) She felt anxious and caught up in dietary rules. c) She was already interested in ethical eating. d) She had no strong feelings about food.

2. How did becoming a food writer change her approach?

a) It made her more anxious. b) It encouraged a stricter diet. c) It made her slow down and pay attention to food. d) It led her to give up indulgent food.

3. What shifted her focus from restriction to curiosity?

a) Learning to cook professionally. b) Becoming interested in where food comes from and its ethics. c) Studying culinary traditions. d) Reading about mindful eating.

4. How does Layla resolve the tension between indulgent food and ethical eating?

a) She avoids all indulgent food. b) She believes in complete abstinence. c) She practises moderation and makes thoughtful choices most of the time. d) She only eats food that is both indulgent and ethically sourced.

5. What does she say changes when she understands why a cuisine developed the way it did?

a) She finds it less appealing. b) The food tastes more meaningful to her. c) She eats smaller portions. d) She becomes more critical.

6. What does Layla imply about comfort eating?

a) She has overcome it. b) It is always harmful. c) It is universal but awareness changes your relationship with it. d) It only affects people with difficult childhoods.

Exercise 2: Multiple Choice

Circle the correct answer. Options may be close in meaning - read carefully.

1. She only buys ____ coffee that is fairly traded and produced without exploitation.

a) indulgent b) culinary c) ethical d) wholesome

2. The restaurant prides itself on using ____ ingredients — everything is made by hand in small batches.

a) fermented b) artisan c) refined d) pungent

3. ____ means paying attention to what and how you eat, rather than rushing through meals.

a) Comfort eating b) Foraging c) Seasonal eating d) Mindful eating

4. He has quite ____ tastes and prefers small-batch wine and aged artisan cheese.

a) refined b) pungent c) indulgent d) wholesome

5. Eating ____ reduces your reliance on imported produce and helps you make the most of each season.

a) ethically b) intuitively c) mindfully d) seasonally

6. The strong, ____ smell of blue cheese puts many people off, but those who love it find it irresistible.

a) wholesome b) culinary c) pungent d) fermented

7. ____ encourages you to eat what your body genuinely needs, rather than following a strict plan.

a) Comfort eating b) Intuitive eating c) Seasonal eating d) Mindful eating

8. There has been a growing movement to reduce ____ in wealthy countries, where food waste is particularly high.

a) overconsumption b) moderation c) comfort eating d) food intolerance

Exercise 3: Matching

Match each word or phrase (A) to its definition (B). Write the correct number on the line.

A - Word / Phrase	B - Meaning
1. umami ____	2. The distance food travels from where it is produced to where it is consumed
2. food miles ____	5. Describing food that has undergone bacterial or yeast activity to alter its flavour and preserve it
3. foraging ____	4. Eating in response to negative emotions rather than physical hunger
4. comfort eating ____	7. Naturally nourishing and good for you; plain and honest in quality
5. fermented ____	1. A deep, savoury taste found in foods like aged cheese, mushrooms, and fermented soy
6. intuitive eating ____	6. An approach to food based on listening to your body's natural hunger and fullness signals
7. wholesome ____	8. The practice of eating foods that are naturally available at a particular time of year
8. seasonal eating ____	3. Searching for and gathering wild food such as berries and mushrooms from natural environments

Exercise 4: Gap Fill

Choose the correct word or phrase from the box to complete each sentence.

Word Bank: foraging | artisan | Comfort eating | ethical | food intolerance | moderation | culinary | food miles

1. She went ____ in the forest and came back with a basket of wild mushrooms and nettles.
2. The market sells ____ bread and cheese made by local producers using traditional methods.
3. ____ is often a response to stress or anxiety rather than genuine hunger.
4. He made ____ choices about food — he only bought products that were fairly traded.
5. She has developed a ____ to dairy and has to avoid milk, cheese, and yoghurt.
6. The key is not to deprive yourself but to practise ____ — eat a wide variety of foods in sensible amounts.
7. He is passionate about ____ traditions and travels the world learning how different cultures prepare food.

8. Reducing ____ is one of the simplest ways to lower the environmental impact of your diet.

Exercise 5: Sentence Transformation

Rewrite each sentence using the word given. Do not change the meaning.

1. She eats food to manage her emotions rather than because she is hungry.

Key word: COMFORT EATING

2. He only buys food that has been produced and traded in a morally responsible way.

Key word: ETHICAL

3. She collects wild mushrooms and herbs from the woods near her house.

Key word: FORAGING

4. He eats whatever his body tells him it needs rather than following a specific diet plan.

Key word: INTUITIVE EATING

5. Buying food that is produced locally reduces the distance it needs to travel.

Key word: FOOD MILES

6. She pays close attention to the taste and texture of her food and only eats when genuinely hungry.

Key word: MINDFUL EATING

Exercise 6: Error Identification

Each sentence contains one error, or no error at all. Underline the error if there is one and write a correction or "No error" on the line.

1. She went foraging in the woodland and found a variety of edible mushrooms and wild garlic.

Correction / No error: _____

2. He has a food intolerance to gluten and avoids bread, pasta, and most baked goods.

Correction / No error: _____

3. Overconsumption of highly processed food are linked to obesity and related health conditions.

Correction / No error: _____

4. She has refined culinary tastes and prefers small-batch artisan produce to mass-market alternatives.

Correction / No error: _____

5. Mindful eating involves slow down and paying attention to the sensory experience of each meal.

Correction / No error: _____

6. Buying seasonal produce reduces food miles and supports local farmers at the same time.

Correction / No error: _____

7. He is passionate about the ethic of food production and only buys fairly traded products.

Correction / No error: _____

8. She practises intuitive eating and only eats when she feels genuinely hungry, stopping when full.

Correction / No error: _____

Exercise 7: Paragraph Gap Fill

Read the extract and write the correct word or phrase in each gap. Choose from the options given below each gap.

There has been a quiet revolution in how people think about food. Where once the dominant conversation was about (1) ____ technique and flavour, many of us are now equally concerned with where our food comes from.

Gap 1 options: culinary / ethical / seasonal / artisan

We want food that is (2) ____: nourishing, honest, and produced without harm.

Gap 2 options: wholesome / indulgent / pungent / fermented

This shift has driven interest in practices like (3) ____, where people gather wild food directly from their natural environment.

Gap 3 options: foraging / seasonal eating / mindful eating / comfort eating

The motivation is often to reduce (4) ____ — the environmental cost of transporting food across the world.

Gap 4 options: food miles / overconsumption / moderation / food intolerance

The most sustainable approach is (5) ____: making thoughtful choices where you can, without becoming rigid.

Gap 5 options: moderation / overconsumption / intuitive eating / comfort eating

Choose (6) ____ products where possible, eat seasonally, and pay attention to the stories behind what you are putting on your plate.

Gap 6 options: ethical / culinary / seasonal / artisan

TEACHER ANSWER KEY

Do Not Distribute to Students

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Exercise 1: Listening

1. What was Layla's relationship with food like in her twenties?

Answer: She felt anxious and caught up in dietary rules.

2. How did becoming a food writer change her approach?

Answer: It made her slow down and pay attention to food.

3. What shifted her focus from restriction to curiosity?

Answer: Becoming interested in where food comes from and its ethics.

4. How does Layla resolve the tension between indulgent food and ethical eating?

Answer: She practises moderation and makes thoughtful choices most of the time.

5. What does she say changes when she understands why a cuisine developed the way it did?

Answer: The food tastes more meaningful to her.

6. What does Layla imply about comfort eating?

Answer: It is universal but awareness changes your relationship with it.

Exercise 2: Multiple Choice

1. She only buys ___ coffee that is fairly traded and produced without exploitation.

Answer: ethical

2. The restaurant prides itself on using ___ ingredients — everything is made by hand in small batches.

Answer: artisan

3. ___ means paying attention to what and how you eat, rather than rushing through meals.

Answer: Mindful eating

4. He has quite ___ tastes and prefers small-batch wine and aged artisan cheese.

Answer: refined

5. Eating ___ reduces your reliance on imported produce and helps you make the most of each season.

Answer: seasonally

6. The strong, ___ smell of blue cheese puts many people off, but those who love it find it irresistible.

Answer: pungent

7. ___ encourages you to eat what your body genuinely needs, rather than following a strict plan.

Answer: Intuitive eating

8. There has been a growing movement to reduce ___ in wealthy countries, where food waste is particularly high.

Answer: overconsumption

Exercise 3: Matching

1. umami -> 1

A deep, savoury taste found in foods like aged cheese, mushrooms, and fermented soy

2. food miles -> 2

The distance food travels from where it is produced to where it is consumed

3. foraging -> 3

Searching for and gathering wild food such as berries and mushrooms from natural environments

4. comfort eating -> 4

Eating in response to negative emotions rather than physical hunger

5. fermented -> 5

Describing food that has undergone bacterial or yeast activity to alter its flavour and preserve it

6. intuitive eating -> 6

An approach to food based on listening to your body's natural hunger and fullness signals

7. wholesome -> 7

Naturally nourishing and good for you; plain and honest in quality

8. seasonal eating -> 8

The practice of eating foods that are naturally available at a particular time of year

Exercise 4: Gap Fill

1. She went ___ in the forest and came back with a basket of wild mushrooms and nettles.

Answer: foraging

2. The market sells ___ bread and cheese made by local producers using traditional methods.

Answer: artisan

3. ___ is often a response to stress or anxiety rather than genuine hunger.

Answer: Comfort eating

4. He made ___ choices about food — he only bought products that were fairly traded.

Answer: ethical

5. She has developed a ___ to dairy and has to avoid milk, cheese, and yoghurt.

Answer: food intolerance

6. The key is not to deprive yourself but to practise ___ — eat a wide variety of foods in sensible amounts.

Answer: moderation

7. He is passionate about ___ traditions and travels the world learning how different cultures prepare food.

Answer: culinary

8. Reducing ___ is one of the simplest ways to lower the environmental impact of your diet.

Answer: food miles

Exercise 5: Sentence Transformation

Accept any answer preserving the meaning and using the key word correctly. Suggested answers below.

1. She eats food to manage her emotions rather than because she is hungry.

Key word: COMFORT EATING

Suggested: She engages in comfort eating rather than eating because she is hungry.

Also accept: She uses comfort eating to manage her emotions rather than eating out of hunger.

2. He only buys food that has been produced and traded in a morally responsible way.

Key word: ETHICAL

Suggested: He only buys ethical food.

Also accept: He makes ethical choices about the food he buys.

3. She collects wild mushrooms and herbs from the woods near her house.

Key word: FORAGING

Suggested: She goes foraging for wild mushrooms and herbs in the woods near her house.

Also accept: She forages for wild mushrooms and herbs near her house.

4. He eats whatever his body tells him it needs rather than following a specific diet plan.

Key word: INTUITIVE EATING

Suggested: He practises intuitive eating rather than following a specific diet plan.

Also accept: He follows intuitive eating principles rather than a specific diet plan.

5. Buying food that is produced locally reduces the distance it needs to travel.

Key word: FOOD MILES

Suggested: Buying locally produced food reduces food miles.

Also accept: Buying food locally reduces food miles.

6. She pays close attention to the taste and texture of her food and only eats when genuinely hungry.

Key word: MINDFUL EATING

Suggested: She practises mindful eating paying attention to the taste and texture of her food.

Also accept: She practises mindful eating only eating when she is genuinely hungry.

Exercise 6: Error Identification

1. She went foraging in the woodland and found a variety of edible mushrooms and wild garlic.

Answer: No error.

2. He has a food intolerance to gluten and avoids bread, pasta, and most baked goods.

Answer: No error.

3. Overconsumption of highly processed food are linked to obesity and related health conditions.

Error: "are" -> "is" | Subject-verb agreement error — overconsumption is singular so the verb should be is, not are.

4. She has refined culinary tastes and prefers small-batch artisan produce to mass-market alternatives.

Answer: No error.

5. Mindful eating involves slow down and paying attention to the sensory experience of each meal.

Error: "slow" -> "slowing" | Grammar error — after involves, verbs take the -ing form; slow should be slowing.

6. Buying seasonal produce reduces food miles and supports local farmers at the same time.

Answer: No error.

7. He is passionate about the ethic of food production and only buys fairly traded products.

Error: "ethic" -> "ethics" | Wrong form — the correct noun is ethics not ethic when referring to moral principles.

8. She practises intuitive eating and only eats when she feels genuinely hungry, stopping when full.

Answer: No error.

Exercise 7: Paragraph Gap Fill

Gap 1: culinary

Gap 2: wholesome

Gap 3: foraging

Gap 4: food miles

Gap 5: moderation

Gap 6: ethical