

5 Eat Up!

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- 5.1 **eat up** (phr v) /i:t ʌp/
eat all of sth • *Mum told us to eat up our vegetables.*

Word Focus

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- 5.2 **condiment** (n) /'kɒndɪmənt/
a substance added to food for flavour eg salt, ketchup • *The child's favourite condiments are mustard and ketchup.*
- 5.3 **stunt** (v) /stʌnt/
prevent from growing or developing properly • *A lack of food stunted the child's growth.*
- 5.4 **fatty acid** (n) /'fæti 'æsɪd/
an acid that the cells in your body need to function properly • *Olive oil is rich in unsaturated fatty acids.*
- 5.5 **cognition** (n) /kɒg'nɪʃn/
the process by which knowledge and understanding are developed in the brain • *The child psychologist set the child some puzzles to study his cognition.*
- 5.6 **craving** (n) /'kreɪvɪŋ/
a strong desire for sth, usually food • *She has to resist a craving for chocolate if she wants to lose weight.* > crave (v)
- 5.7 **pig out** (phr v) /pɪg aʊt/
eat to excess • *I pigged out at supper and now I'm really full.*
- 5.8 **obesity** (n) /əʊ'bi:zɪti/
the condition of being very overweight • *Obesity is a serious problem in the Western world, where people eat too much.*
> obese (adj)

Reading

pages 58-59

- 5.9 **savoury** (adj) /'seɪvəri/
salty • *The best savoury dish you served was the pizza.* 🍷 Opp: sweet
- 5.10 **peckish** (adj) /'pekɪʃ/
a little hungry • *If you're peckish, why not have a banana?* > peck (v)
- 5.11 **cut down on** (phr v) /kʌt daʊn ɒn/
reduce • *He cut down on sweets and lost a kilo.*
- 5.12 **processed food** (n) /'prəʊsest fu:ɪd/
prepared food, often in tins or packets • *These processed foods are easy to prepare in the microwave but not that good for you.*
- 5.13 **pile on** (phr v) /paɪl ɒn/
put on a lot of (weight) • *She piled on 15 kilos when she was pregnant.*

- 5.14 **pound** (n) /paʊnd/
a measurement of weight (1 kilo = 2.2 pounds)
• *It took me six months to lose 20 pounds.*
- 5.15 **lace with** (phr v) /leɪs wɪð/
add an ingredient to a drink or dish to enhance its flavour or strength • *The dessert was laced with an orange liqueur and smelled wonderful.*
- 5.16 **play havoc** (expr) /pleɪ 'hævək/
create a very confusing and possibly dangerous situation • *The medicine she was allergic to played havoc with her health.*
- 5.17 **navigate** (v) /'nævɪgeɪt/
find your position and the direction you need to go in • *We navigated through the busy streets using a map.* > navigator (n), navigation (n)
- 5.18 **maze** (n) /meɪz/
a complex system of paths • *We got lost in the maze and couldn't find the way out.*
- 5.19 **swap** (v) /swɒp/
change one thing for another • *I swapped biscuits for fruit and feel much better.*
- 5.20 **flaxseed** (n) /'flæksi:d/
the seed of a Mediterranean plant with small blue flowers • *You can use flaxseed oil to dress salads.*
- 5.21 **antioxidant** (n) /æntɪ'ɒksɪdənt/
substance which inhibits oxidation • *Berries are rich in antioxidants so add them to your diet.*
- 5.22 **consumption** (n) /kən'sʌmpʃn/
eating or drinking sth • *Your consumption of coffee is excessive, which is why you cannot sleep.* > consume (v), consumer (n)
- 5.23 **counterpart** (n) /'kaʊntəpɑ:t/
sb/sth that has the same job or function as sth/sb else in a different organisation or place • *The head of the accounts department spoke to his counterpart in the US office to discuss finance.*
- 5.24 **fizzy** (adj) /'fɪzi/
with bubbles • *I'll have a fizzy lemonade, please.* > fizz (v, n)
- 5.25 **quench one's thirst** (expr) /kwentʃ wʌnz θɜ:st/
drink so one is no longer thirsty • *This mineral water really quenches your thirst.*
- 5.26 **run the risk** (expr) /rʌn ðə rɪsk/
do sth that could harm you • *You run the risk of getting sick if you don't eat well or exercise.*
- 5.27 **sufficient** (adj) /sə'fɪʃənt/
enough • *There is sufficient calcium in a glass of milk for your daily needs.* > sufficiently (adv), suffice (v) 🍷 Opp: insufficient

- 5.28** **chew** (v) /tʃuː/
bite food into small pieces so it is easier to swallow • *Chew your food properly before you swallow it.*
- 5.29** **shed** (v) /ʃed/
lose • *I shed six kilos when I went on a diet.*
- 5.30** **banish** (v) /'bæniʃ/
get rid of • *You should banish thoughts of treats during this strict diet.* > banishment (n)
- 5.31** **exposure** (n) /ɪks'pəʊʒə/
having no protection from sth harmful • *Too much exposure to the sun is bad for your skin.* > expose (v)
- 5.32** **habituation** (n) /hæbɪtuː'eɪʃn/
the act or process of becoming used to sth • *She studies the habituation of teenagers to violence.* > habituate (v), habituated (adj)
- 5.33** **deter** (v) /dɪ'tɜː/
make sb not want to do sth • *The fear of being caught by their mum deterred the boys from stealing biscuits.* > deterrent (n)
- 5.34** **urge** (n) /ɜːdʒ/
a strong desire to do sth • *He had an urge to drink coffee as he walked past the coffee shop.* > urge (v)

Vocabulary

pages 60-61

- 5.35** **cuisine** (n) /kwɪ'ziːn/
a style of cooking • *French cuisine is famous for its rich sauces.*
- 5.36** **culinary** (adj) /'kʌlɪnəri/
to do with cooking • *He is interested in doing a culinary course as he wants to be a chef.*
- 5.37** **simmer** (v) /'sɪmə/
boil gently • *I'll simmer the potatoes in water for 10 minutes until they are soft.*
- 5.38** **chop** (v) /tʃɒp/
cut into pieces • *He chopped the onion into small pieces.* > chop (n)
- 5.39** **grate** (v) /ɡreɪt/
cut into very small pieces using a tool with a rough surface • *I'll grate some carrots for the salad.* > grater (n)
- 5.40** **blend** (v) /blend/
mix together substances to form a single smooth substance • *The chef blended the onion and potato to make soup.* > blender (n)
- 5.41** **whet one's appetite** (expr)
/wet wʌnz 'æpɪtaɪt/
increase one's appetite • *The smell of freshly cooked bread always whets my appetite.*
- 5.42** **sip** (v) /sɪp/
drink slowly by taking small mouthfuls • *She sipped her hot tea.* > sip (n)

- 5.43** **nibble** (v) /'nɪbl/
eat small amounts by taking very small bites • *The mouse nibbled the piece of cheese.* > nibble (n)
- 5.44** **munch** (v) /mʌntʃ/
eat/chew noisily • *He munched his apple.*
- 5.45** **gobble** (v) /'ɡɒbl/
eat quickly and greedily • *The boy was so hungry he gobbled his supper in two minutes.*
- 5.46** **sour** (adj) /'saʊə/
with an acid taste like lemon or vinegar • *He made a face when he tasted the sour sauce.* > sourness (n)
- 5.47** **tart** (adj) /tɑːt/
sharp or acid in taste • *The berries were not ripe, so they tasted quite tart.* > tartness (n)
- 5.48** **acidic** (adj) /æ'sɪdɪk/
sharp-tasting or sour • *I don't add vinegar to my salads because acidic food makes my stomach ache.* > acidity (n), acid (n)
- 5.49** **ravenous** (adj) /'rævənəs/
very hungry • *He hadn't eaten all day, so he was ravenous.*
- 5.50** **famished** (adj) /'fæmɪʃt/
very hungry • *I'm famished. Let's eat.*
- 5.51** **feast** (n) /fiːst/
a large special meal • *The wedding feast finished with profiteroles for dessert.* > feast (v)
- 5.52** **banquet** (n) /'bæŋkwɪt/
a special formal meal • *Delicious food was served at the banquet held for the king and queen.*
- 5.53** **spread** (n) /sprɛd/
a large meal with many different dishes • *What a spread! Look at all this delicious food!*
- 5.54** **poach** (v) /pəʊtʃ/
cook in boiling water (usually eggs) • *He cracked the egg, dropped it in boiling water and poached it.* > poached (adj)
- 5.55** **blanch** (v) /blɑːntʃ/
cook quickly in boiling water • *Blanch the spinach for thirty seconds in boiling water.* > blanched (adj)
- 5.56** **stale** (adj) /steɪl/
not fresh • *This bread is dry and stale so don't eat it.* > staleness (n) ☞ Opp: fresh
- 5.57** **mouldy** (adj) /'məʊldi/
old and covered in a blue or green substance that grows on old food • *I'm not eating this mouldy cheese!* > mould (n)
- 5.58** **off** (adj) /ɒf/
no longer fresh • *The milk must be off because it smells awful.*
- 5.59** **bland** (adj) /blænd/
without much flavour • *If the dish is too bland, you can add some spices.* > blandness (n)

- 5.60** **scrumptious** (adj) /'skrʌmʃəs/
really delicious • *May I have another of those scrumptious cupcakes?*
- 5.61** **appetising** (adj) /'æpɪtaɪzɪŋ/
looking and smelling delicious • *The pies in this bakery look very appetising.* > appetite (n)
- 5.62** **portion** (n) /'pɔːʃn/
an amount of food for one person • *I had a large portion of soup as it was so good.*
- 5.63** **helping** (n) /'helpɪŋ/
an amount of food served to a person at a meal • *Would you like another helping of mashed potato?*
- 5.64** **serving** (n) /'sɜːvɪŋ/
an amount of food for one person • *I helped myself to a serving of lasagne.* > serve (v)
- 5.65** **platter** (n) /'plætə/
a large serving dish • *There was a variety of shellfish arranged on the platter.*
- 5.66** **dishcloth** (n) /'dɪʃklɒθ/
a towel you dry dishes with • *I use this cotton dishcloth to dry the plates.*
- 5.67** **napkin** (n) /'næpkɪn/
a piece of material or paper you use to wipe your hands and mouth when you eat • *Don't forget to put napkins out when you lay the table.*
- 5.68** **cultivate** (v) /'kʌltɪveɪt/
grow • *Olives have been cultivated in Greece from ancient times.* > cultivation (n)
- 5.69** **harvest** (v) /'hɑːvɪst/
cut or collect a crop • *The apples will be harvested in October, when they are ripe.* > harvest (n)
- 5.70** **covering** (n) /'kʌvərɪŋ/
sth that covers sth else • *There is a covering of snow on the ground this morning.* > cover (v, n)
- 5.71** **topping** (n) /'tɒpɪŋ/
sth you put on top of food to make it taste better • *The pizza toppings are cheese, tomato and ham.* > top (v, n)
- 5.72** **stable** (adj) /'steɪbl/
unlikely to change • *His health is stable now so he is out of danger.* > stability (n)
- 5.73** **staple** (adj) /'steɪpl/
Staple food is food that forms the basic part of your diet. • *Bread is a staple food in European cuisine.*
- 5.74** **eatable** (adj) /'iːtəbl/
tasty to eat • *This banana is very ripe but it's still eatable.* > eat (v)
- 5.75** **edible** (adj) /'edɪbl/
safe to eat • *Potato leaves are not edible and will make you sick if you eat them.* ☞ Opp: inedible
- 5.76** **flavouring** (n) /'fleɪvərɪŋ/
a substance added to food to give it a particular flavour • *Add a flavouring like vanilla essence to the cake mixture.* > flavour (n, v)
- 5.77** **dissolve** (v) /dɪ'səʊlv/
mix with liquid and become part of it • *The salt dissolved quickly in the boiling water.*
- 5.78** **extract** (v) /'ekstrækt/
remove • *Oil is extracted from rose petals to use for perfume.* > extract (n)
- 5.79** **ethnic** (adj) /'eθnɪk/
from faraway or exotic countries • *I buy ethnic food from this international supermarket.* > ethnicity (n)
- 5.80** **per capita** (adv) /pə 'kæpɪtə/
for each person • *What is the average income per capita in this country?*
- 5.81** **leftovers** (pl n) /'left,əʊvəz/
food not eaten by the end of a meal • *There are some leftovers in the pot which we can heat up and eat tomorrow.*
- 5.82** **scraps** (pl n) /skræps/
food left on sb's plate • *Mum gave the chicken scraps from our plates to the cat.*
- 5.83** **beverage** (n) /'bevərɪdʒ/
a drink • *She often has a hot beverage like tea or coffee in the morning.*
- 5.84** **soft drink** (n) /sɒft drɪŋk/
a drink that has no alcohol • *They serve soft drinks here, so would you like an orangeade?*
- 5.85** **sharp** (adj) /ʃɑːp/
with a taste like lemon • *This juice is so sharp I'll have to add some sugar.* > sharpness (n)
- 5.86** **beat** (v) /bi:t/
mix with circular motions, often with a fork • *I beat the egg whites to make meringue.*
- 5.87** **crack** (v) /kræk/
break • *She cracked two eggs into a bowl and threw away the shells.* > crack (n)
- 5.88** **vigorously** (adv) /'vɪgərəsli/
with energy • *Beat the milk vigorously to make it frothy for your latte.* > vigorous (adj)
- 5.89** **pack away** (phr v) /pæk ə'weɪ/
eat a lot of food • *He can pack away two steaks in one meal.*
- 5.90** **dine out** (phr v) /daɪn aʊt/
eat at a restaurant • *Let's dine out at a Chinese restaurant tonight.*
- 5.91** **live on** (phr v) /lɪv ɒn/
eat a particular type of food to live • *The students lived on sandwiches because they didn't know how to cook.*
- 5.92** **pick at** (phr v) /pɪk æt/
eat only a little because you do not feel hungry or you do not like the food • *The little boy picked at his vegetables because he didn't want to eat them.*
- 5.93** **polish off** (phr v) /'pɒlɪʃ ɒf/
finish all of a particular dish or portion of food • *We polished off a whole chicken for lunch.*

- 5.94 tuck in** (phr v) /tʌk ɪn/
start eating enthusiastically • *Supper is served. Tuck in everyone.*
- 5.95 warm up** (phr v) /wɔːm ʌp/
heat food that has already been cooked
• *He warmed up yesterday's leftovers in the microwave.*
- 5.96 whip up** (phr v) /wɪp ʌp/
prepare a meal very quickly • *I whipped up an omelette for supper.*
- 5.97 wake up and smell the coffee** (expr) /weɪk ʌp ænd smel ðə 'kɒfi/
used to tell sb to become aware of what is happening • *Wake up and smell the coffee. He simply doesn't like you!*
- 5.98 brew** (v) /bruː/
prepare a hot beverage • *I'll brew some coffee for breakfast.*
- 5.99 have one's cake and eat it too** (expr) /hæv wʌnz keɪk ænd iːt ɪt tuː/
have the advantages of sth without its disadvantages • *He wanted to have his cake and eat it too – to be independent and live with his parents for free.*
- 5.100 the best thing since sliced bread** (expr) /ðə best θɪŋ sɪnz slaɪst bred/
used to say that sth new is very good • *They think Mary is wonderful; in fact, they think she's the best thing since sliced bread.*
- 5.101 spiced** (adj) /spaɪst/
with spices • *This spiced sauce is delicious; it's got cinnamon and paprika.* > spice (n)
- 5.102 diced** (adj) /daɪst/
cut into cubes • *The cheese must be diced before you put it in the salad.* > dice (v)
- 5.103 there's no use crying over spilt milk** (expr) /ðeəz nəʊ juːz 'kraɪɪŋ 'əʊvə spɪlt mɪlk/
used to say it is not worth feeling sorry about an earlier mistake that you cannot change
• *You've burnt the dinner, but there's no use crying over spilt milk. We'll just order a pizza.*
- 5.104 spoiled** (adj) /spɔɪlt/
bad, so it cannot be eaten • *I didn't put the yoghurt in the fridge and now it's spoiled.*
> spoil (v)
- 5.105 split** (adj) /splɪt/
divided • *This chocolate bar split in two is a big enough snack for both of us.*
- 5.106 have egg on one's face** (expr) /hæv eg ɒn wʌnz feɪs/
look foolish • *He made a stupid mistake. Now he has egg on his face.*
- 5.107 you are toast** (expr) /juː aː təʊst/
you are in trouble • *If you break my bike, you're toast.*
- 5.108 roast** (n) /rəʊst/
meat cooked in the oven • *We had roast for Sunday lunch.*
- 5.109 oats** (pl n) /əʊts/
grain used for making cereal or porridge
• *Oats for breakfast give you a good start to the day.*
- 5.110 full of beans** (expr) /fʊl ɒv biːnz/
energetic • *Jack is full of beans and is running around the garden.*
- 5.111 raisin** (n) /'reɪzən/
a dried red grape • *There are raisins in this fruit cake.*
- 5.112 a hot potato** (expr) /ə hɒt pə'teɪtəʊ/
a problem nobody wants to deal with
• *The economic crisis is a hot potato that no politician wants to be responsible for.*
- 5.113 sizzling** (adj) /'sɪzliŋ/
very hot • *She served sizzling burgers straight off the barbecue.* > sizzle (v)
- 5.114 skim** (v) /skɪm/
remove sth from the surface of a liquid • *He skimmed the froth off the water that the beans were boiling in.* > skimmed (adj)
- 5.115 nutrient** (n) /'njuːtriənt/
a substance that helps things grow • *There are many nutrients in fruit so always include them in your diet.* > nutrition (n), nutritious (adj)
- 5.116 supplement** (n) /'sʌplɪmənt/
a substance added to sb's diet to improve it • *She takes a vitamin supplement every morning.* > supplement (v)
- 5.117 digest** (v) /daɪ'dʒest/
change food you have eaten into substances that your body can use • *Fatty foods can be hard to digest.* > digestion (n)
- 5.118 disgraceful** (adj) /dɪs'ɡreɪsfl/
unacceptable; that people should feel ashamed about • *Your behaviour last night was disgraceful and you must apologise.*
> disgrace (n, v)
- 5.119 grain** (n) /ɡreɪn/
the seed of a plant such as wheat or rice • *Her diet is rich in grains, and she eats lots of bread and rice.*

Verbs for preparing food

beat	grate
blanch	poach
blend	simmer
chop	skim
crack	

Grammar

pages 62-63

- 5.120 **look down on** (phr v) /lʊk daʊn ɒn/
think that you are better than ab else • *He looks down on people who are not as clever as he is.*
- 5.121 **pull through** (phr v) /pʊl θruː/
recover from a very serious illness or injury
• *She got pneumonia, but she pulled through.*
- 5.122 **take after** (phr v) /teɪk 'ɑːftə/
look or behave like an older relative • *He takes after his grandfather in looks and personality.*
- 5.123 **clean sth out** (phr v) /kliːn 'sʌmθɪŋ aʊt/
clean sth thoroughly • *I clean the cupboards out every spring.*
- 5.124 **put up with** (phr v) /pʊt ʌp wɪð/
tolerate • *How can you put up with the noise from next door?*
- 5.125 **renovate** (v) /'renəʊveɪt/
repair an old building or furniture so that it is in good condition • *The old house needed renovating to modernise it.* > renovation (n)
- 5.126 **gulp** (v) /gʌlp/
drink very quickly • *She gulped her coffee and left quickly so as not to miss her train.*
> gulp (n)
- 5.127 **mussel** (n) /'mʌsəl/
a shellfish with a purple/black shell • *We ate mussels in a red sauce for the main course.*
- 5.128 **incident** (n) /'ɪnsɪdənt/
an event, often bad • *There was an incident in town today when two people got into a fist fight.*

Listening

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- 5.129 **cuttlefish** (n) /'kʌtlɪfɪʃ/
a sea animal with a soft body and a hard shell inside it • *I ordered fried cuttlefish at the Greek restaurant.*
- 5.130 **go off** (phr v) /gəʊ ɒf/
become bad to eat • *This fish has gone off so don't eat it.*
- 5.131 **peak condition** (phr) /piːk kən'dɪʃn/
the best physical state • *The athlete is in peak condition and hopes to win a gold medal.*
- 5.132 **cut out** (phr v) /kʌt aʊt/
omit; remove • *If you want to lose weight, cut out sugar from your diet.*
- 5.133 **chickpea** (n) /'tʃɪk piː/
a round seed that looks like a brown pea, and that is eaten as a vegetable • *Soak the chickpeas overnight in cold water before you boil them.*

- 5.134 **pulses** (pl n) /pʌlsɪz/
the seeds of plants such as peas, chickpeas and lentils • *Pulses are rich in protein.*

Hunger and thirst

consume	peckish
craving	quench one's thirst
famished	ravenous
gobble	sip
munch	starving
nibble	whet one's appetite

Speaking

page 65

- 5.135 **eat on the hoof** (expr) /iːt ɒn ðə huːf/
eat quickly while you are doing sth else • *I usually eat on the hoof while I work at my desk.*
- 5.136 **battery hen** (n) /'bætəri hen/
hen kept in a cage • *The battery hens on the farm were a sorry sight in their small cages.*
- 5.137 **free range** (adj) /friː reɪndʒ/
(for a farm animal) able to move around
• *Free range chicken is more expensive but at least the hens haven't been raised in cages.*
- 5.138 **subsistence farming** (n)
/sʌb'sɪstəns 'fɑːmɪŋ/
growing food for eating yourself rather than to sell it • *Many people turn to subsistence farming to feed their families during hard times.*

Writing:

a proposal

pages 66-67

- 5.139 **venue** (n) /'venjuː/
a place where an event takes place
• *The venue for the match is the Olympic Stadium.*
- 5.140 **festive** (adj) /'festɪv/
suitable for celebrating sth • *I love preparing food for festive occasions like birthdays.*
> festival (n)
- 5.141 **auditorium** (n) /ˌɔːdɪ'tɔːrɪəm/
the part of a theatre or concert hall where the audience sits • *The auditorium is full and there are no empty seats.*
- 5.142 **take in** (phr v) /teɪk ɪn/
include sth • *We took in a trip to the Acropolis Museum when we were in Athens.*

Phrasal verbs

clean sth out	pig out
cut down on	pile on
cut out	polish off
dine out	pull through
eat up	put up with
go off	take after sb
live on	take in
look down on sb	tuck in
pack away	warm up
pick at	whip up

Video 5: The Smelliest Fruit

page 68

- 5.143 odour** (n) /'əʊdə/
smell • *A terrible odour was coming from the dustbin.*
- 5.144 bedspread** (n) /'bed,spred/
a cover on top of bed sheets and blanket/duvet
• *She made the bed and then covered it with a bedspread.*
- 5.145 rotten** (adj) /'rɒtən/
decayed and so cannot be eaten • *The rotten fish smelt absolutely disgusting.* > rot (v, n)
- 5.146 smuggle** (v) /'smʌgl/
take sth secretly to a place where it is not allowed to be • *The little boy smuggled a kitten into the house without his mum knowing.*
- 5.147 custard** (n) /'kʌstəd/
a sweet sauce made from milk, sugar, eggs and flour • *We had apple pie and custard for dessert.*
- 5.148 charcoal** (n) /'tʃɑ:kəʊl/
a black substance formed from burning wood
• *He draws portraits in charcoal.*
- 5.149 absorb** (v) /əb'sɔ:b/
take in; soak up • *The rainwater was slowly absorbed by the ground.* > absorption (n)
- 5.150 ioniser** (n) /'aɪənəɪzə/
a machine that cleans the air in a room
• *She uses an ioniser to clear the air of dust because she has allergies.* > ionise (v)
- 5.151 contaminating** (adj) /kɒn'tæmɪneɪtɪŋ/
making dirty • *A contaminating smell of burning plastic came from the fire at the factory.* > contaminate (v), contamination (n)
- 5.152 ban** (v) /bæn/
not allow • *Smoking is banned here so please extinguish your cigarette.* > ban (n)