

## IELTS Food Vocabulary

### Part 1-style questions

Examiner: Do you like to cook?

Mandy: Not really no ... most of the time I eat **ready meals** and **take-aways** ... that's one of the reasons I love visiting my mum ... you can always guarantee lovely **home-cooked food** ...

Examiner: What time do you usually eat dinner?

Michelle: We have our **main meal** at around 7.00 ... I'm usually **starving hungry** by then ... in fact I often **grab a bite to eat** as soon as I get home from college ... a sandwich perhaps ... but not too much **to spoil my appetite** ...

Examiner: Are there any types of food you don't like?

Lionel: No not really ... I'm not **a fussy eater** at all ... actually I **eat like a horse** ... I do a lot of sport and **work up quite an appetite** ...

### Part 2-style task

Describe a restaurant that you like to use. You should say

- where this restaurant is
- what kind of food it serves
- how often you go there

and say why you like eating there so much.

Howard: OK ... this is a nice topic to talk about ... there's a restaurant just around the corner from where I live ... it's an Italian restaurant so as you'd expect you can eat various pasta dishes and pizzas and I usually go there with my family for **a slap-up meal** if we have anything to celebrate ... it's quite a posh restaurant ... the kind of place you would take someone if you wanted **to wine and dine** them ... we usually order **a 3-course meal** ... a light starter then a main dish ... and I have quite **a sweet tooth** so I always look forward to the dessert ... I usually order Tiramisu ... it **makes my mouth water** just to think about it ... I'm always totally **full up** by the end ... why do I enjoy it there ... well ... it's not cheap ... my parents always **foot the bill** and we couldn't afford to go there regularly so it's always a nice treat ...

### Part 3-style questions

Examiner: How can we encourage people to eat more healthily?

Anna: I think the best approach is to have everything in moderation ... **processed food** won't kill you if you only eat it occasionally ... but people should also be encouraged **to eat a balanced diet** ... try to cook fresh ingredients at home a few times a week ...

Examiner: Do you think people enjoy their food as much as they should?

Florrie: I don't know really ... I suppose it's true that people will often eat **a quick snack**

because they're bored not because they're **dying of hunger** ... and often they just **bolt it down** and don't savour it ... so yes ... perhaps we could take more time over our food ...

Examiner: Do you think cooking is a pleasure or a chore for people who have busy lives?

Julie: Well ... whether you **follow a recipe** or make something up as you go along ... I think cooking is a very creative process ... and cooking for other people is a particular pleasure ... there's nothing more satisfying than seeing people you love **tucking into** something you've cooked yourself ...

#### Definitions

- **to be full up**: to eat to the point that you can no longer eat any more
- **to be starving hungry**: an exaggerated way of saying you are very hungry
- **to bolt something down**: to eat something very quickly
- **to be dying of hunger**: an exaggerated way of saying you are hungry
- **to eat a balanced diet**: to eat the correct types and amounts of food
- **to eat like a horse**: to eat a lot
- **to follow a recipe**: to cook a meal using instructions
- **to foot the bill**: to pay the bill
- **a fussy eater**: somebody who has their own very high standards about what to eat
- **to grab a bite to eat**: to eat something quickly (when you're in a rush)
- **to have a sweet tooth**: to enjoy sugary food
- **home-cooked food**: food cooked at home from individual ingredients
- **the main meal**: the most important meal of the day, usually eaten in the evening
- **to make your mouth water**: to make you feel very hungry for something
- **to play with your food**: to push food around the plate to avoid eating it
- **processed food**: commercially prepared food bought for convenience
- **a quick snack**: to eat a small amount of food between meals
- **a ready meal**: see 'processed food'
- **a slap up meal**: a large meal
- **to spoil your appetite**: to eat something that will stop you feeling hungry when it's meal-time.
- **a take away**: a cooked meal prepared in a restaurant and eaten at home
- **to tuck into**: to eat something with pleasure
- **to wine and dine**: to entertain someone by treating them to food and drink
- **to work up an appetite**: to do physical work that leads to you becoming hungry

#### IELTS Speaking Vocabulary. Food

- **dine in**: dine at home. *We're dining in tonight.*
- **dine out**: dine at a restaurant. *We're dining out tonight.*
- **fussy eater**: someone who is very picky about the food and doesn't eat everything. *My husband is a fussy eater, and he's never pleased with my cooking.*

- **home-cooked food:** food cooked at home, usually implies that food is healthy. *Preparing home-cooked food is a good way to make a balanced meal.*
- **in a walking distance of:** close to. *I usually dine at a restaurant that's in a walking distance of my home.*
- **Italian cuisine:** traditional Italian food. You can also say French cuisine, Russian cuisine, Chinese cuisine and so on. *I adore pasta, pizza and Italian cuisine in general.*
- **more of a chore than a pleasure:** something you do rather unwillingly. *I think that cooking is more of a chore than a pleasure.*
- **mouth-watering:** delicious, appetizing.
- **my mouth is watering:** that is to say you find something very appetizing. People use this expression when they see/smell food that looks very delicious. *My mouth is watering every time I think about my grandmother's apple pie.*
- **nutritious products:** products rich in calories. *A nutritious breakfast is a great way to start the day, as it gives your body the nutrients and you get enough energy.*
- **processed food:** food that has been modified in an undesirable or unhealthy way to achieve its current state. *Try to avoid processed foods like flavored nuts and cereal bars. It is much healthier to eat organic food.*
- **quality justifies the bill:** when a product is worth buying due its good quality, even if it's expensive. *I first thought those strawberries were too expensive, but when I tasted them I understood that their quality justified the bill.*
- **quick snack:** a light and quick meal, usually unhealthy. *Eating quick snack instead of main meal can be harmful for stomach.*
- **ready meal:** a meal that you buy already cooked, which only requires reheating to be eaten. *I had no desire to cook, so I bought a ready meal in a nearby supermarket.*
- **restrain one's hunger:** to avoid eating when you really want to. Usually practiced during diets. *John couldn't restrain his hunger anymore and went to the nearest fast-food restaurant.*
- **slap-up meal:** a quick and fatty meal. To slap up means to cook something very quickly. *I feel like making a slap-up meal tonight.*
- **starving hungry:** to be extremely hungry. *I woke up starving hungry yesterday and ate the whole roast chicken.*
- **take-away:** a meal prepared in a café/restaurant and eaten at home. *I'm going to ring the Japanese restaurant and order a takeaway.*
- **the main meal:** the most important meal of the day.
  
- **to be dying of hunger:** an exaggerated way of saying you are really hungry. *I haven't eaten all day. I'm dying of hunger!*
- **to be full-up:** to eat to the point that you can't eat anymore. - *Would you like more chips?*  
- *No, thank you, I'm already full-up!*
- **to be ravenous (to have ravenous appetite):** to be really hungry, starving, voracious. *After working all day, I had a ravenous appetite.*

- **to be starving hungry:** an exaggerated way of saying you are very hungry.
- **to bolt something down:** to eat a large amount of food very quickly. *Don't bolt your food down like that, it's very rude!*
- **to catch a snack:** to eat a little portion of food very quickly.
- **to eat a balanced diet:** to eat correctly and in time.
- **to eat like a horse:** to always eat a lot. *She's so thin, yet she eats like a horse.*
- **to follow a recipe:** to cook a meal using instructions. *Although she had never cooked a jugged hare before, she followed a recipe and made a fantastic meal.*
- **to foot the bill:** to pay the bill. *You paid for dinner last time. Let me foot the bill for lunch today.*
- **to grab a bite to eat:** to eat something quickly. *I won't eat the whole cake, just let me grab a bite to eat.*
- **to have a sweet tooth:** to enjoy eating sweet food. *Dave eats candy all the time. He must have a sweet tooth.*
- **to overeat oneself:** eat too much, eat immodestly. *If you overeat, you're bound to get fat.*
- **to play with your food:** to push food around the plate without eating it.
- **to spoil your appetite:** to do something that would hinder your desire to eat. *Stop talking about the snails, you're spoiling my appetite!*
- **to tuck into:** to eat something greedily and with pleasure. *After not eating the whole day, he tucked into the ham like a savage.*
- **to wine and dine:** to banquet, to "entertain with good food". If you wine and dine someone, you usually take him out to dinner at a fancy restaurant. *The company wined and dined us, hoping to convince us we should accept the job.*
- **to work up an appetite:** to do something that will lead to hunger. *He must have worked up an appetite in the gym.*