

8 EATING

PAGES 70–71

bland /blænd/ Adjective

if food is *bland*, it does not have much flavour

his cooking is always rather bland | if it's too bland, take some more sauce | I found the main course very bland | the hospital food was so bland

filling /'fɪlɪŋ/ Adjective

if food is *filling*, you only have to eat a small amount to feel full

a filling soup | I've had enough thanks – it was very filling | the hotel breakfast was filling and tasty

grate /gret/ Verb

if you *grate* food, you cut it into a lot of very thin strips
grate the carrots and onion very finely | grate the cheese over the top of the pie

Adjective: *grated* | Noun: *grater*

baked potato with grated cheese | a cheese grater

juicy /'dʒu:si/ Adjective

if food is *juicy*, it has a lot of natural juice or liquid in it

the meat was tender and juicy | this orange is really juicy | ripe and juicy strawberries | a large pink fruit with juicy flesh

Noun: *juice*

the juice was running down his chin | orange juice | add the meat juices to the gravy

WORD BUILDING: ADJECTIVES THAT END WITH -Y

We often add **-y** to nouns to make an adjective like **juicy** (from the noun **juice**). It usually means it has a lot of the noun or is like the noun.

buttery: a lovely buttery taste

salty: too salty

crunchy: crunchy biscuits

spicy: a spicy curry

juicy: juicy steak

sugary: sugary drinks

mouldy: go mouldy

watery: the soup's a bit watery

oily: oily fish

sandy: a sandy beach

rubbery: a rubbery texture

sweaty: sweaty socks

mash /mæʃ/ Verb

if you *mash* food, especially potatoes, you crush them until they become smooth

mash the potatoes with butter and milk | he was in the kitchen mashing potatoes | I like to mash carrots with the potatoes

Adjective: *mashed* | Noun: *mash*

Collocates: mashed potatoes

serve with rice or mashed potatoes | sausages and mash

slice /slaɪs/ Verb

if you *slice* something, you use a knife to cut thin pieces of it

slice the ham thinly | I had to use the bread knife to slice the tomatoes

Adjective: *sliced* | Noun: *slice*

a packet of sliced bread | add the sliced onion just before it goes in the oven | a slice of bread

sour /'saʊə(r)/ Adjective

food that is *sour* has a strong taste that is not at all sweet, like a lemon

sour cherry juice | a sweet and sour sauce | add vinegar to give it a slightly sour taste

steam /sti:m/ Verb

if you *steam* vegetables or fish, you cook them using only the steam from boiling water instead of putting them into the boiling water itself

do you want to steam the courgettes, or shall we bake them? | steam the peas for 4 minutes

Adjective: *steamed*

it comes with salad or steamed vegetables | this recipe can be either steamed or boiled

stuffed /staft/ Adjective

food that is *stuffed* is cooked with a mixture of other foods inside it

balls of mashed potato stuffed with beef, raisins, and olives | a stuffed pepper | chicken stuffed with lemon and tomatoes

Verb: *stuff* | Noun: *stuffing*

it's quite difficult to stuff a pigeon | if you stuff the chicken, it will take a little longer to cook | a herb and onion stuffing

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adventurous /əd'ventʃ(ə)rəs/ Adjective

if you are *adventurous*, you like trying lots of different and exciting things

he's not a very adventurous eater | a holiday for adventurous travellers | this was the most adventurous trip he had ever taken | she had led an adventurous life

Opposite – Adjective: *unadventurous*

a bland and unadventurous dish | Reggie had led an unadventurous life in Worthing

cope /kəʊp/ Verb

if you *cope*, you deal successfully with a difficult situation
they couldn't cope with the food they were given | he found it hard to cope after his wife died | I can't cope with the workload | she seems to be coping with the stress very well | he can't cope with the pressure

get hold of /get 'həʊld ,ɒv/ Phrase

if you *get hold of* something, you succeed in getting it for yourself by gripping it firmly so that no one else can have it

he got hold of the gun and pointed it at the robber | I had to move fast to stop him getting hold of the photo

host /həʊst/ Noun

your *host* is the person whose home you are staying in, or the person who has invited you to an event such as a party

our host welcomed us at the door | I spent six months living with a host family in Rome

Verb: *host*

we hosted a dinner for several of our neighbours

integrate /'ɪntɪgreɪt/ Verb

if you *integrate*, you start to belong in a new place or situation and are accepted as part of it

Collocates: *integrate into/with something*

it takes time to integrate into a new country | I couldn't integrate into the new way of life | her parents had been there 40 years and had fully integrated | she integrated with her new classmates almost straight away

Adjective: *integrated*

they quickly became integrated into the social and economic life of the village | both families had become fully integrated into Dutch society

integration /,ɪntɪ'greɪʃ(ə)n/ Noun uncount

integration is the fact of belonging in a new place or situation and being accepted there

Collocates: *integration into/with something*

his integration into his new school took a long time | economic and social integration of migrants was a priority for the government | this will make integration with other children easier

off /ɒf/ Adverb

if something is a long way *off* or a long time *off*, it hasn't happened yet or is still some distance away

full integration is some way off yet | it's only July, Christmas is still a long time off | the exams are only a week off now | the campsite was on the other side of the valley, about two miles off

represent /,reprɪ'zent/ Verb

if something *represents* another thing, it stands as a symbol of that other thing, often because it has many of the qualities of that other thing

these places represent everything their owners miss about their home country | the flag has four stars representing each of the four provinces

split /splɪt/ Verb

if you *split* something, you divide it into smaller parts which are usually equal

let's just split the bill (let's all pay the same amount) | they agreed to split the profits | we'll split it 50-50 (we'll each have half) | split the cake into five pieces

starving /'stɑ:(r)vɪŋ/ Adjective

if you say you are *starving*, you mean you are very hungry. You also say people are *starving* when they are dying because they do not have enough food to eat

I was starving by the time we got home | what's for lunch? I didn't have any breakfast and I'm starving | the papers carried photos of starving children

Verb: *starve*

Collocates: *starve to death*

if we don't send help, a million people will starve to death there

sweaty /'sweti/ Adjective

sweat is water that comes out through your skin because you are hot, for example after you have done exercise. If you are *sweaty*, you have sweat on your skin. If your clothes are *sweaty* they are slightly wet with sweat

it smells like sweaty socks | he came back from his run hot and sweaty | your feet will get sweaty in those shoes | Hutton wiped his face, which was pale and sweaty

Noun: *sweat* | Verb: *sweat*

sweat was running down his back | he wiped the sweat from his forehead | the coat had made her so hot that she was sweating heavily | his hands were sweating in spite of the cold

wonder /'wʌndə(r)/ Noun uncount

if you say that it's *no wonder* something is the case, you mean that the reason for it is obvious

with food like that, it's no wonder there are so many foreign restaurants here | no wonder it's cold – you forgot to put the heating on | is it any wonder the country is in so much debt after what he banks did?

PAGES 74–75

bare /beə(r)/ Adjective

if somewhere is *bare*, it looks empty and is not filled or covered with anything

the room was cold and bare | the walls are completely bare | the table was bare | she looked at the bare shelves in the cupboard | the cupboard was bare (there was nothing in it)

demand /dɪ'mɑ:nd/ Verb

if you *demand* something, you say very forcefully that you want it and expect it to be brought to you or given to you

workers are demanding a pay rise | the police officer demanded to see his ID card | I demand to know what is going on here! | he demanded an explanation

Noun: *demand*

his demand was met with a direct refusal to cooperate

deserted /dɪ'zɜ:(r)tɪd/ Adjective

if somewhere is *deserted*, there is no one there

the station was deserted | the city centre is deserted after eight in the evening | a deserted building

deserve /dɪ'zɜ:(r)v/ Verb

if you say that someone *deserves* something, you think it is right for them to get it, either as a reward for something good that they have done, or as a punishment for something bad that they have done

he doesn't deserve the extra money | I think you deserve a holiday after all that studying | you deserve to be thrown out of university if you cheat in an exam | we deserved to win that game

gang /gæŋ/ Noun

a *gang* is a group of people who spend a lot of time together, often for criminal reasons

an organised criminal gang | the gang threatened to kill anyone who got in their way | there were gang fights on the streets | a gang of kids | 27 people were killed during the gang warfare (violent fights between different gangs)

instant /'ɪnstənt/ Noun

an *instant* is an extremely short length of time. If you say that you would do something *in an instant*, you mean that you would do it immediately without waiting at all

I'd walk out in an instant if he treated me like that | in an instant, he was wide awake | for an instant, I thought he was going to shoot | an instant later, he was back on his feet

Adjective: *instant* | Adverb: *instantly*

the film was an instant success | they took an instant dislike to each other (they decided immediately they didn't like each other) | I had a glass of water and instantly felt better | he was killed instantly in the crash

literally /'lɪt(ə)rəli/ Adverb

you use *literally* to emphasise that you are using a word or words in their exact meaning, even though it might be surprising. People also use the word *literally* just to emphasize what they are saying, but many teachers think this use is wrong

literally at that exact moment I saw a rat going into the kitchen | I've literally come straight from the farm | the roof was literally blown off the house in the storm | we ate literally tons of ice cream on holiday

Adjective: *literal*

the literal meaning of the word "Yoga" is "union"

look out over /lʊk 'aʊt əʊvə(r)/ Phrase

if a building or window *looks out over* something or onto something, it has a view of that place

Collocates: look out over something | look out onto something

our hotel room looks out over the sea | the upstairs window looks out over the mountains | the apartment looks out over Central Park | as usual, my hotel room looked out onto a car park

organic /ɔ:(r)'gænɪk/ Adjective

organic food has been produced without the use of artificial chemicals or fertilizers

all our meat and vegetables are organic | organic eggs | organic farms produce only a small proportion of our food | eating organic food can prove expensive

Adverb: *organically*

all our vegetables are grown organically | organically farmed food is more expensive

outstanding /aʊt'stændɪŋ/ Adjective

something or someone that is *outstanding* is extremely impressive

the service was outstanding | the hotel offers outstanding views from the top floor | the film was simply outstanding | she got a gold medal for her outstanding academic performance

over- /əʊvə-/ Prefix

you put *over-* in front of an adjective or verb to say that something happens or is done to a great degree, often more than is usual or right

my steak was overcooked (cooked too much) | she overreacted when she heard the news (her reaction was more extreme than it needed to be) | an overcrowded train | the engine overheated on the way home (it got too hot)

packed /pækt/ Adjective

if a place or object is *packed*, it is full of people or things

the restaurant is always packed | the town centre was packed at lunch time | he made his way into the packed stadium | the drink is packed with vitamins | an action-packed film (full of action)

portion /'pɔ:(r)ʃ(ə)n/ Noun

a *portion* of food is an amount that is served to one person at a meal

Collocates: a portion of something

the portions there are very generous | you need four meatballs per portion | I ordered a sandwich and a portion of chips | the portions were very small for the price

posh /pɒʃ/ Adjective

If you say that a place is *posh*, you mean that it looks expensive and is probably used by rich and fashionable people

Jenny took me to a posh restaurant for my birthday | we stayed in a really posh hotel | Knightsbridge is one of the poshest parts of the city

present /prɪ'zent/ Verb

if you *present* something in a certain way, that is how you arrange it and place it in front the person you are giving it to

the food was beautifully presented | they presented the exhibits in glass cases round the edge of the room | they present their dishes with style and taste

Noun: *presentation*

the food was tasty, but the presentation was poor

single /'sɪŋɡ(ə)l/ Adjective

a *single* person or thing is just one. You say *not a single* or *not one single* person or thing to emphasise that there was not one person or thing somewhere

I didn't see a single person I knew in the restaurant | all I've had today is a single cup of coffee | not a single person could be seen | he didn't say a single word all evening

spit /spɪt/ Verb

if you *spit* something out of your mouth, you force it out

I bit into something crunchy and spat it out – it was a fingernail | he began coughing and spitting blood | he spat out a tooth | she was trying to swim, and was spitting water out of her mouth | he was spitting his grape seeds into a bowl

stick /stɪk/ Verb

if you say that you will *stick* with something, you mean that you will continue doing it or having it, and do not

want to exchange it or do something different

Collocates: stick with something | stick to something
I'll stick with what I've got | they decided to stick with their old car for another year at least | I'm going to stick with my job and see if it gets better | she finds it hard to stick to a diet

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acid /'æsɪd/ Adjective

In chemistry, acids are substances that have a pH value of less than 7. Strong acid can burn holes in metal. Acid soil or conditions have a certain amount of acid in them

to grow well, cranberries like acid conditions and sand | one result of air pollution is acid rain | the soil in our garden is slightly acid

Noun: acid | Adjective: acidic

a bottle of sulphuric acid | vinegar is basically acetic acid | the oceans are becoming more acidic | the soil becomes more acidic where the forest is growing

adequate /'ædɪkwət/ Adjective

something that is adequate is enough in quantity or quality for a particular purpose

do you have an adequate supply of water? | there is adequate parking space available | the aircraft did not have adequate safety equipment | the manager must ensure staffing levels are adequate to safely operate the machinery

Adverb: adequately

the factory was not adequately equipped to meet the demand | the crew had not been adequately trained for such an emergency

crop /krɒp/ Noun

a crop is a plant such as wheat or corn that is grown by farmers in order to sell it

a frost can destroy the crop | they grow a variety of crops | a staple crop (that provides most of someone's food) | a cash crop (that someone grows to sell) | they grew crops in large open fields | rice is the principal crop cultivated here

float /fləʊt/ Verb

if something floats, it stays on the surface of a liquid and does not sink

the berries then float to the surface | fresh eggs will sink, but old ones float | the logs are floated down the river to the paper mill | he floated for a while in the middle of the pool, then swam back to the side

harvest /'hɑ:(r)vɪst/ Verb

to harvest crops means to pick them from the fields or trees where they are growing when they are ripe and ready to be eaten or turned into food

how do you think cranberries are harvested? | boys came out of school to help the farmers harvest their crops | the crop was harvested early to make room for summer vegetables

Noun: harvest

better farming techniques will lead to better harvests | the weather stayed fine throughout the harvest (the time when the crops were being harvested) | there was a record harvest last year (the biggest amount of crops ever were harvested)

inherit /ɪn'herɪt/ Verb

if you inherit goods or property, it becomes yours because someone has left instructions that you should have it after they die. If you inherit characteristics from your parents, you have those characteristics because of the genes you share with them

Mary inherited the farm after the death of her aunt | his fortune was inherited by his only son | if he has no children, who will inherit? | she has dark brown hair, probably inherited from her Mexican grandmother

Noun: inheritance

he expected to receive a large inheritance on the death of his father

keep an eye on /ki:p ən 'aɪ ɒn/ Phrase

if you keep an eye on a situation, you make sure you know what is happening so that you can take action at the right moment or if something goes wrong or needs attention

they have to keep an eye on the weather because a frost can destroy the crop | keep an eye on the pan and turn the heat down when the water boils | keep an eye on the petrol gauge – we might not have enough to get home | I need to keep an eye on the time as I've got a train at six

remove /rɪ'mu:v/ Verb

if you remove something, you take it away from where it is, or you take it away from the other things that are with it

they remove the berries which then float to the surface | both cars were finally removed from the scene of the crash | you should remove the curtains before painting the window

Noun: removal

removal of the rear seat is easy

sand /sænd/ Noun uncount

sand is the stuff you find on lots of beaches or in deserts. It is like a fine powder and is made up of very tiny pieces of rock

to grow well, cranberries like acid conditions and sand | extreme heat can turn sand into glass | we came back from the beach with sand in our hair | he shook the wet sand from his clothes

Adjective: sandy

a sandy beach | a plant that will grow well in sandy soil

supply /sə'plaɪ/ Noun

a supply of something is an amount of it that is available for use

Collocates: a supply of something

do you have an adequate supply of water? | in the south of the country, food supply was inadequate | an abundant supply of coal, oil and gas | a limited supply of fresh fruit

surface /'sɜː(r)fɪs/ Noun

the *surface* of something is the top of it that faces upwards

the berries then float to the surface | a smooth road surface | put the compass on a flat surface | the surface of a CD scratches very easily

EXERCISES

PREPOSITIONS

A Complete the sentences with the correct preposition.

- Some people are starving death.
- He can't cope his heavy workload.
- He ordered two portions chips.
- They inherited the house an aunt.
- Fresh fruit is packed vitamins.
- It's difficult to stick a diet.

WORD FAMILIES

B Complete the expressions with the correct form of the word in bold.

- | | |
|-------------------------------------|--------------------------|
| 1 inherit a farm | receive a large
..... |
| 2 a filling meal | feel |
| 3 remove sand from your hair | the
of sand |
| 4 stuffed with onions | with an onion
..... |
| 5 grate the cheese | lose the cheese
..... |

C Tick the words that are both a verb and a noun.

- inherit
- sweat
- host
- demand
- remove
- harvest

COLLOCATIONS

D Complete the collocations with the verbs in the box. Look up the verbs if you need help.

integrate split steam remove demand

- the courgettes for 4 minutes
- the bill between us
- into a new country
- an explanation
- the painting from the wall

E Complete the sentences with the correct form of the verbs in the box. Look up the verbs if you need help.

steam mash grate stuff slice

- You should the vegetables over a pan of water.
- Shall we the chicken with herbs?

- I always the tomatoes with a sharp knife.
- the cheese over the top of the pie.
- You could help by the potatoes.

F Complete the collocations with nouns from the unit.

- live with a h_ _ _ family
- the restaurant serves very small p_ _ _ _ _ s
- a g_ _ g of children in the street
- she didn't wait for an i_ _ _ _ t
- slice the bread on a flat s_ _ _ _ _ e

G Which of the following nouns do not collocate with the adjectives? Look up the adjectives.

- outstanding service / instant / view / performance
- juicy flesh / orange / gang / meat
- sour sauce / taste / juice / surface
- bland portion / food / cooking / sauce

H Complete the sentences with the adjectives from the box.

deserted	packed	organic	adequate
bland	filling	adventurous	

- The sauce was too, so I added some more cheese.
- The soup was very, I didn't need any bread with it.
- He's not an eater. He only eats pizza or pasta.
- At midnight the town centre was
- The restaurant is very popular and is always
- food is grown in a natural way.
- There is parking space by the station.

PHRASES

I Choose the correct word to complete the phrase.

- I need to keep an eye *over / of / on* the time. I don't want to be late.
- Our hotel room looks out *of / through / over* the sea.
- He got hold *over / of / on* the ball and ran as fast as he could.