

# 4 EAT

## STUDENT'S BOOK PAGES 34–35

### choice /tʃɔɪs/ Noun

if there is a *choice*, you can choose between different things

Collocates: a choice of something | have no choice

*there's a choice of three desserts | all the other tables were reserved so we had no choice*

Verb: choose

#### • *choix*

### complain /kəm'pleɪn/ Verb

if you *complain* about something, you say that there is something wrong and that you are not satisfied with it

Collocates: complain about something | complain to someone | complain that

*you should complain to the manager | customers complained that the prices were too high*

Noun: complaint

Collocates: make a complaint

*I'd like to make a complaint (to complain about something)*

#### • *se plaindre*

### cookery /'kʊk(ə)ri/ Noun uncount

*cookery* is the activity of preparing and cooking food

Collocates: a cookery programme | a cookery class

*I don't really like cookery programmes | he opened a cookery school in Cirencester*

#### • *cuisine*

### delicious /dɪ'liʃəs/ Adjective

food that is *delicious* tastes or smells very nice

*the dessert was delicious | that was a delicious meal*

#### • *délicieux*

### disgusting /dɪs'gɑːstɪŋ/ Adjective

something that is *disgusting* is horrible and makes you feel sick

*the food was disgusting | what's that disgusting smell?*

#### • *dégoûtant*

### grilled /grɪld/ Adjective

*grilled* food has been cooked under very strong heat

*do you want your steak fried or grilled? | grilled food is healthier for you than fried food*

Verb: grill | Noun: grill

*I prefer to grill my burgers*

#### • *grillé*

### option /'ɒpʃ(ə)n/ Noun

an *option* is something that you can choose

*they don't have any vegetarian options | we have two options*

*– we can walk or go by bus*

Adjective: optional

#### • *option*

### portion /'pɔː(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

*it was quite expensive and the portions were very small |*

*I ordered a sandwich and a portion of chips*

#### • *part*

### programme /'prəʊgræm/ Noun

a *programme* is an individual broadcast on radio or television

*there was a really interesting programme on BBC1 last night |*

*she makes documentary programmes for the radio*

#### • *émission*

### properly /'prɒpə(r)li/ Adverb

if you do something *properly*, you do it well or in the correct way

*the fish wasn't cooked properly | my phone isn't*

*working properly*

Adjective: proper

#### • *bien*

### recipe /'resəpi/ Noun

a *recipe* is a set of instructions for making a particular dish

Collocates: a recipe for something | follow a recipe

*I didn't follow the recipe properly, and it came out all soft on the outside | I get all my recipes online now*

#### • *recette*

### rude /ruːd/ Adjective

if someone is *rude*, they speak or behave in a way that is not polite and which might upset people

*they are such rude children | he was extremely rude to his aunt*

Adverb: rudely

*he pushed past her rudely and took the last seat*

#### • *impoli*

**seat** /sɪt/ Noun

a *seat* is a chair, or a place to sit

*the restaurant often gets busy, so you have to wait for a seat | all the seats on the train were reserved*

• place

**terrace** /ˈtɛrəs/ Noun

a *terrace* is an area just outside a building or room where you can sit

*you can have dinner on the terrace | the restaurant has a terrace with a great view over the sea*

• terrasse

## STUDENT'S BOOK PAGES 36–37

**bean** /bi:n/ Noun

*beans* are the seeds of some plants that are eaten as food. Some *beans* are dried so that they will keep for a long time  
*it's a lovely dish of fried rice and black beans | I grow beans in my garden*

• haricot

**bill** /bɪl/ Noun

a *bill* is a list which shows you how much you have to pay for something that you have received

Collocates: pay a bill

*could we have the bill please? | I forgot to pay the electricity bill*

• addition

**bitter** /ˈbɪtə(r)/ Adjective

something that is *bitter* has a strong taste that is the opposite of sweet

*if it's too bitter, add some sugar | they taste quite bitter | it had a horrible, bitter taste*

• amer

**book** /bʊk/ Verb

if you *book* something, you arrange to have it or use it at a particular time in the future

Collocates: book a table/seat/ticket

*I'd like to book a table for four | you can book your tickets by phone or online*

Noun: *booking*

Collocates: make a booking

*can I make a booking for next Saturday, please?*

• réserver

**cloth** /klɒθ/ Noun

a *cloth* is a small piece of material that you use for cleaning things

*could we have a cloth, please? | wipe the table with a damp cloth (one that is slightly wet)*

• chiffon

**contain** /kənˈteɪn/ Verb

to *contain* something means to have it inside

*does the dish contain meat? | the box contained my old wedding dress*

Noun: *container*

• contenir

**dessert** /dɪˈzɜ:(r)t/ Noun

a *dessert* is a dish of sweet food that you eat at the end of a meal

*what's for dessert? | all the desserts were delicious*

• dessert

**get past** /get ˈpɑ:st/ Phrasal verb

if you want to *get past*, you want to go from one side of something to the other, and there is not very much space for you to go through

*could you move your chair a little so I can get past? | there was a car in the way and I couldn't get past*

• passer

**herb** /hɜ:(r)b/ Noun

a *herb* is a plant with leaves that are used to add flavour to food

*mint is an easy herb to grow in your garden | add some chopped herbs before you serve it*

• herbe (aromatique)

**jug** /dʒʌg/ Noun

a *jug* is a container for holding and pouring liquids

Collocates: a jug of something

*could we have a jug of tap water please? | she put a jug of milk on the table*

• carafe

**leg** /leg/ Noun

a *leg* is an animal's leg that is eaten as food

*a roast leg of lamb | to serve four, you need two chicken legs*

• gigot / cuisse

**mild** /maɪld/ Adjective

food that is *mild* does not have a strong taste

*I prefer mild cheese | I asked for a hot curry, but it's actually rather mild*

• peu épicé

**offer** /'ɒfə(r)/ Noun

if you *offer* someone something, you ask them if they would like it and tell them they can have it if they want it. When you say something like this, you are making an *offer*

Collocates: accept an offer | make an offer | an offer of something

*when you are making a polite offer, you should say "Would you like" rather than "Do you want" | I accepted her offer of a lift to the station*

Verb: *offer*

Collocates: offer to do something | offer something to someone | offer someone something

• **proposer**

**order** /'ɔ:(r)də(r)/ Verb

when you *order* in a restaurant, you tell the waiter what you want to eat and drink

*are you ready to order? | Pete ordered another bottle of water*

Noun: *order*

*we'd been waiting an hour and our order still hadn't arrived*

• **commander**

**raw** /rɔ:/ Adjective

*raw* food has not been cooked

*a dish made with raw fish | you can eat them cooked or raw*

• **cru**

**ready** /'redi/ Adjective

if you are *ready* to do something, you are prepared and able to do it immediately

Collocates: be ready to do something

*at the age of 16, I was ready to leave home | he was still getting ready when the taxi arrived | aren't you ready yet?*

• **prêt**

**reasonable** /'ri:z(ə)nəb(ə)l/ Adjective

if you think the price of something is *reasonable*, you think it is not too expensive and is good value for money

*the prices here are quite reasonable | it's difficult to get a good meal for a reasonable price near the station*

Adverb: *reasonably*

Collocates: reasonably priced

*the evening meal was tasty and reasonably priced*

• **raisonnable**

**request** /rɪ'kwest/ Noun

if you make a *request*, you ask someone in a polite way if they will do something

Collocates: a request for something

*it wasn't an order, just a polite request | I made a request for some information about the election*

Verb: *request*

*the pilot requested permission to land*

• **demande**

**roast** /rəʊst/ Adjective

if you *roast* food, you cook it in an oven, usually adding some fat to it. Food that is cooked in this way is *roast* or *roasted*, for example *roast* chicken or *roasted* vegetables

*you can have roast, boiled, or fried potatoes | the roasted peppers were still too hot to eat*

Verb: *roast*

*put the chicken in the oven and roast it for two hours*

• **rôti**

**salty** /'sɔ:lti/ Adjective

food that is *salty* has a strong taste of salt

*the meat was too salty | eating salty food is not good for you*

• **salé**

**seafood** /'si:fud/ Noun uncount

*seafood* is fish and other animals from the sea that you can eat

*I don't really like seafood — I prefer meat | enjoy fresh, delicious seafood in our three-star restaurant*

• **produits de la mer**

**seed** /si:d/ Noun

a *seed* is a small part of a plant that grows into a new plant when it is in the ground. Some *seeds* can be eaten as food

*I bought some seeds to grow herbs in my kitchen | you could add sunflower seeds to your breakfast cereal*

• **graine**

**shell** /ʃel/ Noun

a *shell* is the hard part on the outside of some sea animals

*they're a kind of seafood with a big shell | we spent the morning looking for shells on the beach*

• **coquille**

**skin** /skin/ Noun

the *skin* on a fruit or vegetable is the part on the outside

*it's a kind of green fruit with a very thick skin | I eat apples with the skin on*

• **peau**

**soft** /sɒft/ Adjective

something that is *soft* is not hard and changes shape easily when you press it

*the fruit should be soft and sweet | cook the potatoes until they are soft | a lovely soft pillow*

• *mou*

**spicy** /ˈspaɪsi/ Adjective

*spicy* food has a strong flavour because it is cooked with special seeds or powders called spices

*it was served with a spicy sauce | I find Indian food too spicy*

Noun: *spice*

*I love to cook with herbs and spices*

• *épice*

**stone** /stəʊn/ Noun

the *stone* in a fruit is the very hard part in the middle that you don't eat

*it's a green fruit with a very big stone in the middle | cut the fruit in half and remove the stone*

• *noyau*

**suggestion** /səˈdʒestʃ(ə)n/ Noun

if you make a *suggestion*, you describe a plan or possibility for someone to consider

Collocates: make a suggestion

*can I make a suggestion? | as always, your suggestions are welcome*

Verb: *suggest*

• *suggestion*

**sweet** /swi:t/ Adjective

food that is *sweet* tastes as if there is a lot of sugar in it

*what you need is a cup of hot, sweet tea | these oranges are really sweet*

• *sucré*

**tap** /tæp/ Noun

a *tap* is an object that controls the flow of water, for example into a sink or bath. If you drink *tap water*, you drink water that has come from a tap and not from a bottle

Collocates: turn a tap on/off | a hot/cold tap

*the bathroom had gold-coloured taps | turn the hot tap off if the water gets too hot*

• *robinet*

**thick** /θɪk/ Adjective

something that is *thick* is not thin

*a pair of thick socks | the walls are very thick | she's got lovely thick hair*

• *épais*

**tip** /tɪp/ Noun

a *tip* is an extra amount of money that you give when you pay for a meal in a restaurant or for a service that you have had

Collocates: leave a tip

*shall we leave a tip, or is the service included? | most hairdressers rely on tips because their pay is very low*

Verb: *tip*

• *pourboire*

**STUDENT'S BOOK PAGES 38–39**

**blood** /blʌd/ Noun uncount

*blood* is the red liquid that carries oxygen around your body, and which is pumped by your heart

*he lost a lot of blood after the accident | I can't stand the sight of blood*

• *sang*

**concerned** /kənˈsɜ:(r)nd/ Adjective

if you are *concerned* about something, it is important to you and you think about it seriously or worry about it

Collocates: be concerned about something

*people are becoming more concerned about their health | concerned members of the public asked for a meeting with the police*

Noun: *concern*

Collocates: express concern | cause concern | a main concern

• *inquiet*

**consist** /kənˈsɪst/ Verb

if something *consists of* different things, it is made of those things

Collocates: consist of something

*the dish consists of eggs and lemon juice with a lot of sugar | the committee consisted of seven elected members*

• *consister*

**PREPOSITIONS**

Many words commonly go with prepositions.

*consist of* water, sugar and fruit

*experiment with* different ingredients

*we're still open to* suggestions

*she was very concerned about* her son's exam results

Notice any prepositions when you learn words and expressions. There are exercises at the end of each unit in the Vocabulary Builder that test you on prepositions.

**experiment** /ɪk'sperɪmənt/ Verb

if you *experiment*, you try new and different things

Collocates: experiment with something

*they wouldn't experiment with anything new at breakfast | I began to experiment with different paint colours*

Noun: *experiment*

*we bought some ostrich meat as an experiment*

- *expérience*

**grab** /græb/ Verb

if you *grab* something such as food or a drink, you take it from somewhere very quickly, especially because you are in a hurry

*I'll just grab a quick coffee on my way to work | there's no time for lunch | I'll grab a sandwich at the station | she grabbed a tin of cola on her way into the lecture*

- *s'emparer de*

**habit** /'hæbɪt/ Noun

someone's *habits* are the things that they do regularly as part of their daily life

*my sleeping habits have changed since I came back to Europe | he has a habit of singing to himself in the bath*

- *habitude*

**health** /helθ/ Noun uncount

your *health* is the condition of your body. If you are in good *health*, you are well, and you can also say that you are *healthy*. If you are in bad *health*, you are ill

Collocates: be in good/bad/poor health

*the report looked at areas like health and education | she was in very good health*

Adjective: *healthy*

- *santé*

**include** /ɪn'kluːd/ Verb

if one thing *includes* another, the second thing is a part of the first thing

*breakfast includes tea or strong coffee among other things | the concert included two pieces by Beethoven*

- *inclure*

**lifestyle** /'laɪf,staɪl/ Noun

someone's *lifestyle* is the way they live, the things they do for work and pleasure, the way they spend their money, etc.

Collocates: a healthy lifestyle | a simple lifestyle | an active lifestyle

*people's lifestyles are too busy these days | we lived a simple lifestyle out in the country*

- *style de vie*

**link** /lɪŋk/ Verb

if one thing is *linked* to another, or if two things are *linked*, there is a strong connection between them

Collocates: link something to something

*cigarettes are strongly linked to cancer | the two facts are directly linked*

Noun: *link*

Collocates: a link between things

*the police have discovered a link between the two cases*

- *lier*

**mixture** /'mɪkstʃə(r)/ Noun

a *mixture* of different things is a lot of them all together

Collocates: a mixture of something

*a mixture of different musical styles | bread is basically a mixture of flour and water that is then baked*

Verb: *mix* | Noun: *mix*

- *mélange*

**open** /'əʊpən/ Adjective

if you are *open* to something new, you are very willing to consider it or try it

Collocates: be open to something

*I'm always open to trying new things | there's been no final decision yet, and we're still open to suggestions*

- *ouvert*

**proper** /'prɒpə(r)/ Adjective

something that is *proper* is correct, and is exactly how it is meant to be

*you should eat a proper meal, not this fast food | make sure he gets proper medical treatment*

Adverb: *properly*

*my phone isn't working properly*

- *bon*

**secret** /'sɪːkrət/ Noun

a *secret* is something that not very many people know about because people do not talk about it

Collocates: keep a secret

*many Bulgarians believe that the secret behind their long life is their yoghurt | can you keep a secret? (not tell anyone)*

Adjective: *secret*

- *secret*

**serve** /sɜː(r)v/ Verb

when you *serve* food, you give it to someone on a plate ready for them to eat. When food is *served* in a restaurant, someone brings it to you

*it's usually served with chips and peas | I'm going to serve the soup with home-made bread | we were served by a very polite waiter*

- *servir*

**snack** /snæk/ Noun

a *snack* is a small amount of food that people eat that is not part of their regular meals

Collocates: have a snack

*do you eat any snacks between meals? | I had a snack on the way home*

Verb: *snack*

Collocates: snack on something

- en-cas

**space** /speɪs/ Noun uncount

*space* is the area up in the sky and beyond, where the moon and stars are. A *space station* is a small building in space  
*the first Korean astronaut took special kimchi with him to the international space station! | Yuri Gagarin was the first person in space*

- espace

**stall** /stɔ:l/ Noun

a *stall* is a table outside, for example in a market or on the street, where people sell things

*there are stalls on the street selling hot food | I got this from a book stall*

- stand

**stomach** /ˈstʌmək/ Noun

your *stomach* is the part of your body where food goes when you eat it

*don't take this medicine on an empty stomach (if you haven't eaten anything recently) | my stomach was rumbling (making a noise because I was hungry)*

- estomac

**traditional** /trəˈdɪʃ(ə)nəl/ Adjective

*traditional* beliefs, activities, etc. have existed for a long time and have not changed or become more modern

*I like a traditional English breakfast when I'm on holiday | our furniture is made by hand in the traditional way*

Noun: *tradition* | Adverb: *traditionally*

*it's a tradition to have candles on a birthday cake*

- traditionnel

**typical** /ˈtɪpɪk(ə)/ Adjective

something that is *typical* is usual and has the same features as other things of the same kind

*what's a typical breakfast in your country? | my typical day starts at 7 when the alarm clock goes off*

Adverb: *typically*

*class sizes are typically around 18 to 20 students*

- typique

**STUDENT'S BOOK PAGES 40–41****ban** /bæn/ Verb

if someone in authority *bans* something, they do not allow it. If they *ban* someone from doing something, they do not allow them to do it

Collocates: ban someone from doing something

*my parents banned me from playing video games | he was banned from driving for two years*

Noun: *ban* | Adjective: *banned*

*the public smoking ban was introduced in 2007*

- interdire

**remove** /rɪ'mu:v/ Verb

if you *remove* something, you take it away from where it is

*it's difficult to remove the smell | the police removed some cars from the main shopping street*

Noun: *removal*

*removal of the seat cover is quite easy*

- enlever

**spread** /spred/ Verb

if something *spreads*, it moves or grows and affects a larger area

Collocates: spread through an area | spread to somewhere  
*unfortunately, the cancer continued to spread | the fire spread quickly through the farm buildings*

Noun: *spread*

Collocates: the spread of something

*closing the border won't stop the spread of the disease*

- se propager