

15 FOOD

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flesh /fleʃ/ Noun singular

the *flesh* of fish or meat is the part that you can eat, not the bones or fat. You can also talk about the *flesh* of fruit or vegetables to describe the inside part, not the skin or the stone

the flesh should come away from the bones easily | the fruit has a pale yellow flesh

Adjective: *fleshy*

the berries are deep red and fleshy when fresh

• *carn*

soak /səʊk/ Verb

if you *soak* something, you put it into water or another liquid and leave it there for a time, often as part of food preparation

Collocates: *soak something in something | soak in something*

soak the chickpeas overnight | I could spend hours soaking in the bath | I got absolutely soaked (very wet from the rain)

Noun: *soak*

they cook very quickly after a soak overnight

• *empapar*

overnight /ˌəʊnə(r)'naɪt/ Adverb

if something happens *overnight*, it happens during the night or throughout the night

they kept him in hospital overnight | are you going to stay overnight?

Adjective: *overnight*

Collocates: *an overnight stay | overnight accommodation*

overnight parking is not allowed here

• *durant la nit*

melt /melt/ Verb

if something *melts* or if you *melt* it, it becomes soft or turns to liquid after being frozen or hard

melt the chocolate and mix in the raisins | the snow had all melted by the morning | my ice-cream's melting!

Adjective: *melted*

brush the top with melted butter

• *fondre's*

squeeze /skwi:z/ Verb

if you *squeeze* something, you press it very firmly

Collocates: *squeeze something out of something*

Noun: *squeeze*

I gave her hand a squeeze | a squeeze of lemon juice

• *esprémer*

crush /krʌʃ/ Verb

to *crush* something means to press it with a lot of force so that it becomes flat or breaks into small pieces

crush the almonds and sprinkle on top of the cake | the grapes were crushed and the juice poured off | your car will be taken away and crushed

• *aixafar*

sprinkle /'sprɪŋk(ə)l/ Verb

to *sprinkle* something means to shake a small amount of it over something else

Collocates: *sprinkle something with something | sprinkle something over something*

sprinkle the cake with sugar | serve the pears warm, sprinkled with a chocolate topping

Noun: *sprinkling* | Noun: *sprinkle*

add the milk and a sprinkling of salt | now add a sprinkle of grated cheese

• *escampar*

blend /blend/ Verb

to *blend* things means to mix them together so that they become one substance

Collocates: *blend something together*

blend the whole mixture until it's smooth | they can blend the colours for you | the different instruments blend together really well

Noun: *blend*

a delicious blend of flavours

• *barrejar*

finely /'faɪnli/ Adverb

if you chop or shred something *finely*, you chop it or cut it into very small pieces

chop the herbs really finely | finely grate the ginger

• *finament*

stir /stɜ:(r)/ Verb

if you *stir* food while it is cooking, you use a spoon or other tool to move it around in its cooking container so that it all mixes together and so that it does not burn or stick

Collocates: stir something with something | stir something into something

you have to keep stirring so that it doesn't burn | stir constantly with a wooden spoon | stir the oats into the warm milk

Noun: *stir*

give the soup a stir

- **remenar**

float /fləʊt/ Verb

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

it will float to the surface | a plastic bag floated in the water | don't struggle – just relax, and you'll float

- **surar**

finish /'fɪnɪʃ/ Noun singular

if something you eat or drink has a sweet *finish*, a sour *finish*, etc it leaves a sweet or sour taste in your mouth after the other flavours are forgotten

a squeeze of orange will give it a sweet finish | a refreshing fruity and delicately sour finish

- **toc / acabat**

pour /pɔ:(r)/ Verb

if you *pour* a liquid from a container, you hold the container at an angle so that the liquid comes out of it

Collocates: pour something off/away | pour something over something

pour away the oil from the pan | pour the mixture over the biscuit pieces | she poured the sauce over the fish

- **abocar**

lid /lɪd/ Noun

a *lid* is a cover for a container

Collocates: close/open a lid | put a lid on something

put a lid on the pan | I lifted the lid

- **tapadora**

STUDENT'S BOOK PAGES 136–137**flick through** /'flɪk θru:/ Phrasal verb

if you *flick through* a magazine or newspaper, you turn the pages over quickly, looking to see if there is anything interesting, but not reading any of it closely. If you *flick through* the channels on a television, you go quickly from one channel to another, watching for only a short time, trying to find a programme that you want to watch properly
she was flicking through the channels | Christina flicked through her diary

Noun: *flick through*

I was just having a quick flick through

- **fullejar / fer zàping**

come across /'kʌm əkrɒs/ Phrasal verb

if you *come across* something or someone, you see them or meet them without having intended to

I came across the film "Ratatouille" | she came across him while researching her family history | I started looking online and came across your site

- **trobar-se algú**

subtle /'sʌt(ə)l/ Adjective

something that is *subtle* is difficult to see or notice unless you pay very careful attention

Collocates: a subtle difference | a subtle change | very/ incredibly/extremely subtle | a subtle hint of something
there's a subtle difference between the two pictures | I didn't add enough pepper and the effect was too subtle | the change of colour scheme was too subtle to attract much notice

Adverb: *subtly* | Noun: *subtlety*

the two symbols are subtly different | the film lacks subtlety (it is too direct and obvious)

- **subtil**

so-called /'səʊ kɔ:ld/ Adjective

you use *so-called* to refer to people or things when you think that a description of them is wrong. So if you refer to someone as a *so-called* expert, you mean that you think they are not an expert at all

even prizes judged by so-called experts were clearly random | our so-called civilised society | he denied committing so-called crimes against the state

- **mal anomenat**

random /'rændəm/ Adjective

random events or choices happen without planning, so they cannot be predicted

Collocates: a random sample | seemingly random | purely/ totally random

take a random sample of 20 people | the lottery machine picks random numbers | the patterns we observed were purely random

Noun: *random* | Adverb: *randomly* | Noun: *randomness*

Collocates: at random | randomly generated

here are two examples taken at random | randomly generated passwords

• aleatori

fancy /'fænsi/ Adjective

if you refer to something as *fancy*, you mean that it looks fashionable or expensive

he drives a fancy car | a fancy hotel in Mayfair | the sandwiches were quite plain, nothing fancy

• car

chuck /tʃʌk/ Verb

if you *chuck* something somewhere, you throw it there carelessly

Collocates: chuck something off something | chuck something out of something | chuck something on/in/into something

he chucked it in the bin | chuck another log on the fire, will you? | I saw him chuck something off the bridge

• deixar

judgement /'dʒʌdʒmənt/ Noun

your *judgement* is your opinion about the quality of something. If you *pass judgement* on something, you say publicly what your opinion is

Collocates: pass judgement (on something) | make a judgement | in my judgement

just use your own judgement to decide whether to buy it | he showed poor judgement in his choice of partner

Adjective: *judgemental*

I'm tired of listening to all these judgemental parents (parents who are very quick to make critical comments)

• opinió / judici

outperform /ˌaʊtpə(r)'fɔː(r)m/ Verb

to *perform* well or badly in an activity means to do it well or badly. If you *outperform* people in an activity, you do it better than them, and if something *outperforms* other things, it does it better than them

computers now outperform humans at chess | some organisations significantly outperform others in their industry | traditionally, girls have outperformed boys in reading and writing

• obtenir millors resultats

disobey /ˌdɪsə'beɪ/ Verb

if you *disobey* someone or *disobey* an order, you do not do what you have been told to do

those who appeared to disobey were quickly arrested | don't you dare disobey me! | his instructions were disobeyed by the whole class

Adjective: *disobedient* | Noun: *disobedience* || Opposites:

Verb: *obey* | Adjective: *obedient* | Adverb: *obediently* |

Noun: *obedience*

Collocates: civil disobedience | complete/blind/ unquestioning obedience

as a child, he was naughty and disobedient | an act of disobedience | he reluctantly obeyed his father and took a job in the family firm | Obediently, I took a few steps forward | she demanded complete obedience from her staff

• desobeir

disqualified /dɪs'kwɒlɪfaɪd/ Adjective

if you *qualify* for a competition, you have the right level of ability or you have done well enough in a preliminary competition to be allowed to take part. If you break the rules while you are competing, then you are *disqualified* and are not allowed to carry on taking part

Collocates: be disqualified for something | be disqualified from something

he and three others were disqualified for failing a drugs test | if neither attend, both will be disqualified | after a third false start, she was disqualified from the race

Noun: *disqualification*

a third warning will mean instant disqualification

• desqualificat

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urge /ɜː(r)dʒ/ Verb

if you *urge* someone to do something, you encourage them very strongly to do it

Collocates: urge someone to do something | urge that *parents who smoke are strongly urged to quit | we strongly urge you to vote "no" | he urged that peace talks should start*

Noun: *urge*

Collocates: feel an urge (to do something)

Annie felt an urge to phone her mother (wanted very much to phone)

• encoratjar

hygiene /'haɪdʒiːn/ Noun uncount

hygiene is keeping things clean in order to prevent illnesses

Collocates: good/proper hygiene | oral/dental hygiene | personal hygiene

poor food hygiene | his personal hygiene is terrible! (he doesn't wash or brush his teeth enough)

Adjective: *hygienic* | Opposite: *unhygienic*

everything in the kitchen should be clean and hygienic | living in cold, unhygienic conditions

• ***higiene***

accusation /ˌækjuː'zeɪʃ(ə)n/ Noun

if you make an *accusation*, you say that something bad has happened or that someone has done something wrong

Collocates: make an accusation | level an accusation against someone | deny an accusation | a serious accusation | a wild accusation

accusations of poor food hygiene | she made a serious accusation against her boss

Verb: *accuse* | Noun: *accuser*

Collocates: accuse someone of (doing) something
the two men were accused of murder

• ***acusació***

data analysis /'deɪtə əˌnælə'sɪs/ Noun uncount

data analysis is the examination of large amounts of information in order to discover specific and detailed facts about something

computers play a very important role in statistical data analysis | the idea behind data analysis is to look for patterns

• ***anàlisi de dades***

big data /'bɪg ˌdeɪtə/ Noun uncount

big data is the very large amount of information that is now available because of the number of documents that can be searched on the Internet, and that needs special computer programs in order to be successfully analysed

governments, too, are interested in big data | many organisations are developing a big data strategy

• ***dades massives***

bid /bɪd/ Noun

a *bid* is an attempt to do something

Collocates: a bid for something | a bid to do something

a bid to tackle rising obesity rates | he made a bid for freedom (tried to escape)

• ***temptativa***

fraud /frɔːd/ Noun uncount

fraud is the crime of telling lies or deceiving people in order to gain money for yourself

Collocates: commit fraud

a victim of fraud | he was sent to prison for tax fraud

Adjective: *fraudulent* | Adverb: *fraudulently* |

Noun: *fraudster* | Verb: *defraud*

Collocates: defraud someone of something

she made a fraudulent insurance claim | he fraudulently claimed for train fares | a convicted fraudster

• ***frau***

tackle /'tæk(ə)l/ Verb

if you *tackle* a problem, you do something in a determined way to solve it or to make a situation better

Collocates: tackle a problem/challenge | effectively/successfully tackle something

a programme that aims to tackle childhood obesity | institutions capable of effectively tackling 21st-century challenges | how should the school tackle this problem?

• ***abordar***

obesity /əʊ'biːsəti/ Noun uncount

obesity is the serious physical condition of someone being so heavy that it has a dangerously bad effect on their health

Collocates: obesity rates | childhood obesity | the obesity epidemic

there is an obesity epidemic in this country | rising obesity rates are a major concern

Adjective: *obese*

her mother is morbidly obese

• ***obesitat***

clash /klæʃ/ Verb

when people *clash*, they fight or argue very strongly with each other

Collocates: clash with someone

protestors clashed with government forces in the city centre | violence occurred when police and demonstrators clashed | on Thursday afternoon the two groups clashed again

Noun: *clash*

Collocates: a violent clash

the police fired 50 plastic bullets during the clashes

• ***topar***

exclusive /ɪk'skluːsɪv/ Adjective

somewhere or something that is *exclusive* is available only for a small number of people, is usually very expensive, and is considered to be desirable or fashionable

an exclusive restaurant | an exclusive range of cosmetics | exclusive clubs for the city's wealthy residents

Noun: *exclusiveness* | Noun: *exclusivity*

this degree of comfort gives the customer a feeling of exclusiveness | production is limited to 375 units to maintain exclusivity

• **exclusiu**

prohibit /prəʊ'hɪbɪt/ Verb

if the authorities *prohibit* something, they officially say it cannot be done or cannot be allowed to happen

Collocates: *strictly/expressly prohibit something*

smoking is prohibited in public places | the law prohibits marriage under 16 years of age | the government prohibited all unofficial political activities

Adjective: *prohibited* | Noun: *prohibition*

murder is a prohibited act everywhere in the world | the current smoking prohibition applies to all staff and students

• **prohibir**

sponsorship /'spɒnsə(r)ʃɪp/ Noun uncount

sponsorship is money provided for a particular event or activity, usually by a company in exchange for being allowed to advertise at the event

Collocates: *a sponsorship deal | corporate/commercial sponsorship*

commercial sponsorship of women's football is growing | companies enter into sponsorship agreements for many reasons

Noun: *sponsor* | Verb: *sponsor*

Samsung has sponsored the team since 2000 | original corporate sponsors included two local banks

• **patrocini**

trace /treɪs/ Noun

traces of something are very small quantities of it

Collocates: *a trace of something | traces of something*

the air we breathe contains traces of carbon | tiny traces of blood were found at the scene

• **restes**

substitute /'sʌbstɪ,tjuːt/ Verb

to *substitute* one thing for another means to replace the first thing with the second thing

Collocates: *substitute something for something | be substituted with something*

gangs were substituting the cheaper meat at one stage of the process | you can substitute honey for sugar (use honey instead of sugar) | the goalkeeper was substituted (replaced by another player)

Noun: *substitute* | Noun: *substitution* | Adjective: *substitute*

a sugar substitute | there is an urgent need for substitution of faulty products | the need to place children in substitute families

• **substituir**

uncover /ʌn'kʌvə(r)/ Verb

to *uncover* something bad or illegal means to discover it, especially when people have been trying to keep it secret or hidden

an attempt to uncover illegal activity | he kept investigating and eventually uncovered another crime | serious financial misconduct was uncovered

• **descobrir**

persistent /pə(r)'sɪstənt/ Adjective

persistent activity carries on even though people don't want it to. Someone who is *persistent* carries on what they are doing, even if it is difficult or if people don't want them to

one of the city's most persistent fraudsters | he still heard the persistent rain splashing outside | he refused to answer her persistent questions

Adverb: *persistently* | Noun: *persistence* | Verb: *persist*

the weather during June was persistently bad | polite persistence can be very effective | if the symptoms persist, see your doctor

• **persistent**

establishment /ɪ'stæblɪʃmənt/ Noun

an *establishment* is a business such as a restaurant or shop

around 155 shops and eating establishments | restaurants, retail establishments and residential accommodation | the first commercial establishments here probably opened around 1905

• **establiment**

publicity /pʌb'lisəti/ Noun uncount

publicity is attention that is given to something in newspapers and magazines

Collocates: a publicity campaign | a publicity stunt | favourable/good publicity | bad/negative/unfavourable/unwelcome publicity

negative publicity could do a lot of damage | the advance publicity for the show was very effective

Verb: publicise

Collocates: be widely/highly/heavily publicised
she was in Liverpool, publicising her latest book

• publicitat

-ISE

Some verbs are formed by adding *-ise* to nouns or adjectives. In American English, these verbs are usually spelled with *-ize*. For example: her public image / publicise an event.

add emphasis / emphasise your point; legal complications / legalise soft drugs; an industrial area / the country is being industrialised; special treatment / specialise in furniture design; people in authority / it was authorised by my boss; write a summary / summarise the book

invariably /ɪn'veəriəbli/ Adverb

if you say that something *invariably* happens or is *invariably* the case, you mean that it always happens or is always the case

power invariably means both responsibility and danger | he invariably wore grey trousers

Adjective: *invariable*

the speed of light is invariable (it never changes, so is always the same)

• invariament

waive /weɪv/ Verb

if someone in authority *waives* a rule, they say that it does not need to be followed in a particular case

some universities waive tuition fees | the restrictions would be waived in an emergency

Noun: *waiver*

the waiver was signed by the governor (a document officially stating that someone does not have to follow a rule in a particular case)

• no aplicar

come to light /ˌkʌm tə 'laɪt/ Phrase

if something *comes to light*, it becomes known about after being secret or unknown for a long time

the scam only came to light by chance | the missing reports came to light last Thursday

• sortir a la llum

plead /pli:d/ Verb

in a court, when someone *pleads* guilty or *pleads* not guilty to a crime, they formally tell the judge whether they are guilty or not guilty

Collocates: plead guilty/not guilty (to something)

he will be pleading not guilty | how do you plead – guilty or not guilty? | he had already pleaded guilty to the charges

Noun: *plea*

Collocates: enter a plea

neither defendant entered a plea

• declarar-se

insanity /ɪn'sænəti/ Noun uncount

insanity is a serious mental condition in which someone's behaviour is very strange and prevents them from living normally

he pleaded not guilty on the grounds of temporary insanity | there is a fine line between genius and insanity

Adjective: *insane*

a year later he was certified insane

• bogeria / alienació mental

volume /'vɒlju:m/ Noun

a *volume* of something is a quantity or amount of it

Collocates: a huge/large volume (of something) | the total volume | the sheer volume of something

analysis of large volumes of data | Japan sees huge volumes of winter snow

• volum

transmit /trænz'mɪt/ Verb

to *transmit* data or information means to send it through the air, like radio waves or television signals

a device that can transmit information about the animals | his interview was transmitted live | radio operators and transmitting stations have to be licensed

Noun: *transmission* | Noun: *transmitter*

highly reliable data transmission | a radio transmitter

• transmetre

alert /ə'lɜ:(r)t/ Verb

to *alert* someone means to tell them or warn them about something

Collocates: alert someone to something | be alerted of something

this will alert farmers to any emergency | a website that alerts users to special offers | we immediately alerted the police

Noun: *alert* | Adjective: *alert*

Collocates: issue an alert

an alert has been issued as more storms are expected | he's very alert (aware of what is happening)

• alertar

swift /swɪft/ Adjective

something that is *swift* happens very quickly and with no delay

the response was swift and effective | he took a swift glance at the newspaper | swift action is needed if we are to stay in business

Adverb: *swiftly* | Noun: *swiftness*

he looked swiftly around the room | the storm arrived with terrible swiftness

- **ràpid**

discard /dɪs'kɑː(r)d/ Verb

if something is *discarded*, it is carelessly thrown away rather than being used or recycled

a huge quantity of food is simply discarded | be sure to discard the water you soaked the beans in | he sorted through the box, selecting and discarding various items

Adjective: *discarded*

a discarded plastic water bottle

- **llençar**

dismay /dɪs'meɪ/ Noun uncount

dismay is sadness and disappointment about something bad or unpleasant that has happened

Collocates: with/in *dismay* | voice your *dismay* | to someone's *dismay*

Ruth shook her head in dismay | to everyone's dismay, the singer failed to arrive

Verb: *dismay* | Adjective: *dismaying* | Adverb: *dismayed*
his decision to leave dismayed his family | it was a dismaying experience | Peggy was too dismayed to speak

- **desconsol**

appalling /ə'pɔːlɪŋ/ Adjective

if you say that something is *appalling*, you mean that it shocks you because it is so bad or unpleasant

this wastefulness is appalling | children were forced to work in appalling conditions | you behaved in an absolutely appalling manner last night

Adjective: *appalled* | Verb: *appal*

an appalled expression crossed her face | the prospect of another night outdoors appalled her

- **deplorable**

confess /kən'fes/ Verb

if you *confess* to something wrong or illegal, you admit that you did it

Collocates: *confess to (doing) something | confess that she confessed to having taken the money | he confessed he'd been out late | I accused him straight out, and he confessed*

Noun: *confession*

his confession came after a month of denial

- **confessar**

contaminated /kən'tæmɪneɪtɪd/ Adjective

something that is *contaminated* is no longer clean or pure because something has been added to it that is dirty or harmful

drinking contaminated water can cause infection | the hole had been filled in with contaminated waste

Verb: *contaminate* | Noun: *contamination* | Opposite: *uncontaminated*

the water was contaminated with radioactive waste | a report on ground contamination levels

- **contaminat**

categorically /kætə'gɒrɪkli/ Adverb

if you say something *categorically*, you say it very firmly and definitely

Collocates: *categorically deny/reject/refuse something | categorically state something*

the firm categorically denied any involvement in the scandal | he categorically refused to let me speak to her

Adjective: *categorical*

Klein issued a categorical denial of all the accusations

- **categòricament**
