

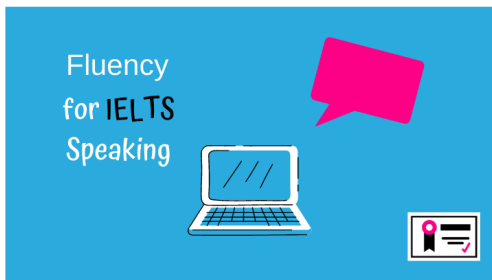
# Keith Speaking Academy

## Live Lesson Notes

# Food

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### Riddle

A lemon went to the doctor because it was sick, what did the doctor prescribe?

Answer: Lemon-aid

## Some Recommended Books

5 Ingredients

*Jamie Oliver (Penguin)*

The China Study

*T. Colin Campbell (BenBella Books)*

Salt Fat Acid Heat

*Samin Nosrat (Canongate Books)*

In Defense of Food

*Michael Pollan (Penguin)*

## Some useful Links

**Harvard** School of Public Health

**<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>**

My Blog on Healthy Eating

**<https://seriouslyfunfood.com>**

Click to get a complete **Mock IELTS** Test.

**<https://takeielts.net/the-path-to-success-in-the-ielts-test/>**

Use the CODE: **keith10** to get a 10% discount.

Find a teacher so you can start practicing all the language you are learning here. Practice is the key!

**<https://bit.ly/IELTSSpeakingitalki>**

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# Essential Vocabulary

This dish is delicious,.....

tasty,

luscious,

mouthwatering,

tempting,

appetising,

scrummy

succulent (for meat)

It's spot on

It's perfect

*Yummy? - Don't use this in IELTS, it is a word normally used by children!*

Nutritious (adj.)

Nutrition (n.) (uncountable)

Nutrient (n.) (countable)

Obese (adj.) = medically over-weight

Obesity (n.)

# What are the main macronutrients?

## Carbs (Carbohydrates)

Good (unrefined / unprocessed) - whole grains, veggies/veg, fruits

Bad (refined / processed) - white rice / bread / pasta

Carbs also include....

Sugars - Glucose (essential for energy)

Fibre - beans, legumes, pulses

**Protein** - fish, legumes, meat, nuts

**Fat** - oils (saturated and unsaturated)

## Micronutrients:

Vitamins

Minerals

## Eating Healthy Food

Yes, but not always, I like to **have a cheat day** once a week, where I can **pig out** on anything I like.

To pig out (*informal*) = to eat a lot of something

### To eat the rainbow

= eat food of all different colours

Eat your **five a day** (5 portions of fruit and veg).

This was a government campaign in the U.K. to **raise awareness** of the importance of **healthy eating**

### To go on a diet

Have you ever been **on a diet**?

I have been on a **low-carb diet** for a few months.

I **follow** the Keto **diet** / the mediterranean diet

I strive (=try) to **eat everything in moderation**

I think I eat a **balanced diet**

I am a **vegetarian**

I have been a **vegan** for years now.

A **fruitarian** (only eats fruit)

A **flexitarian** (mostly vegetarian, but may eat some meat)

## Food you like

I love / adore \_\_fish and chips\_\_

I am rather **partial to** \_\_\_\_\_

I am **fond of** \_\_\_\_\_

I tend to eat \_\_\_\_\_

*Pronounced "I tend to\_(w) eat \_\_\_\_\_"*

I tend **to avoid** \_\_\_\_\_

*Pronounced "I tend to\_(w) avoid \_\_\_\_\_"*

I veer **away from** \_\_\_\_\_

I like Chinese **cuisine**

I love Indian **dishes**

I like Italian **food**

My favourite dish is \_\_\_\_\_

My child is a **fussy eater** or a **picky eater**

*This means the only eat the food they like and won't try new foods*

I am a **binge eater**

I am guilty of **binge-eating**

This means I eat lots of food in one go, and often I cannot stop. In extreme cases, this is a medical condition.

# Cooking

I am fond of cooking

I love to cook, my **signature dish** is \_\_\_\_\_

I **dabble in** cooking every now and again

I like **to rustle up** a pizza  
(=to make quickly)

I like to **rustle something up** in the kitchen

I like to **whip something up** in the kitchen

I usually **follow recipes**

I prefer to **play it by ear** = improvise (no plan)

Or I like to **wing it** = improvise (no plan)

I often make it up as I go along

I love to improvise when it comes to cooking