

# FOOD AND MEALS

Now you will learn essential vocabulary to talk about Food and Meals. Check the pictures and read the texts and definitions below.

**MEALS, BREAKFAST & SNACKS**  
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 1	 2	 3	 4
MEALS	BREAKFAST	LUNCH	DINNER
 5	 6	 7	 8
TEA (UK) / SNACK	CEREAL	BREAD	CHEESE
 9	 10	 11	 12
HAM	EGGS	TOAST	BUTTER
 13	 14	 15	 16
JAM	YOGURT	FRUIT	CRISPS (UK) CHIPS (US)
 17	 18	 19	 20
BISCUITS (UK) COOKIES (US)	SANDWICH	CAKE	CANDY BAR

### **Meals:**

People usually have three main (1) **meals** every day. They eat (2) **breakfast** in the morning before they go to school or work. Then they have (3) **lunch** around midday, usually from 12 pm to 2 pm. In the evening, it's common to have (4) **dinner** with family, which is often between 6 pm and 8 pm. If people get hungry between lunch and dinner, they might have a small meal or something to eat. In the UK, this small meal can be called (5) **tea** and often includes a cup of tea with food. In the US, they usually call this a (5) **snack**. The word snack is also used in the UK to describe a small amount of food that you eat between meals.

### **Breakfast:**

People often eat (6) **cereal** with milk for breakfast. Some people like to eat (7) **bread** with (8) **cheese** or (9) **ham**. Fried (10) **eggs** are also a very common breakfast option. People who like sweet food often eat (11) **toast** with (12) butter and (13) jam. Strawberry jam is very popular for breakfast. And people who like to eat healthy food often have (14) yogurt and (15) fruit.

### **Snacks:**

For a snack, many people like (16) **chips (or crisps)** because they are crunchy and salty. People often eat chips while they watch TV on the sofa. Kids love (17) **cookies** with milk after school. If you are very hungry, you can take some bread and make a (18) **sandwich**. Ham and cheese sandwiches are very popular. Sometimes, at a party, you can have a piece of (19) **cake**. And for a quick sweet snack, some people eat a (20) **candy bar**.

# FOOD & DRINK

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1

RICE



2

PASTA



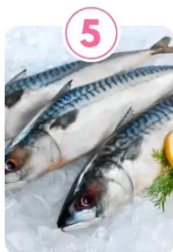
3

PIZZA



4

MEAT



5

FISH



6

VEGETABLES



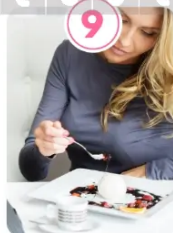
7

SOUP



8

SALAD



9

DESSERT



10

WATER



11

MILK



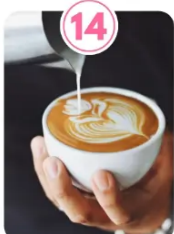
12

JUICE



13

TEA



14

COFFEE



15

BEER



16

WINE

## Food

1. Rice is white and it's a very popular food in Asian countries.
2. Pasta comes in shapes like spaghetti and macaroni.
3. Pizza is round with cheese, tomato, and other toppings on bread.
4. Meat comes from animals, like cows and chickens.
5. Fish live in water, and people can cook and eat them.

6. Vegetables are plants like carrots and broccoli that are good for your health.
7. Soup is hot and liquid, and you eat it with a spoon.
8. Salad is a mix of cold vegetables, sometimes with dressing.
9. You eat dessert at the end of your lunch or dinner. Common desserts are fruit or cake. In the UK, people often use the word pudding to mean 'dessert'.

#### Drink

10. People drink water when they are thirsty. Water is the healthiest drink.
11. Milk is white, comes from cows, and is rich in calcium.
12. Juice is a sweet drink made from fruits like oranges and apples.
13. Tea is a hot drink, and in the UK, people often drink it in the afternoon.
14. Coffee is a hot, dark drink that contains caffeine.
15. Beer is the most common drink in British pubs.
16. Wine is made from grapes and is an alcoholic drink.

#### *Referencia:*

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