**ACTIVE VOCABULARY UNIT 7**

**USEFUL PHRASES**

***COOKING***

**Preparing**

prepare a dish/a meal/a menu/dinner/the fish

weigh out 100g/4oz of sugar/the ingredients

wash/rinse the lettuce/spinach/watercress

chop/slice/dice the carrots/onions/potatoes

peel the carrots/onion/potatoes/garlic/orange

grate a carrot/the cheese/some nutmeg

remove/discard the bones/seeds/skin

blend/combine/mix (together) the flour and water/all the ingredients

beat/whisk the cream/eggs/egg whites

knead/shape/roll (out) the dough

**Cooking**

heat the oil in a frying pan

preheat/heat the oven/(British English) the grill/(North American English) the broiler

bring to (British English) the boil/(North American English) a boil

stir constantly/gently with a wooden spoon

reduce the heat

simmer gently for 20 minutes/until reduced by half

melt the butter/chocolate/cheese/sugar

brown the meat for 8-20 minutes

drain the pasta/the water from the pot/in a colander

mash the potatoes/banana/avocado

**Ways of cooking**

cook food/fish/meat/rice/pasta/a Persian dish

bake (a loaf of) bread/a cake/(especially North American English) cookies/(British English) biscuits/a pie/potatoes/fish/scones/muffins

boil cabbage/potatoes/an egg/water

fry/deep-fry/stir-fry the chicken/vegetables

grill meat/steak/chicken/sausages/a hot dog

roast potatoes/peppers/meat/chicken/lamb

sauté garlic/mushrooms/onions/potatoes/vegetables

steam rice/vegetables/spinach/asparagus/dumplings

toast bread/nuts

microwave food/popcorn/(British English) a ready meal

**Serving**

serve in a glass/on a bed of rice/with potatoes

arrange the slices on a plate/in a layer

carve the meat/lamb/chicken/turkey

dress/toss a salad

dress with/drizzle with olive oil/vinaigrette

top with a slice of lemon/a scoop of ice cream/whipped cream/syrup

garnish with a sprig of parsley/fresh basil leaves/lemon wedges/a slice of lime/a twist of orange

sprinkle with salt/sugar/herbs/parsley/freshly ground black pepper

***RESTAURANTS***

**Eating out**

eat (lunch/dinner)/dine/meet at/in a restaurant

go (out)/take somebody (out) for lunch/dinner/a meal

have a meal with somebody

make/have a reservation (in/under the name of Yamada)

reserve/(especially British English) book a table for six

ask for/request a table for two/a table by the window

**In the restaurant**

wait to be seated

show somebody to their table

sit in the corner/by the window/at the bar/at the counter

hand somebody/give somebody the menu/wine list

open/read/study/peruse the menu

the restaurant has a three-course set menu/a children's menu/an extensive wine list

taste/sample/try the wine

the waiter takes your order

order/choose/have the soup of the day/one of the specials/the house (British English) speciality/(especially North American English) specialty

serve/finish the first course/the starter/the main course/dessert/coffee

complain about the food/the service/your meal

enjoy your meal

**Paying**

pay/ask for (especially British English) the bill/(North American English) the check

pay for/treat somebody to dinner/lunch/the meal

service is (not) included

give somebody/leave (somebody) a tip

***Shopping***

go/go out/be out shopping

go to (especially British English) the shops/(especially North American English) a store/(especially North American English) the mall

do (British English) the shopping/(especially North American English) the grocery shopping/a bit of window-shopping

(North American English, informal) hit/hang out at the mall

try on clothes/shoes

indulge in some retail therapy

go on a spending spree

cut/cut back on/reduce your spending

be/get caught shoplifting

donate something to/take something to/find something in (British English) a charity shop/(North American English) a thrift store

buy/sell/find something at (British English) a car boot sale/(British English) a jumble sale/a garage sale/(North American English) a yard sale

find/get/pick up a bargain

**At the shop/store**

load/push/wheel (British English) a trolley/(North American English) a cart

stand in/wait in (British English) the checkout queue/(North American English) the checkout line

(North American English) stand in line/(British English) queue at the checkout

bag (especially North American English) (your) groceries

pack (away) (especially British English) your shopping

stack/stock/restock the shelves at a store (with something)

be (found) on/appear on supermarket/shop/store shelves

be in/have in/be out of/run out of stock

deal with/help/serve customers

run a special promotion

be on special offer

**Buying goods**

make/complete a purchase

buy/purchase something online/by mail order

make/place/take an order for something

buy/order something in bulk/in advance

accept/take credit cards

pay (in) cash/by (credit/debit) card/(British English) with a gift voucher/(North American English) with a gift certificate

enter your PIN number

ask for/get/obtain a receipt

return/exchange an item/a product

be entitled to/ask for/demand a refund

compare prices

offer (somebody)/give (somebody)/get/receive a 30% discount

***DIET AND EXERCISE***

**Weight**

put on/gain/lose weight/a few kilos/a few pounds

watch/control/struggle with your weight

be/become seriously overweight/underweight

be/become clinically/morbidly obese

achieve/facilitate/promote/stimulate weight loss

slim down to 70 kilos/(British English) 11 stone/(especially North American English) 160 pounds

combat/prevent/tackle/treat obesity

develop/have/suffer from/struggle with/recover from anorexia/bulimia/an eating disorder

be on/go on/follow a crash/strict diet

have/suffer from a negative/poor body image

have/develop a positive/healthy body image

**Healthy eating**

eat a balanced diet/healthily/sensibly

get/provide/receive adequate/proper nutrition

contain/get/provide essential nutrients/vitamins/minerals

be high/low in calories/fat/fibre/(especially US) fiber/protein/vitamin D/Omega-3 fatty acids

contain (no)/use/be full of/be free from additives/chemical preservatives/artificial sweeteners

avoid/cut down on/cut out alcohol/caffeine/fatty foods

stop/give up/(especially North American English) quit smoking

**Exercise**

(British English) take regular exercise

do moderate/strenuous/vigorous exercise

play football/hockey/tennis

go cycling/jogging/running

go to/visit/(especially North American English) hit/work out at the gym

strengthen/tone/train your stomach muscles

contract/relax/stretch/use/work your lower-body muscles

build (up)/gain muscle

improve/increase your stamina/energy levels/physical fitness

burn/consume/expend calories

**Staying healthy**

be/get/keep/stay healthy/in shape/(especially British English) fit

lower your cholesterol/blood pressure

boost/stimulate/strengthen your immune system

prevent/reduce the risk of heart disease/high blood pressure/diabetes/osteoporosis

reduce/relieve/manage/combat stress

enhance/promote relaxation/physical and mental well-being