**4** Eat it up

Glossary

**Page 41**

* 1. **eat up** (phr v) /iːt ʌp/

to eat all your food ● *Eat your breakfast up. The school bus is coming!* ❖ finire di mangiare

* 1. **prepare** (v) /prɪˈpeə(r)/

to make sth ready to use/eat ● *Ken is preparing the salad for dinner.* ➣ preparation (n)

* + - preparare
  1. **eat out** (phr v) /iːt aʊt/

to have a meal at a restaurant ● *I like eating out with my family at weekends. We often go to a fish restaurant near the sea.* ❖ mangiare fuori

Reading **Pages 42–43**

* 1. **supermarket** (n) /ˈsuːpəmɑːkɪt/

a big shop where you can buy food and other things ● *I’m going to the supermarket to buy some cat food.* ❖ supermercato

* 1. **recipe** (n) /ˈresəpi/

instructions for making food ● *Jeanne uses her grandma’s recipe to make pizza.*

* + - ricetta
  1. **cookbook** (n) /ˈkʊkbʊk/

a book with recipes for making food ● *Olivia wrote a cookbook with recipes for traditional Mexican dishes.* ❖ libro di cucina

* 1. **decide** (v) /dɪˈsaɪd/

to think about things, and then make a choice

* *Greta decided to order a pizza and watch a film.* ➣ decision (n), decisive (adj)
  + - decidere
  1. **match** (n) /mæʧ/

sth that goes well together with sth else and has similar qualities ● *Fried chicken goes well with rice. They’re the perfect match.*

➣ match (v) ❖ abbinamento

* 1. **mainly** (adv) /ˌmeɪnli/

mostly ● *The island’s restaurants serve mainly fish.* ➣ main (adj) ❖ principalmente

* 1. **smart** (adj) /smɑːt/

controlled by a computer so that it responds and acts by itself ● *The smart lights outside our building switch on if you walk by at night.*

* + - intelligente
  1. **meal** (n) /miːl/

the food you eat at one time, e.g. lunch, dinner

* *We have a big meal in the evening when my parents come home from work.* ❖ pasto
  1. **ingredient** (n) /ɪnˈɡriːdiənt/

sth that is included to make or bake different food ● *The main ingredients you need to make a cake are flour, eggs, sugar and butter or oil.*

* + - ingrediente
  1. **trolley** (n) /ˈtrɒli/

a shopping cart for carrying things in a shop

* *The children put some more cereal into the shopping trolley.* ❖ carrello
  1. **credit card** (n) /ˈkredɪt kɑːd/

a card from a bank which you can use to buy sth and pay for it later ● *Can I pay for my tickets by credit card?* ❖ carta di credito

* 1. **add up** (phr v) /æd ˈʌp/

to calculate the total of two or more numbers, prices, etc. ● *If you add up the numbers in this line, you’ll get 100.* ❖ sommare

* 1. **save money** (phr) /seɪv ˈmʌni/

to keep money that you don’t need to spend right now ● *It’s difficult to save money when you don’t have a good job.* ❖ risparmiare

* 1. **conclude** (v) /kənˈkluːd/

to end a piece of writing or a speech

* *I concluded my email with ‘See you soon!’.* ➣ conclusion (n), conclusive (adj)
  + - concludere
  1. **diet** (n) /ˈdaɪət/

what you usually eat ● *It’s important to include the right kind of food in your daily diet.*

➣ dietician (n), dietary (adj) ❖ dieta

* 1. **habit** (n) /ˈhæbɪt/

sth you do regularly ● *Alan is trying to improve his sleeping habits by not using the internet at night.* ❖ abitudine

* 1. **still** (adv) /stɪl/

not stopping up to a certain time ● *Dad’s aunt is 90 and she still goes for long walks every day.* ❖ ancora

* 1. **once** (adv) /wʌns/

one time ● *Sally played golf once, but she didn’t enjoy it.* ❖ una volta

* 1. **shopping list** (n) /ˈʃɒpɪŋ lɪst/

a note that you write with all the things you need to buy ● *I’ll write a shopping list for the party food.* ❖ lista della spesa

* 1. **cupboard** (n) /ˈkʌbəd/

a piece of furniture that has space to store things in and has doors on the front

* *Put away your coat in the hall cupboard.*
  + - credenza
  1. **fridge** (n) /frɪdʒ/

an electronic device that keeps food and drinks cold ● *Katrina put the milk and cheese into the fridge.* ❖ frigo

* 1. **onion** (n) /ˈʌnjən/

a hard round vegetable that has many layers inside and a purple or brown skin outside

* *Cutting up onions always makes my eyes hurt.* ❖ cipolla
  1. **delicious** (adj) /dɪˈlɪʃəs/

having a very nice taste ● *This cake is delicious. May I have another piece?*

* + - delizioso
  1. **omelette** (n) /ˈɒmlət/

a dish made from mixing eggs together and frying them with other foods ● *For breakfast, we sometimes have a cheese omelette with toast.* ❖ frittata

* 1. **butter** (n) /ˈbʌtə(r)/

a soft yellow kind of fat made from cream

* *Do you like butter on your toast or just honey?* ➣ butter (v) ❖ burro
  1. **automatically** (adv) /ˌɔːtəˈmætɪkli/

without anybody touching a control or switch

* *The oven goes off automatically when the time ends.* ➣ automatic (adj)
  + - automaticamente
  1. **perhaps** (adv) /pəˈhæps/

maybe ● *Perhaps we’ll go to the Thai restaurant on my birthday, but I’m not sure.*

* + - forse
  1. **(my) own** (adj) /(maɪ) əʊn/

belonging to me ● *I’d like to have my own car when I’m older.* ➣ own (v), owner (n)

* + - mio

**LOOK!**

Remember that in Unit 2 we saw the expression *on my own,* which means ʻby myself ʼ. We can also use the word *own* in phrases like *my own / your own*, with the meaning of 'belonging to me / to you'.

*I enjoy painting* ***on my own****.* (without anyone else around)

*These are* ***my own*** *paintings.* (the paintings are mine)

* 1. **weigh** (v) /weɪ/

to measure sb/sth to see how heavy they are/ it is; to have a particular weight ● *Weigh the ingredients before you put them into the bowl.*

➣ weight (n) ❖ pesare

* 1. **calculate** (v) /ˈkælkjəleɪt/

to work out an amount ● *This watch can calculate how far you walk every day.*

➣ calculation (n) ❖ calcolare

* 1. **culture** (n) /ˈkʌltʃə(r)/

the beliefs, art and way of life in a country

* *We learnt a lot about Chinese food and culture on our holiday in Beijing.*

➣ cultural (adj) ❖ cultura

Vocabulary **Page 44**

* 1. **meat** (n) /miːt/

the soft part of an animal’s body that other animals eat as food ● *Heather doesn’t eat meat, so she ate a cheese pie.* ❖ carne

* 1. **garlic** (n) /ˈɡɑːlɪk/

a small vegetable with a very strong taste and smell ● *Let’s put some garlic sauce on the fish.*

* + - aglio
  1. **pasta** (n) /ˈpæstə/

spaghetti, noodles, etc. ● *Italy is famous for its pasta dishes.* ❖ pasta

* 1. **chilli** (n) /ˈtʃɪli/

a kind of small thin red or green pepper that has a very hot taste ● *I put a few chillies in the sauce to make it spicy.* ❖ peperoncino

* 1. **grape** (n) /ɡreɪp/

a small round green or dark red fruit that is soft inside ● *On our farm, we grow juicy grapes.*

* + - uva
  1. **mushroom** (n) /ˈmʌʃrʊm/

a kind of fungus that has a soft round top and a thick stem ● *I love mushrooms on my pizza.*

* + - fungo
  1. **pepper** (n) /ˈpepə(r)/

a kind of green, red or yellow vegetable that you can eat cooked or uncooked, e.g. in salads ● *We made a salad with tomatoes, green peppers and onions.* ❖ peperone

* 1. **lemon** (n) /ˈlemən/

a yellow fruit that has a bitter taste ● *Mum likes to drink tea with honey and a piece of lemon.*

* + - limone
  1. **vegetable** (n) /ˈvedʒtəbl/

a plant or part of a plant that you can eat

* *Carrots are my favourite vegetables.*
  + - verdura
  1. **dairy** (adj) /ˈdeəri/

made from milk ● *David has cows on his farm and he makes dairy foods like butter and milk.*

➣ dairy (n) ❖ fatto, -a con il latte

* 1. **fruit** (n) /fruːt/

the soft part of a plant that has seeds inside

* *Louisa eats a lot of fruit, like bananas and apples.* ❖ frutta
  1. **carbohydrate** (n) /ˌkɑːbəʊˈhaɪdreɪt/ something in food like bread, potatoes and pasta which gives your body energy ● *Maria eats a big meal with carbohydrates before she goes for a long walk.* ❖ carboidrato
  2. **cook** (n) /kʊk/

a person who cooks food; sb who cooks food as a job ● *My aunt is a good cook. She makes great pizzas.* ➣ cook (v), cooking (n), cooker (n)

* + - cuoco
  1. **vegetarian** (n) /ˌvedʒəˈteəriən/

a person who doesn’t eat meat or fish

* *A lot of my friends are vegetarians because they love animals.* ➣ vegetarian (adj)
  + - vegetariano
  1. **strawberry** (n) /ˈstrɔːbəri/

a small, juicy, red, summer fruit ● *We’re having ice cream with strawberries after lunch.*

* + - fragola
  1. **fresh** (adj) /freʃ/

food that has been made, picked or collected not long ago ● *There aren’t many fresh strawberries in the shops in winter.*

➣ freshness (n), freshly (adv) ❖ fresco

**Buying food**

**Nouns** credit card market restaurant shopping list supermarket trolley

**Verbs** add up calculate

save money weigh

Grammar **Page 45**

* 1. **market** (n) /ˈmɑːkɪt/

a place where you can go to buy or sell things on a street or in a special building ● *People buy fruit and vegetables at the street market here on Tuesdays.* ➣ market (v)

* + - mercato
  1. **sandwich** (n) /ˈsænwɪtʃ/

a snack that you make from two pieces of bread put together with food in between them ● *Would you like a cheese and tomato sandwich?* ❖ panino

* 1. **actually** (adv) /ˈæktʃuəli/

in fact ● *I didn’t know that Marie was actually from France.* ➣ actual (adj)

* + - effettivamente
  1. **prediction** (n) /prɪˈdɪkʃn/

what sb says will happen in the future ● *What’s my prediction for the match? Roger’s team will win again.* ➣ predict (v), predictable (adj)

* + - predizione
  1. **hope** (v) /həʊp/

to wish that sth good is possible ● *I hope Grandad will enjoy his dinner.* ➣ hope (n)

* + - sperare
  1. **sure** (adj) /ʃʊə(r)/

certain of sth ● *I’m sure you’ll like this cake.*

* + - sicuro
  1. **offer** (n) /ˈɒfə(r)/

an act of saying that you will do sth for sb if they need help ● *Charles made a kind offer to wash the dishes.* ➣ offer (v) ❖ offerta

* 1. **promise** (n) /ˈprɒmɪs/

an act of saying that you will do sth for sure

* *I’ll make the best chocolate cake in the world. That’s a promise!* ➣ promise (v)
  + - promessa
  1. **sudden** (adj) /ˈsʌdən/

that happens fast when you don’t expect it

* *We were watching TV, when we heard a sudden noise outside.* ➣ suddenly (adv)
  + - improvviso
  1. **decision** (n) /dɪˈsɪʒn/

a choice you make after thinking about sth

* *Paul made a decision to become a cook.*

➣ decide (v) ❖ decisione

* 1. **ham** (n) /hæm/

a kind of meat from a pig’s leg ● *Do you want a ham and cheese sandwich?* ❖ prosciutto

* 1. **I’m afraid** (phr) /aɪm əˈfreɪd/

used to introduce sth that isn’t good or to say that you’re sorry about sth ● *I’m afraid I can’t meet you tomorrow. I’ll be at my grandparents’ house.* ❖ temere di...

* 1. **restaurant** (n) /ˈrestrɒnt/

a place where you can sit and buy meals to eat ● *Sometimes I eat at a restaurant with my family.* ❖ ristorante

* 1. **fantastic** (adj) /fænˈtæstɪk/

very good; wonderful ● *Greta had a fantastic holiday in Crete with her family. They want to go back there next year.* ❖ fantastico

* 1. **as well** (phr) /əz wel/

also; too ● *I’m not very hungry. I can’t eat fish with salad and have ice cream as well.*

* + - anche
  1. **answer (the phone)** (v) /ˈɑːnsə(r) (ðə fəʊn)/ to pick up the phone when sb calls ● *Don’t answer the phone! It will be somebody selling something again.* ➣ answer (n) ❖ rispondere
  2. **pass** (v) /pɑːs/

to do well in an exam, a course, etc. ● *I hope you’ll pass your French exam.* ➣ pass (n)

* + - passare
  1. **anyway** (adv) /ˈeniweɪ/

used to change the subject to a main point in a conversation ● *It’s a bit late to eat now. Anyway, shall we watch a film?* ❖ comunque

* 1. **luck** (n) /lʌk/

sth that makes sth good or bad happen by chance ● *Good luck with your new cookbook.*

➣ lucky (adj) ❖ fortuna

Listening **Page 46**

* 1. **add** (v) /æd/

to put sth in sth else ● *Add a little salt to the soup.* ➣ addition (n) ❖ aggiungere

* 1. **last** (adv) /lɑːst/

after all other things ● *We waited a long time in the restaurant and they brought our food last.*

* + - ultimo
  1. **item** (n) /ˈaɪtəm/

an object ● *I made a list of items that I needed to buy for the meal.* ❖ articolo

* 1. **form** (n) /fɔːm/

a kind ● *What form of transport do you prefer to use? A car or a bus?* ❖ forma

* 1. **underline** (v) /ˌʌndəˈlaɪn/

to draw a line under a word ● *I underlined this word because I like it.* ❖ sottolineare

* 1. **girlfriend** (n) /ˈɡɜːlfrend/

a close female friend ● *My brother is going to the cinema with his girlfriend.* ❖ ragazza

* 1. **popular** (adj) /ˈpɒpjələ(r)/

liked by many people ● *Is tennis a popular sport in your country?* ➣ popularity (n)

* + - popolare ✎ Opp: unpopular
  1. **seafood** (n) /ˈsiːfuːd/

any fish and other sea creatures that you can eat ● *We ate fresh seafood at the restaurant by the beach.* ❖ frutti di mare

Speaking **Page 47**

* 1. **taco** (n) /ˈtækəʊ/

a small Mexican flat bread filled with different food and often served with chilli sauce ● *At this Mexican restaurant, they make great cheese tacos.* ❖ taco

* 1. **nacho** (n) /ˈnæːtʃəʊ/

a small piece of fried Mexican bread often eaten with a sauce or cheese ● *Let’s buy some nachos for our film night.* ❖ nacho

* 1. **smoothie** (n) /ˈsmuːði/

a drink made from fruit or vegetables mixed with fruit juice, milk or yoghurt ● *I had a banana and apple smoothie for breakfast.*

* + - frullato
  1. **vanilla** (n) /vəˈnɪlə/

a sweet flavouring made from the seeds of a plant that we add to give taste to food like

cakes or ice cream ● *Which ice cream do you like best? Chocolate, strawberry or vanilla?*

* + - vaniglia
  1. **garlic bread** (n) /ˌɡɑːlɪk ˈbred/

bread heated with garlic and butter inside

* *In Italian restaurants, you can have garlic bread with your pasta.*
  + - pane all'aglio
  1. **Mediterranean** (adj) /ˌmedɪtəˈreɪniən/ of the sea between Europe and Africa and its coasts ➣ the Mediterranean (n)
     + mediterraneo
  2. **tuna** (n) /ˈtjuːnə/

a large sea fish with red meat ● *Tony makes delicious pizza with tuna and other seafood.*

* + - tonno
  1. **curry** (n) /ˈkʌri/

a type of Asian food with a hot spicy *sauce*

* *Indian curry with rice is a popular meal in the UK.* ➣ curry (v) ❖ curry
  1. **chocolate brownie** (n) /ˈtʃɒklət ˈbraʊni/

a kind of square chocolate cake ● *How many eggs do I need to make chocolate brownies?*

* + - brownie al cioccolato
  1. **takeaway** (n) /ˈteɪkəweɪ/

a meal that you can collect or order from a restaurant to eat somewhere else

* *Thomas was too tired to cook, so he ordered a takeaway.* ➣ take away (phr v)
  + - asporto
  1. **busy** (adj) /ˈbɪzi/

that has a lot of people ● *The streets are always busy in the morning.*

* + - trafficato
  1. **crowded** (adj) /ˈkraʊdɪd/

that has a lot of people close together

* *This café is very crowded. We can’t sit down here.* ➣ crowd (n) ❖ affollato

Vocabulary **Page 48**

* 1. **biscuit** (n) /ˈbɪskɪt/

a thin crispy cake ● *Have a biscuit with your hot chocolate.* ❖ biscotto

* 1. **pre-heat** (v) /ˌpriːˈhiːt/

to switch on an oven to make it hot before cooking food in it ● *Pre-heat the oven to 180°C while you’re mixing the ingredients.*

➣ preheated (adj) ❖ preriscaldare

* 1. **oven** (n) /ˈʌvn/

the inside part of a cooker where food is cooked ● *The cakes are still in the oven. They will be ready soon.* ❖ forno

* 1. **almond** (n) /ˈɑːmənd/

a small oval nut with a smooth hard shell

* *There are some almonds in this cake.*
  + - mandorla
  1. **dough** (n) /dəʊ/

a mixture of flour and other ingredients used to make bread, pies or biscuits ● *The cook mixed the dough and left it in the fridge for an hour.*

* + - impasto
  1. **bake** (v) /beɪk/

to cook food in an oven ● *Put the biscuits in the oven and bake them for 15 minutes.*

➣ baker, baking (n), baked (adj)

* + - cuocere al forno
  1. **chopped** (adj) /tʃɒpt/

sth cut into small pieces with a knife ● *Put the chopped carrots and onions in the soup.*

➣ chop (v) ❖ tagliato

* 1. **gram** (n) /ɡræm/

a small unit for measuring how heavy sth is

* *You’ll need 250 grams of butter for this recipe.* ❖ grammo
  1. **icing sugar** (n) /ˈaɪsɪŋ ʃʊɡə(r/

a kind of soft white sugar usually used on the top of cakes or biscuits ● *Cheryl is going to put some icing sugar on the brownies.* ❖ zucchero a velo

* 1. **flour** (n) /ˈflaʊə(r)/

a soft white or brown powder made from wheat or other grain, used to make bread, biscuits, cakes, etc. ● *Put the flour into a bowl with the butter and sugar.* ❖ farina

* 1. **flavouring** (n) /ˈfleɪvərɪŋ/

sth added to food to give it more taste

* *This biscuit has strawberry flavouring.*

➣ flavour (n, v) ❖ aromatizzante

* 1. **finally** (adv) /ˈfaɪnəli/

at the end ● *Finally, cut the cake and eat it.*

➣ final (n, adj) ❖ finalmente

* 1. **mix** (v) /mɪks/

to put two or more things together to make sth different ● *Mix the butter and sugar before you add the eggs.* ➣ mixture (n) ❖ mescolare

* 1. **spoon** (n) /spuːn/

an object that has a long handle with a small round bowl shape at the end, used for mixing or picking up food ● *Henry was eating his soup with a silver spoon.* ❖ cucchiaio

* 1. **roll out** (phr v) /rəʊl aʊt/

to make sth flat using a special kitchen tool or your hands ● *Roll out the dough and put it into the baking tin.* ❖ stendere

* 1. **board** (n) /bɔːd/

a thin flat piece of wood or plastic, etc. often used for preparing food ● *Chop the carrots on the board.* ❖ tagliere

* 1. **piece** (n) /piːs/

a part of sth ● *Have a piece of cake.*

* + - pezzo
  1. **occasion** (n) /əˈkeɪʒn/

an event; a specific time when sth happens

* *Maisie wears a dress on special occasions, like parties or weddings.* ❖ occasione
  1. **measurement** (n) /ˈmeʒəmənt/

how big, heavy, long or hot, etc. sth is

* *The recipe has all the measurements for the ingredients of the cake.* ➣ measure (v)
  + - misura
  1. **centimetre** (n) /ˈsentɪmiːtə(r)/

a small unit for measuring how long or high sth is or how tall sb is ● *There are* 100 *centimetres in a metre.* ❖ centimetro ✎ Abbrev: cm

* 1. **metre** (n) /ˈmiːtə(r)/

a unit for measuring how long or high sth is or how tall sb is; 100cm ● *The table is two metres long.* ❖ metro ✎ Abbrev: m

* 1. **kilo** (n) /ˈkiːləʊ/

a unit for measuring how heavy sb or sth is; 1,000 grams; a kilogram ● *I’ll buy a kilo of tomatoes at the market.* ❖ chilo

* 1. **degree** (n) /dɪˈɡriː/

a unit used to measure temperature ● *The oven needs to be 20 degrees hotter.*

* + - grado
  1. **kilometre** (n) /kɪˈlɒmɪtə(r)/

a unit used to measure distance; 1,000 metres

* *Our house is four kilometres from the school.*
  + - chilometro ✎ Abbrev: km
  1. **length** (n) /leŋkθ/

how long sth is ● *What’s the length of the room?* ➣ long (adj), lengthen (v)

* + - lunghezza
  1. **weight** (n) /weɪt/

how heavy sth is ● *Check the weight of your bags before you travel by plane.* ➣ weigh (v)

* + - peso
  1. **temperature** (n) /ˈtemprətʃə(r)/

how hot or cold sb or sth is ● *The temperature is very low in Greenland in winter.*

* + - temperatura
  1. **pot** (n) /pɒt/

a container for keeping food fresh ● *There’s a pot of yoghurt on the table.* ❖ vasetto

* 1. **yoghurt** (n) /ˈjɒɡə(r)t/

a thick white food made from milk that you can eat with fruit or other flavourings ● *I often have yoghurt and fruit for breakfast.* ❖ yogurt

* 1. **oil** (n) /ɔɪl/

a thick liquid, usually made from plants, used for cooking or preparing food ● *Dad always puts oil on salads.* ➣ oil (v), oily (adj)

* + - olio
  1. **first of all** (phr) /fɜːst əv ɔːl/

before anything else ● *First of all, look for a nice recipe.* ❖ prima di tutto ✎ Syn: firstly

* 1. **Celsius** (n) /ˈselsiəs/

the measure used for temperatures in centigrade ● *Water boils at 100 degrees Celsius.* ❖ Celsius

**Cooking**

**Nouns** board cook cookbook dough flavouring fridge ingredient

meal oven recipe piece pot spoon

**Verbs** add bake chop mix preheat prepare weigh

**Measurement**

Celsius centimetre degree gram

kilo

length metre temperature weight

Grammar **Page 49**

* 1. **dollar** (n) /ˈdɒlə(r)/

the kind of money used in some countries, e.g. the USA, Canada and Australia ● *The taxi ride from the airport costs 40 dollars.* ❖ dollaro

* 1. **furniture** (n) /ˈfɜːnɪtʃə(r)/

things like tables, chairs, cupboards, etc.

* *We’re buying new furniture for the living room.* ❖ mobili
  1. **advice** (n) /ədˈvaɪs/

sth you tell sb to help them with a problem

* *Ask your granny for advice in the kitchen. She’s a great cook!* ➣ advise (v), advisable (adj)
  + - consiglio
  1. **luggage** (n) /ˈlʌɡɪdʒ/

all the bags you carry when you’re travelling

* *Simon’s putting his luggage into the car to go on holiday.* ❖ bagaglio
  1. **news** (n) /njuːz/

a piece of information about sth new that happened ● *I’ve got some good news. I’m going to be in Happy Cook on TV!*

* + - notizia
  1. **equipment** (n) /ɪˈkwɪpmənt/

the things you need to do a job or an activity

* *The school has modern equipment in the computer lab.* ❖ attrezzatura

Writing **Pages 50–51**

* 1. **try out** (phr v) /traɪ aʊt/

to use or do sth to see how good or bad it is

* *Bob and Martha are going to try out the new Indian restaurant.* ❖ provare
  1. **tour** (n) /tʊə(r)/

a trip to visit different places or parts of a place

* *We went on a tour of the castle.* ➣ tour (v)
  + - visita
  1. **excited** (adj) /ɪkˈsaɪtɪd/

feeling very happy about sth you’re doing or going to do ● *The children are excited about going to the party.* ❖ emozionato

* 1. **fortune cookie** (n) /ˈfɔːtʃuːn kʊki/

a thin Chinese biscuit with a small note inside that says sth about your future ● *My fortune cookie says I’ll get a visit from a friend.*

* + - biscotto della fortuna
  1. **come round** (phr v) /kʌm raʊnd/

to come to a place for a short visit ● *My friends often come round to my house to listen to music.* ❖ venire, also: passare

* 1. **lovely** (adj) /ˈlʌvli/

nice; enjoyable ● *We had a lovely meal at Francine’s.* ❖ piacevole

* 1. **look forward to** (phr v) /lʊk ˈfɔːwəd tu/

to be happy waiting for sth good that is going to happen ● *Are you looking forward to your holiday?* ❖ aspettare (qc) con impazienza

* 1. **pretty** (adv) /ˈprɪti/

quite ● *The food at Jerry’s is pretty good. You’ll love it!* ❖ piuttosto

* 1. **sound** (v) /saʊnd/

to seem to be a particular way, from what you hear or read ● *The new Thai restaurant sounds fantastic! Let’s try it out.* ➣ sound (n)

* + - sembrare
  1. **a bit** (adv) /ə bɪt/

a little; a small amount ● *The players were a bit tired at the end of the match.*

* + - un po'
  1. **relaxing** (adj) /rɪˈlæksɪŋ/

helping you to rest ● *A day at the beach will be relaxing.* ➣ relax (v), relaxation (n)

* + - rilassante

**Phrasal verbs**

come round eat up

eat out look forward to

roll out try out

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* 1. **eyeball** (n) /ˈaɪbɔːl/

a complete eye, including the round part at the back ● *I can’t imagine eating an animal’s eyeballs.* ❖ bulbo oculare

* 1. **blood** (n) /blʌd/

the red liquid that flows inside your body

* *There was blood on my shirt because I cut my finger.* ❖ sangue
  1. **tortilla** (n) /tɔːˈtiːə/

a thin, flat Mexican bread ● *Pablo is eating tortillas with cheese and tomato.*

* + - tortilla
  1. **larva** (n) /ˈlɑːvə/

an insect when it first comes out of its egg and looks like a thick worm ● *A bee begins as an egg for three days, and then becomes a larva.*

* + - larva ✎ Plural: larvae /ˈlɑːvi/
  1. **fast food** (n) /ˌfɑːst ˈfuːd/

hot food that is cooked and served quickly, especially as a takeaway ● *Jim sometimes orders fast food, like tacos, when he doesn’t have time to cook.* ❖ fast food

* 1. **Maasai** (n) /ˈmɑːsaɪ/

**Types of food**

almond biscuit butter

carbohydrate chilli

chocolate brownie curry

dairy fast food

fortune cookie fruit

garlic

garlic bread grape

icing sugar lemon meat

mushroom oil omelette onion pasta pepper sandwich seafood smoothie strawberry taco tortilla tuna vanilla vegetable yoghurt

a member of a specific group of people from East Africa ● *The Maasai people live in a traditional way in parts of Kenya and Tanzania.*

* + - Masai, Maasai
  1. **taste** (v) /teɪst/

to have a specific flavour ● *Cheese tacos taste delicious with chilli sauce.* ➣ taste (n), tasty (adj) ❖ sapere di, avere gusto

* 1. **gross** (adj) /ɡrəʊs/

horrible; not nice ● *The plate of cooked insects looks completely gross!* ❖ schifoso

✎ Syn: disgusting, revolting

* 1. **revolting** (adj) /rɪˈvəʊlˌtɪŋ/

horrible ● *Food made from insect larvae sounds revolting!* ❖ rivoltante

✎ Syn: disgusting, gross

**Adjectives**

crowded delicious excellent excited

fresh gross revolting popular