## Foodstuffs

Essential vocabulary

##### Meat - the flesh of animals, apart from fish and birds, which can be eaten

beef pork

veal lamb

mutton ham bacon

##### Offal - the organs inside the animal that are considered as food

heart lungs

brain liver

kidneys

bone marrow

tongue tripe

##### Poultry - birds bred for their eggs and meat; also fowl / fowls

duck chicken turkey goose

**Egg:** egg white / egg yolk

##### Giblets — the inner parts and neck of a bird

**Game (animals and birds - furred game and feathered game)**

venison — the meat of any kind of deer or of any large game animal

wild boar deer roebuck

**Fish** carp trout cod

hare rabbit

mackerel hake sterlet

grouse partridge

salmon sole herring

pheasant quail

anchovy sardine

sturgeon pike-perch

##### Seafood (shellfish and other edible marine animals)

crayfish crab lobster

shrimp (US) prawn (UK) langouste

oyster mussel scallop

octopus squid

##### Milk products / dairy products

milk

sour milk

##### Fats and oils

cream

sour cream

cheese butter

yoghurt

fat lard oil grease

##### Cereals (grain) and food products made from them

wheat (wheat flour, semolina)

rice (long-grain / white / brown rice) oats (oatmeal, rolled oats, porridge)

rye barley

corn / maize (cornmeal)

##### Vegetables

artichoke asparagus

. aubergine (UK)

egg plant (US) beetroot broccoli brussels sprout cabbage

carrot cauliflower celery / celeriac chard

chilli

. courgette (UK) zucchini (US) cucumber

dill fennel garlic ginger

horseradish leek

lettuce

. marrow (UK)

squash (US)

mushroom onion parsley pepper potato pumpkin radish tomato sorrel spinach

. spring onion (UK)

scallion, green onion (US)

##### Beans with edible pods:

runner bean (UK) / string bean (US) green bean / French bean

##### Pulses (the seeds of)

peas lentils beans soya (soy) beans

**Fruit** apple apricot banana cherry

grape grapefruit lemon melon

olive orange peach pear

pineapple kiwi fruit tangerine fig

plum qiunce watermelon

##### Dried fruit

prune raisin sultana

**Nuts** almond chestnut

hazel nut peanut

pistachio nuts walnut

**Kinds of berries** blueberry blackberry blackcurrant

cranberry gooseberry redcurrant

raspberry strawberry

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Fine herbs** |  | | | |
| basil celery | dill fennel | oregano parsley | sage tarragon |  |
| coriander | mint | rosemary | thyme |  |
| **Spices** |  |  |  |  |
| bay leaf cardamom | cinnamon clove | ginger mustard | paprika peppercorn | saffron vanilla |
| chillies | cumin | nutmeg |  |  |
|  | Practice |  |  |  |  |

1. **Which is the odd word in each group? a** pork veal salmon beef
2. salmon shrimp lobster oyster
3. lettuce aubergine tomato cucumber
4. chicken lamb beef pork
5. lemon orange strawberry grapefruit
6. salmon trout carp shrimp
7. pepper mustard cinnamon almond

##### Do you eat the skin of these fruits - always, usually or never? Make three lists.

apples pears oranges pineapple bananas lemons cherries peaches melons grapes strawberries plums kiwifruit quince figs tangerine watermelon

##### Which part of the vegetable is eaten? Make the following lists: Root / tuber

**Pod**

**Leaves**

**Seeds**

##### Fruit (the part which holds the seeds)

1. **Which vegetables do we peel before we eat them?**
2. **Which types of fruit have seeds and which have a stone?**
3. **Rewrite the sentences in the plural.**
   1. *This cherry* is very sweet. 2. We only have *one potato* left.

3. Cut *the tomato* into quarters. 4. Peel *that peach*.

1. Wash *the lettuce leaf* in cold water.
2. In the fruit bowl there was *a quince*, *an orange* and *an apple*.
3. For this cake you need both *an egg white* and *an egg yolk* .
4. This *strawberry isn’t* ripe yet. 9. You need *a chilli* for this sauce.

10. I don’t think that *one goose* is enough.

##### Supply the correct plural forms.

If you’re dieting, there are certain (food) 1 you really have to avoid: (cake) 2 and (biscuit) 3 are out for a start, but you can’t live for ever on (tomato) 4 and (orange) 5 . There are (man) 6 and (woman) 7 who spend their entire (life) 8 counting the calories they take in each day. Some na- tional (cuisine) 9 make you fat. The (Japanese) 10 have a high protein diet, while the (Swiss) 11 eat a lot of milk (product)

12 . Personally, I’m lucky not to have to diet, but my friend, John, can’t eat anything without looking it up in his Calorie Chart. This is care- fully organized so that (strawberry) 13 and (peach) 14 are under ‘Fruit’; (potato) 15 and (spaghetti) 16 come under ‘Starchy Foods’, and so on. I entertained John to a nice low calorie meal yesterday and at the end I offered him some jelly. ‘What does “jelly” come under?’ he asked looking at his chart. ‘Half a litre of double cream,’ I said, pouring the stuff over my plate!

1. **Complete the sentences about yourself and your country. a** In my country *. . .* is / are more common than *. . .* .

**b** In my country *. . .* is / are more expensive than *. . .* .

**c** In my country a mixed salad usually contains *. . .* .

**d** In my country we don’t grow *. . .* .

**e** And we don’t often eat *. . .* .

**f** Personally, I prefer *. . .* to *. . .* .

**g** I love *. . .* but I don’t really like *. . .* .

**h** My favourite meat is *. . .* .

##### Make a list of foodstuffs necessary to make the following specialities of the Serbian cuisine:

**a** sarma

**b** ajvar

**c** djouvech

**d** goulash

1. gibanica
2. moussaka
3. tufahije

**h** tarator

* 1. proja
  2. prebranac

##### Here are ingredients of three popular Serbian dishes. Can you guess the name of each dish?

* 1. 10 peppers, 3 onions, 350 grams of minced meat (beef and pork), 1 carrot, 1–2 tomatoes, a bunch of parsley, a cup of rice, a cup of oil, salt, black pepper, paprika, spices
  2. 400 grams of beans, 3 onions, 500 grams of smoked meat with bones (ribs), 1 cup of oil, 1 table spoon of flour, paprika, pepper, salt, bay leaves
  3. 600 grams of pork or veal, 250 grams of onions, 250 grams of peppers, 250 grams of tomatoes (or tomato puree), 1 glass of wine, a bunch of parsley, salt, pepper, oil