

# IELTS Food Vocabulary

## Topic Vocabulary >> Lesson 5: Food

The topic of food often comes up in the IELTS Speaking exam. You might be asked questions about what you like to eat, your favourite restaurants or about a popular dish in your country.

Read the following IELTS-style questions and answers below and pay attention to the phrases in **bold**. Use the ‘Definitions’ section at the

bottom of the page to check the meaning of any phrases you don’t understand.



### Part 1-style questions

Examiner: Do you like to cook?

Mandy: Not really no ... most of the time I eat **ready meals** and **take-aways** ... that’s one of the reasons I love visiting my mum ... you can always guarantee lovely **home-cooked food** ...

Examiner: What time do you usually eat dinner?

Michelle: We have our **main meal** at around 7.00 ... I’m usually **starving hungry** by then ... in fact I often **grab a bite to eat** as soon as I get home from college ... a sandwich perhaps ... but not too much **to spoil my appetite** ...

Examiner: Are there any types of food you don’t like?

Lionel: No not really ... I’m not **a fussy eater** at all ... actually I **eat like a horse** ... I do a lot of sport and **work up quite an appetite** ...

### Part 2-style task

Describe a restaurant that you like to use. You should say

- where this restaurant is
- what kind of food it serves
- how often you go there

and say why you like eating there so much.

Howard: OK ... this is a nice topic to talk about ... there's a restaurant just around the corner from where I live ... it's an Italian restaurant so as you'd expect you can eat various pasta dishes and pizzas and I usually go there with my family for **a slap-up meal** if we have anything to celebrate ... it's quite a posh restaurant ... the kind of place you would take someone if you wanted **to wine and dine** them ... we usually order **a 3-course meal** ... a light starter then a main dish ... and I have quite **a sweet tooth** so I always look forward to the dessert ... I usually order Tiramisu ... it **makes my mouth water** just to think about it ... I'm always totally **full up** by the end ... why do I enjoy it there ... well ... it's not cheap ... my parents always **foot the bill** and we couldn't afford to go there regularly so it's always a nice treat ...

### Part 3-style questions

Examiner: How can we encourage people to eat more healthily?

Anna: I think the best approach is to have everything in moderation ... **processed food** won't kill you if you only eat it occasionally ... but people should also be encouraged **to eat a balanced diet**... try to cook fresh ingredients at home a few times a week ...

Examiner: Do you think people enjoy their food as much as they should?

Florrie: I don't know really ... I suppose it's true that people will often eat **a quick snack** because they're bored not because they're **dying of hunger** ... and often they just **bolt it down** and don't savour it ... so yes ... perhaps we could take more time over our food ...

Examiner: Do you think cooking is a pleasure or a chore for people who have busy lives?

Julie: Well ... whether you **follow a recipe** or make something up as you go along ... I think cooking is a very creative process ... and cooking for other people is a particular pleasure ... there's nothing more satisfying than seeing people you love **tucking into** something you've cooked yourself ...

## Definitions

- to be full up:** to eat to the point that you can no longer eat any more
- to be starving hungry:** an exaggerated way of saying you are very hungry
- to bolt something down:** to eat something very quickly
- to be dying of hunger:** an exaggerated way of saying you are hungry
- to eat a balanced diet:** to eat the correct types and amounts of food
- to eat like a horse:** to eat a lot
- to follow a recipe:** to cook a meal using instructions
- to foot the bill:** to pay the bill
- a fussy eater:** somebody who has their own very high standards about what to eat
- **to grab a bite to eat:** to eat something quickly (when you're in a rush)
- to have a sweet tooth:** to enjoy sugary food
- home-cooked food:** food cooked at home from individual ingredients
- the main meal:** the most important meal of the day, usually eaten in the evening
- to make your mouth water:** to make you feel very hungry for something
- to play with your food:** to push food around the plate to avoid eating it
- processed food:** commercially prepared food bought for convenience
- a quick snack:** to eat a small amount of food between meals
- **a ready meal:** see 'processed food'
- a slap up meal:** a large meal
- **to spoil your appetite:** to eat something that will stop you feeling hungry when it's meal-time.
- a take away:** a cooked meal prepared in a restaurant and eaten at home
- to tuck into:** to eat something with pleasure
- to wine and dine:** to entertain someone by treating them to food and drink
- to work up an appetite:** to do physical work that leads to you becoming hungry