

Basic taste and nutrition vocabulary



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____



9. _____



10. _____



11. _____



12. _____

Match the words and phrases to the pictures above:

Choose the best answer.

flavors | fresh fruit | bitter | parsley
light meal | balanced diet | sour | swallow
recipe | disgusting | consume | calories

1. It is important to _____ a variety of nutrients in your diet.

- A) contain
- B) produce
- C) consume

5. Coffee without sugar can be very _____.

- A) sweet
- B) bitter
- C) salty

9. I like to eat _____ in the morning. I think it's healthy.

- A) frozen vegetables
- B) processed food
- C) fresh fruit

2. The ice cream shop has many different _____ to choose from.

- A) colors
- B) textures
- C) flavors

6. Can you give me the _____ for your famous lasagna?

- A) dish
- B) ingredient
- C) recipe

10. I had a _____ for lunch because I wasn't very hungry.

- A) heavy meal
- B) light meal
- C) spicy meal

3. The food was so _____ that I couldn't finish it.

- A) delicious
- B) disgusting
- C) nutritious

7. An apple has fewer _____ than a piece of cake.

- A) calories
- B) vitamins
- C) minerals

11. Lemonade can be quite _____ if it has too much lemon.

- A) sweet
- B) sour
- C) salty

4. Be sure to _____ your food properly to avoid choking.

- A) cook
- B) eat
- C) swallow

8. It is important to have a _____ to maintain good health.

- A) junk food
- B) balanced diet
- C) high-fat diet

12. The chef added some _____ to the dish to enhance the flavor.

- A) water
- B) oil
- C) parsley

Taste and nutrition

1. Put the words in the appropriate column. Add your own ideas too.

flavors | fresh fruit | bitter | parsley
light meal | balanced diet | sour | swallow
recipe | disgusting | calories | consume

Taste

Nutrition

Other

Taste	Nutrition	Other

2. Use the words above to complete the conversation.

A: What kind of _____ do you like?

B: I like sweet _____. I don't like _____ or _____ foods.

A: That's good. _____ is important for a healthy diet.

B: Yes, I try to eat a _____ every day.

A: Do you have a favorite healthy _____?

B: Yes, I like to make a salad with _____ and some _____.

3. Circle agree/disagree and give a reason.

1. I love trying different flavors in my food. (agree/disagree)

2. I enjoy using parsley in my cooking. ((agree/disagree)

3. I don't like the taste of sour foods. (agree/disagree)

4. I find it easy to swallow pills. (agree/disagree)

5. I think some foods are disgusting and refuse to eat them. (agree/disagree)

6. I try to keep track of my daily calorie intake. (agree/disagree)

Pictures

1. swallow
2. light meal
3. sour
4. consume
5. balanced diet
6. parsley
7. bitter
8. disgusting
9. flavors
10. recipe
11. fresh fruit
12. calories

MC

1. C) consume
2. C) flavors
3. B) disgusting
4. C) swallow
5. B) bitter
6. C) recipe
7. A) calories
8. B) balanced diet
9. C) fresh fruit
10. B) light meal
11. B) sour
12. C) parsley

Taste nutrition or other

1. **Taste:** flavors, bitter, sour, disgusting
2. **Nutrition:** fresh fruit, balanced diet, calories, light meal,
3. **Other:** parsley, swallow, recipe, consume

Conversation answers

A: What kind of **flavors** do you like?

B: I like sweet **flavors**. I don't like **bitter** or **sour** foods.

A: That's good. A **balanced diet** is important for a healthy diet.

B: Yes, I try to eat a **light meal** every day.

A: Do you have a favorite healthy **recipe**?

B: Yes, I like to make a salad with **fresh fruit** and some **parsley**.

Giving opinions

1. Agree - I enjoy trying different flavors in my food because it adds variety to my meals and helps me discover new tastes that I might enjoy.
2. Agree - I love using parsley in my cooking because it adds a fresh and vibrant flavor to dishes, and it also has some nutritional benefits.
3. Disagree - I actually enjoy the taste of sour foods, as I find them refreshing and tangy.
4. Agree - I find it easy to swallow pills because I've been doing it for many years, and it has become a routine part of my daily medication.
5. Agree - There are some foods that I find disgusting and refuse to eat because they either have an unappealing texture or flavor that I can't tolerate.
6. Disagree - I don't typically keep track of my daily calorie intake, as I prefer to focus on eating a balanced and varied diet rather than fixating on specific numbers.