

Diet and the food pyramid

Word list

balanced

having good or equal amounts of all the necessary parts of something

▪ a *balanced* diet [=a diet having all the kinds of food needed to be healthy] ▪ Every morning she eats a *balanced* breakfast of toast, yogurt, and a glass of orange juice. — opposite UNBALANCED

nutritious

having substances that a person or animal needs to be healthy and grow properly : promoting good health and growth

▪ highly *nutritious* salad greens ▪ The food was both *nutritious* and delicious.

diet

the food that a person or animal usually eats

▪ *Diets* that are rich in fruits and vegetables have been shown to help prevent disease.

oil

a liquid substance that comes from a plant or animal, that contains fat, and that is used in cooking

▪ Add a little *oil* to the pan and stir-fry the onions. ▪ The dressing is made with *oil*, vinegar, and a pinch of herbs.

fat

an oily solid or liquid substance in food

▪ Nuts contain a lot of *fat*. ▪ milk/bacon *fat* ▪ Trim the *fat* from the meat before you cook it. ▪ foods that are high in *fat* = foods with a high *fat* content ▪ reducing dietary *fat* ▪ a diet low in *fat* [=a low-fat diet] ▪ a diet low in *fats* ▪ saturated *fats* ▪ *fats* like butter and olive oil

carbohydrate

any one of various substances found in certain foods (such as bread, rice, and potatoes) that provide your body with heat and energy and are made of carbon, hydrogen, and oxygen

▪ Pasta has a lot of *carbohydrates*. [= (US) *carbs*] ▪ He's trying to lose weight by cutting down on *carbohydrates*. [=foods that contain a lot of carbohydrates] [*noncount*] ▪ a food that is low in protein but high in *carbohydrate*

obese

fat in a way that is unhealthy

▪ providing medical treatment for *obese* patients ▪ the problem of *obesity* in children

overweight

weighing more than the normal or expected amount : too heavy

▪ He's only slightly *overweight*.

junk food

derisive slang term for food that is of little nutritional value and often high in fat, sugar, salt, and calories

snack

a small amount of food eaten between meals

▪ He had a *snack* of chips and dip. ▪ between-meal *snacks* ▪ I didn't have time for lunch so I just grabbed a quick/light *snack*. ▪ peanuts, potato chips, and other **snack foods**

chef

a professional cook who usually is in charge of a kitchen in a restaurant

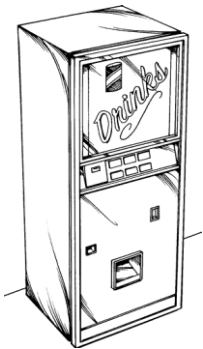
▪ The hotel's *chef* trained at the finest culinary institutes in Europe.

canteen













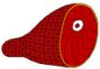



















a store in a camp, school, etc., in which food, drinks, and small supplies are sold

vending machine

a machine that you put money into in order to buy food, drinks, cigarettes, etc. —called also (*Brit*) *slot machine*



Dictionary food

cake 	rice 	soup 	cucumber 
hot dog 	fruit 	vegetables 	pepper 
salt 	cookie 	onion 	potato 
meat 	bread 	salad 	lemon 
cheese 	tomato 	chocolate 	banana 
chicken 	pizza 	hamburger 	sandwich 
apple 	watermelon 	melon 	orange 
corn 	egg 	avocado 	grapes 

Food

