

# 8 EATING

## STUDENT'S BOOK PAGES 70–71

### **bland** /blænd/ Adjective

if food is *bland*, it does not have much flavour

*his cooking is always rather bland | I found the main course very bland | the hospital food was so bland*

- *insípid*

### **filling** /'fɪlɪŋ/ Adjective

if food is *filling*, you only have to eat a small amount to feel full

*a filling soup | I've had enough thanks – it was very filling | the hotel breakfast was filling and tasty*

- *que omple molt*

### **grate** /greɪt/ Verb

if you *grate* food, you cut it into a lot of very thin strips

*grate the carrots and onion very finely | grate the cheese over the top of the pie*

Adjective: *grated* | Noun: *grater*

*baked potato with grated cheese | a cheese grater*

- *ratllar*

### **juicy** /'dʒuːsi/ Adjective

if food is *juicy*, it has a lot of natural juice or liquid in it

*this orange is really juicy | ripe and juicy strawberries | a large pink fruit with juicy flesh*

Noun: *juice*

*the juice was running down his chin | orange juice*

- *sucós / melós*

## WORD BUILDING: ADJECTIVES THAT END WITH -Y

We often add **-y** to nouns to make an adjective like **juicy** (from the noun **juice**). It usually means it has a lot of the noun or is like the noun.

**buttery:** a lovely *buttery* taste

**salty:** too *salty*

**crunchy:** *crunchy* biscuits

**spicy:** a *spicy* curry

**juicy:** *juicy* steak

**sugary:** *sugary* drinks

**mouldy:** *go mouldy*

**watery:** the soup's a bit *watery*

**oily:** *oily* fish

**sandy:** a *sandy* beach

**rubbery:** a *rubbery* texture

**sweaty:** *sweaty* socks

### **mash** /mæʃ/ Verb

if you *mash* food, especially potatoes, you crush them until they become smooth

*mash the potatoes with butter and milk | he was in the kitchen mashing potatoes | I like to mash carrots with the potatoes*

Adjective: *mashed* | Noun: *mash*

Collocates: *mashed potatoes*

*serve with rice or mashed potatoes | sausages and mash*

- *aixafar*

### **slice** /slaɪs/ Verb

if you *slice* something, you use a knife to cut thin pieces of it

*slice the ham thinly | I had to use the bread knife to slice the tomatoes*

Adjective: *sliced* | Noun: *slice*

*a packet of sliced bread | a slice of bread*

- *tallar*

### **sour** /'saʊə(r)/ Adjective

food that is *sour* has a strong taste that is not at all sweet, like a lemon

*a sweet and sour sauce | add vinegar to give it a slightly sour taste*

- *àcid*

### **steam** /sti:m/ Verb

if you *steam* vegetables or fish, you cook them using only the steam from boiling water instead of putting them into the boiling water itself

*do you want to steam the courgettes, or shall we bake them? | steam the peas for 4 minutes*

Adjective: *steamed*

*it comes with salad or steamed vegetables*

- *fer al vapor*

### **stuffed** /stʌft/ Adjective

food that is *stuffed* is cooked with a mixture of other foods inside it

*a stuffed pepper | chicken stuffed with lemon and tomatoes*

Verb: *stuff* | Noun: *stuffing*

*it's quite difficult to stuff a pigeon | a herb and onion stuffing*

- *farcit*

## STUDENT'S BOOK PAGES 72–73

### **adventurous** /əd'ventʃ(ə)rəs/ Adjective

if you are *adventurous*, you like trying lots of different and exciting things

*he's not a very adventurous eater | a holiday for adventurous travellers | this was the most adventurous trip he had ever taken*

Opposite – Adjective: *unadventurous*

#### • *aventurer*

### **cope** /kəʊp/ Verb

if you *cope*, you deal successfully with a difficult situation

*he found it hard to cope after his wife died | I can't cope with the workload | she seems to be coping with the stress very well*

#### • *gestionar / sortir-se'n*

### **get hold of** /get 'həʊld ,pʌ/ Phrase

if you *get hold of* something, you succeed in getting it for yourself by gripping it firmly so that no one else can have it

*he got hold of the gun and pointed it at the robber | I had to move fast to stop him getting hold of the photo*

#### • *fer-se amb alguna cosa*

### **host** /həʊst/ Noun

your *host* is the person whose home you are staying in, or the person who has invited you to an event such as a party

*our host welcomed us at the door | I spent six months living with a host family in Rome*

Verb: *host*

*we hosted a dinner for several of our neighbours*

#### • *amfitrió*

### **integrate** /'ɪntɪgreɪt/ Verb

if you *integrate*, you start to belong in a new place or situation and are accepted as part of it

Collocates: *integrate into/with something*

*it takes time to integrate into a new country | her parents had been there 40 years and had fully integrated | she integrated with her new classmates almost straight away*

Adjective: *integrated*

*both families had become fully integrated into Dutch society*

#### • *integrar-se*

### **integration** /,ɪntɪ'greɪʃ(ə)n/ Noun uncount

*integration* is the fact of belonging in a new place or situation and being accepted there

Collocates: *integration into/with something*

*his integration into his new school took a long time | economic and social integration of migrants was a priority for the government*

#### • *integració*

### **off** /ɒf/ Adverb

if something is a long way *off* or a long time *off*, it hasn't happened yet or is still some distance away

*it's only July, Christmas is still a long time off | the campsite was on the other side of the valley, about two miles off*

#### • *allunyat*

### **represent** /,reprɪ'zent/ Verb

if something *represents* another thing, it stands as a symbol of that other thing, often because it has many of the qualities of that other thing

*these places represent everything their owners miss about their home country | the flag has four stars representing each of the four provinces*

#### • *representar*

### **split** /splɪt/ Verb

if you *split* something, you divide it into smaller parts which are usually equal

*let's just split the bill (let's all pay the same amount) | we'll split it 50-50 (we'll each have half) | split the cake into five pieces*

#### • *dividir*

### **starving** /'stɑ:(r)vɪŋ/ Adjective

if you say you are *starving*, you mean you are very hungry.

You also say people are *starving* when they are dying because they do not have enough food to eat

*I was starving by the time we got home | the papers carried photos of starving children*

Verb: *starve*

Collocates: *starve to death*

*if we don't send help, a million people will starve to death there*

#### • *mort de gana*

### **sweaty** /'sweti/ Adjective

*sweat* is water that comes out through your skin because you are hot, for example after you have done exercise. If you are *sweaty*, you have sweat on your skin. If your clothes are *sweaty* they are slightly wet with sweat

*it smells like sweaty socks | he came back from his run hot and sweaty | your feet will get sweaty in those shoes*

Noun: *sweat* | Verb: *sweat*

*sweat was running down his back | the coat had made her so hot that she was sweating heavily*

#### • *suat*

### **wonder** /'wʌndə(r)/ Noun uncount

if you say that it's *no wonder* something is the case, you mean that the reason for it is obvious

*no wonder it's cold – you forgot to put the heating on | is it any wonder the country is in so much debt after what the banks did?*

#### • *sorpresa*

**STUDENT'S BOOK PAGES 74–75****bare** /beə(r)/ Adjective

if somewhere is *bare*, it looks empty and is not filled or covered with anything

*the room was cold and bare | the walls are completely bare | the table was bare*

- *despullat / buit*

**demand** /dɪ'mɑ:nd/ Verb

if you *demand* something, you say very forcefully that you want it and expect it to be brought to you or given to you

*workers are demanding a pay rise | I demand to know what is going on here! | he demanded an explanation*

Noun: *demand*

*his demand was met with a direct refusal to cooperate*

- *exigir*

**deserted** /dɪ'zɜ:(r)tɪd/ Adjective

if somewhere is *deserted*, there is no one there

*the station was deserted | the city centre is deserted after eight in the evening | a deserted building*

- *desert*

**deserve** /dɪ'zɜ:(r)v/ Verb

if you say that someone *deserves* something, you think it is right for them to get it, either as a reward for something good that they have done, or as a punishment for something bad that they have done

*he doesn't deserve the extra money | I think you deserve a holiday after all that studying | we deserved to win that game*

- *merèixer*

**gang** /gæŋ/ Noun

a *gang* is a group of people who spend a lot of time together, often for criminal reasons

*the gang threatened to kill anyone who got in their way | a gang of kids*

- *colla / banda*

**instant** /'ɪnstənt/ Noun

an *instant* is an extremely short length of time. If you say that you would do something *in an instant*, you mean that you would do it immediately without waiting at all

*I'd walk out in an instant if he treated me like that | for an instant, I thought he was going to shoot*

Adjective: *instant* | Adverb: *instantly*

*the film was an instant success | I had a glass of water and instantly felt better*

- *instant*

**literally** /'lɪt(ə)rəli/ Adverb

you use *literally* to emphasise that you are using a word or words in their exact meaning, even though it might be surprising. People also use the word *literally* just to emphasize what they are saying, but many teachers think this use is wrong

*the roof was literally blown off the house in the storm | we ate literally tons of ice cream on holiday*

Adjective: *literal*

*the literal meaning of the word "Yoga" is "union"*

- *literalment*

**look out over** /lʊk 'aʊt əʊvə(r)/ Phrase

if a building or window *looks out over* something or onto something, it has a view of that place

Collocates: *look out over something | look out onto something*

*our hotel room looks out over the sea | the upstairs window looks out over the mountains*

- *tenir vistes a / donar a*

**organic** /ɔ:(r)'gænɪk/ Adjective

*organic* food has been produced without the use of artificial chemicals or fertilizers

*all our meat and vegetables are organic | organic eggs | eating organic food can prove expensive*

Adverb: *organically*

*all our vegetables are grown organically | organically farmed food is more expensive*

- *orgànic*

**outstanding** /aʊt'stændɪŋ/ Adjective

something or someone that is *outstanding* is extremely impressive

*the service was outstanding | the hotel offers outstanding views from the top floor | she got a gold medal for her outstanding academic performance*

- *excepcional*

**over-** /əʊvə-/ Prefix

you put *over-* in front of an adjective or verb to say that something happens or is done to a great degree, often more than is usual or right

*my steak was overcooked (cooked too much) | she overreacted when she heard the news (her reaction was more extreme than it needed to be) | an overcrowded train*

- *prefix per indicar molt o més del que és habitual*

**packed** /pækt/ Adjective

if a place or object is *packed*, it is full of people or things

*the restaurant is always packed | he made his way into the packed stadium | the drink is packed with vitamins*

- *replet*

**portion** /'pɔː(r)ʃ(ə)n/ Noun

a *portion* of food is an amount that is served to one person at a meal

Collocates: a *portion* of something

*the portions there are very generous | I ordered a sandwich and a portion of chips*

- porció

**posh** /pɒʃ/ Adjective

If you say that a place is *posh*, you mean that it looks expensive and is probably used by rich and fashionable people

*Jenny took me to a posh restaurant for my birthday | we stayed in a really posh hotel | Knightsbridge is one of the poshest parts of the city*

- luxós / de classe alta

**present** /prɪ'zent/ Verb

if you *present* something in a certain way, that is how you arrange it and place it in front the person you are giving it to

*the food was beautifully presented | they presented the exhibits in glass cases round the edge of the room | they present their dishes with style and taste*

Noun: *presentation*

*the food was tasty, but the presentation was poor*

- presentar

**single** /'sɪŋɡ(ə)l/ Adjective

a *single* person or thing is just one. You say *not a single* or *not one single* person or thing to emphasise that there was not one person or thing somewhere

*I didn't see a single person I knew in the restaurant | all I've had today is a single cup of coffee | not a single person could be seen*

- únic

**spit** /spɪt/ Verb

if you *spit* something out of your mouth, you force it out  
*he began coughing and spitting blood | he spat out a tooth | she was trying to swim, and was spitting water out of her mouth*

- escopir

**stick** /stɪk/ Verb

if you say that you will *stick* with something, you mean that you will continue doing it or having it, and do not want to exchange it or do something different

Collocates: *stick* with something | *stick* to something

*I'll stick with what I've got | they decided to stick with their old car for another year at least | she finds it hard to stick to a diet*

- continuar amb alguna cosa

**STUDENT'S BOOK PAGES 76–77****acid** /'æsɪd/ Adjective

In chemistry, *acids* are substances that have a pH value of less than 7. Strong *acid* can burn holes in metal. *Acid* soil or conditions have a certain amount of *acid* in them

*to grow well, cranberries like acid conditions and sand | one result of air pollution is acid rain | the soil in our garden is slightly acid*

Noun: *acid* | Adjective: *acidic*

*a bottle of sulphuric acid | the oceans are becoming more acidic*

- àcid

**adequate** /'ædɪkwət/ Adjective

something that is *adequate* is enough in quantity or quality for a particular purpose

*do you have an adequate supply of water? | there is adequate parking space available | the aircraft did not have adequate safety equipment*

Adverb: *adequately*

*the factory was not adequately equipped to meet the demand*

- adequat

**crop** /krɒp/ Noun

a *crop* is a plant such as wheat or corn that is grown by farmers in order to sell it

*a frost can destroy the crop | they grew crops in large open fields*

- cultiu

**float** /fləʊt/ Verb

if something *floats*, it stays on the surface of a liquid and does not sink

*fresh eggs will sink, but old ones float | the logs are floated down the river to the paper mill | he floated for a while in the middle of the pool, then swam back to the side*

- surar

**harvest** /'hɑː(r)vɪst/ Verb

to *harvest* crops means to pick them from the fields or trees where they are growing when they are ripe and ready to be eaten or turned into food

*how do you think cranberries are harvested? | boys came out of school to help the farmers harvest their crops | the crop was harvested early to make room for summer vegetables*

Noun: *harvest*

*better farming techniques will lead to better harvests*

- recol·lectar

**inherit** /ɪn'herɪt/ Verb

if you *inherit* goods or property, it becomes yours because someone has left instructions that you should have it after they die. If you inherit characteristics from your parents, you have those characteristics because of the genes you share with them

*Mary inherited the farm after the death of her aunt | his fortune was inherited by his only son | if he has no children, who will inherit?*

Noun: *inheritance*

*he expected to receive a large inheritance on the death of his father*

- *heretar*

**keep an eye on** /ˌki:p ən 'aɪ ɒn/ Phrase

if you *keep an eye on* a situation, you make sure you know what is happening so that you can take action at the right moment or if something goes wrong or needs attention

*they have to keep an eye on the weather because a frost can destroy the crop | keep an eye on the pan and turn the heat down when the water boils*

- *vigilar*

**remove** /rɪ'mu:v/ Verb

if you *remove* something, you take it away from where it is, or you take it away from the other things that are with it

*they remove the berries which then float to the surface | both cars were finally removed from the scene of the crash | you should remove the curtains before painting the window*

Noun: *removal*

*removal of the rear seat is easy*

- *retirar / treure*

**sand** /sænd/ Noun uncount

*sand* is the stuff you find on lots of beaches or in deserts. It is like a fine powder and is made up of very tiny pieces of rock

*extreme heat can turn sand into glass | we came back from the beach with sand in our hair*

Adjective: *sandy*

*a sandy beach | a plant that will grow well in sandy soil*

- *sorra*

**supply** /sə'plaɪ/ Noun

a *supply* of something is an amount of it that is available for use

Collocates: a supply of something

*an abundant supply of coal, oil and gas | a limited supply of fresh fruit*

- *subministrament*

**surface** /'sɜ:(r)fɪs/ Noun

the *surface* of something is the top of it that faces upwards

*the berries then float to the surface | put the compass on a flat surface*

- *superfície*