



VOCABULARY BANK

Food and Eating Habits

Food and Eating Habits | Bank 1: cooking, restaurants and cultural food | Cambridge IGCSE ESL 0511

1. Quick confidence check

Before you study the topic, mark the column that best describes your confidence with each word or phrase.

Word or phrase	New to me	I recognise it	I can use it
home-cooked meal	☐	☐	☐
try a new dish	☐	☐	☐
fresh ingredients	☐	☐	☐
follow a recipe	☐	☐	☐
restaurant menu	☐	☐	☐
customer service	☐	☐	☐
order a meal	☐	☐	☐
complain politely	☐	☐	☐
cultural food	☐	☐	☐
traditional dish	☐	☐	☐
eat out	☐	☐	☐
take away	☐	☐	☐

2. Vocabulary bank

Here are some useful words, adjectives, verbs and chunks that can be reused in exam answers. If you are not sure of their meaning, check online or ask your teacher.

Category	Useful vocabulary
Cooking	home-cooked meal, fresh ingredients, follow a recipe, cooking skills, try a new dish, share a meal
Restaurants	restaurant menu, customer service, order a meal, complain politely, take away, eat out, affordable meal
Culture and choices	cultural food, traditional dish, vegetarian option, food allergy, local produce, nutritious
Opinion chunks	I would recommend..., It is worth trying..., One advantage of eating out is..., I prefer home-cooked food because..., It depends on...

3. Match the meaning

Match each word or phrase with the correct meaning. Then choose four and write your own examples.

Word or phrase	Meaning
1. home-cooked meal	a. use instructions to prepare a dish
2. fresh ingredients	b. food connected with a culture, family or place
3. follow a recipe	c. food prepared at home rather than bought ready-made
4. customer service	d. a health problem caused by eating a particular food
5. traditional dish	e. food items that are new, natural and not old or spoiled
6. food allergy	f. the way staff help and speak to customers

4. Build useful chunks

Choose useful chunks from the grid. Then write three natural sentences you could use in a speaking or writing answer.

follow a recipe	try a new dish	use fresh ingredients
order a meal	complain politely	eat out with friends
traditional dish	cultural food	share a meal

- _____
- _____
- _____

5. Read in context

Read the text. The bold words are from the vocabulary bank.

Trying Food from Different Places

Food is an important part of culture, and many people enjoy trying a **traditional dish** when they visit a new place. A meal can teach visitors about local history, family life and everyday habits.

Some people prefer a **home-cooked meal** because it can be cheaper and healthier. When people cook at home, they can choose **fresh ingredients** and control how much salt, sugar or oil they use.

Eating out can also be enjoyable. A clear **restaurant menu** and good **customer service** can make the experience more relaxed. If there is a problem, it is usually best to **complain politely** rather than become angry.

Food choices are personal. Some people need a vegetarian option or must avoid certain meals because of a **food allergy**. Whether people eat at home or in a restaurant, food is often a way to connect with others.

6. Check your understanding

Answer the questions in your own words. Use the vocabulary bank where it fits naturally.

READING CHECK

1. What can a traditional dish teach visitors about?

2. Why might some people prefer a home-cooked meal?

3. What can make eating out more relaxed?

4. Why do some people need to avoid certain meals?

VOCABULARY IN CONTEXT

What does 'complain politely' mean in the text?

- A. Explain a problem in a respectful way
- B. Refuse to pay for any food
- C. Leave without speaking
- D. Shout at the staff

What is the writer's main idea?

- A. Food is only about health.
- B. Food can connect people with culture and each other.
- C. Restaurants are always better than home cooking.
- D. Everyone should eat the same food.

7. Use the vocabulary

Task	What to do
Speaking 1	Describe a traditional dish or meal you know and explain why people enjoy it.
Speaking 2	Discuss this question: Is it better to eat out or cook at home?
Writing	Write a short paragraph recommending a dish or restaurant.
Review	Return to the confidence table. Choose one item you want to improve and write a clear example sentence.

8. Topic discussion questions

Use these for pair work, small-group discussion, or speaking-test warm-up practice.

- What food would you recommend to a visitor?
- Is cooking an important life skill?
- Why do people enjoy eating out?
- How can restaurants help customers with food allergies?
- What makes a meal memorable?

**ANSWER KEY**

Food and Eating Habits

3. Match the meaning

1. c = food prepared at home rather than bought ready-made
2. e = food items that are new, natural and not old or spoiled
3. a = use instructions to prepare a dish
4. f = the way staff help and speak to customers
5. b = food connected with a culture, family or place
6. d = a health problem caused by eating a particular food

6. Check your understanding

1. It can teach them about local history, family life and everyday habits.
2. It can be cheaper and healthier, and people can choose their own ingredients.
3. A clear menu and good customer service can make eating out more relaxed.
4. They may have a food allergy or need a vegetarian option.

MCQ 1: A. Explain a problem in a respectful way.

MCQ 2: B. Food can connect people with culture and each other.