



VOCABULARY BANK

Food and Eating Habits

Food and Eating Habits | Bank 2: school meals, healthy eating and food waste | 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
school meal	☐	☐	☐
packed lunch	☐	☐	☐
balanced meal	☐	☐	☐
healthy snack	☐	☐	☐
processed food	☐	☐	☐
sugary drink	☐	☐	☐
food waste	☐	☐	☐
throw food away	☐	☐	☐
cut down on waste	☐	☐	☐
use up leftovers	☐	☐	☐
portion size	☐	☐	☐
nutritious	☐	☐	☐

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
School food	school meal, packed lunch, balanced meal, healthy snack, nutritious, portion size
Food choices	fast food, processed food, sugary drink, eating habits, vegetarian option, affordable meal
Waste	food waste, throw food away, cut down on waste, use up leftovers, share a meal, local produce
Opinion chunks	Schools should offer..., It is healthier to..., One way to reduce waste is..., Students are more likely to..., This can encourage...

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. packed lunch	a. food changed in a factory and often containing extra salt, sugar or fat
2. balanced meal	b. food that is thrown away instead of eaten
3. processed food	c. food brought from home to eat at school or work
4. portion size	d. eat or cook food that remains after a meal
5. food waste	e. a meal with a healthy mix of different foods
6. use up leftovers	f. the amount of food served to one person

4. Build useful chunks

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

bring a packed lunch	eat a balanced meal	choose a healthy snack
reduce sugary drinks	cut down on waste	use up leftovers
improve eating habits	throw food away	offer nutritious meals

1. _____
2. _____
3. _____

5. Read in context

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

Better Food Choices at School

Many students eat a **school meal** or bring a **packed lunch** each day. These choices can affect energy, concentration and mood during lessons.

A **balanced meal** does not need to be complicated. It might include vegetables, protein and a sensible **portion size**. Healthy snacks and water can also be better than **sugary drinks** between lessons.

Food waste is another issue. Some students **throw food away** because they take too much or do not like what is offered. Schools can help by giving students more choice and encouraging them to **cut down on waste**.

Small changes can make a difference. If families and schools help students build better eating habits, young people may feel healthier and waste less food over time.

6. Check your understanding

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

READING CHECK

1. How can food choices affect students during lessons?

2. What might a balanced meal include?

3. Why do some students throw food away?

4. How can schools help reduce food waste?

VOCABULARY IN CONTEXT

What does 'portion size' mean in the text?

- A. The amount of food served to one person
- B. The price of a meal
- C. A type of packed lunch
- D. A school timetable

What is the writer's main view?

- A. Students should never eat at school.
- B. Better choices can improve health and reduce waste.
- C. Packed lunches are always unhealthy.
- D. Food waste is impossible to reduce.

7. Use the vocabulary

Task	What to do
Speaking 1	Describe what makes a good school meal or packed lunch.
Speaking 2	Discuss this question: Should schools ban sugary drinks?
Writing	Write a short paragraph explaining how students can reduce food waste.
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 is a healthy snack for a school day?
- Should students choose their own school meals?
- Why do people waste food?
- How can families use up leftovers?
- Is fast food always a bad choice?

**ANSWER KEY**

Food and Eating Habits

3. Match the meaning

1. c = food brought from home to eat at school or work
2. e = a meal with a healthy mix of different foods
3. a = food changed in a factory and often containing extra salt, sugar or fat
4. f = the amount of food served to one person
5. b = food that is thrown away instead of eaten
6. d = eat or cook food that remains after a meal

6. Check your understanding

1. They can affect energy, concentration and mood.
2. It might include vegetables, protein and a sensible portion size.
3. They may take too much food or dislike what is offered.
4. Schools can offer more choice and encourage students to cut down on waste.

MCQ 1: A. The amount of food served to one person.

MCQ 2: B. Better choices can improve health and reduce waste.