

IELTS Topic Vocabulary for Speaking test: Food and Diet

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Maxfaber

IELTS TOPIC VOCABULARY FOR SPEAKING TEST: *Food and Diet*



What you will find in this article:

- Common *questions* from Part 1, 2 and 3 of speaking test.
- *Collocations*, words and phrases that will help you to talk about food and diet.
- How other people tell *stories* related to food and its role in our life.
- Links to useful materials which you can use to *read articles, listen podcasts and watch video* about foods and diet.
- Vocabulary from sub-topics and related areas such as: healthy eating, cooking, recipes, junk food, fast food, components of healthy diet, different types of foods – veggies, fruits, drinks, meat.

Part 1 Sample Questions

- Can you cook?
- Who does the cooking in your family?
- What is your main meal in the day?
- On what occasions do you eat special foods?

- Which foods from your country do most foreign people enjoy?
- Do you eat much junk food?
- Is there any kind of healthy food you which don't like?
- What is the most famous food from your country? (Can you describe it?)
- How often do people eat out where you come from?
- Do you like to cook?

Part 2 Sample Question: Cue Card

Talk about your favourite food. You should say:

- what the food is
- what it is made of
- why you like it

and explain why it is your favourite food.

Describe a food item you know how to cook. You should say:

- what the food is
- how you learned to cook it
- how do you cook it

and explain how important for you to cook home made meals?

Part 3 Sample Questions

- Tell me about the types of food that people eat in your country (What foods are popular in your country?)
- How are the eating habits now in your country different from eating habits in the past?
- How healthy is your country's food?
- What are some of your favourite foods?
- What are some of the famous dishes in your country?
- Do you enjoy cooking?

Reading: Food and Cooking Vocabulary | What healthy food Do You Cook For Your Family on a Budget?

- on a budget
- butter chicken with brown rice
- doesn't take long
- sauce left for two more meals
- roasted vegetables

- super cheap at only ...
- enough for 3 meals
- balanced portion
- being in a budget
- how many different meals you can come up with using just basic ingredients

- root vegetables
- potatoes
- rice
- pasta chicken
- rice and bean dishes

- affordable
- staple ingredients = a main or important element, especially of a diet
- uncooked rice
- canned beans
- canned tomatoes

- easy to store
- easy to divide into smaller portions
- freeze well
- cereal
- can be made with seasonings

- leftovers can be thrown in too
- I usually make it with ...
- sometimes I add...
- carrots
- cabbages

- sausages
- meatballs
- chillies

- corns
- tomatoes

- whatever's in the fridge
- beans porridge
- depends on what available
- it is made by blending with ...
- onions

- crayfish
- paprika
- last 2 days for a family of 4
- the healthiest whole grain carb you can get
- canned eatables

- carrots
- peas
- green beans
- mixed veggies
- frozen vegetables

- broccoli florets
- brussels sprouts
- canned fruits
- peaches
- pears

- pineapple
- chicken breasts
- grilled chicken
- fried rice

Source:

Reading: Food and Diet Vocabulary | Why Do So Many People Like To Eat Junk Food Even If They Know It's Bad For Their Health?

- it contains lots of sugars, fat or proteins
 - it gives us a lot of nutrients
 - it's better to live a bit cheaper
 - we get obese
 - cheap and convenient/ready to eat
-
- it's bad for health
 - health awareness is growing
 - less people eat junks
 - Mc Donald's experiencing sales drop
 - not enough nutrition, exercise, sleep and relaxation
-
- food they can afford
 - fats and sugar release dopamine (brings pleasure)
 - chemicals added to food
 - prone to addiction
 - realise that food is just energy
-
- it's cheaper than regular food
 - it gives a feeling of being full
 - sugar usually present in high amounts
 - creates addicting effect
 - tastes good
-
- contains a lot of additives
 - can't resist the temptation
 - in today's society there is so much pressure
 - a way to release the pressure
 - we feel happy

- body release pleasure chemicals
 - a break from our everyday worries
 - it's bad for them
 - to relieve the mental anguish
 - something to eat now
-
- cooking something myself will take too long
 - go for fast food
 - can cause a lot of health problems
 - it have a really good taste
 - bad for our body

Source:

[Why do so many people like to eat junk food? | quora.com](#)

Reading: Food and Diet Vocabulary | What Are Some Good Cooking Recipes For Holiday Season?

Handmade Easter Chocolates

- stir room temperature butter until ...
- combine butter with...
- pour chocolate mixture into
- refrigerate and allow to thicken
- cut into squares
- coat squares into ...
- decorate as desired

Ridiculously easy dinner rolls

- get a pack of dinner rolls from the supermarket
- spread softened butter on top of each roll
- sprinkle with rosemary and some course sea salt
- warm up in the oven for a few minutes

Buttermilk mashed potatoes

- in a large pot, boil 4 quarters of water and 2 tablespoon of salt
- cut the potatoes into cubes
- add them to the boiling water

- lower the heat
- simmer uncovered for 10-15 min
- ...until the potatoes fall apart easily
- heat the milk and butter in a small saucepan
- make sure it doesn't boil
- set aside until the potatoes are done
- drain the potatoes
- mash with hand masher
- stir in the hot milk-and-butter mixture with a whisk
- add enough buttermilk
- add 2 teaspoons salt and the pepper
- serve hot

Perfect roast turkey

- preheat oven to 350 degree
- take giblets out of the turkey
- wash the turkey inside and out
- remove any excess fat
- place the turkey in a large roasting pan
- liberally salt and pepper the inside of the turkey cavity
- stuff the cavity with
- brush the outside of the turkey with
- tie the legs together with string
- peel and slice the onions
- toss onions with 1/4 cup olive oil
- scatter them around turkey
- roast the turkey in 1 hour

Source:

[What are some good cooking recipes for the holiday season | quora.com](#)

Reading: Food and Diet Vocabulary | The Elements of a Healthy Diet, & How to Change

- to eat a healthy diet
- gives your body nutrients it needs
- too many calories leads to obesity
- proteins (amino acids)
- healthy fats

- carbs for energy
- vitamins empty calories
- and minerals
- fiber is good
- spinach gives you fiber
- half a loaf of white bread
- it's just a small part of your diet

greens – green leafy vegetables

- kale
- spinach
- broccoli
- bok choy
- mustard greens
- green bell peppers
- romaine lettuce

red, yellow & orange fruits & veggies

- carrots
- squash
- tomatoes
- red and yellow bell peppers
- sweet potatoes
- pumpkin
- corn
- mango
- orange
- apricot
- bananas
- papaya

onions & garlic

beans

nuts and seeds

- walnuts
- almonds
- cashews

- pumpkin seeds
- chia seeds
- quinoa

proteins

- fish
- poultry

fruits

- berries
- apples
- stone fruit (peaches, apricots, plums)
- tropical fruits: mango, papaya, starfruit, banana, coconut

healthy fats

- walnuts
- canola oil
- sunflower seeds
- sesame seeds
- chia seeds
- olive oil
- fish
- avocado
- whole grain wheat
- soybeans

whole grains

- flourless bread
- cereals
- brown rice
- steel-cut oats
- amaranth

drinks

- avoid sugar drinks
- avoid alcohol
- black coffee
- tea
- green juice

- red wine
- water

mushrooms

- processed food
- nutrients dense with a lot of vitamins, minerals and fibre
- fruit instead of baked desserts
- snacks
- big, hearty salad

Source:

[The Elements of a Healthy Diet, & How to Change | zen habits.net](#)

Podcast: Food and Diet Vocabulary | What Australians Eat

- quality food
- relatively cheap
- just about anything
- fresh
- choosing foods which are not good for their health

- fast food
- if you are hungry
- local supermarket
- fresh fruit and vegetables
- depending on what is in season at the time

- weekly groceries
- apples
- oranges
- bananas
- kiwi
- fresh berries

- fresh fruit salad
- it's great for a snack

- for desert at mealtimes

fresh meat

- beef
 - chicken
 - pork
 - fish
 - my family's favourite meat
-
- juicy beef stake cooked on a barbecue
 - barbecued outside on a warm simmer evening
 - microwaved vegetables
 - mixed salad
 - corn
-
- potatoes
 - eating less and less fruits and vegetables
 - health survey
 - eat no vegetables at all
 - eat recommended amount of vegetables
-
- gets energy from highly processed food
 - alcohol
 - cakes
 - lilies
 - cereal bars
-
- pastry
 - biscuits
 - soft drinks
 - move away from fresh foods

Source:

[What Australians Eat | slowenglish.info](http://slowenglish.info)

[Click to download from iTunes](#)

Podcast: Food and Diet Vocabulary | Taking on Major Food Companies

- health and food awareness
 - changing food system
 - health consciousness
 - nutrition information
 - health classes
-
- standard American diet
 - eat what everybody else were eating
 - she would cook Indian food from scratch
 - allowed us to eat whatever we wanted
 - I grew up on fast food
-
- processed food
 - there were no rules
 - skinny kids
 - I had a lot of health issues
 - my stomach hurt every single morning
-
- they took me to the doctors
 - I was all on those prescription drugs
 - rockbottom moment
 - doing takeout
 - we would work through lunch, breakfast
-
- started eating donuts
 - gained a lot of weight
 - became very stressed out
 - not the type of lifestyle I want to live
 - did not feel good about myself
 - food that disrupt your digestive system

- disrupt your gut bacteria
 - I had my appendix taken out
 - long recovery
 - really out of shape
 - baked goodies
-
- books on nutrition
 - full of additives
 - make us want to buy and eat it more
 - tricks that food industry was employing
 - teach myself how to cook
-
- oat milk
 - adopt healthy lifestyle
 - thing that caused western lifestyle
 - people would see me with green drink at work
 - organic restaurant
 - kale

Source:

[Taking On Major Food Companies And Being A Champion For Health – With Vani Hari](#)
| theshawnstevensonmodel.com

[Right click save as to download mp3](#)

Video: Food and Diet Vocabulary | Jamie Oliver. Teach Every Child about Food

I noticed, somehow things that affect us emotionally are remembered better rather than something we are not interested in. That's why I included this video in my post. Hopefully, it will make you to watch fantastic talks from TED.com more often, genuinely enjoy English and improve your language skills.

Source:

[Jamie Oliver: Teach Every Child About Food | ted.com](#)