

## Unit 7 – Food up your day

### Different kinds of food

#### Fruits

|           |  |                    |
|-----------|--|--------------------|
| apple     | Apple pie is Lillian's favourite dessert                                     | Apfel              |
| banana    | Bananas make great snacks.   | Banane             |
| cherry    | The cherry on top is my favourite part.                                      | Kirsche            |
| orange    | I made orange juice last summer from scratch.                                | Orange             |
| pear      | Darla's aunt makes an incredible flatbread with pears and goat cheese on it. | Birne              |
| pineapple | Joan doesn't like pineapple but will drink piña coladas.                     | Ananas             |
| plum      | Plums make the best jam.   | Zwetschge, Pflaume |

#### Vegetables

|              |   |                    |
|--------------|---|--------------------|
| broccoli     | Many small children hate broccoli.                                  | Brokkoli           |
| cabbage      | There are so many different dishes that people make out of cabbage. | Kohl, Kraut        |
| carrot       | Carrot cake with cream cheese frosting is the best dessert.         | Karotte            |
| cucumber     | Cucumbers taste wonderful in green salads.                          | Gurke              |
| green pepper | Keara doesn't like the taste of green pepper on pizza.              | grüne Paprika      |
| peas         | Peas were the only vegetable Harvey would eat as a child.           | Erbsen             |
| salad        | Salads are often considered boring health food.                     | Salat              |
| tomato       | Tomatoes are actually technically fruits.                           | Paradeiser, Tomate |
| zucchini     | Maya made spaghetti with zucchini noodles last night.               | Zucchini           |

#### Meat

|         |  |                         |
|---------|--|-------------------------|
| beef    | Beef stew is a great meal when it is cold in the winter.                             | Rindfleisch             |
| chicken | Chicken stir fry is a simple and cheap meal you can make yourself.                   | Hähnchen, Hühnerfleisch |
| lamb    | Lamb is a traditional dish on the Norwegian dinner table during Easter.              | Lammfleisch             |
| pork    | Pork should not be eaten raw.  | Schweinefleisch         |
| turkey  | Turkey is prepared as a main dish for the Thanksgiving holiday in the United States. | Truthahn                |
| veal    | Veal is the main ingredient in traditional Viennese Schnitzel.                       | Kalbfleisch             |

#### Dairy products

|            |   |             |
|------------|---|-------------|
| butter     | Butter on bread is such a simple snack, but it is so tasty.   | Butter      |
| buttermilk | Buttermilk can be used to make pancake batter.                | Buttermilch |
| cheese     | The French consume more cheese every year than the Austrians. | Käse        |
| milk       | My sister is allergic to milk and dairy products.             | Milch       |

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|--|--|---|
| yoghurt  | A lot of August's colleagues eat yoghurt for breakfast.  | Joghurt   |
| <b>Grains</b>  |  |   |
| bread  | There are thousands and thousands of different types of bread.   | Brot  |
| oats   | People have started drinking a milk substitute made from oats.   | Haferflocken  |
| pasta  | Pasta is one of the easiest meals to make.   | Nudeln, Teigwaren   |
| rice   | Rice is grown in fields that are eventually completely flooded.  | Reis  |
| wheat  | Many individuals are allergic to wheat.  | Weizen  |
| wholemeal bread  | My friend thinks that wholemeal bread is healthier than white bread.   | Vollkornbrot  |
| <b>My eating habits</b>  |  |   |
| to be one's favourite dish/meal/beverage                                     | Spaghetti and meatballs is Alec's favourite meal.  | das Lieblingsgericht/-essen/-getränk sein   |
| to eat / drink something once / twice / three times ... a day / week / month | Sumi eats chocolate cake at least once a week.   | etwas einmal / zweimal / dreimal ... pro Tag / Woche / Monat essen / trinken  |
| takeaway food  | Her boyfriend loves takeaway food.   | Essen zum Mitnehmen   |
| to be the most traditional / famous food in one's home country               | Bibimbap is the most famous food in my home country.   | die traditionellste / bekannteste Speise des Heimatlandes sein  |
| to be delicious  | This cake is so delicious.   | köstlich sein   |
| to prefer to eat freshly cooked / homemade food                              | Mary prefers to eat homemade food.   | frisch gekochtes / selbstgemachtes Essen bevorzugen   |
| to prepare food at home  | My aunt prepares food at home every day.   | Essen zu Hause zubereiten   |
| to eat out ... once / twice / three times ... a week / month                 | Ali and his father eat out twice a month at their favourite restaurant.  | einmal / zweimal / dreimal ... pro Woche / Monat auswärts essen   |
| <b>Different diets, different philosophies</b>                               |  |   |
| to live sustainably  | Melissa wants to live sustainably by eating less meat.   | nachhaltig leben  |
| to be vegan / vegetarian/veggie / flexitarian                                | Several of my friends are vegetarian.  | vegan / vegetarisch / flexitarisch sein (d.h. nicht komplett auf Fleisch verzichten, aber Fleischkonsum einschränken) |
| to be a meat lover   | Albert is a meat lover and steak is his favourite dish.  | ein/e Fleischliebhaber/in sein  |
| to be a dilemma  | For many, the dilemma of maintaining a healthy diet while dining out can be solved by choosing restaurants that offer nutritious options | ein Dilemma / eine Zwangslage sein  |
| to cause harm  | Vegans do not want to cause harm to any living things.   | Schaden verursachen   |
| to contribute to something   | Terrence cooks vegan meals on his cooking channel and contributes to the idea that without meat does not have to mean without taste.     | zu etwas beitragen  |
| cruelty to animals   | Cruelty to animals should be prevented whenever possible.  | Grausamkeit gegenüber Tieren  |
| to tease someone   | People who do eat meat sometimes tease their vegetarian or vegan friends.  | jemanden necken / ärgern  |
| to eat greens  | Rory eats greens because she knows they are healthy and she likes how they taste.  | Grünzeug / Gemüse essen   |

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| to contain nutrients                               | Fruits and vegetables contain nutrients that are good for your body.                         | Nährstoffe beinhalten  |
| to be plant-based                                  | More and more people are choosing more food that is plant-based.                             | auf Pflanzenbasis  |
| to be common                                       | It is common to eat dishes that are naturally vegan or vegetarian.                           | häufig / üblich sein   |
| to be picky  | Some children are picky about what they want to eat.   | wählerisch / heikel sein   |
| <b>Popular foods in different countries</b>        |  |  |
| to bring a recipe to a country                     | Yamal brought a nice recipe from Egypt to his new restaurant in the UK.                      | ein Rezept in ein anderes Land bringen                                 |
| to be a signature dish                             | Gua Bao is a signature dish in many parts of China.  | eine Hauptspezialität / ein Paradegericht sein                         |
| to use a special dough / batter                    | The chef has to use a special dough for the famous <i>Calzone</i> pizza.                     | einen speziellen Teig verwenden  |
| to gain popularity                                 | Certain food trends from other cultures gain popularity and spread across the whole world.   | sich zunehmender Beliebtheit erfreuen                                  |
| to give a dish a unique flavour                    | This method of cooking gives the dish a unique flavour.                                      | einem Gericht einen einzigartigen Geschmack verleihen                  |
| to be seasoned with something                      | Many spicy dishes are seasoned with chili peppers.   | mit etwas gewürzt sein   |
| fasting  | Fasting is a central part of some cultures and religions.                                    | Fasten   |
| to be wrapped in something                         | Empanadas is a dish made of meat and cheese that is wrapped in corn dough and baked.         | in etwas eingehüllt sein   |
| to be the national dish of a country               | Köfte kebabs are the national dish of Türkiye.   | das Nationalgericht eines Landes sein                                  |
| mashed   | Steve put the mashed potatoes in the bowl and let them heat up.                              | püriert, gestampft   |
| chopped  | Then add the chopped onions and season with a pinch of salt.                                 | zerkleinert, gehackt, geschnitten                                      |
| <b>Austrian cuisine</b>                            |  |  |
| to be at an Austrian restaurant for the first time | Akira was at an Austrian restaurant for the first time and didn't know what to order.        | zum ersten Mal in einem österreichischen Lokal / Gasthaus sein         |
| to know / not know the dishes on the menu          | If you don't speak the language, it's almost impossible to know the dishes on the menu.      | die Gerichte auf der Speisekarte kennen / nicht kennen                 |
| to give someone some recommendations               | We asked Aysun to give us some recommendations for Turkish food.                             | ein paar Empfehlungen für jemanden abgeben                             |
| to try some delicious traditional Austrian dishes  | Chloe tried some delicious traditional Austrian dishes like Kaiserschmarrn and Semmelknödel. | ein paar köstliche traditionelle österreichische Gerichte ausprobieren |
| to order a three-course meal                       | Felix ordered a three-course meal and was still hungry afterwards.                           | ein dreigängiges Menü bestellen  |
| to not eat any pork / meat / seafood               | Some individuals do not eat any pork, meat, or seafood.                                      | kein Schweinefleisch / Fleisch / keine Meeresfrüchte essen             |
| to be lactose intolerant                           | My little sister is lactose intolerant.  | laktoseintolerant sein   |
| to not eat any dairy products                      | Nick does not eat any dairy products because he doesn't like them.                           | keine Milchprodukte essen  |
| to get a stomach ache                              | Ellis got a stomach ache after eating dinner last night.                                     | Bauchschmerzen bekommen  |
| to feel sick                                       | Ryan feels sick today, so he will stay home from school.                                     | Übelkeit / Brechreiz verspüren   |

|  |   |   |
|--|---|---|
| to have / never have breakfast / lunch / dinner              | Catherine never has breakfast.  | (nie) frühstücken / zu Mittag essen / zu Abend essen  |
| to eat once / two times / three ... times a day              | I eat two times a day, but I would rather eat three times.  | einmal / zweimal / dreimal ... pro Tag essen  |
| to prefer to eat ... (type of food)                          | Jasmine prefers to eat Vietnamese food.   | ... zu essen bevorzugen   |
| to be fond of eating ... (type of food)                      | Karen is fond of eating cookies.  | ... gerne essen   |
| to be well-known for regional diversity                      | New York City is well-known for regional diversity.   | bekannt sein für die regionale Vielfalt   |
| to be rich / hearty / fatty / healthy                        | This beef stew is rich and hearty.  | reichhaltig / herzhaft / fettig, fetthaltig / gesund sein   |
| to be tasty  | Cinnamon rolls are tasty.   | schmackhaft sein  |
| to offer a big variety of desserts / pastries / sweet dishes | The bakery down the street offers a big variety of dessert and pastries.                                      | eine große Vielfalt / Auswahl an Nachspeisen / Gebäck / Süßspeisen bieten                         |
| to use fresh ingredients                                     | All good chefs use fresh ingredients.   | frische Zutaten verwenden   |
| to use different spices and herbs                            | Joan's grandmother uses different spices and herbs in all her cooking.  | verschiedene Gewürze und Kräuter verwenden  |
| <b>A healthy lifestyle</b>                                   |   |   |
| to be fit  | Hal is fit because he works hard and goes to the gym.   | fit / gesund sein   |
| to feel better / be happier                                  | Eating healthy food makes you feel better.  | sich besser fühlen / glücklicher sein   |
| to have a lower risk of disease                              | Getting the proper nutrients means that you have a lower risk of disease.                                     | ein geringeres Krankheitsrisiko tragen  |
| to be able to perform better at school                       | Students who eat well are able to perform better at school.   | in der Schule bessere Leistungen erbringen können   |
| to do sports regularly                                       | Chase does sports regularly, especially badminton.  | regelmäßig Sport treiben  |
| to watch one's weight  | Camila noticed that when she ate more vegetables, she didn't have to watch her weight as carefully as before. | auf das (Körper-)Gewicht achten   |
| to reduce unhealthy food / fast food                         | Regardless of what you look like, it's important to reduce fast food so that you start feeling better.        | ungesundes Essen / Fast Food einschränken, den Konsum von ungesundem Essen / Fast Food reduzieren |
| to get enough sleep  | Matthias gets enough sleep on the weekends but wants to be more well-rested during the week.                  | genug / ausreichend schlafen  |
| to eat less meat   | Quinn's goal for this year is to eat less meat.   | weniger Fleisch essen   |
| to not smoke / drink alcohol                                 | Alexander neither drinks alcohol nor smokes.  | nicht rauchen / keinen Alkohol trinken  |
| to set oneself goals   | It's important to set oneself goals for a better future.  | sich Ziele setzen   |
| to believe in oneself  | Matt believes in himself, which is why he's so successful at what he does.                                    | an sich selbst glauben  |
| to have a role model   | Lena knew that to reach her goals, she needed to have a role model.   | ein Vorbild haben   |
| to start making small changes                                | Judy started making small changes and felt years younger within a few months.                                 | damit beginnen, kleine Änderungen vorzunehmen   |
| to be proud of oneself                                       | Whatever progress she achieved; Bess was proud of herself.  | stolz auf sich sein   |
| to be active   | Clara loves doing sports and being active.  | aktiv sein  |