

Unit 12 – Love at first bite

Describing smells, tastes and texture

Taste / Texture:

bland	The soup was bland and lacked any interesting flavours.	fade, mild
buttery	The bread was soft and had a delicious buttery taste.	butterhaltig
chewy	The steak was chewy and didn't taste very good.	zäh, schwer zu kauen / weich (Bonbons)
creamy	The chocolate mousse was creamy and reminded Adam of his mother's recipe he'd eaten as a child.	cremig
crunchy	The pretzels were crunchy and satisfying with every bite.	knusprig, knackig
greasy	The fried chicken was greasy and left an unpleasant film on the tongue.	fettig
gritty	The polenta was gritty and had an unpleasant texture.	körnig
nutty	The cookies tasted a bit like gingerbread; they were nutty and filling.	nussig / pikant, schmackhaft
rich	Sandra could barely finish her second bite because the brie cheese was so rich and creamy.	reichhaltig, gehaltvoll, fett
rubbery	The first time Keara tried clams, they tasted rubbery and uninspiring.	gummiartig, zäh
salty	The dish was overly salty and George had to drink three glasses of water afterwards.	salzig
slimy	The vegan tiramisu looked fancy, but tasted slimy and had an unpleasant squeaky texture.	schleimig

Smell

fragrant	The fragrant caramel sauce wafted through the air and made Mary's mouth water.	wohlriechend, duftend
odourless	The rice noodles were completely odourless.	geruchlos
rancid	The rancid oil gave the food a foul taste.	ranzig

Both smell and taste

bitter	The bitter taste of the coffee was due to using stale beans.	bitter
delicious	The delicious aroma of the baking bread filled the kitchen.	köstlich
disgusting	The anchovy pizza was so disgusting, I had to leave the room.	ekelhaft
fishy	Xi wondered why the kitchen smelled fishy, then saw the open can of tuna.	fischig
mouldy	This jam smells a bit mouldy; do you think it's safe to eat?	schimmelig
sour	The sour taste of the lemon made my mouth pucker.	sauer
sweet	The sweet taste of the candy was a welcome treat.	süß
tangy	The tangy flavour of the sauce made the chicken dish more interesting.	würzig, kräftig, scharf
yummy	The stuffed grape leaves Armine makes are so yummy, it's difficult to stop eating them!	appetitlich, lecker

Talking about eating disorders		
to stay away from something	Benny stays away from the topic of weight loss, since some people are triggered by it.	sich von etwas fernhalten
to be a compulsion for someone	If Stan eats cookies, it's a compulsion for him to weigh them so he knows exactly how many calories he eats.	ein Zwang sein für jemanden
to be appetising to someone	Eating a well-balanced meal can be appetising to someone who desires both taste and nutrition.	appetitlich sein für jemanden
to be nutritious	A diet that is perfectly nutritious not only nourishes the body but also provides energy for daily activities.	nahrhaft sein
to deprive oneself of calories	Depriving oneself of calories can have negative effects on one's health and can even morph into an eating disorder.	sich Kalorien vorenthalten
to nourish the body	Eating nutritious food is important in order to nourish the body and keep it functioning as it should.	den Körper (er)nähren
to take a huge toll on one's body	The stress of maintaining a very low-calorie intake took a huge toll on Georg's body, causing him to feel fatigued and weak.	dem eigenen Körper viel abverlangen, einen hohen Tribut des Körpers fordern
to have an obsession with healthy food	She had an obsession with healthy food, constantly reading ingredient labels and counting calories.	den Zwang haben, gesund zu essen / sich zwanghaft gesund ernähren
to take over someone's thoughts	Her fear of eating anything that wasn't considered "healthy" started to take over her thoughts, dominating her every decision.	jemandes Gedanken übernehmen
to be deeply ingrained in one's life	Adama's preoccupation with healthy eating was deeply ingrained in her life, and it was difficult for her to change her habits.	tief im Leben verankert sein
to stop demonising food	Niko stopped demonising food and instead started to focus on moderation and balance in his diet.	aufhören Essen zu verteufeln
to reveal a startling fact	The doctor revealed a startling fact at Elaina's appointment: being too restrictive with one's diet can actually lead to nutrient deficiencies and health problems.	eine erschreckende Tatsache enthüllen
to excessively post about each and every morsel one eats on social media	Sierra excessively posted about each and every morsel she ate on social media, seeking validation from her followers for her strict eating habits.	exzessiv über jeden einzelnen Bissen, den man isst, in den sozialen Medien posten
Talking about a healthy diet		
to maintain a healthy weight	Exercising regularly helps people to maintain a healthy weight.	ein gesundes Gewicht (beibe)halten
to reduce the risk of health conditions such as heart disease and diabetes	A balanced diet reduces the risk of serious health conditions such as heart disease and diabetes.	das Risiko von Erkrankungen wie Herzkrankheiten und Diabetes verringern
to be a crucial component of a healthy lifestyle	Eating a variety of foods is a crucial component of a healthy lifestyle.	ein wesentlicher Bestandteil eines gesunden Lebensstils sein
to improve one's overall well-being	Susan started kickboxing, sleeping more and drinking more water to improve her overall well-being.	das allgemeine Wohlbefinden verbessern
to avoid processed snack foods	Michaela avoids processed snack foods and normally just eats either a full meal or some fruit instead.	verarbeitete Snacks vermeiden

to minimise sugar intake	Minimising sugar intake is helpful for balancing blood sugars.	den Zuckerkonsum minimieren
to lead to obesity	Too little exercise can lead to obesity.	zu Fettleibigkeit führen
to eat whole foods	It's better to eat whole foods than to rely on pre-packaged meals.	Vollwertnahrungsmittel essen
to have an effect on metabolic regulation	What we eat has a direct effect on metabolic regulation; it's like fuel for our engines.	sich auf die Stoffwechselregulierung auswirken
daily calorie intake	It's less important to think about total daily calorie intake than it is to consider where those calories are coming from.	tägliche Kalorienzufuhr
healthy fats / carbohydrates / whole grain	Including healthy fats, carbohydrates, and whole grain in one's diet is crucial for maintaining good health.	gesunde Fette / Kohlenhydrate / Vollkorn
Talking about superfoods		
food that is rich in compounds is considered beneficial to a person's health	Pomegranate seeds are a food that is rich in compounds and are normally considered beneficial to a person's health.	Lebensmittel, die reich an Inhaltsstoffen sind, gelten als vorteilhaft für die Gesundheit des Menschen
superfoods offer high levels of desirable nutrients	Staying true to their name, superfoods offer high levels of desirable nutrients.	Superfoods bieten einen hohen Gehalt an erwünschten Nährstoffen
a desire to maintain a healthy diet	A desire to maintain a healthy diet is a great start on the journey to improving one's health and well-being.	der Wunsch, sich gesund zu ernähren
to promote the practicality of something as a daily source of nutrition	Many companies promote the practicality of their products as a daily source of nutrition because they want you to spend your money.	die Durchführbarkeit / Umsetzbarkeit von etwas als tägliche Nahrungsquelle bewerben
physicians endorsed bananas as a means to combat a number of ailments	Physicians have endorsed bananas as a means to combat a number of ailments like sore muscles.	Ärzte/Ärztinnen befürworteten Bananen als Mittel zur Bekämpfung einer Reihe von Erkrankungen
marketing superfoods has created a lucrative business for the food industry	Marketing superfoods like goji berries, cacao nibs, or maca powder has created a lucrative business for the food industry.	die Vermarktung von Superfoods hat ein lukratives Geschäft für die Lebensmittelindustrie geschaffen
consumers are willing to pay a premium for health benefits	Customers are willing to pay a premium for health benefits, especially if those benefits taste good.	die Konsumenten/Konsumentinnen sind gewillt, für gesundheitliche Vorteile einen Aufpreis zu zahlen
to actively use foods to forestall health issues and medical conditions	Holistic medicine actively uses foods to forestall health issues and medical conditions.	Lebensmittel aktiv nutzen, um Gesundheitsproblemen und Krankheiten vorzubeugen
variety and moderation are important to one's dietary needs	Although choosing nutritious foods over processed foods is helpful, variety and moderation are just as important to our dietary needs.	Abwechslung und Mäßigung sind wichtig für unsere Ernährungsbedürfnisse
Food idioms		
to be a butterfingers	Kevin drops everything I hand to him, he's such a butterfingers.	tollpatschig sein, ungeschickt sein
to be a hard / tough nut to crack	Grace is a tough nut to crack; it took me three years to figure out what she actually studied at university.	eine harte / zähe Nuss sein
to be a hot potato	Amy told me not to mention politics or the military at dinner because that topic was a bit of a hot potato in her family.	ein umstrittenes Thema sein
to be as easy as pie	Hyde was worried about making a cake for his girlfriend since he'd never done it before, but it turned out to be easy as pie.	kinderleicht sein

to be no picnic	This exam season is no picnic; I have five exams in four days!	kein Zuckerschlecken sein
to be the apple of one's eye	Gloria was the apple of her mother's eye and could practically do no wrong.	jemandes Liebling sein
to be the icing on the cake	It was a fantastic concert, and getting Lizzo's autograph was the icing on the cake.	das Tüpfelchen auf dem i sein
to bite off more than one can chew	Ider bit off more than he could chew with his last job; he had way too much to do and his colleagues kept giving him more and more work.	sich zu viel zumuten, sich übernehmen
to have a lot on one's plate	Annie had a lot on her plate this week, so I don't think she'll feel like going out at the weekend.	eine Menge um die Ohren haben
to have got bigger fish to fry	Jack's cousin offered to pay him to chop wood for his woodstove, but Jack had bigger fish to fry and wasn't interested.	Wichtigeres zu tun haben
to not be one's cup of tea	Madam Ramotswe always recommends young adult novels to her students, but that's not really their cup of tea.	nicht nach jmds. Geschmack sein, nicht jmds. Sache sein
to sell like hot cakes	The books sold like hotcakes; we could barely keep them stocked!	sich wie warme Semmeln verkaufen, reißenden Absatz finden
to take something with a pinch of salt	Take Merideth's advice with a pinch of salt; I'm not convinced she actually knows what she's talking about.	etwas nicht für bare Münze nehmen
Talking about the British cuisine		
to have a bad reputation	Some famous British foods, like haggis, have a bad reputation.	einen schlechten Ruf haben
to (not) be seen as delicacies / a delicacy	Many delicious foods are not seen as delicacies because they are so common.	(nicht) als Delikatesse(n) angesehen werden
to have a traditionally meat-based diet	Some cultures have a traditionally meat-based diet because other foods were harder to grow or find.	eine traditionell Fleisch-lastige Ernährung haben
to be multicultural	The restaurant scenes in America and the UK are very multicultural because of all of the diverse cultures that came together in those countries.	multikulturell sein
to have lots of exotic cuisines	New York has lots of exotic cuisines.	eine Vielfalt an exotischer Küche / viele exotische Kochkünste haben
to taste bland	The soup tasted bland because it had no salt and very few vegetables.	fade schmecken
to eat convenience food / frozen food / canned food / overcooked vegetables	When Nancy was at university, she ate lots of frozen food / convenience food / canned food / overcooked vegetables because she was too busy to care what she ate or figure out how to cook for herself properly.	Fertiggerichte / Tiefkühlkost / Konserven / zerkochtes Gemüse essen
to (not) cook with a lot of herbs and spices	Matt doesn't cook with a lot of herbs and spices because he has very sensitive taste buds.	(nicht) mit vielen Kräutern und Gewürzen kochen
to (not) have much flavour	A lot of gluten-free products don't have much flavour.	(nicht) viel Geschmack haben
The benefits and downsides of food labels		
to give an overview of nutritional values	Food labels give a helpful overview of nutritional values so that people can make well-informed decisions about the food they're eating.	einen Überblick über die Nährwerte geben

to motivate people to eat healthier	Seeing a label that lists the nutrients and benefits of food can motivate people to eat healthier.	die Menschen motivieren, gesünder zu essen / sich gesünder zu ernähren
the food labels offer a tracking tool	The food labels offer a tracking tool so that you can easily check how much of each macronutrient you're getting.	die Lebensmitteletiketten bieten ein Nachverfolgungsinstrument
to guarantee food quality standards	Both supermarkets and food distributors guarantee certain food quality standards so that customers are served a consistent product.	Qualitätsstandards für Lebensmittel garantieren
to contain information for people suffering from diseases	Labels often contain information for people suffering from diseases who may have poor reactions to some of the ingredients.	Informationen für Menschen enthalten, die an Krankheiten leiden
to increase the costs of foods and beverages	All of the regulations about labelling products increases the costs of foods and beverages.	die Kosten von Lebensmitteln und Getränken erhöhen
consumers might not be able to read / understand food labels properly	The information on labels is also lost on some people, as some customers might not be able to read / understand food labels properly.	Konsumenten/Konsumentinnen sind möglicherweise nicht in der Lage, Lebensmittelkennzeichnungen richtig zu lesen / zu verstehen
producers try to mask unhealthy ingredients	Producers try to mask unhealthy ingredients by making "healthy" ingredients bold and making the font size of the ingredient list very small.	Hersteller/innen versuchen, ungesunde Zutaten zu verbergen / zu verschleiern
consumer trust can be exploited	Kora knows that consumer trust can be, and is often, exploited, so she's extra careful when buying a new, trendy product that has fancy marketing.	das Vertrauen der Konsumenten/Konsumentinnen kann ausgenutzt werden
some food labels are only trademarks and are not legally binding	Some food labels are only trademarks and not legally binding, so companies can write almost anything on their packaging.	einige Lebensmitteletiketten sind nur Markenzeichen / Handelsmarken und nicht rechtsverbindlich