

Word	Unit No	Page	Definition	PoS	Example	CEF	IPA
chef	9	84	a skilled and trained cook who works in a hotel or restaurant, especially the most important cook	noun	Harry doesn't want to be a star chef when he's 20.	A2	ʃef
cooking	9	84	preparing and cooking food, or a particular way of preparing and cooking food	noun	The ten-year-old New Yorker likes cooking.	A1	'kʊk.ɪŋ
plate	9	84	a flat, round object which is used for putting food on	noun	And we must be very careful with hot plates.	A1	pleɪt
soup	9	84	a usually hot, liquid food made from vegetables, meat or fish	noun	He can make fantastic soups and salads, excellent omelettes and the best cakes.	A1	su:p
salad	9	84	a cold mixture of vegetables that usually have not been cooked, sometimes eaten with meat, cheese, etc.	noun	He can make fantastic soups and salads, excellent omelettes and the best cakes.	A2	'sæl.əd
steak	9	84	a thick, flat piece of meat or fish	noun	This time he makes tomato soup, some salad, steak and carrot cake.	A2	steɪk
omelette	9	84	a food made with eggs that have been mixed and fried, often with other foods added	noun	He can make fantastic soups and salads, excellent omelettes and the best cakes.	A2	'ɒm.lət
cake	9	84	a sweet food made from flour, butter, sugar and eggs, mixed together and baked	noun	This time he makes tomato soup, some salad, steak and carrot cake.	A1	keɪk
young	9	85	having lived or existed for only a short time and not old	adjective	More and more young people are interested in cooking.	A1	jʌŋ
star	9	85	someone or something that is better than all the others in a group	noun	Harry doesn't want to be a star chef when he's 20.	A2	stɑ:
must	9	86	used to say that it is necessary or important that something happens or is done	verb	But what must you do to become a star chef?	A2	mʌst
mustn't	9	86	the negative of 'must'	verb	And of course we mustn't put them in our mouths.	A2	'mʌs.ənt
meat	9	86	the soft parts of animals, used as food	noun	I don't eat meat.	A1	mi:t
fruit	9	86	something such as an apple or orange that grows on a tree or a bush, contain seeds, and can be eaten as food	noun	I eat fruit every day.	A1	fru:t
vegetable	9	86	a plant that you eat, for example a potato, onion, bean, etc.	noun	vegetable soup	A1	'vedʒ.tə.bəl
drink	9	86	liquid that is taken into the body through the mouth	noun	Would you like a drink of water?	A1	drɪŋk
chicken	9	86	the meat of a chicken	noun	a chicken and tomato sandwich	A2	'tʃɪk.ɪn
beef	9	86	the meat of a cow	noun	roast beef	B1	bi:f
lamb	9	86	the meat of a young sheep	noun	Lamb is delicious!	B1	læm
burger	9	86	meat or other food pressed into a round, flat shape and fried	noun	a burger and chips	A2	'bɜ:.gə
potato	9	86	a round vegetable with a brown, yellow, or red skin that grows in the ground	noun	boiled/baked/fried/roast potatoes	A1	pə'teɪ.təʊ
tomato	9	86	a soft, round, red fruit eaten in salad or as a vegetable	noun	OK, first we need to add the tomato sauce.	A1	tə'mɑ:.təʊ
carrot	9	86	a long, thin orange vegetable that grows in the ground	noun	This time he makes tomato soup, some salad, steak and carrot cake.	A2	'kær.ət
pepper	9	86	a hollow green, red or yellow vegetable	noun	Can I cut the peppers for you?	A2	'pep.ə
coffee	9	86	a hot drink made from dark beans which are made into a powder	noun	Would you like some coffee?	A1	'kɒf.i
tea	9	86	a hot drink that you make by pouring water onto dried leaves	noun	Coffee and tea are drinks.	A1	ti:
juice	9	86	the liquid that comes from fruit or vegetables	noun	orange/lemon/grapefruit/tomato juice	A1	dʒu:s
milk	9	86	a white liquid produced by cows and other female animals	noun	a glass of milk	A1	mɪlk
banana	9	86	a long curved fruit with a yellow skin	noun	I'd like a banana, please.	A1	bə'nɑ:.nə
orange	9	86	a round, sweet fruit with a thick orange skin and a centre that is divided into many equal parts	noun	fruit juice (orange or apple)	A1	'ɒr.ɪndʒ
apple	9	86	a hard, round fruit that has a green or red skin and is white inside	noun	fruit juice (orange or apple)	A1	'æp.l
strawberry	9	86	a small, red fruit with a green leaf at the top and small, brown seeds on its surface	noun	strawberry ice cream	B1	'strɔ:.bəri
menu	9	88	a list of food and drinks that you can order in a restaurant	noun	Here are the menus.	A2	'men.ju:
starter	9	88	something that you eat as the first part of a meal	noun	What would you like for starters?	A2	'stɑ:.tə
main course	9	88	the largest or most important part of a meal	noun	I'd like a jacket potato for my main course, please.	A2	'meɪn 'kɔ:s
dessert	9	88	sweet food eaten after the main part of a meal	noun	Would you like a dessert?	A2	dɪ'zɜ:t
order	9	88	to ask for food, goods, etc.	verb	What would you like to order?	A2	'ɔ:.də
bread	9	89	a basic food made by mixing flour, water and sometimes yeast	noun	a slice of bread	A1	bred
cereal	9	89	a food that is made from grain and usually eaten with milk, especially in the morning	noun	a bowl of cereal	A2	'sɪə.rɪ.əl
yoghurt	9	89	a thick, liquid food with a slightly sour taste which is made from milk	noun	a low-fat strawberry yoghurt	A2	'jɒgət
jam	9	89	a sweet food made with fruit and sugar that you can put on bread	noun	strawberry/raspberry jam	A2	dʒæm
honey	9	89	a sweet, sticky food that is made by bees	noun	We had a cup of tea and toast with honey.	A2	'hʌn.i
egg	9	89	an oval object with a hard shell which is produced by female birds, especially chickens, and which is eaten as food	noun	a hard-boiled/soft-boiled egg	A1	eg
butter	9	89	a pale yellow food made from cream that you put on bread or use in cooking	noun	Have some bread and butter.	A1	'bʌt.ə
breakfast	9	89	the food you eat in the morning after you wake up	noun	What do you want for breakfast?	A1	'brek.fəst
lunch	9	89	a meal that is eaten in the middle of the day	noun	What's for lunch?	A1	lʌntʃ
dinner	9	89	the main meal of the day that people usually eat in the evening	noun	For dinner we often eat meat.	A1	'dɪn.ə
of course	9	91	used to say 'yes' and emphasise your answer	phrase	Of course. No problem.	A2	əv 'kɔ:s
be careful	9	91	used to say that something could be dangerous	phrase	Just be careful with the knife.	A2	bi: 'keə.fəl
a bit of	9	91	a small amount of something	phrase	I'm putting a bit of cheese on the pizza.	A2	ə 'bɪt əv
the thing is	9	91	used to introduce an answer, comment or explanation	phrase	The thing is, Ruby hates cheese.	A2	ðə 'θɪŋ 'ɪz