

WORD	UNIT NO	PAGE	DEFINITION	POS	EXAMPLE	CEF	IPA
bread	3	30	a basic food made by mixing flour, water and sometimes yeast	noun	a slice of bread	A2	brɛd
cheese	3	30	a food made from milk, which can either be firm or soft and is usually yellow or white in colour	noun	a slice of cheese	A2	tʃiːz
milk	3	30	a white liquid produced by cows	noun	a glass/carton of milk	A2	mɪlk
cereal	3	30	a food that is made from grain and usually eaten with milk, especially in the morning	noun	a bowl of cereal	A2	ˈsiə.ri.əl
orange juice	3	30	a drink made from the juice of oranges	noun	a glass of orange juice	A1	ˈɒr.ɪndʒ ˌdʒuːs
egg	3	30	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	A2	eg
vitamin	3	30	one of a group of natural substances that you need to be healthy	noun	a vitamin pill	B1	ˈvɪt.ə.mɪn
healthy	3	30	good for your health	adjective	a healthy diet	B1	ˈhel.θi
water melon	3	30	a large, round, green fruit that is pink inside with a lot of black seeds	noun	a slice of water melon	A1, A2, B1	ˈwɔː.tə ˌmel.ən
banana	3	30	a long curved fruit with a yellow skin	noun	a bunch of bananas	A2, B1, B2, C2, C1	bəˈnɑː.nə
ice cream	3	30	a sweet food made from frozen milk or cream, sugar and a flavour	noun	chocolate/vanilla ice cream	B1	ˌaɪs ˈkriːm
honey	3	30	a sweet, sticky food that is made by bees	noun	bread and honey		ˈhʌn.i
avocado	3	30	a dark green, oval fruit which is pale green inside and is not sweet	noun	slices of avocado	C1	ˌæv.əˈkɑː.dəʊ
potato	3	30	a round vegetable with a brown, yellow, or red skin that grows in the ground	noun	boiled/baked/fried/roast potatoes	B1	pəˈteɪ.təʊ
sugar	3	30	a very sweet substance used to give flavour to food and drinks	noun	I don't take sugar in my coffee, thanks.	B2	ˈʃʊɡ.ə
dessert	3	30	sweet food eaten after the main part of a meal	noun	a dessert fork/spoon	A2	dɪˈzɜːt
apple	3	31	a hard, round fruit that has a green or red skin and is white inside	noun	to peel an apple	A2	ˈæp.l̩
vegetable	3	31	a plant that you eat, for example potatoes, onions, beans, etc.	noun	fresh/frozen vegetables	A1	ˈvedʒ.tə.bəl
chocolate	3	31	a sweet, usually brown, food that is prepared and sold in a block, or a small sweet made from this	noun	a bar of chocolate	A2	ˈtʃɒk.lət
biscuit	3	31	a small, flat cake that is dry and usually sweet	noun	chocolate/ginger biscuits		ˈbɪs.kɪt
rice	3	32	small grains from a plant that are cooked and eaten	noun	boiled/fried rice	A1	raɪs
kitchen	3	32	a room where food is kept, prepared and cooked and where the dishes are washed	noun	We usually eat breakfast in the kitchen.	B1	ˈkɪtʃ.ən
strawberry	3	32	a small, red fruit with a green leaf at the top and small, brown seeds on its surface	noun	I thought we'd have strawberries and cream for dessert.	B1	ˈstrɔː.ber.i
tomato	3	32	a soft, round, red fruit eaten in salad or as a vegetable	noun	a cheese and tomato sandwich		təˈmɑː.təʊ
sausage	3	32	a mixture of meat and spices pressed into a long tube	noun	fried/grilled sausages		ˈsɒs.ɪdʒ
carrot	3	32	a long, thin orange vegetable that grows in the ground	noun	raw carrot		ˈkær.ət
onion	3	32	a round vegetable with layers that has a strong taste and smell	noun	I always cry when I'm chopping onions.		ˈʌn.jən
cake	3	32	a sweet food made from flour, butter, sugar and eggs, mixed together and baked	noun	chocolate cake	B1	keɪk
pepper	3	32	a hollow green, red or yellow vegetable	noun	red peppers	B1	ˈpep.ə

yoghurt	3	32	a thick, liquid food with a slightly sour taste which is made from milk	noun	I'd like a bowl of fruit with yoghurt.	B1	'jɒgət
chilli con carne	3	32	a spicy food like a sauce made from meat, tomatoes and beans	noun	We had chilli con carne with rice.	B1	ˌtʃɪl.i kɒn 'kɑː.ni
omelette	3	32	a food made with eggs that have been mixed and fried, often with other foods added	noun	a cheese/mushroom omelette	B1, B2	'ɒm.lət
coffee	3	32	a popular hot drink with a strong smell that is made from dark beans, or the beans or crushed beans from which this drink is made	noun	fresh/instant coffee	A2, B1	'kɒf.i
chicken	3	32	a type of bird kept on a farm for its eggs or its meat	noun	We're having roast/fried chicken for dinner.	A2, B2	'tʃɪk.ɪn
chocolate mousse	3	32	a soft dessert made from eggs and chocolate	noun	It's usually ice cream with strawberries or chocolate mousse with mango.	A1	ˌtʃɒk.lət 'muːs
pear	3	32	an oval-shaped, pale green or yellow fruit	noun	We had a delicious dessert of pears in cider.	A1	peə
bean	3	32	a seed, or the pod containing seeds, of various climbing plants, eaten as a vegetable	noun	soya beans	A1	bi:n
curry	3	32	a type of food, originally from South Asia, consisting of meat or vegetables cooked with hot spices	noun	a hot/mild curry	A1	'kʌr.i
salad	3	32	a cold mixture of vegetables that usually have not been cooked, sometimes eaten with meat, cheese, etc.	noun	a salad bowl	A1	'sæl.əd
mineral water	3	32	water which is taken from the ground and contains natural chemical substances	noun	still/carbonated/fizzy mineral water	A1	'mɪn.ə.rəl ,wɔːt.ə
chips	3	33	long, thin pieces of potato cooked in oil	plural noun	fish and chips	A1	tʃɪps
onion rings	3	33	round pieces of onion that are covered in a mixture of flour, water or milk, and sometimes egg, and fried	plural noun	We had burgers and onion rings.	A2	'ɒn.jən ,rɪŋz
spinach	3	33	a vegetable with large, dark green leaves and a strong taste	noun	spinach lasagne/salad		'spɪn.ɪtʃ
mushroom	3	33	a type of fungus with a short stem and a round top, some types of which can be eaten	noun	a mushroom omelette	A2	'mʌʃ.ru:m
hot chocolate	3	33	a hot, sweet drink with a chocolate flavour	noun	a mug of hot chocolate		ˌhɒt 'tʃɒk.lət
fruit	3	33	something such as an apple or orange that grows on a tree or a bush, contains seeds, and can be eaten as food	noun	fresh fruit	A2	fru:t
ham	3	33	meat from a pig's back or upper leg	noun	a ham sandwich	A1	hæm
mixed salad	3	33	a salad that contains several different foods, usually including lettuce, tomatoes and cucumber	noun	I ordered some pasta and a mixed salad.	A2	ˌmɪkst 'sæl.əd
vanilla	3	33	a substance that is used to give flavour to some sweet foods	noun	I only like vanilla ice cream.	A2	və'nɪl.ə
steak	3	33	a thick, flat piece of meat or fish	noun	steak and chips		steɪk
pasta	3	33	a food that is made from flour, water and sometimes eggs, and comes in many different shapes	noun	There's too much pasta.	A2	'pæs.tə
tea	3	33	a hot drink that you make by pouring water onto dried leaves, or the leaves that you use to make this drink	noun	We had a mug of tea and toast spread with honey.		ti:
order	3	33	to ask for food, goods, etc.	verb	I ordered some pasta and a mixed salad.	A1, A2, B1	'ɔː.də
menu	3	33	a list of food and drinks that you can order in a restaurant	noun	a lunch/dinner menu		'men.ju:
bill	3	33	a piece of paper that tells you how much you must pay for something you have bought or for a service you have used	noun	Can we have the bill, please?	A2	bɪl
starter	3	33	something that you eat as the first part of a meal	noun	Would you like a starter?	B2	'stɑː.tə
side dish	3	33	in a restaurant, an extra dish of food, for example vegetables or salad, that is served with the main dish, sometimes on a separate plate	noun	We ordered some side dishes.		'saɪd ,dɪʃ

spaghetti	3	34	long, thin pieces of pasta	noun	He loves cooking spaghetti.	A2	spə'get.i
tomato sauce	3	34	a hot or cold liquid made from tomatoes that you eat on or with other food	noun	There's not enough tomato sauce on it.	A2	tə'mɑ:.təʊ 'sɔ:s
serve	3	34	to give someone food or drink, especially guests or customers in a restaurant or bar	verb	We were served by a young waiter.	A2	sɜ:v
salt	3	34	a white substance used to add flavour to food	noun	There's too much salt in this soup.	B1, B2	sɒlt
soup	3	34	a usually hot, liquid food made from vegetables, meat or fish	noun	Another one of my brother's favourites is vegetable soup.	B1	su:p
left-overs	3	34	food that remains after a meal	plural noun	It's the left-overs from the week before.	B2	'left,əʊ.vəz
mango	3	34	a tropical fruit that has a green skin and is orange inside	noun	It's usually ice cream with strawberries or chocolate mousse with mango.	A2	'mæŋ.gəʊ
unhealthy	3	34	likely to become ill or likely to damage your health	adjective	It's unhealthy to stay indoors all day.	B1	ʌn'hel.θi
too many	3	35	more than you want or need	phrase	There are too many people here.	B1, B2	,tu: 'men.i
too much	3	35	more than you want or need	phrase	He gave me too much food.		,tu: 'mʌtʃ
not enough	3	35	less than you want or need	phrase	That's not enough rice for Dad.	B1	,nɒt i 'nʌf
roast	3	35	cooked in an oven or over a fire	adjective	roast chicken	A2	rəʊst
boiled	3	35	cooked in water that is boiling	adjective	boiled potatoes	B1, B2	bɔɪld
fried	3	35	cooked in hot oil or fat	adjective	He cooked fried chicken and sausages.		fraɪd
grilled	3	35	cooked on or under a grill	adjective	grilled steak/fish		grɪld
delicious	3	35	having a very pleasant taste or smell	adjective	They're really fresh. Delicious!		dɪ'liʃ.əs
nice	3	35	pleasant or attractive	adjective	He's a really nice guy.	B1	nais
horrible	3	35	very unpleasant or bad	adjective	He's got a horrible cold.	A2	'hɒr.ɪ.bəl
boring	3	35	not interesting or exciting	adjective	a boring job/lecture	A2, B1, B2	'bɔ:.rɪŋ
beef	3	35	the meat of a cow	noun	roast beef	A1, B1, B2, C2	bi:f
fish	3	35	an animal that lives only in water and swims using its tail and fins	noun	fried fish	A2, C2	fɪʃ
spicy	3	32	containing strong flavours from spices	adjective	Do you like spicy food?	A1	'spaɪ.si
savoury	3	32	Savoury food is not sweet.	adjective	We made some savoury biscuits.	A1	'seɪ.vər.i
sweet	3	32	with a taste like sugar	adjective	The pineapple was sweet and juicy.	A1	swi:t
fresh	3	35	Fresh food has been produced or collected recently and has not been frozen, dried, etc.	adjective	They're really fresh. Delicious!	A2	frefʃ
tasty	3	35	Food which is tasty has a good flavour and is nice to eat.	adjective	They do a very tasty breakfast.	A2	'teɪ.sti
yummy	3	35	If food or drink is yummy, it tastes very good.	adjective	This curry is really yummy.	A2	'jʌm.i
fatty	3	35	Fatty foods contain a lot of fat.	adjective	Try to cut down on eating fatty foods.	A2	'fæ.ti
disgusting	3	35	extremely unpleasant	adjective	This food is disgusting.	A1, B1	dɪs'gʌs.tɪŋ
salty	3	35	tasting of or containing salt	adjective	It's a bit too salty.	A2	'sɒl.ti
snack	3	35	a small amount of food that is eaten between meals, or a very small meal	noun	I had a huge lunch, so I'll only need a snack for dinner.	A1	snæk
fast food	3	35	hot food that can be served very quickly because it is already prepared	noun	fast food restaurants	B1, C1	,fɑ:st 'fu:d
picnic	3	36	a meal that you make and take with you somewhere to eat outside	noun	I love picnics.	A1	'pɪk.nɪk
lemonade	3	36	a cold drink made with the juice of lemons, water, and sugar	noun	I've got orange juice, lemonade and apple juice.	A1	,lem.ə'neɪd
apple juice	3	36	juice from crushed apples, used as a drink or to make vinegar	noun	I've got orange juice, lemonade and apple juice.	A1, A2, B1	'æp.l ,dʒu:s
sandwich	3	36	two slices of bread with meat, cheese, etc. between them	noun	I just had a sandwich for lunch.	B1, B2	'sæn.wɪdʒ
tuna	3	36	a large sea fish, or the meat from this fish	noun	You can eat the tuna sandwiches, can't you?	A1	'tju:nə

vegetarian	3	36	someone who does not eat meat or fish	noun	Of the four million people who have become vegetarians in Britain, nearly two-thirds are women.	A2	,vedʒ.i'teə.ri.ən
have got an idea	3	37	to have a suggestion or a plan	phrase	I've got an idea - why don't we go to the cinema?	B1	hæv ,ɡɒt ən ai'diə
have got a headache	3	37	to have a pain in your head	phrase	Beth has a headache.	B1	hæv ,ɡɒt ə 'hed.eɪk
have got time	3	37	to have enough time to do something	phrase	Have you got time to look at this?	B1	hæv ,ɡɒt 'taɪm
have got something to do	3	37	to have something that you must do	phrase	Have you all got something to do?	A2, B1	hæv ɡɒt ,sʌm.θɪŋ tə 'du:
have got a problem	3	37	to be in a situation that causes difficulty for you	phrase	I've got a problem - my computer won't work.		hæv ,ɡɒt ə 'prɒb.ləm
disagree	3	30	to have a different opinion from someone else about something	verb	I disagree with most of what he said.		,dɪs.ə'ɡri:
present	3	31	something that you give to someone, usually for a particular occasion	noun	a birthday/Christmas/wedding present		'prez.ənt
care	3	31	to think that something is important and to feel interested in it or worried about it	verb	She's never cared very much about her appearance.		keə
shape	3	33	the physical form of something made by the line around its outer edge	noun	No one body shape or body size is the right one.	B1, C2	ʃeɪp
joke	3	33	something which someone says to make people laugh, usually a short story with a funny ending	noun	Never laugh at other people's jokes about people's looks.	B1	dʒəʊk
unfair	3	33	not treating people in a equal way	adjective	That's unfair and it hurts.		ʌn'feə
hurt	3	33	to cause emotional pain to someone	verb	That's unfair and it hurts.	A2, B1	hɜ:t
surprise	3	34	an event that you did not expect to happen	noun	The party is going to be a surprise.	A1, A2, B1, C1	sə'praɪz