



TOPIC MIND MAP :

14. FOOD

Aptis General

FOODS

MEAT

- Lamb
- Pork
- Beef
- Veal
- Minced meat
- Loin
- Kebab
- Hamburger
- Hot dog
- Meat balls
- Ribs
- Sausage
- steak

SEAFOOD

- Mackerel
- Mussels
- Clams
- Sole
- Octopus
- Prawn
- Sardines
- Lobstrer
- Shrimp
- Cockle
- Squid
- Tuna trout

VEGETABLES

- Cucumber
- Garlic
- Onion
- Mushroom
- Green bean
- Olive
- Carrot
- Lettuce
- Sweet corn
- Pumpkin
- Peas
- Pepper
- Tomato
- Spinach
- aubergine

FRUIT

- Apple
- Orange
- Mango
- Melon
- Watermelon
- Peach
- Plum
- Pear
- Pineapple
- Kiwi
- Grapefruit
- grapes

POULTRY

- Chicken
- Turkey
- duck

DESSERTS

- Custard
- Cake
- Jam
- Honey
- Jelly
- Yoghurt
- Pudding
- fruit

DRINKS

- Beer
- Red wine
- White wine
- Sherry
- Champagne
- Gin
- Rum
- Liquor
- spirits

- Soft drink
- Coke
- Lemonade
- Milk shake
- Juice
- Still water
- Sparkling water

- Full English breakfast:
- Bacon
 - Fried/
poached/
scrambled eggs
 - Sausages
 - Tomato
 - Baked beans

- Tea
- Coffee
- Pastry
- Brown sugar
- Pancakes
- Cereal
- Sandwich
- toast



COOKING

- Fry
- Boil
- Roast
- Bake
- Steam
- Stir fry
- Grill grate
- Dice
- Chop
- Slice
- marinade

VERBS

- Oven
- Microwave
- Pots and pans
- Knife
- Fork
- Spoon
- Plate
- Glass
- Saucer
- Cup
- Dish
- Bowl
- cutlery

UTENSILS

- Snack
- Brunch
- Takeaway
- Fancy restaurant
- Fast food
- Junk food
- Vegetarian
- vegan

RESTAURANTS

- Appetizer
- Starter
- First course
- Second course
- dessert

MEALS

- Vitamins
- Proteins
- Iron
- Fibre
- Dairy
- Mineral
- Whole grain

**HEALTHY
LIFESTYLE**

Improve your health:

- Vegetarians live longer
- Try a balanced diet
- The Mediterranean diet
- Small portions
- Plenty of fruit and vegetables
- Low-fat food
- Bake or grill rather than frying
- Salads
- Home-made food

AVOID:

- Junk food
- Carbohydrates
- Too much meat
- Fast food restaurants
- Processed food

**An unhealthy diet can
cause:**

- Heart disease
- Obesity
- Diabetes