

Food, Diet and Nutrition

Bit/ Piece/ Portion

Bread and Cereals Group/

Carbohydrates

Dairy Free

Dairy Group

Diet

Fats

Fats, Oils and Sugars Group

Fresh Food

Food (1) (CV)

Food (2) (CV) (symbols only)

Food Pyramid

Fruit and Vegetables Group

Gluten Free/ Wheat Free

Healthy

Healthy Diet

Healthy Eating

Healthy Food

Liquids Group

**Minerals** 

Meat Group/ Protein

Non-organic

Organic

Unhealthy

Unhealthy Diet

**Vitamins** 

Water (CV)

Waste Food

Weight Gain Diet

Weight Loss Diet

Water (2) (drink of) (CV) (signs only)

Fresh Fruit

Apple (CV)

Apricot

Avocado

Banana (CV)

Fresh Fruit continued

Bananas (bunch of)

**Blackberries** 

**Blackcurrants** 

**Blueberries** 

Cherry

Clementine

Coconut

Half a Coconut (symbols only)

Cranberries

Damson

Dates (fresh)

Dates (packet of)

Fig

Fresh Fruit

Fruit (CV)

Fruit Bowl

Gooseberries

Grapefruit

Grapes

Greengage

Kiwi

Lemon

Lime

Loganberries

Lychee

Mandarin

Tangerine

Mango

Melon

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Nectarine

Orange (1) (CV)

Peach

Pear

Pineapple

Plum

Pomegranate

Raspberries



Fresh Fruit continued

Redcurrants

Rhubarb

Satsuma

Clementine

**Strawberries** 

**Tayberries** 

Tomato (CV)

Water Melon

Fresh Vegetables

**Artichoke** 

Asparagus (1) (spear)

Aubergine

Baby Corn

Bean Sprouts

Beetroot

Broad Beans

Broccoli

Cabbage/ Greens

Carrot

Cauliflower

Celery

Chilli Pepper

Corn on the Cob

Courgette

Cress

Cucumber

Fennel

French Beans

Fresh Vegetables

Leek

Lettuce

Mange Tout

Marrow

Mushrooms

Okra

Olives

Fresh Vegetables continued

Onion

Onion (red)

**Parsnip** 

Peas

Pepper/Capsicum

Potato (CV)

Pumpkin

Radish

Runner Beans

Salad (bag of)

Salad (CV)

Spinach

Spring Onions

Sprouts

Squash (butternut)

Sugar Snap Peas

Swede

**Sweet Potato** 

Turnip

Vegetables (CV)

Herbs

Basil

Chives

Cress

Fennel

Garlic

Ginger

**Parsley** 

Frozen Fruit and Vegetables

**Blueberries** 

Pineapple

**Raspberries** 

**Strawberries** 

Summer Fruits (symbols only)

Broad Beans



Frozen Fruit and Vegetables

<u>continued</u>

Broccoli

Carrots

Cauliflower

Green Beans (symbols only)

Mixed Vegetables (symbols only)

Onion Rings (symbols only)

**Parsnips** 

Peas

Spinach

**Sprouts** 

Sweetcorn

Tinned Fruit

Apple Slices (symbols only)

**Apricot** 

**Blackberries** 

Cherries

Figs

Fruit Cocktail (symbols only)

Grapefruit

Mango

Orange Segments (symbols only)

Peaches

**Pears** 

Pineapple

Plums

**Prunes** 

Raspberries

Rhubarb

Strawberries

<u>Tinned Vegetables</u>

Carrots

Peas (garden)

Peas (mushy) (symbols only)

Tinned Vegetables continued

**Potatoes** 

Sweetcorn

**Tomatoes** 

**Vegetables** 

Store Cupboard

Cake Mix

Custard (tinned)

**Dried Fruit** 

Dry Food

Flour

Gravy Powder and Carton Version

(ready made)

Herbs (mixed dried)

Lemon Juice

Spices

Stock Cubes

Sugar (brown)

Sugar (cubes)

Sugar (CV)

Sugar (packets)

Yeast

Tinned Food

Baked Beans

Corned Beef

Macaroni (symbols only)

Ravioli

Salmon

Soup

Spaghetti (symbols only)

Tinned Food (symbols only)

Tuna

Packet Foods

Cereal (breakfast) (symbols only)

Cup a Soup



Packet Foods continued

Noodles (symbols only)

Packet Lasagne (symbols only)

Packet Pasta (symbols only)

Packet Rice (symbols only)

Packet Spaghetti (symbols only)

Porridge (symbols only)

Stuffing

Preserves

Chocolate Spread

Golden Syrup

Honey

Jam

Lemon Curd

Marmalade

Marmite Yeast Extract

**Mincemeat** 

Peanut Butter

Condiments

Apple Sauce

Beetroot (iar)

Brown Sauce

Cheese Sauce

Cooking Oil

Cooking Sauce (curry)

Cooking Sauce (pasta)

Cranberry Sauce

Ketchup

Mayonnaise

Mint Sauce

Mustard

Olive Oil

Olives

Pepper

Pickle/ Chutney

Pickled Cabbage

Condiments continued

Pickled Gherkins

**Pickled Onions** 

Salad Cream

Salt

Sov Sauce

Vinegar

White Sauce

Breads/ Biscuits/ Crisps/ Snacks

Bagel

Baguette

**Biscuit** 

Biscuit (chocolate)

Biscuit (packet)

Bread (CV)

Bread (brown)

Bread (roll)

Bread (slice)

Bread (white)

Chapatti/Roti(CV)

Crisps (CV)

Crisps (cheese and onion)

Crisps (ready salted)

Crisps (salt and vinegar)

Croissant

Garlic Bread

Naan Bread

Nuts

Packet of Crackers

Packet of Peanuts

Packet of Popcorn

Panini

Pitta Bread

Raisins (packet)

Raisins (snack box)

Rice Cakes

Seeds



Breads/Biscuits/Crisps/Snacks

continued

Snack Bar/ Cereal Bar

Tortilla Chips Tortilla Wrap

Dairy

Cheese

Baby Bel

Brie

Butter

Cheddar

Cream

Cream Cheese

Egg

Fromage Frais

**Grated Cheese** 

Lard

Margarine

Mozzarella

Sliced Cheese

Stilton

Yoghurt

Yoghurt (greek)

Chilled Foods/ Deli

Bhagee

Chilled Food

Coleslaw

Hummous

Packet of Sausage Rolls

Pasty

Pate

Pie

Pork Pie

Potato Salad

Quiche

Salami

Chilled Foods/ Deli continued

Sliced Ham

Samosa

Sausages (vegetarian)

Sausage Roll

Scotch Egg

Sliced Ham

Spring Roll

Frozen foods

Chicken

Chicken Nuggets

Chips

Fish Fingers

Frozen Food

Ice Cream Tub

Ice Lollies

Oven Chips

Packet of Burgers

Packet of Waffles

Pizza

Turkey

Dessert Items/ Sweets/ Chocolate

Apple Pie

Birthday Cake (CV)

Cake (CV)

Christmas Pudding

Chocolate (CV)

Custard

Doughnuts

Doughnuts, Packet of

Ice Cream (CV)

Jelly (ready made)

Jelly (sachet)

Jelly (cubes)

Pancake

Pudding (1)



Dessert Items/ Sweets/ Chocolate

<u>continued</u>

Pudding (2) (gateau)

Pudding (3) (hot)

Pudding (4) (sundae)

Pudding (5) (cold)

Rice Pudding

Scone

Trifle

Lollipop

Sweet

Meat/ Fish

Bacon

**Beef** 

Chicken

Chipolatas

Fish (2)

Lamb/ Lamb Chops/ Cutlets

Meat, Minced

Pork Chops

**Prawns** 

Sausages

Turkey (whole)

Meals

**Breakfast** 

Dinner (1) (CV)

Dinner (2) (CV)

Lunch

Snacks

Supper/ Bedtime Snack

Tea (afternoon)

Course and Dishes

Baby Food

Burger (CV)

Burger and Chips

Course and Dishes continued

Casserole/Stew

Cheese on Toast

Chips (CV)

Chopped Meal

Cooked Breakfast

Couscous

Curry (CV)

Dhal/ Dal

Egg (boiled)

Egg (hard boiled)

Egg (fried)

Egg (poached)

Egg (scrambled)

Fish and Chips

Gravy (boat)

Hot Dog

Hot Food (1)

Kebab

Lasagne

Macaroni Cheese

Mexican Fajitas

Mexican Tacos

Moussaka

Noodles (CV)

Omelette

Packed Lunch

Panini (hot)

Pasta (CV)

**Picnic** 

Pizza (CV)

Pizza (micro)

Porridge

Porridge

Potato (baked)

Potato (boiled)

Potato (mashed)

Potato (roast)



Course and Dishes continued

Potato (wedges) Pureed Meal Ready Meal

Ready Meal (chilli)

Ready Meal (chinese)

Ready Meal (indian)

Ready Meal (pizza)

Rice (CV)

Risotto

Roasted Vegetables

Roast Dinner (meat)

Roast Dinner (chicken)

Sandwich (CV)

Sausage and Mash

Shepherds Pie/Cottage Pie

Soup (CV)

Spaghetti Bolognese

Toad in the Hole

Toast

Toasted Sandwich

Vegetarian Meal

<u>Takeaway Foods</u>

Burger/ Chicken

Chinese

Fish and Chips

Indian

Kebab

Pizza

Drinks (general)

Drink, a

Drink (cold)

Drink (hot)

Drink (alcoholic)

Drink (non-alcoholic)

Drinks (general) continued

Water (2) (CV)

Water (bottled still)

Water (bottled sparkling)

Drinks (fruit)

Juice (CV)

Juice (apple)

Juice (fruit)

Juice (grapefruit)

Juice (orange)

Juice (cranberry)

Juice (pineapple)

Squash

Squash (blackcurrant)

Squash (lemon)

Squash (orange)

Smoothie

Drinks (soft)

Canned Drink (CV)

Canned Drink (apple)

Canned Drink (cola)

Canned Drink (lemonade)

Canned Drink (orange)

Pop (bottle of)

Pop (apple)

Pop (cola)

Pop (lemonade)

Pop (orange)

Drinks (milk)

Milk (CV)

Milk (full fat)

Milk (semi skimmed)

Milk (skimmed)

Milk (banana)

Milk (chocolate)



Drinks (milk) continued

Milk (strawberry)

Milkshake

Milkshake (banana)

Milkshake (chocolate)

Milkshake (strawberry)

Drinks (hot)

Coffee

Coffee (jar of)

Coffee (decaf, cup)

Coffee (decaf, jar)

Hot Chocolate

Hot Cocoa

Meat Drink

Tea

Teabag, a

Teabags (box of)

Tea (camomile)

Tea (decaf)

Tea (fruit)

Tea (green)

Tea (peppermint)

Drinks (alcoholic)

Alcopop

Beer (bottle)

Beer (can)

Beer (CV)

Champagne

Cider (bottle)

Cider (can)

Lager (bottle)

Lager (can)

Rum

Shandy (bottle)

Shandy (can)

Vodka

Drinks (alcoholic) continued

Whisky

Wine (CV)

Wine (red)

Wine (rose)

Wine (white)

Wine (sparkling)

<u>Kitchen Equipment</u>

Apron

Clean

Cling Film

Cloth

Cool Bag

Dirty

Dishwasher (liquid)

Dishwasher (tablets)

Draining Rack

Dustbin

Dustpan and Brush

Equipment (cleaning)

Equipment (kitchen)

Hot Air Dryer

Kitchen Bin

Kitchen Roll

Nailbrush

Paper Towel

**Rubber Gloves** 

Rubbish

Scourer

Soap (CV)

Surface Cleanser/ Antibacterial

Spray

Swing Bin

Tea Towel

Tin Foil

Towel (CV)

Tray



Kitchen Equipment continued

Trolley

Washing Up Brush Washing Up Liquid

Kitchen Furniture and Appliances

Chair (CV) Chest Freezer

Cooker

Dishwasher

Fridge

Fridge Freezer

Grill, a

Hob

Kettle (1)

Kettle (2)

Microwave

Oven

Sink

Table

**Toaster** 

Kitchenware/ Utensils

Baking Tray
Bottle Opener

Bowl (mixing)

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Cake Tin

Casserole Dish

Chopping Board

Coffee Pot

Colander/Strainer

Corkscrew

Cooling Rack

Fish Slice

Frying Pan

Funnel

Garlic Press

Grater

Kitchenware/Utensils continued

Grill Pan

Ice Cream Scoop

Ice Cube Tray

Jug

Knife (bread)

Knife (chopping)

Knife (vegetable)

Ladle

Masher

Ovengloves

Pie Dish

Saucepan

Saucepan Lid

Scissors (CV)

Sieve

Spatula

Spoon (wooden)

Straining Spoon

Teapot

Tin Opener

Tongs

Vegetable Peeler

Whisk

Washing Up, the

Tableware

Beaker

Chopsticks

Cup

Cup and Saucer

Cutlery

Dish

Egg Cup

Fork (CV)

Glass

Knife (CV)

Napkin/Serviette



#### Tableware continued

Placemat/ Table Mat

Plate (CV)

Spoon (CV)

Spoon (dessert)

Spoon (serving)

Spoon (soup)

Spoon (teaspoon)

Tablecloth

Wine glass

#### Tastes and Smells

Smell

Smell, a

Smell (bad/ nasty)

Smell (nice)

Smell (strong)

Smell, to

Taste, a

Taste, to

Taste (sweet)

Taste (savoury)

Taste (sour)

Taste (bad/ nasty)

Taste (bitter)

Taste (nice)

Taste (salty)

#### **Descriptions**

Hot (CV)

Cold (CV)

Hard (CV)

Soft (CV)

Hungry (CV)

Thirsty (CV)

Cooked

Uncooked/Raw

#### Shopping

Best Before Date

Checkout

Label, a

Money (CV)

Shop (CV)

Shopping, the

Shopping Basket

Shopping List

**Shopping Trolley** 

Supermarket (CV)

#### **Verbs**

To Add More

To Boil

To Boil Over

To Break (egg)

To Burn

To Buy (CV)

To Carry a Basket

To Carry Food (on plate)

To Chill

To Choose (CV)

To Chop

To Clean/Scrub Nails

To Cook

To Cool

To Cut/Slice

To Cut with a Knife (CV)

To Cut with Scissors/ To Snip (CV)

To Do the Washing Up

To Drain

To Drink (CV)

To Dry Hands

To Dry Plate/ To Dry Up

To Eat (1) (CV)

To Eat (2) (CV)

To Empty a Trolley



Verbs continued

To Fill the Kettle

To Fill a Trolley

To Freeze

To Fry

To Grate

To Grease

To Grill

To Heat

To Lay the Table

To Mash

To Melt

To Pack Bags

To Pass Food

To Peel

To Place/Put (CV)

To Pour

To Prepare Food

To Press Start

To Push the Trolley

To Put on a Plaster

To Rinse a Plate

To Roast

To Scoop

Verbs continued

To Scrape (food from plate)

To Serve Food

To Shop

To Simmer

To Slice

To Spill

To Spread

To Sprinkle

To Steam

To Stir

To Switch Off

To Switch On

To Take

To Thaw

To Touch

To Turn Dial/ Knob

To Unwrap

To Wash (2) (CV)

To Wash (hands)

To Wash (plate)

To Whisk

To Wipe the Table

To Wrap

Abbreviation Key:

CV Core Vocabulary