



















FOOD GLOSSARY

Sometimes/ Everyday	Picture of food item	Name of food item	Description of food item
 Everyday Foods		Banana /bə'nɑ:nə/	Fruit
 Everyday Foods		Fruit cup in natural juice /'fru:t kʌp/	Chopped fruits in natural fruit juices
 Everyday Foods		Fruit salad /'fru:t 'sæləd/	Various fruits served together
 Everyday Foods		Green apple /'gri:n, æpəl/	Fruit
 Everyday Foods		Mango /'mæŋgəʊ/	Tropical fruit
 Everyday Foods		Orange /'ɒrɪndʒ/	Citrus fruit
 Everyday Foods		Passionfruit /'pæʃən,fru:t/	Tropical fruit
 Everyday Foods		Raspberries /'rɑ:zbəri/	Fruit
 Everyday Foods		Red dates /rɛd deɪts/	Dried fruit























Sometimes/ Everyday	Picture of food item	Name of food item	Description of food item
 Everyday Foods		Strawberry /'strɔ:bəri/	Fruit
 Everyday Foods		Tinned peaches /'tɪnd pi:tʃ/	Stone fruit preserved in natural juice
 Everyday Foods		Papaya /'pə'paɪ.ə/	A tropical fruit with sweet orange flesh
 Everyday Foods		Carrot (diced) /'kærət/	Vegetable, cut into cubes or rounds
 Everyday Foods		Carrot (diced) /'kærət/	Vegetable, cut into cubes or rounds
 Everyday Foods		Carrot (sticks) /'kærət stɪks/	Vegetable, cut lengthways into small bit-sized sticks
 Everyday Foods		Cauliflower /'kɔlɪ'flaʊə/	Cruciferous Vegetable
 Everyday Foods		Cauliflower (roasted) /'rɔʊstɪd 'kɔlɪ'flaʊə/	Cruciferous Vegetable roasted in oven
 Everyday Foods		Sweet potato (roasted) /'swi:t pə'teɪtəʊ/	Roasted root vegetable
 Everyday Foods		Edamame beans /,ed.ə'mɑ:.meɪ/	Soybeans in their pods that have been boiled in water with salt

Sometimes/ Everyday	Picture of food item	Name of food item	Description of food item
 Everyday Foods		Green bean /ˌɡriːn ˈbiːn/	Long vegetable that can be eaten raw or cooked
 Everyday Foods		Snow peas /ˈsnəʊ ˌpiːz/	Sweet, flat pods of peas
 Everyday Foods		Corn on the cob /ˌkɔːn.ðn.ðə ˈkɒb/	Cooked sweet starchy vegetable
 Everyday Foods		Frozen vegetables /ˈfrəʊzən ˈvedʒtəbəlz/	Diced vegetables, frozen
 Everyday Foods		Wheat biscuits /wiːt ˈbɪskɪts/	Wholegrain breakfast cereal
 Everyday Foods		Bite-sized wholegrain breakfast cereal	Wholegrain snack-sized breakfast food
 Everyday Foods		Cheerios /ˈtʃiːriːoʊz/	Whole grain breakfast cereal
 Everyday Foods		Roasted chickpeas /ˈrəʊstɪd ˈtʃɪkpiːz/	Crunchy, savoury legumes
 Everyday Foods		Roasted fava beans /ˈrəʊstɪd ˈfeɪvə biːnz/	Crunchy savoury legumes
 Everyday Foods		Plain air-popped popcorn /ˈpɒpkɔːrn/	Savoury snack

Sometimes/ Everyday	Picture of food item	Name of food item	Description of food item
 Everyday Foods		Rice cakes /raɪs keɪks/	Puffed rice pressed into a flat cake
 Everyday Foods		Mini rice cake snacks /raɪs keɪk/	Puffed rice pressed into small flat cakes
 Everyday Foods		Rice crackers /raɪs 'krækəʊz/	Savoury cracker made from rice flour
 Everyday Foods		Crispbreads /'krɪspbrɛdz/	Whole grain savoury crackers
 Everyday Foods		Hummus dip /'hʊm.əs/	Condiment or dip made with chickpeas
 Everyday Foods		Pumpkin seeds (Pepita) /'pʌmp.kɪn si:d/	Edible seed of a pumpkin
 Everyday Foods		Boiled eggs /bɔɪld eg/	Eggs cooked with their shells on in water
 Sometimes Foods		Cheese and bacon roll /tʃi:z ænd 'beɪkən rɔʊl/	White bread roll topped with cheese and bacon pieces
 Everyday Foods		Baked beans /,'beɪkt 'bi:nz/	Savoury beans in sauce
 Sometimes Foods		Two-minute noodles /'nu:ɪdəlz/	Dried noodles with seasoning



























Sometimes/ Everyday	Picture of food item	Name of food item	Description of food item
 Sometimes Foods		Breakfast bar /ˈbrɛkfəst bɑːr/	On-the-go breakfast food item
 Sometimes Foods		Beef jerky /biːf ˈdʒɜrki/	Dried and cured meat made from thinly sliced strips of beef
 Sometimes Foods		Potato chips /pəˈteɪtəʊ tʃɪps/	Deep fried sliced potato
 Sometimes Foods		Pretzels /ˈprɛtsəl/	Salty, savoury cracker
 Sometimes Foods		Savoury biscuits (pizza flavour) /ˈseɪvəri ˈbɪskɪts/	Flavoured, savoury biscuit
 Sometimes Foods		Savoury crackers (original) /ˈseɪvəri ˈkrækər/	Plain, savoury biscuit
 Sometimes Foods		Two-minute noodles /ˈnuːdəlz/	Dried noodles with seasoning
 Sometimes Foods		Samosa /səˈmɒs.sə/	Fried pastries with spices, vegetables and/or meat
 Sometimes Foods		Pre-packaged cheese-dip and crackers	Savoury biscuits with cheese dip
 Everyday Foods		Cheese slices (reduced fat) /tʃiːz slɑːsɪz/	Reduced fat dairy product









Sometimes/ Everyday	Picture of food item	Name of food item	Description of food item
 Everyday Foods		Mini cheese /ˈmɪni ˈtʃiːz/	Individually wrapped dairy product
 Everyday Foods		Cheese cubes (reduced fat) /tʃiːz kjuːbz/	Reduced fat dairy product cut into cubes
 Everyday Foods		Fruit bread /fruːt bred/	Bread made with dried fruits
 Sometimes Foods		Jelly fruit cup	Diced fruit set in sugar and gelatine
 Sometimes Foods		Ghulab Jamun	Fried dough balls soaked in syrup
 Sometimes Foods		Arabic walnut biscuit /ˈwɑːlnʌt ˈbɪskɪt/	Sweet biscuits with walnut filling and spices
 Everyday Foods		Bliss balls /blɪs bɔːlz/	Bite-sized balls of dried fruit, nuts and wholegrains blended together
 Sometimes Foods		Fruit roll up /ˈrʊl.ʌp/	Fruit flavoured snack
 Sometimes Foods		Muesli bar /ˈmjuːzli bɑːr/	Sweet cereal bar
 Sometimes Foods		Choc chip muffin /ˈtʃɑːk tʃɪp ˈmʌfɪn/	Small spongy cake with chocolate chips

Sometimes/ Everyday	Picture of food item	Name of food item	Description of food item
		Cupcake /'kʌpkɛɪk/	Small individual serving size cake
		Vanilla cake /və'nɪlə keɪk/	Sweet baked dessert
		Sweet biscuits /swi:t 'bɪskɪt/	Pre-packaged sweet baked treats
		Jelly cup /'dʒɛli kʌp/	Fruit-flavoured gelatine
		Rice bubble bar /raɪs 'bʌbəl bɑ:r/	Sweet cereal bar
		Chocolate caramel bar /'tʃɒklət 'kærəməl bɑ:r/	Sweet dessert
		Chocolate /'tʃɒk(ə)læt/	Sweet dessert
		Chocolate bar /'tʃɒklət bɑ:(r)/	Sweet dessert
		Dairy dessert /'deəri dɪ'zɜ:t/	Sweet dairy dessert

Sometimes/ Everyday	Picture of food item	Name of food item	Description of food item
 Everyday Foods		Pikelets /'paɪkIt/	Small round thick pancake
 Sometimes Foods		Chocolate coated biscuit sticks /'tʃɔklət kɔʊtɪd 'bɪskɪts/	Sweet snack
 Everyday Foods		Yoghurt tub (reduced fat) /'jɔʊgərt tʌb/	Dairy product
 Everyday Foods		Yoghurt pouch (reduced fat) /'jɔʊgərt pəʊtʃ/	Dairy product with on- the-go packaging
 Sometimes Foods		Baklava /'bæk.lə.vɑ:/	Layers of thin pastry with nuts and syrup
 Sometimes Foods		Doughnut /'dəʊ.nʌt/	A circular sweet cake with a hole in the middle
 Everyday Foods		Dahl (thermos) /dɑ:/	Thick lentil stew
 Everyday Foods		Homemade fried rice /'fraɪd raɪs/	Cooked rice stir-fried with vegetables, eggs and/or lean meat
 Everyday Foods		Dumplings /'dʌmplɪŋ/	Steamed dough wrapped around a filling
 Everyday Foods		Falafel wrap /'fælɑ:f(ə)l ræp/	Falafel and vegetables wrapped in flatbread

Sometimes/ Everyday	Picture of food item	Name of food item	Description of food item
 Everyday Foods		Omelette roll /'ɒm.lət rəʊl/	Cooked egg with added vegetables, served rolled up
 Everyday Foods		Pita bread /'pi:tə (,bred)/	Flatbread made from yeast, water and flour
 Everyday Foods		Falafel /'fæl.fəl/	Fried balls made from chickpeas
 Everyday Foods		Corn fritters /'kɔ:n 'frɪt.ər/	Batter with corn and vegetables fried
 Sometimes Foods		Fried Breaded fritters	Deep fried dough pieces
 Sometimes Foods		Hotdog /'hɒt.dɒg/	Processed sausage meat in long bread roll
 Sometimes Foods		Pie /paɪ/	Pastry filled with meat, vegetables or fruit covered and baked
 Everyday Foods		Stir fry noodles /'stɜr fraɪ 'nudəlz/	Stir-fried noodles, vegetables and/or meat
 Sometimes Foods		White bread roll with salami and brie /'brɛd rəʊl/	White bread filled with cured meat and soft cheese
 Everyday Foods		Savoury pancake /'seɪvəri 'pæŋkeɪk/	Pancake with savoury fillings

Sometimes/ Everyday	Picture of food item	Name of food item	Description of food item
 Everyday Foods		Tuna pasta salad <i>/'tju:nə 'pæstə 'sæləd/</i>	Cooked pasta with tuna and vegetables
 Everyday Foods		Curried rice <i>/'kɜ:ri:d raɪs/</i>	Cooked rice stir-fried with curry, vegetables, eggs and/or meat
 Sometimes Foods		Sports drink <i>/spɔ:ts drɪŋk/</i>	Sugary drink with electrolytes
 Sometimes Foods		Vitamin water <i>/'vaɪtəmin 'wɔ:tər/</i>	Sugary drink with vitamins and minerals
 Sometimes Foods		Coconut water <i>/'kəʊ.kənət ,wɑ:tər/</i>	Sweet coconut drink
 Sometimes Foods		Soft drink <i>/sɒft drɪŋk/</i>	Sweet, carbonated drink
 Sometimes Foods		Cordial <i>/'kɔ:dɪəl/</i>	Sweet concentrated syrup mixed with water
 Sometimes Foods		Energy drink <i>/'enədʒi drɪŋk/</i>	Sweet, carbonated drink containing caffeine
 Sometimes Foods		Apple juice <i>/'æpəl dʒu:s/</i>	Sweet drink
 Sometimes Foods		Chocolate milk <i>/'tʃɒklət mɪlk/</i>	Sweet flavoured milk drink

Sometimes/ Everyday	Picture of food item	Name of food item	Description of food item
 Sometimes Foods		Ice tea /aɪs 'tiː/	Sweet drink
 Sometimes Foods		Orange juice popper /'ɔrɪndʒ dʒuːs/	Sweet fruit drink
 Everyday Foods		Reduced fat milk /mɪlk/	Milk containing a lower fat content compared with whole milk
 Everyday Foods		Soy milk /sɔɪ mɪlk/	Plant-based milk alternative

