

Module 5 “Food and Health”

Carrot	Celery
Corn	Melon
Lettuce	Blueberry
Raisin	Aubergine
Pear	Pea
Raspberry	Pineapple
Watermelon	Pumpkin
Cabbage	Steamed
Fizzy drinks	Boiled
Still water	Toasted
Sparkling water	Grilled
I'm starving	Fried
Additives	Roasted
Cinnamon	Baked
Ginger	Raw
A boost / to boost	To come oneself down
To treat oneself	To keep one's emotions under control
To concentrate / concentrated / concentration	Soothing
Eyesight	A handful of
Prune	A slice of
Beetroot	Protein
Overweight	Carbohydrates
Underweight	To follow a diet
Tiredness	To suffer from
Tooth decay	To result in
Frequent illnesses	To recover from / after an operation
Indigestion	To cope with..
To give back	To advise against
To give off	To give back
To give up	To cure