



NUTRITION
Part one

FOOD (noun) [u] Things that people or animal eat.

FOOD BANK A place where poor people can go to get free food.

FOOD POISONING An illness of the stomach caused by eating food that contains harmful bacteria.

FOODIE (noun) A person who is very interested in cooking and eating different kind of food.

FOOD STAMP A piece of paper that is giving by the government to poor people, for them to buy the food.

EAT (verb) 1: to put food in our mouth, chew it and swallow it.
I don't eat meat.

EAT (verb) 2: to Have meal. We ate at pizzeria in town.

EAT LIKE A HORSE (IDM) To eat a lot. She may be thin, but she eats like a horse.

I COULD EAT A HORSE (IDM) Used to say that you are very hungry.

EAT LIKE A BIRD (IDM) To eat very little.

EAT OUT (PHR V) To have a meal in restaurant.

EAT UP (PHR V) To eat all of sth. Eat up! We've got to go out soon.

EDIBLE (Adj.)

Suitable to be eaten. **Edible fungi, snail, flowers,...**

EATER (noun)

A person or an animal that eats a particular thing or in a particular way.

I'm not a meat eater.

He is a big eater.(=He eats a lot.)

EAT, DRINK AND BE MERRY (SAYING)

Said to encourage sb to enjoy life now, while they can, and not think of the future.

DIET (noun) The food that a person, animal, or community habitually eats.

BE ON A DIET (PHR V) To eat less food or only food of a particular type in order to lose weight.

DIETER(noun) A person who is trying to lose weight on a diet.

DIETICIAN /DIETITIAN (noun) A person whose job is to advise people on what kind of food they should eat to keep healthy.

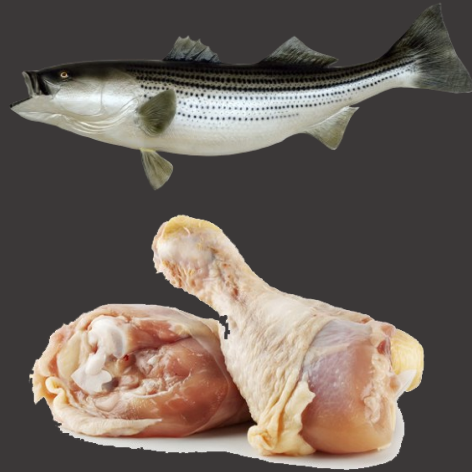
Classification of dietary patterns

NON-VEGETARIAN

Eats red meat, poultry, fish, milk, dairy and eggs more than once a week.



RED MEAT



POULTRY
FISH



MILK
DAIRY



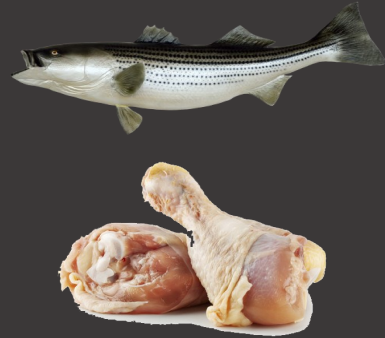
EGG

SEMI-VEGETARIAN

Eats red meat, poultry, fish, milk, dairy and eggs less than once per week and more than once per month.



RED MEAT



POULTRY
FISH



MILK
DAIRY



EGG

PESCO-VEGETARIAN

Eats fish, milk, dairy and egg but no red meat nor poultry



RED MEAT



POULTRY
FISH



MILK
DAIRY



EGG

LACTO-VEGETARIAN

Eats milk and dairy but no red meat, fish, egg nor poultry



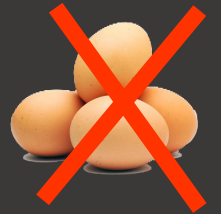
RED MEAT



POULTRY
FISH



MILK
DAIRY



EGG

OVO-VEGETARIAN

Eats egg but no milk and dairy, no red meat, fish, nor poultry



RED MEAT



POULTRY
FISH



MILK
DAIRY



EGG

LACTO-OVO-VEGETARIAN

Eats milk, dairy and egg but no red meat, fish, nor poultry



RED MEAT



POULTRY
FISH



MILK
DAIRY



EGG

VEGAN



RED MEAT



POULTRY
FISH



MILK
DAIRY



EGG

FRUITARIAN

Eats only fruit



RED MEAT



POULTRY
FISH



MILK
DAIRY



EGG

TAKE STH/SB FOR GRANTED

To be so used to sb/sth that you don't recognize their true value any more and do not show that you are grateful.

We take having an endless supply of clean water for granted.

GO EASY ON STH

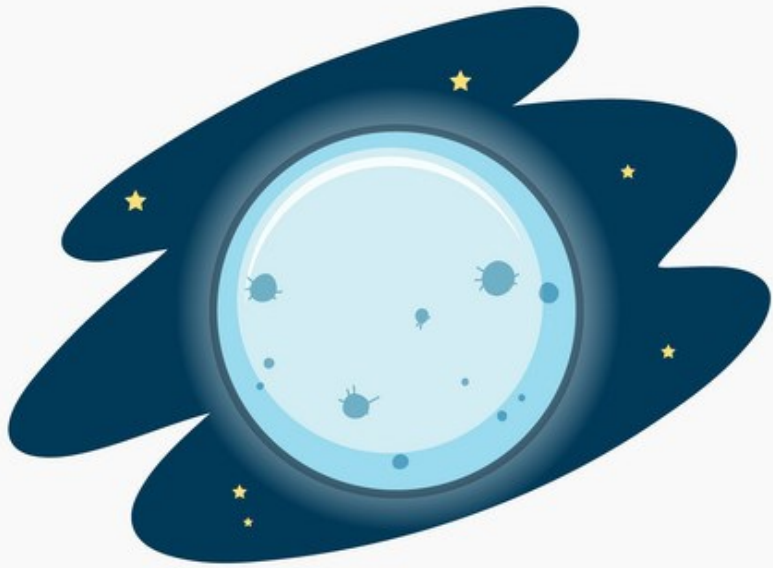
to use less of (something)

My doctor said to go easy on fatty foods.

**THE BEST WAY TO GET THE BETTER OF
TEMPTATION IS JUST TO YIELD TO IT.**

- CLEMENTINA STIRLING GRAHAM -

English Idiom



Once in a blue moon!

What does it mean?
Something that rarely
occurs.

