

Unit 5 Vocabulary (all)

Verbs:

| | |
|-------------------|---|
| afford | I can't afford a new laptop. |
| feed | In winter we must feed the birds. |
| waste | People in Europe waste a lot of food. |
| contain | Apples contain a lot of vitamins. |
| accept | You must accept your parents' orders. |
| gain (weight) | He gained five kilos over Christmas. |
| lose (weight) | Finally I lost weight. |
| be ashamed | You should never be ashamed of your parents. |
| trust | You can trust me. I know what's best for you. |
| throw up | Synonyms: vomit, puke, be sick |
| produce | The world can produce enough food. |
| die of | Many people die of hunger. |
| suffer from | Many people suffer from hunger. |
| affect | Climate change will affect many people. |
| record | Last year many cases of hunger were recorded. |
| face | Millions in Africa face hunger. |
| be faced with | Millions are faced with hunger and war. |
| join | Will you join our skiing tour? |
| introduce | We should introduce a tax on sugar. |
| ban | Ban junk food! |
| campaign | Jamie Oliver has campaigned for healthy food. |
| take place | The climate conference took place in Paris. |
| need | What do you need for success? |
| play a part/role | [same meaning] |
| prepare | He prepared very well for the test. |
| stuff oneself | After school I stuffed myself with food. |
| collapse | I collapsed in the gym. |
| hug | My mother hugged me. |
| solve | We solved the problem together. |
| judge | A panel will judge the posters. |
| be different from | How is my poster different from yours? |
| be similar to | Skiing is similar to snowboarding. |
| instruct | |
| own | Oliver Jamie owns a restaurant. |
| train | He also trains chefs. |
| grow | What do kids need to grow? |

Verben:

| |
|--------------------------------|
| sich leisten können |
| füttern |
| verschwenden |
| enthalten, beinhalten |
| akzeptieren, hinnehmen |
| zunehmen |
| abnehmen (Gewicht verlieren) |
| sich schämen |
| vertrauen |
| (sich) erbrechen, ("kotzen") |
| produzieren, herstellen |
| sterben an |
| leiden an/unter |
| betreffen, sich auswirken |
| aufzeichnen, erfassen |
| begegnen, gegenüber stehen |
| konfrontiert sein mit |
| sich anschließen |
| einführen |
| verbieten |
| sich einsetzen für, werben |
| stattfinden |
| brauchen |
| e. Rolle spielen |
| (sich) vorbereiten, zubereiten |
| sich vollstopfen |
| zusammenbrechen |
| umarmen |
| L ösen |
| be-, auswerten, beurteilen |
| sich unterscheiden |
| ähnlich sein, sich ähneln |
| anleiten, informieren |
| besitzen |
| ausbilden |
| wachsen |

Food

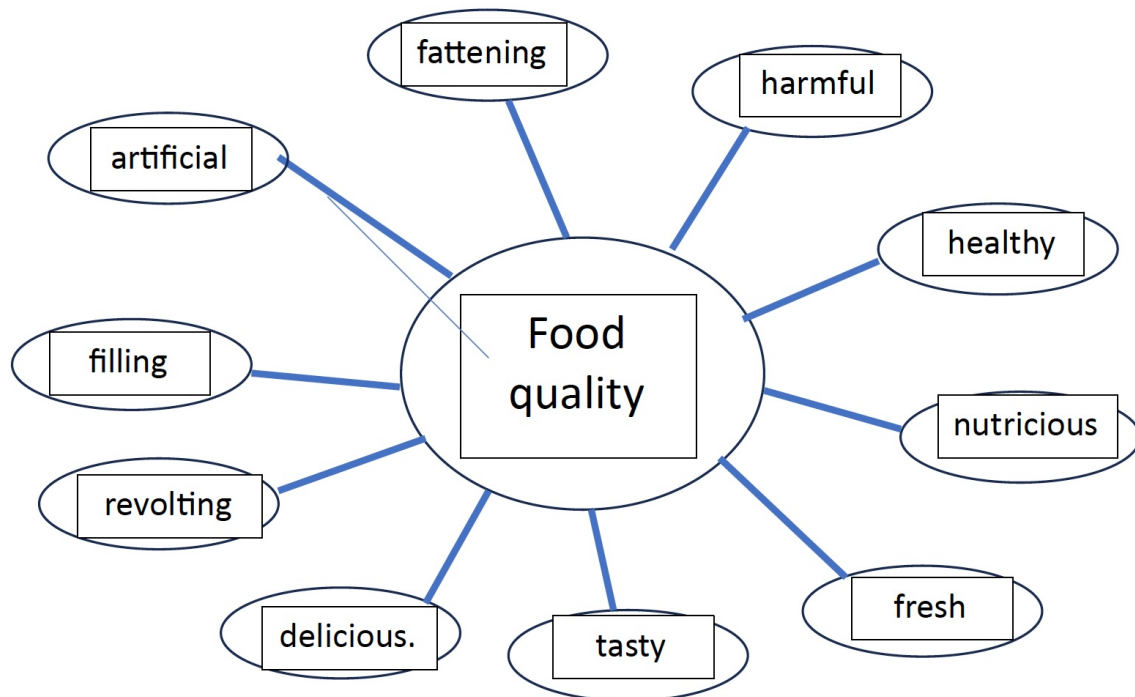
| |
|------------|
| quality |
| artificial |
| fattening |
| filling |
| revolting |

Nahrungsmittel/ Lebensmittel:

| |
|--------------------------------|
| Qualität, Qualitäts- |
| künstlich |
| dick machend |
| sättigend |
| ekelhaft, abstoßend, widerlich |

harmful
 healthy
 nutritious
 fresh
 tasty
 delicious [dɪ'liʃəs]

schädlich
 gesund
 nahrhaft
 frisch
 schmackhaft, geschmackvoll
 köstlich

**Diet/Nutrition:**

diet A healthy diet is very important.

nutrition

vegetarian

hunger

intake

waste

cookery Do you watch cookery programmes on TV?

chef Jamie is chef of a restaurant.

cook

disorder

eating disorder

education People need education about a healthy diet.

obesity. [əʊ'bi:səti]

meal Many kids get a meal at a school canteen.

content chocolate with a high cocoa content

junk food Formerly school dinners often were junk food.

Ernährung:

Ernährung,

Ernährungsweise, -stil

Ernährung

Vegetarier, vegetarisch

Hunger

(Nahrungs-) Aufnahme

Verschwendung

Koch-, Kochkunst

Küchenchef, Chefkoch

Koch, Köchin

Störung, Unordnung

Essstörung

Erziehung, Aufklärung

Adipositas,

Fettleibigkeit

Mahlzeit, Essen

Inhalt, Gehalt von

Junk-Food, qualitativ

schlechtes Essen

fizzy drink

proteins ['prəʊti:nz]

minerals. ['mɪnərəlz]

vitamin [BE 'vɪtəmɪn, AE 'vɪtəmɪn]

Cooking recipe

recipe ['resɪpi] how to make a particular meal

ingredients [ɪnɡri:diənts]

tomatoes

ripe ripe red and yellow tomatoes

basil

fresh fresh basil

chilli red chilli

mozzarella [mɑ:tʃərələ; mɔʊts-; ,mɑ:tsə'relə]

(to) slice

(to) add

(to) pound

(to) chop

(to) heat

(to) pour

(to) scatter (over)

(to) tuck in

Limonade, Sprudel,
kohlesäurehaltiges Getränk

Proteine

Mineralien

Vitamin

Kochrezept

Rezept

Zutaten

Tomaten

reif

Basilikum

frisch (nicht getrocknet)

Chilli

Mozzarella

(in Scheiben) schneiden

hinzufügen

zerstoßen, zerstampfen

hacken, zerkleinern

erhitzen

gießen, schütten

streuen

zugreifen ("reinhauen")

Frequent words:

even though Some people eat, even though they aren't hungry.

although

regularly You should eat regularly.

afterwards Let's eat first. Afterwards you can watch TV.

none None of you can run as fast as I can.

billion

finally I had finally solved the problem.

however My friend, however, didn't come along.

in order to

so that

main The main reason is...

upside down

Häufig vorkommende Wörter:

obwohl, obschon

obschon, obwohl

regelmäßig

nachher

keine/r

Milliarde

endlich, schließlich

jedoch

um....zu...

sodass, damit

Haupt-, hauptsächlich

umgekehrt, (Oberseite
nach unten)

weitere Wörter:

Gewohnheit(en)

Essgewohnheiten

Riegel, Tafel

Turnhalle

Armut

Ursache, Grund

Krankheit

Additional words

habit(s) It's difficult to change bad habits.

eating habits

bar Mars bars, chocolate bar

gym Regular visits to the gym increase your fitness.

poverty

cause Wars are only one cause of hunger,

illness

| | | |
|-----------------|--|---------------------------|
| disease | | Krankheit |
| measles | Measles is a disease among children. | Masern |
| population | One third of the world population suffers from hunger. | Bevölkerung |
| drought [draut] | !!! Drought is one cause of hunger. | Dürre, Trockenheit |
| label | Read the label very carefully. | Etikett |
| access (to) | Many people have no access to clean water. | Zugang, Zugriff |
| weight | Parents should check their children's weight. | Gewicht |
| height | What's your son's height? 1.45 m? | Größe |
| contributor | Many famous contributors write for this magazine. | Beitragende/r |
| ad | Food ads on Tv affect your eating habits. | Werbung, Anzeige, Annonce |
| model | I'm not as thin as a model. | Model |
| P. E. teacher | [P. E. = physical education] | Sportlehrer, -in |
| survey | A survey has found out that.... | Umfrage |
| figures | Figures show that we eat 11 kilos of chocolate per year. | (Umfrage-)Zahlen, Daten |
| obsession with | The British obsession with sugary things... | Besessenheit, Sucht nach |
| narrator | A narrator tells a story. | Erzähler |
| foreman | A foreman is responsible for his workers. | Vorarbeiter |
| home economics | [= a school subject] | Hauswirtschaftslehre |
| strawberries | | Erdbeeren |
| ingredients | You need good ingredients for s good meal. | Zutaten |
| health | Good health is most important for me. | Gesundheit |
| scrambled eggs | | Rührei |

Adjectives/Adverbs

| | | |
|--------------|---|--------------------------|
| overweight | Being overweight might be a disease. | übergewichtig |
| obese | Nowadays many children are obese. | übergewichtig, fett |
| thin | He was quite thin as a youngster. | dünn |
| fat | I don't like bacon: it's too fat for me. | fett |
| common | A lot of children die of common diseases. | gewöhnlich, üblich |
| dry | | trocken |
| sugary | | zuckerhaltig |
| successful | He campaigned successfully for his ideas. | erfolgreich |
| disappointed | | enttäuscht |
| upset | | verärgert |
| based on | The recipe is based on Jamie Oliver. | basierend auf |
| awesome | | toll, super, fantastisch |
| optimistic | | optimistisch |

Expressions

Right from the beginning ...
 Tuck in.
 Oh, really?
 in fact
 Go right ahead!
 Not as far as I know.
 between you and me
 Beats me!

Ausdrücke/Redewendungen:

Von Anfang an....
 Greif zu. ("Hau rein")
 Wirklich?
 tatsächlich, in der Tat
 Schieß los.
 Soweit ich weiß, nein. /Nicht dass ich wüsste.
 unter uns gesagt, (unter vier Augen)
 Da bin ich überfragt. /Kein Schimmer. / Ist mir rätselhaft/schleierhaft.

Geography

Sub-Saharan Africa

Ethiopia. [ˌiːθi'əʊpiə]

Niger [ni:'ʒeə(r); ni:'ʒer]

Mali. ['mɑːli]

Belgium ['beldʒəm]

Geographie

Das Afrika südlich(unter) der Sahara.

Äthiopien

Niger

Mali

Belgien