

**IELTS Vocabulary : band 7-9 phrases**

아이엘츠 보카 정리: 음식/식사/식욕

<https://www.ieltspeaking.co.uk/ielts-food-vocabulary/>

아이엘츠 스피킹 파트1

Examiner: Do you like to cook?

Mandy: Not really no ... most of the time I eat **ready meals** and **take-aways** ... that's one of the reasons I love visiting my mum ... you can always guarantee lovely **home-cooked food** ...

Examiner: What time do you usually eat dinner?

Michelle: We have our **main meal** at around 7.00 ... I'm usually **starving hungry** by then ... in fact I often **grab a bite to eat** as soon as I get home from college ... a sandwich perhaps ... but not too much **to spoil my appetite** ...

Examiner: Are there any types of food you don't like?

Lionel: No not really ... I'm not **a fussy eater** at all ... actually I **eat like a horse** ... I do a lot of sport and **work up quite an appetite** ...

## 아이엘츠 스피킹 파트2

Describe a restaurant that you like to use. You should say

- where this restaurant is
- what kind of food it serves
- how often you go there

and say why you like eating there so much.

Howard: OK ... this is a nice topic to talk about ... there's a restaurant just around the corner from where I live ... it's an Italian restaurant so as you'd expect you can eat various pasta dishes and pizzas and I usually go there with my family for **a slap-up meal** if we have anything to celebrate ... it's quite a posh restaurant ... the kind of place you would take someone if you wanted **to wine and dine** them ... we usually order **a 3-course meal** ... a light starter then a main dish ... and I have quite **a sweet tooth** so I always look forward to the dessert ... I usually order Tiramisu ... it **makes my mouth water** just to think about it ... I'm always totally **full up** by the end ... why do I enjoy it there ... well ... it's not cheap ... my parents always **foot the bill** and we couldn't afford to go there regularly so it's always a nice treat ...

아이엘츠 스피킹 파트3

Examiner: How can we encourage people to eat more healthily?

Anna: I think the best approach is to have everything in moderation ... **processed food** won't kill you if you only eat it occasionally ... but people should also be encouraged **to eat a balanced diet** ... try to cook fresh ingredients at home a few times a week ...

Examiner: Do you think people enjoy their food as much as they should?

Florrie: I don't know really ... I suppose it's true that people will often eat **a quick snack** because they're bored not because they're **dying of hunger** ... and often they just **bolt it down** and don't savour it ... so yes ... perhaps we could take more time over our food ...

Examiner: Do you think cooking is a pleasure or a chore for people who have busy lives?

Julie: Well ... whether you **follow a recipe** or make something up as you go along ... I think cooking is a very creative process ... and cooking for other people is a particular pleasure ... there's nothing more satisfying than seeing people you love **tucking into** something you've cooked yourself ...

## Definitions

- **to be full up:**  
to eat to the point that you can no longer eat any more  
배터지게 먹다
- **to be starving hungry:**  
an exaggerated way of saying you are very hungry  
배고파 죽겠다
- **to bolt something down:**  
to eat something very quickly  
엄청 빨리먹다
- **to be dying of hunger:**  
an exaggerated way of saying you are hungry  
배고파 죽어~
- **to eat a balanced diet:**  
to eat the correct types and amounts of food  
균형잡힌 식사를 먹다
- **to eat like a horse:**  
to eat a lot  
엄청 먹는다
- **to follow a recipe:**  
to cook a meal using instructions  
레시피를 따라 요리하다
- **to foot the bill:**  
to pay the bill  
계산하다
- **a fussy eater:**  
somebody who has their own very high standards about what to eat  
까다로운 식객
- **to grab a bite to eat:**  
to eat something quickly (when you're in a rush)

잡싸게 먹다

- **to have a sweet tooth:**  
to enjoy sugary food  
단 음식을 즐기다
- **home-cooked food:**  
food cooked at home from individual ingredients  
집요리
- **the main meal:**  
the most important meal of the day, usually eaten in the evening  
주요 식사
- **to make your mouth water:**  
to make you feel very hungry for something  
군침이 돌게 하다
- **to play with your food:**  
to push food around the plate to avoid eating it  
음식을 가지고 놀다 껌작거리다
- **processed food:**  
commercially prepared food bought for convenience  
가공식품
- **a quick snack:**  
to eat a small amount of food between meals  
간식
- **a ready meal:**  
see 'processed food'  
간편식품
- **a slap up meal:**  
a large meal  
푸짐한 식사
- **to spoil your appetite:**  
to eat something that will stop you feeling hungry when it's meal-time.

밥맛이 뚝 떨어지다

- **a take away:**  
a cooked meal prepared in a restaurant and eaten at home  
포장
- **to tuck into:**  
to eat something with pleasure  
~에 집어넣다
- **to wine and dine:**  
to entertain someone by treating them to food and drink  
식사대접하다
- **to work up an appetite:**  
to do physical work that leads to you becoming hungry  
식욕을 돋구다