VocabNote

Cibo e Cucina: 70 parole in inglese

Livello A1 · 70 parole

Ingredienti, piatti, sapori e verbi di cucina per i pasti di tutti i giorni.

Ingredienti e prodotti

PAROLA	SIGNIFICATO	DEFINIZIONE IN INGLESE	ESEMPIO
oil noun · /ɔɪl/	olio	A thick liquid from plants or animals, used for cooking food.	Please add some olive oil to the fresh salad now.
flour noun · /ˈflaʊər/	farina	A fine white or brown powder made by crushing cereal grains.	You need plenty of wheat flour to bake this bread.
garlic noun · /ˈgɑːrlɪk/	aglio	A strong-smelling bulb used as a seasoning in many different dishes.	She crushed two cloves of garlic for the pasta sauce.
carrot noun · /ˈkærət/	carota	A long, orange root vegetable often eaten raw or cooked.	Rabbits love to eat carrots, which are good for their eyesight.
beef noun · /ˈbif/	manzo	The red meat that comes from a cow, used as food.	We had roast beef and vegetables for dinner last night.
pork noun · /ˈpɔɹk/	carne di maiale	The meat from a pig, prepared and eaten as food.	We had roasted pork with applesauce for dinner last night.
noodles noun · /ˈnudəlz/	noodles, spaghetti orientali	Long, thin strips of pasta, often eaten in Asian dishes.	We had delicious chicken noodles for lunch at the new restaurant.
pasta noun · /ˈpɑːstə/	pasta	A food made from flour and water, often shaped into noodles.	We cooked some fresh pasta for dinner this past evening.
beans noun · /biːnz/	fagioli	Edible seeds of various plants, often used as a food source.	She prepared a delicious stew made with black dried beans.
corn noun · /ˈkɔɹn/	mais	A tall cereal plant that produces edible kernels on large cobs.	We enjoyed eating fresh corn on the cob at the barbecue.
lemon noun · /ˈlɛmən/	limone	A yellow, oval citrus fruit with sour juice, often used in drinks.	I like to add a slice of lemon to my water.
grapes noun · /ˈgɹeɪps/	uva	Small, round fruits that grow in bunches, often used for wine.	She bought green grapes to eat as a healthy snack.
strawberry noun · /ˈstrɔːbəri/	fragola	A sweet, red, heart-shaped fruit with tiny seeds on its skin.	I love eating fresh strawberries for breakfast every single morning.
honey noun · /ˈhʌni/	miele	A sweet sticky yellow substance made by bees from flower nectar.	She stirred a spoonful of golden honey into her tea.
yogurt noun · /ˈjoʊgəɹt/	yogurt	A creamy, fermented milk product, often eaten for breakfast or dessert.	I like to eat yogurt with fruit and granola in the morning.
cream noun · /kriːm/	panna	The thick fatty part of milk that rises to the top.	I like to put fresh cream in my morning coffee.
lettuce noun · /ˈletɪs/	lattuga	A green leafy plant commonly eaten raw in salads and sandwiches.	I added fresh crisp lettuce to my healthy garden salad.
cucumber noun · /ˈkjuːkʌmbər/	cetriolo	A long green vegetable with watery flesh used in salads.	She sliced a fresh cucumber for the green salad.

Ingredienti e prodotti

PAROLA	SIGNIFICATO	DEFINIZIONE IN INGLESE	ESEMPIO
mushroom noun · /ˈmʌʃ.ruːm/	fungo	A fleshy fungus that typically has a stalk and cap.	I picked a fresh white mushroom in the forest today.

Piatti e pasti

PAROLA	SIGNIFICATO	DEFINIZIONE IN INGLESE	ESEMPIO
sandwich noun · /ˈsændwɪtʃ/	panino	Two slices of bread with a filling between them, like meat or cheese.	I made a ham and cheese sandwich for lunch.
salad noun · /ˈsæləd/	insalata	A mixture of raw vegetables, often with dressing, fruit, or meat.	For lunch, I often eat a fresh green salad with chicken.
pizza noun · /ˈpiːtsə/	pizza	A baked dish with dough, tomato sauce, cheese, and various toppings.	We decided to order a large pepperoni pizza for dinner.
hamburger noun · /ˈhæmbɜːrgər/	hamburger	A sandwich consisting of a cooked beef patty inside a bun.	I ordered a large hamburger with cheese and fresh lettuce.
french fries noun · /frɛntʃ fraɪz/	patatine fritte	Strips of potato that have been deep-fried until they are golden.	I ordered a side of hot french fries for lunch.
ice cream noun · /ˈaɪs ˌkriːm/	gelato	A cold, sweet dessert made from frozen milk or cream.	I like to eat chocolate ice cream on hot days.
cookie noun · /ˈkʊki/	biscotto	A small, flat, sweet baked good, often with chocolate chips.	I love to eat a warm chocolate chip cookie.
toast noun · /toʊst/	pane tostato	Sliced bread browned by exposure to radiant heat in a toaster.	I usually eat two slices of warm buttered toast daily.
pancake noun · /ˈpænkeɪk/	pancake	A flat round cake cooked in a pan from thin batter.	I enjoy eating a warm pancake with sweet maple syrup.
cereal noun · /ˈsɪəriəl/	cereali	A breakfast food made from roasted grain, often eaten with milk.	I like eating cold cereal with milk every single morning.
steak noun · /steɪk/	bistecca	A slice of high-quality meat or fish, usually cooked by grilling.	I ordered a juicy medium steak at the local restaurant.
sauce noun · /sɔːs/	salsa	A liquid served with food to add moisture or flavor.	She poured the creamy tomato sauce over the hot pasta.

Sapori e consistenze

PAROLA	SIGNIFICATO	DEFINIZIONE IN INGLESE	ESEMPIO
delicious adjective · /dɪˈlɪʃəs/	delizioso	Having a very pleasant taste or smell; enjoyable to eat.	The cake was so delicious that everyone asked for a second slice.
tasty adjective · /ˈteɪsti/	gustoso, saporito	Having a pleasant, distinct flavor that is very enjoyable to eat.	She prepared a very tasty meal for the whole family.
sweet adjective · /ˈswit/	dolce	Having a pleasant taste characteristic of sugar or honey.	The cake was very sweet, with a delicious chocolate frosting.
salty adjective · /ˈsɔːlti/	salato	Tasting of salt or containing a lot of salt.	This soup is too salty, so please add some water.
sour adjective · /ˈsaʊə˞/	aspro, acido	Having a sharp, acidic taste, like lemons or vinegar.	The unripe apple tasted very sour, making her face pucker.

Sapori e consistenze

PAROLA	SIGNIFICATO	DEFINIZIONE IN INGLESE	ESEMPIO
bitter adjective · /ˈbɪtə˞/	amaro	Having a sharp, unpleasant taste, like coffee without sugar or dark chocolate.	The medicine had a very bitter taste, so I quickly drank water.
spicy adjective · /ˈspaɪsi/	piccante	Having a strong, hot flavor from spices, often causing a burning sensation.	I love to eat spicy food, especially with chili peppers.
fresh adjective · /frɛʃ/	fresco	Newly made, produced, or harvested; not preserved or old.	I bought some fresh bread from the local bakery today.
juicy adjective · /ˈdʒusi/	succoso	Full of natural liquid; having a lot of juice.	The ripe orange was very juicy and refreshing on a hot day.
crunchy adjective · /ˈkɹʌntʃi/	croccante	Making a loud, crisp sound when bitten or crushed.	I love eating crunchy apples; they are so refreshing and delicious.

A tavola

PAROLA	SIGNIFICATO	DEFINIZIONE IN INGLESE	ESEMPIO
hungry adjective · /ˈhʌŋgri/	affamato	Feeling a strong desire or need for food to eat.	I am very hungry because I missed my lunch today.
thirsty adjective · /ˈθɜ˞sti/	assetato	Feeling a need or desire to drink water or other liquid.	After running, I felt very thirsty and needed a big drink.
napkin noun · /ˈnæpkɪn/	tovagliolo	A piece of cloth or paper used to wipe the mouth.	She wiped her mouth gently with a clean paper napkin.
chopsticks noun · /ˈtʃɑpstɪks/	bacchette	A pair of small, thin sticks used as eating utensils in East Asia.	She learned how to eat rice with chopsticks very quickly.
bite verb · /baɪt/	mordere	To use teeth to cut into or through something solid.	He bit into the crunchy apple and smiled.
chew verb · /ˈtʃu/	masticare	To break food into smaller pieces with your teeth before swallowing.	You should chew your food slowly to help with digestion.
swallow verb · /ˈswɑloʊ/	ingoiare	To make food or drink go down your throat from your mouth.	It was difficult to swallow the large pill without water.

Verbi di cucina

PAROLA	SIGNIFICATO	DEFINIZIONE IN INGLESE	ESEMPIO
boil verb · /ˈbɔɪl/	bollire	To heat a liquid until it reaches a temperature where bubbles form.	Please boil some water for tea; it will only take minutes.
fry verb · /ˈfɹaɪ/	friggere	To cook food in hot oil or fat, usually in a pan.	I like to fry eggs for breakfast every morning.
bake verb · /ˈbeɪk/	cuocere al forno	To cook food, such as bread or cake, in an oven.	My grandmother loves to bake delicious cookies for the family.
cut up phrasal verb · /ˈkʌt ʌp/	tagliare a pezzi	To divide something into smaller pieces using a knife or scissors.	She carefully cut up the carrots for the vegetable soup.
chop verb · /tʃɒp/	tritare, tagliare a pezzetti	To cut something into small pieces using a sharp tool.	Please chop the onions into very small pieces for me.

Verbi di cucina

PAROLA	SIGNIFICATO	DEFINIZIONE IN INGLESE	ESEMPIO
mix verb · /mɪks/	mescolare	To combine different things together to form one substance or group.	You need to mix the ingredients well to make a smooth batter.
stir verb · /stɜː/	mescolare	To move a spoon around in food or a drink to mix it.	Stir the soup slowly so it does not stick to the pan.
slice verb · /slaɪs/	affettare	To cut something into thin, flat pieces.	Please slice the bread thinly for the sandwiches.
peel verb · /piːl/	sbucciare	To remove the outer skin or covering of fruit or vegetables.	Please peel the potatoes before you start cooking them for dinner.
pour verb · /pɔːr/	versare	To cause a liquid to flow steadily from one container.	Please pour some water into the glass for me now.
grill verb · /ɡrɪl/	grigliare	To cook food on metal bars over or under strong heat.	We grill fish and vegetables in the garden every summer.
roast verb · /rəʊst/	arrostire	To cook meat or vegetables in a hot oven or over a fire.	We roast a whole chicken for dinner every Sunday.
melt verb · /melt/	sciogliere	To change from a solid to a liquid state, or make something do so.	The ice cream will melt quickly if you leave it in the sun.
heat up phrasal verb · /hiːt ʌp/	riscaldare	To make cold or already cooked food hot again.	Can you heat up the soup in the microwave for me?
taste verb · /teɪst/	assaggiare	To try a little food or drink to see what it is like.	Taste the sauce and add more salt if it needs it.

Quantità e contenitori

PAROLA	SIGNIFICATO	DEFINIZIONE IN INGLESE	ESEMPIO
piece noun · /piːs/	pezzo	A single, separate part or amount of something larger.	She cut a small piece of bread for her breakfast.
loaf noun · /ləʊf/	pagnotta, filone	Bread that is shaped and baked in one large piece.	I bought a loaf of fresh bread at the bakery today.
teaspoon noun · /ˈtiːspuːn/	cucchiaino	A small spoon used for stirring tea or measuring small amounts.	Add one teaspoon of sugar to your hot coffee cup.
tablespoon noun · /ˈteɪbəlˌspuːn/	cucchiaio	A large spoon used for serving food or measuring ingredients precisely.	Add one tablespoon of sugar to the hot morning coffee.

Utensili e ricette

PAROLA	SIGNIFICATO	DEFINIZIONE IN INGLESE	ESEMPIO
recipe noun · /ˈresɪpi/	ricetta	A set of instructions for preparing a particular dish or meal.	She followed the new recipe to bake a chocolate cake.
cutting board noun · /ˈkʌtɪŋ bɔːrd/	tagliere	A durable board used for placing food while it is chopped.	Place the washed vegetables on the wooden cutting board now.
frying pan noun · /ˈfraɪ.ɪŋ ˌpæn/	padella	A flat metal container used for cooking food in hot fat.	Place the butter inside the large hot frying pan now.