VocabNote

ਭੋਜਨ ਅਤੇ ਖਾਣਾ ਪਕਾਉਣਾ: ਅੰਗਰੇਜ਼ੀ ਦੇ 70 ਸ਼ਬਦ

ਲੈਵਲ A1 · 70 ਸ਼ਬਦ

ਰੋਜ਼ਾਨਾ ਭੋਜਨ ਲਈ ਸਮੱਗਰੀ, ਪਕਵਾਨ, ਸੁਆਦ ਅਤੇ ਰਸੋਈ ਕਿਰਿਆਵਾਂ।

ਸਮੱਗਰੀ ਅਤੇ ਫਲ-ਸਬਜ਼ੀਆਂ

ਸ਼ਬਦ	ਅਰਥ	ਅੰਗਰੇਜ਼ੀ ਪਰਿਭਾਸ਼ਾ	ਉਦਾਹਰਨ
oil noun · /ɔɪl/	ਤੇਲ	A thick liquid from plants or animals, used for cooking food.	Please add some olive oil to the fresh salad now.
flour noun · /ˈflaʊər/	ਆਟਾ	A fine white or brown powder made by crushing cereal grains.	You need plenty of wheat flour to bake this bread.
garlic noun · /ˈgɑːrlɪk/	ਲਸਣ	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/	ਗਾਜਰ	A long, orange root vegetable often eaten raw or cooked.	Rabbits love to eat carrots, which are good for their eyesight.
beef noun · /ˈbif/	ਗਾਂ ਦਾ ਮਾਸ	The red meat that comes from a cow, used as food.	We had roast beef and vegetables for dinner last night.
pork noun · /ˈpɔɹk/	ਸੂਰ ਦਾ ਮਾਸ	The meat from a pig, prepared and eaten as food.	We had roasted pork with applesauce for dinner last night.
noodles noun · /ˈnudəlz/	ਨੂਡਲਜ਼	Long, thin strips of pasta, often eaten in Asian dishes.	We had delicious chicken noodles for lunch at the new restaurant.
pasta noun · /ˈpɑːstə/	ਪਾਸਤਾ	A food made from flour and water, often shaped into noodles.	We cooked some fresh pasta for dinner this past evening.
beans noun · /biːnz/	ਫਲੀਆਂ	Edible seeds of various plants, often used as a food source.	She prepared a delicious stew made with black dried beans.
corn noun · /ˈkɔɹn/	ਮੱਕੀ	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/	ਨਿੰਬੂ	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/	ਅੰਗੂਰ	Small, round fruits that grow in bunches, often used for wine.	She bought green grapes to eat as a healthy snack.
strawberry noun · /ˈstrɔːbəri/	ਸਟ੍ਰਾਬੇਰੀ	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/	ਸ਼ਹਿਦ	A sweet sticky yellow substance made by bees from flower nectar.	She stirred a spoonful of golden honey into her tea.
yogurt noun · /ˈjoʊgəɹt/	ਦਹੀਂ	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/	ਮਲਾਈ	The thick fatty part of milk that rises to the top.	I like to put fresh cream in my morning coffee.
lettuce noun · /ˈletɪs/	ਸਲਾਦ ਪੱਤਾ	A green leafy plant commonly eaten raw in salads and sandwiches.	I added fresh crisp lettuce to my healthy garden salad.
cucumber noun · /ˈkjuːkʌmbər/	ਖੀਰਾ	A long green vegetable with watery flesh used in salads.	She sliced a fresh cucumber for the green salad.

ਸਮੱਗਰੀ ਅਤੇ ਫਲ-ਸਬਜ਼ੀਆਂ

ਸ਼ਬਦ	ਅਰਥ	ਅੰਗਰੇਜ਼ੀ ਪਰਿਭਾਸ਼ਾ	ਉਦਾਹਰਨ
mushroom noun · /ˈmʌʃ.ruːm/	ਖੁੰਭ	A fleshy fungus that typically has a stalk and cap.	I picked a fresh white mushroom in the forest today.

ਪਕਵਾਨ ਅਤੇ ਖਾਣੇ

ਸ਼ਬਦ	ਅਰਥ	ਅੰਗਰੇਜ਼ੀ ਪਰਿਭਾਸ਼ਾ	ਉਦਾਹਰਨ
sandwich noun · /ˈsændwɪtʃ/	ਸੈਂਡਵਿਚ	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/	ਸਲਾਦ	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/	ਪੀਜ਼ਾ	A baked dish with dough, tomato sauce, cheese, and various toppings.	We decided to order a large pepperoni pizza for dinner.
hamburger noun · /ˈhæmbɜːrgər/	ਹੈਮਬਰਗਰ	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/	ਫਰੈਂਚ ਫਰਾਈਜ਼	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/	ਆਈਸਕ੍ਰੀਮ	A cold, sweet dessert made from frozen milk or cream.	I like to eat chocolate ice cream on hot days.
cookie noun · /ˈkʊki/	ਕੁਕੀ	A small, flat, sweet baked good, often with chocolate chips.	I love to eat a warm chocolate chip cookie.
toast noun · /toʊst/	ਟੋਸਟ	Sliced bread browned by exposure to radiant heat in a toaster.	I usually eat two slices of warm buttered toast daily.
pancake noun · /ˈpænkeɪk/	ਪੈਨਕੇਕ	A flat round cake cooked in a pan from thin batter.	I enjoy eating a warm pancake with sweet maple syrup.
cereal noun · /ˈsɪəriəl/	ਸੀਰੀਅਲ	A breakfast food made from roasted grain, often eaten with milk.	I like eating cold cereal with milk every single morning.
steak noun · /steɪk/	ਸਟੇਕ	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/	ਸੌਸ	A liquid served with food to add moisture or flavor.	She poured the creamy tomato sauce over the hot pasta.

ਸੁਆਦ ਅਤੇ ਬਣਤਰ

ਸ਼ਬਦ	ਅਰਥ	ਅੰਗਰੇਜ਼ੀ ਪਰਿਭਾਸ਼ਾ	ਉਦਾਹਰਨ
delicious adjective · /dɪˈlɪʃəs/	ਸੁਆਦੀ	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/	ਮਜ਼ੇਦਾਰ	Having a pleasant, distinct flavor that is very enjoyable to eat.	She prepared a very tasty meal for the whole family.
sweet adjective · /swit/	ਮਿੱਠਾ	Having a pleasant taste characteristic of sugar or honey.	The cake was very sweet, with a delicious chocolate frosting.
salty adjective · /ˈsɔːlti/	ਨਮਕੀਨ	Tasting of salt or containing a lot of salt.	This soup is too salty, so please add some water.
sour adjective · /ˈsaʊə˞/	ਖੱਟਾ	Having a sharp, acidic taste, like lemons or vinegar.	The unripe apple tasted very sour, making her face pucker.

ਸੁਆਦ ਅਤੇ ਬਣਤਰ

ਸ਼ਬਦ	ਅਰਥ	ਅੰਗਰੇਜ਼ੀ ਪਰਿਭਾਸ਼ਾ	ਉਦਾਹਰਨ
bitter adjective · /ˈbɪtə˞/	ਕੌੜਾ	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/	ਮਸਾਲੇਦਾਰ	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/	ਤਾਜ਼ਾ	Newly made, produced, or harvested; not preserved or old.	I bought some fresh bread from the local bakery today.
juicy adjective · /ˈdʒusi/	ਰਸੀਲਾ	Full of natural liquid; having a lot of juice.	The ripe orange was very juicy and refreshing on a hot day.
crunchy adjective · /ˈkɹʌntʃi/	ਕੁਰਕੁਰਾ	Making a loud, crisp sound when bitten or crushed.	I love eating crunchy apples; they are so refreshing and delicious.

ਖਾਣੇ ਦੀ ਮੇਜ਼ ਉੱਤੇ

ਸ਼ਬਦ	ਅਰਥ	ਅੰਗਰੇਜ਼ੀ ਪਰਿਭਾਸ਼ਾ	ਉਦਾਹਰਨ
hungry adjective · /ˈhʌŋgri/	ਭੁੱਖਾ	Feeling a strong desire or need for food to eat.	I am very hungry because I missed my lunch today.
thirsty adjective · /ˈθɝ˞sti/	ਪਿਆਸਾ	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/	ਨੈਪਕਿਨ	A piece of cloth or paper used to wipe the mouth.	She wiped her mouth gently with a clean paper napkin.
chopsticks noun · /ˈtʃɑpstɪks/	ਚੌਪਸਟਿਕਸ	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/	ਦੰਦੀ ਵੱਢਣਾ	To use teeth to cut into or through something solid.	He bit into the crunchy apple and smiled.
chew verb · /ˈtʃu/	ਚਬਾਉਣਾ	To break food into smaller pieces with your teeth before swallowing.	You should chew your food slowly to help with digestion.
swallow verb · /ˈswɑloʊ/	ਨਿਗਲਣਾ	To make food or drink go down your throat from your mouth.	It was difficult to swallow the large pill without water.

ਖਾਣਾ ਪਕਾਉਣ ਦੀਆਂ ਕਿਰਿਆਵਾਂ

ਸ਼ਬਦ	ਅਰਥ	ਅੰਗਰੇਜ਼ੀ ਪਰਿਭਾਸ਼ਾ	ਉਦਾਹਰਨ
boil verb · /ˈbɔɪl/	ਉਬਾਲਣਾ	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/	ਤਲਣਾ	To cook food in hot oil or fat, usually in a pan.	I like to fry eggs for breakfast every morning.
bake verb · /ˈbeɪk/	ਬੇਕ ਕਰਨਾ	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/	ਟੁਕੜੇ ਕਰਨਾ	To divide something into smaller pieces using a knife or scissors.	She carefully cut up the carrots for the vegetable soup.
chop verb · /tʃɒp/	ਬਾਰੀਕ ਕੱਟਣਾ	To cut something into small pieces using a sharp tool.	Please chop the onions into very small pieces for me.

ਖਾਣਾ ਪਕਾਉਣ ਦੀਆਂ ਕਿਰਿਆਵਾਂ

ਸ਼ਬਦ	ਅਰਥ	ਅੰਗਰੇਜ਼ੀ ਪਰਿਭਾਸ਼ਾ	ਉਦਾਹਰਨ
mix verb · /mɪks/	ਮਿਲਾਉਣਾ	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/	ਹਿਲਾਉਣਾ	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/	ਪਤਲੇ ਟੁਕੜੇ ਕੱਟਣਾ	To cut something into thin, flat pieces.	Please slice the bread thinly for the sandwiches.
peel verb · /pil/	ਛਿੱਲਣਾ	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/	ਡੋਲ੍ਹਣਾ	To cause a liquid to flow steadily from one container.	Please pour some water into the glass for me now.
grill verb · /ɡɹɪl/	ਗਰਿੱਲ ਕਰਨਾ	To cook food on metal bars over or under strong heat.	We grill fish and vegetables in the garden every summer.
roast verb · /ɹoʊst/	ਭੁੰਨਣਾ	To cook meat or vegetables in a hot oven or over a fire.	We roast a whole chicken for dinner every Sunday.
melt verb · /mɛlt/	ਪਿਘਲਣਾ	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/	ਗਰਮ ਕਰਨਾ	To make cold or already cooked food hot again.	Can you heat up the soup in the microwave for me?
taste verb · /teɪst/	ਚੱਖਣਾ	To try a little food or drink to see what it is like.	Taste the sauce and add more salt if it needs it.

ਮਾਤਰਾ ਅਤੇ ਭਾਂਡੇ

ਸ਼ਬਦ	ਅਰਥ	ਅੰਗਰੇਜ਼ੀ ਪਰਿਭਾਸ਼ਾ	ਉਦਾਹਰਨ
piece noun · /piːs/	ਟੁਕੜਾ	A single, separate part or amount of something larger.	She cut a small piece of bread for her breakfast.
loaf noun · /loʊf/	ਡਬਲ ਰੋਟੀ	Bread that is shaped and baked in one large piece.	I bought a loaf of fresh bread at the bakery today.
teaspoon noun · /ˈtiːspuːn/	ਛੋਟਾ ਚਮਚ	A small spoon used for stirring tea or measuring small amounts.	Add one teaspoon of sugar to your hot coffee cup.
tablespoon noun · /ˈteɪbəlˌspuːn/	ਵੱਡਾ ਚਮਚ	A large spoon used for serving food or measuring ingredients precisely.	Add one tablespoon of sugar to the hot morning coffee.

ਰਸੋਈ ਦਾ ਸਾਮਾਨ ਅਤੇ ਰੈਸਿਪੀ

ਸ਼ਬਦ	ਅਰਥ	ਅੰਗਰੇਜ਼ੀ ਪਰਿਭਾਸ਼ਾ	ਉਦਾਹਰਨ
recipe noun · /ˈresɪpi/	ਰੈਸਿਪੀ, ਵਿਧੀ	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/	ਕਟਿੰਗ ਬੋਰਡ	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/	ਫਰਾਈਂਗ ਪੈਨ	A flat metal container used for cooking food in hot fat.	Place the butter inside the large hot frying pan now.