VocabNote

食物与烹饪：70 个英语单词

A1 级 · 70 个单词

日常饮食中用到的食材、菜肴、口味和厨房动词。

食材

单词	中文释义	英文释义	例句
oil noun · /ɔɪl/	油	A thick liquid from plants or animals, used for cooking food.	Please add some olive oil to the fresh salad now.
flour noun · /ˈflaʊər/	面粉	A fine white or brown powder made by crushing cereal grains.	You need plenty of wheat flour to bake this bread.
garlic noun · /ˈgɑːrlɪk/	大蒜	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/	胡萝卜	A long, orange root vegetable often eaten raw or cooked.	Rabbits love to eat carrots, which are good for their eyesight.
beef noun · /ˈbif/	牛肉	The red meat that comes from a cow, used as food.	We had roast beef and vegetables for dinner last night.
pork noun · /ˈpɔɹk/	猪肉	The meat from a pig, prepared and eaten as food.	We had roasted pork with applesauce for dinner last night.
noodles noun · /ˈnudəlz/	面条	Long, thin strips of pasta, often eaten in Asian dishes.	We had delicious chicken noodles for lunch at the new restaurant.
pasta noun · /ˈpɑːstə/	意大利面	A food made from flour and water, often shaped into noodles.	We cooked some fresh pasta for dinner this past evening.
beans noun · /biːnz/	豆子	Edible seeds of various plants, often used as a food source.	She prepared a delicious stew made with black dried beans.
corn noun · /ˈkɔɹn/	玉米	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/	柠檬	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/	葡萄	Small, round fruits that grow in bunches, often used for wine.	She bought green grapes to eat as a healthy snack.
strawberry noun · /ˈstrɔːbəri/	草莓	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/	蜂蜜	A sweet sticky yellow substance made by bees from flower nectar.	She stirred a spoonful of golden honey into her tea.
yogurt noun · /ˈjoʊgə˞t/	酸奶	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/	奶油	The thick fatty part of milk that rises to the top.	I like to put fresh cream in my morning coffee.
lettuce noun · /ˈletɪs/	生菜	A green leafy plant commonly eaten raw in salads and sandwiches.	I added fresh crisp lettuce to my healthy garden salad.
cucumber noun · /ˈkjuːkʌmbər/	黄瓜	A long green vegetable with watery flesh used in salads.	She sliced a fresh cucumber for the green salad.

食材

单词	中文释义	英文释义	例句
mushroom noun · /ˈmʌʃ.ruːm/	蘑菇	A fleshy fungus that typically has a stalk and cap.	I picked a fresh white mushroom in the forest today.

菜肴与餐点

单词	中文释义	英文释义	例句
sandwich noun · /ˈsændwɪtʃ/	三明治	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/	沙拉	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/	披萨	A baked dish with dough, tomato sauce, cheese, and various toppings.	We decided to order a large pepperoni pizza for dinner.
hamburger noun · /ˈhæmbɜːrgər/	汉堡包	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/	薯条	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/	冰淇淋	A cold, sweet dessert made from frozen milk or cream.	I like to eat chocolate ice cream on hot days.
cookie noun · /ˈkʊki/	饼干	A small, flat, sweet baked good, often with chocolate chips.	I love to eat a warm chocolate chip cookie.
toast noun · /toʊst/	吐司	Sliced bread browned by exposure to radiant heat in a toaster.	I usually eat two slices of warm buttered toast daily.
pancake noun · /ˈpænkeɪk/	薄煎饼	A flat round cake cooked in a pan from thin batter.	I enjoy eating a warm pancake with sweet maple syrup.
cereal noun · /ˈsɪəriəl/	麦片	A breakfast food made from roasted grain, often eaten with milk.	I like eating cold cereal with milk every single morning.
steak noun · /steɪk/	牛排	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/	酱汁	A liquid served with food to add moisture or flavor.	She poured the creamy tomato sauce over the hot pasta.

味道与口感

单词	中文释义	英文释义	例句
delicious adjective · /dɪˈlɪʃəs/	美味的	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/	好吃的	Having a pleasant, distinct flavor that is very enjoyable to eat.	She prepared a very tasty meal for the whole family.
sweet adjective · /ˈswit/	甜的	Having a pleasant taste characteristic of sugar or honey.	The cake was very sweet, with a delicious chocolate frosting.
salty adjective · /ˈsɔːlti/	咸的	Tasting of salt or containing a lot of salt.	This soup is too salty, so please add some water.
sour adjective · /ˈsaʊə-/	酸的	Having a sharp, acidic taste, like lemons or vinegar.	The unripe apple tasted very sour, making her face pucker.

味道与口感

单词	中文释义	英文释义	例句
bitter adjective · /ˈbɪtə˞/	苦的	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/	辛辣的	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/	新鲜的	Newly made, produced, or harvested; not preserved or old.	I bought some fresh bread from the local bakery today.
juicy adjective · /ˈdʒusi/	多汁的	Full of natural liquid; having a lot of juice.	The ripe orange was very juicy and refreshing on a hot day.
crunchy adjective · /ˈkɹʌntʃi/	酥脆的	Making a loud, crisp sound when bitten or crushed.	I love eating crunchy apples; they are so refreshing and delicious.

在餐桌上

单词	中文释义	英文释义	例句
hungry adjective · /ˈhʌŋgri/	饿的	Feeling a strong desire or need for food to eat.	I am very hungry because I missed my lunch today.
thirsty adjective · /ˈθɜ˞sti/	口渴的	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/	餐巾	A piece of cloth or paper used to wipe the mouth.	She wiped her mouth gently with a clean paper napkin.
chopsticks noun · /ˈtʃɑpstɪks/	筷子	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/	咬	To use teeth to cut into or through something solid.	He bit into the crunchy apple and smiled.
chew verb · /ˈtʃu/	咀嚼	To break food into smaller pieces with your teeth before swallowing.	You should chew your food slowly to help with digestion.
swallow verb · /ˈswɑloʊ/	吞咽	To make food or drink go down your throat from your mouth.	It was difficult to swallow the large pill without water.

烹饪动词

单词	中文释义	英文释义	例句
boil verb · /ˈbɔɪl/	煮沸	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/	油炸	To cook food in hot oil or fat, usually in a pan.	I like to fry eggs for breakfast every morning.
bake verb · /ˈbeɪk/	烘焙	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/	切成块	To divide something into smaller pieces using a knife or scissors.	She carefully cut up the carrots for the vegetable soup.
chop verb · /tʃɒp/	切碎	To cut something into small pieces using a sharp tool.	Please chop the onions into very small pieces for me.

烹饪动词

单词	中文释义	英文释义	例句
mix verb · /mɪks/	混合	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/	搅拌	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/	切片	To cut something into thin, flat pieces.	Please slice the bread thinly for the sandwiches.
peel verb · /pil/	削皮	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/	倒	To cause a liquid to flow steadily from one container.	Please pour some water into the glass for me now.
grill verb · /ɡɹɪl/	（用烤架）烤	To cook food on metal bars over or under strong heat.	We grill fish and vegetables in the garden every summer.
roast verb · /ɹoʊst/	（用烤箱）烤	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/	融化	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/	加热	To make cold or already cooked food hot again.	Can you heat up the soup in the microwave for me?
taste verb · /teɪst/	尝, 品尝	To try a little food or drink to see what it is like.	Taste the sauce and add more salt if it needs it.

分量与容器

单词	中文释义	英文释义	例句
piece noun · /piːs/	一块, 一片	A single, separate part or amount of something larger.	She cut a small piece of bread for her breakfast.
loaf noun · /loʊf/	一条（面包）	Bread that is shaped and baked in one large piece.	I bought a loaf of fresh bread at the bakery today.
teaspoon noun · /ˈtiːspuːn/	茶匙	A small spoon used for stirring tea or measuring small amounts.	Add one teaspoon of sugar to your hot coffee cup.
tablespoon noun · /ˈteɪbəlˌspuːn/	汤匙	A large spoon used for serving food or measuring ingredients precisely.	Add one tablespoon of sugar to the hot morning coffee.

厨具与食谱

单词	中文释义	英文释义	例句
recipe noun · /ˈɹesɪpi/	食谱	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 bɔːɹd/	砧板	A durable board used for placing food while it is chopped.	Place the washed vegetables on the wooden cutting board now.
frying pan noun · /ˈfɹaɪ.ɪŋ ˌpæn/	平底锅	A flat metal container used for cooking food in hot fat.	Place the butter inside the large hot frying pan now.