Yet Another English

# Продукты

183 слова

с переводом и примерами

# Слова подборки

## add /æd/ A1

**добавлять**

to put something together with something else to make it bigger or more

> Please add your name to the list.
> Пожалуйста, добавьте своё имя в список.

---

## additive /ˈæd.ɪ.tɪv/ C2

**добавка**

a substance added to food to improve its taste, appearance, or shelf life

> Many processed foods contain artificial additives.
> Многие обработанные продукты содержат искусственные добавки.

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## aisle aɪl A2

**проход**

A long passage between rows of seats in a church, aircraft, or theatre, or between shelves in a shop

> The supermarket's cereal aisle was completely restocked overnight.
> Проход с кашами в супермаркете был полностью пополнен за ночь.

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## allergy ˈælədʒi B1

**аллергия**

a medical condition that makes you sick when you eat, touch, or breathe something that is harmless to most people

> She has a severe allergy to peanuts.
> У неё сильная аллергия на арахис.

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## appetizer /ˈæp.ə.taɪ.zər/ B1

**закуска**

a small dish of food eaten before the main meal to stimulate the appetite

> We ordered a few appetizers to share before the main course.
> Мы заказали несколько закусок, чтобы разделить их перед основным блюдом.

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## apple ˈæpəl A1

**яблоко**

a round fruit with red, yellow, or green skin and white flesh

> She ate an apple every morning for breakfast.
> Каждое утро она ела яблоко на завтрак.

---

## artificial /ˌɑːtɪˈfɪʃəl/ A2

**искусственный**

not natural; made by humans to copy something natural

> The garden has artificial grass.
> В саду искусственная трава.

---

## bake /beɪk/ A2

**печь**

To cook food in an oven using dry heat, without any liquid

> She baked a chocolate cake for her son's birthday and decorated it with candles.
> Она испекла шоколадный торт на день рождения сына и украсила его свечами.

---

## baked /beɪkt/ A2

**запечённый**

cooked in an oven using dry heat

> We had baked potatoes for dinner.
> На ужин у нас была печёная картошка.

---

## banana /bəˈnɑːnə/ A1

**банан**

a long curved yellow fruit with soft flesh inside

> She peeled a banana and ate it on the way to school.
> Она очистила банан и съела его по дороге в школу.

---

## basket /ˈbɑːskɪt/ A2

**корзина**

A container made of thin pieces of wood, plastic, or wire woven together, used for carrying or storing things

> She carried a basket of fresh fruit.
> Она несла корзину со свежими фруктами.

---

## bean /biːn/ A1

**боб**

A seed from various plants, eaten as a vegetable; also the plant itself

> She added kidney beans to the chilli.
> Она добавила красную фасоль в чили.

---

## beef /biːf/ A1

**говядина**

the meat of a cow, used as food

> I ordered a beef burger with cheese and salad.
> Я заказал бургер с говядиной, сыром и салатом.

---

## beer /bɪə/ A2

**пиво**

an alcoholic drink made from grain, especially barley, with hops added for flavour

> Would you like a beer or would you prefer something non-alcoholic?
> Хотите пива или предпочтёте что-нибудь безалкогольное?

---

## beverage /'bev.ər.ɪdʒ/ A2

**напиток**

a drink, especially one that is not water

> Would you like a hot beverage, such as tea or coffee?
> Не хотите ли горячий напиток, например чай или кофе?

---

## bill /bɪl/ A2

**счёт**

a piece of paper showing how much money you owe for something

> Can I have the bill, please?
> Можно мне счёт, пожалуйста?

---

## bitter /'bɪtə/ B1

**горький**

having a sharp unpleasant taste; feeling angry or resentful

> The medicine tasted bitter but the doctor said it would help.
> Лекарство было горьким на вкус, но врач сказал, что оно поможет.

---

## boil /bɔɪl/ A2

**кипеть**

When a liquid boils, or you boil it, it is heated until bubbles rise to the surface and it turns into vapour

> Bring the water to a boil, then add the pasta.
> Доведите воду до кипения, затем добавьте макароны.

---

## boiled /bɔɪld/ A2

**варёный**

cooked in hot water or another liquid that is boiling

> I had a boiled egg for breakfast with toast.
> На завтрак я съела варёное яйцо с тостом.

---

## bowl /bəʊl/ A1

**миска**

a round deep dish used for soup, cereal, or mixing food

> She filled a bowl with hot soup and brought it to him.
> Она наполнила миску горячим супом и принесла ему.

---

## bread /bred/ A1

**хлеб**

a common food made from flour, water, and usually yeast, baked in an oven

> She bought a loaf of bread at the bakery.
> Она купила буханку хлеба в булочной.

---

## breakfast 'brekfəst A1

**завтрак**

the first meal of the day, eaten in the morning

> I usually have cereal and orange juice for breakfast.
> На завтрак я обычно ем хлопья и пью апельсиновый сок.

---

## buffet 'bʊfeɪ B1

**шведский стол**

a meal where people serve themselves from a table with different dishes

> The hotel serves a breakfast buffet with eggs, fruit, and pastries.
> В отеле подают завтрак «шведский стол» с яйцами, фруктами и выпечкой.

---

## butter /'bʌtə/ A1

**масло**

a soft yellow food made from cream, used for spreading on bread or cooking

> She spread butter on her toast for breakfast.
> Она намазала масло на тост на завтрак.

---

## calorie 'kæl.ər.i C1

**калория**

a unit for measuring how much energy food provides

> This chocolate bar contains 250 calories.
> Этот шоколадный батончик содержит 250 калорий.

---

## canned /kænd/ B1

**консервированный**

Preserved in a sealed metal can for long storage

> We always keep some canned tomatoes in the cupboard for making quick pasta sauces.
> Мы всегда держим в шкафу консервированные помидоры для быстрого приготовления соуса к пасте.

---

## card kɑːd A1

**карточка**

A small piece of stiff paper or plastic used for various purposes such as paying, identifying, or sending messages

> Can I pay by card?
> Можно оплатить картой?

---

## carrot /ˈkærət/ A2

**морковь**

a long thin orange vegetable that grows underground

> She chopped carrots and potatoes for the stew.
> Она нарезала морковь и картошку для тушёного блюда.

---

## cart kɑːt A2

**телега**

a vehicle with two or four wheels that is pulled by a horse or used for carrying goods

> The farmer loaded hay onto the cart.
> Фермер загрузил сено на телегу.

---

## cash /kæʃ/ A2

**наличные**

money in the form of notes and coins, not cheques or cards

> Do you prefer to pay by cash or card?
> Вы предпочитаете платить наличными или картой?

---

## change /tʃeɪndʒ/ A1

**изменять**

to become different; to make something different

> The weather can change very quickly here.
> Погода здесь может меняться очень быстро.

---

## checkout /ˈtʃekaʊt/ B1

**касса**

the place in a supermarket where you pay, or the time by which you must leave a hotel room

> There was a long queue at the checkout, so we had to wait for ten minutes.
> У кассы была длинная очередь, и нам пришлось ждать десять минут.

---

## cheese tʃiːz A1

**сыр**

a solid or soft food made from milk

> She put some cheese and crackers on a plate for the guests.
> Она положила на тарелку для гостей немного сыра и крекеров.

---

## chew /tʃuː/ B2

**жевать**

to use your teeth to break food into smaller pieces before swallowing

> You should chew your food properly before swallowing.
> Нужно хорошо прожёвывать еду перед тем, как глотать.

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## chicken /ˈtʃɪkɪn/ A1

**курица**

a common farm bird raised for its eggs and meat; the meat of this bird

> We had roast chicken with vegetables for Sunday dinner.
> На воскресный обед у нас была жареная курица с овощами.

---

## chop tʃɒp B2

**рубить**

to cut something into pieces with a sharp tool

> Chop the onions and garlic before adding them to the pan.
> Нарубите лук и чеснок, прежде чем добавлять их на сковороду.

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## coffee /ˈkɒfi/ A1

**кофе**

a hot brown drink made from roasted ground beans

> Would you like a cup of coffee?
> Хотите чашку кофе?

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## cold /kəʊld/ A1

**холодный**

having a low temperature; not warm or hot

> It's very cold outside today.
> На улице сегодня очень холодно.

---

## cook /kʊk/ A1

**готовить**

to prepare food by heating it

> I usually cook dinner for the family in the evenings.
> Обычно я готовлю ужин для семьи по вечерам.

---

## cookbook /ˈkʊkbʊk/ A2

**поваренная книга**

a book that gives instructions on how to cook various dishes

> She has a large collection of cookbooks from around the world.
> У неё большая коллекция кулинарных книг со всего мира.

---

## counter /ˈkaʊntə/ B1

**прилавок**

a flat surface in a shop, bank, or kitchen where things are done or sold

> Please pay at the counter near the exit.
> Пожалуйста, оплатите у кассы рядом с выходом.

---

## cream /kriːm/ A1

**сливки**

the thick white fatty liquid that rises to the top of milk, used in cooking or on desserts

> Would you like cream in your coffee?
> Вы хотите сливки в кофе?

---

## cucumber ˈkjuːkʌmbə B1

**огурец**

a long green vegetable with a dark green skin and white inside, eaten raw in salads

> She sliced a cucumber for the salad.
> Она нарезала огурец для салата.

---

## cup /kʌp/ A1

**чашка**

a small round container with a handle, used for drinking hot drinks

> Can I have a cup of tea, please?
> Можно мне чашку чая, пожалуйста?

---

## cupboard /ˈkʌbəd/ A2

**шкаф**

a piece of furniture with shelves and doors, used for storing things

> The cups are in the cupboard above the sink.
> Чашки находятся в шкафу над раковиной.

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## daily special /ˈdeɪli ˈspeʃl/ A2

**блюдо дня**

a dish that a restaurant offers on a particular day, often at a lower price

> Today's daily special is grilled salmon with vegetables.
> Сегодняшнее блюдо дня — лосось на гриле с овощами.

---

## deliver /dɪˈlɪvə/ B1

**доставлять**

to take goods or letters to a particular place; to give a speech or presentation

> The package was delivered to my house this morning.
> Посылка была доставлена ко мне домой этим утром.

---

## dessert dɪˈzɜːt A2

**десерт**

sweet food eaten at the end of a meal

> We had chocolate cake for dessert.
> На десерт у нас был шоколадный торт.

---

## dice daɪs A2

**игральные кости**

small cubes with dots on each side, used in games

> Roll the dice to see who goes first.
> Бросьте кости, чтобы узнать, кто ходит первым.

---

## diced /daɪst/ A2

**нарезанный кубиками**

cut into small cubes

> Add one cup of diced carrots to the soup.
> Добавьте в суп одну чашку нарезанной кубиками моркови.

---

## diet /'daɪət/ A2

**диета**

the food that a person or animal regularly eats; also a special eating plan to lose weight

> A healthy diet includes plenty of fruit and vegetables.
> Здоровый рацион включает много фруктов и овощей.

---

## digest /daɪ'dʒest/ B2

**переваривать**

to break down food in the body; to think about and understand new information

> It takes time to digest all the information from the lecture.
> Требуется время, чтобы усвоить всю информацию из лекции.

---

## dine in /daɪn ɪn/ B1

**ужинать в ресторане**

to eat a meal at a restaurant (not take it away)

> Would you like to dine in or take out?
> Вы будете есть в зале или на вынос?

---

## dining room /'daɪnɪŋ ruːm/ A2

**столовая**

a room in a house or restaurant where meals are eaten

> We have a large dining room with a wooden table.
> У нас большая столовая с деревянным столом.

---

## dinner /'dɪnə/ A1

**ужин**

the main meal of the day, usually eaten in the evening

> What shall we have for dinner?
> Что у нас на ужин?

---

## dish /dɪʃ/ A1

**блюдо**

A flat container used for cooking or serving food

> She put the salad in a large dish.
> Она положила салат в большую миску.

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## dried draɪd A2

**сушёный**

having had the water removed, often to preserve it

> Dried fruit makes a healthy snack.
> Сушёные фрукты — полезный перекус.

---

## drink /drɪŋk/ A1

**пить**

to take liquid into your mouth and swallow it

> Remember to drink plenty of water during the day.
> Не забывай пить много воды в течение дня.

---

## eat /iːt/ A1

**есть**

to put food in your mouth, chew it, and swallow it

> What did you eat for breakfast?
> Что ты ел на завтрак?

---

## egg /eg/ A1

**яйцо**

a round object with a hard shell produced by a female bird or other animal, used as food

> I eat two eggs for breakfast every morning.
> Я ем два яйца на завтрак каждое утро.

---

## enjoy /ɪnˈdʒɔɪ/ A1

**наслаждаться**

to find something pleasant or interesting; to get pleasure from something

> I really enjoy cooking for my family.
> Мне очень нравится готовить для своей семьи.

---

## expiration date /ˌekspɪˈreɪʃn deɪt/ B1

**срок годности**

The date after which a product, especially food or medicine, should not be used because it may be unsafe or ineffective.

> Check the expiration date on the milk before you drink it.
> Проверь срок годности молока, прежде чем пить его.

---

## fish /fɪʃ/ A1

**рыба**

a creature that lives in water, breathes through gills, and has fins and a tail

> We saw many colourful fish in the aquarium.
> Мы увидели много ярких рыб в аквариуме.

---

## flavor /ˈfleɪvə/ B1

**вкус**

The taste of a food or drink, especially its distinctive quality

> This soup has a rich, spicy flavor that I really enjoy.
> Этот суп имеет насыщенный, пряный вкус, который мне очень нравится.

---

## flour flaʊə A2

**мука**

a white or brown powder made from grain, used to make bread and cakes

> She sifted the flour before adding it to the mixture.
> Она просеяла муку, прежде чем добавить её в смесь.

---

## food /fuːd/ A1

**еда**

things that people or animals eat to stay alive and healthy

> This restaurant serves excellent Italian food.
> В этом ресторане подают отличную итальянскую еду.

---

## fork /fɔːk/ A2

**вилка**

a tool with a handle and several pointed parts, used for eating food

> Please put a fork and knife next to each plate.
> Пожалуйста, положи вилку и нож рядом с каждой тарелкой.

---

## freezer /ˈfriːzə/ B1

**морозильник**

an electric appliance used for storing food at very low temperatures to keep it fresh for a long time

> Put the ice cream in the freezer before it melts.
> Убери мороженое в морозилку, пока оно не растаяло.

---

## fresh /freʃ/ A2

**свежий**

recently produced, picked, or prepared and not preserved or frozen

> I prefer fresh vegetables to canned ones.
> Я предпочитаю свежие овощи консервированным.

---

## fridge /frɪdʒ/ A2

**холодильник**

a kitchen appliance that keeps food and drink cold

> Could you put the milk back in the fridge, please?
> Не мог бы ты убрать молоко обратно в холодильник?

---

## fried /fraɪd/ A2

**жареный**

Cooked in hot oil or fat

> She ordered fried chicken and chips from the fast food restaurant.
> Она заказала жареную курицу с картофелем фри в ресторане быстрого питания.

---

## frozen 'frəʊzən B1

**замороженный**

turned into ice or made very cold

> The lake was completely frozen in January.
> Озеро было полностью покрыто льдом в январе.

---

## fruit /fruːt/ A1

**фрукт**

the sweet, edible part of a plant that contains seeds

> Eating plenty of fruit and vegetables is good for your health.
> Употребление большого количества фруктов и овощей полезно для здоровья.

---

## fry /fraɪ/ A2

**жарить**

To cook food in hot oil or fat in a pan

> Fry the onions in butter until they are soft and golden.
> Обжарьте лук в масле до мягкости и золотистого цвета.

---

## garlic /'gɑːlɪk/ A2

**чеснок**

A plant with a strong taste and smell, used in cooking to add flavour

> Add two cloves of garlic to the sauce for extra flavour.
> Добавьте два зубчика чеснока в соус для насыщенного вкуса.

---

## glass /glɑːs/ A1

**стекло**

a hard, transparent material used to make windows and bottles

> Be careful — the floor is covered with broken glass.
> Осторожно — пол покрыт осколками стекла.

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## gluten-free /ˌgluːtən ˈfriː/ A2

**безглютеновый**

containing no gluten (a protein found in wheat, barley, and rye)

> She follows a gluten-free diet because she has celiac disease.
> Она придерживается безглютеновой диеты, потому что у неё целиакия.

---

## grain /greɪn/ B2

**зерно**

the seeds of cereal plants such as wheat or rice, used as food; a small hard particle

> The region produces large quantities of grain each year.
> Регион ежегодно производит большое количество зерна.

---

## grate greɪt B1

**тереть**

to shred food into small pieces using a grater

> Grate some cheese on top of the pasta.
> Потрите немного сыра сверху на пасту.

---

## grated /ˈgreɪtɪd/ A2

**тертый**

shredded into small pieces using a grater

> Add grated cheese on top of the pasta.
> Посыпьте пасту тертым сыром сверху.

---

## grill grɪl B1

**жарить на гриле**

to cook food on a metal frame over or under direct heat

> We grilled the fish on the barbecue.
> Мы пожарили рыбу на барбекю.

---

## grilled /grɪld/ A2

**жареный на гриле**

cooked on a grill using direct heat

> She ordered grilled salmon with vegetables.
> Она заказала лосось на гриле с овощами.

---

## grocery /ˈgrəʊsəri/ A2

**продуктовый магазин**

a shop that sells food and household items

> I need to stop at the grocery on my way home.
> Мне нужно зайти в продуктовый магазин по дороге домой.

---

## ground /graʊnd/ A1

**земля**

the surface of the earth; land or soil

> The children sat on the ground.
> Дети сидели на земле.

---

## herb hɜːb B2

**трава**

a plant whose leaves, seeds, or flowers are used for flavouring food, in medicine, or for their smell

> Fresh herbs like basil and parsley add great flavour to pasta.
> Свежие травы, такие как базилик и петрушка, придают пасте отличный вкус.

---

## hot /hɒt/ A1

**горячий**

having a high temperature; feeling heat

> The soup is still too hot to eat.
> Суп ещё слишком горячий, чтобы есть.

---

## ingredient ɪn'griːdiənt B1

**ингредиент**

one of the things that you use to make a particular food or dish

> Mix all the ingredients together in a large bowl.
> Смешайте все ингредиенты в большой миске.

---

## ingredient list /ɪn'griːdiənt lɪst/ A2

**список ингредиентов**

a list of all the things used to make a food product, usually printed on the package

> Check the ingredient list to see if the product contains nuts.
> Проверьте список ингредиентов, чтобы узнать, содержит ли продукт орехи.

---

## juice /dʒuːs/ A1

**сок**

the liquid that comes from fruit or vegetables when you press them

> Would you like a glass of orange juice?
> Хочешь стакан апельсинового сока?

---

## kitchen /'kɪtʃɪn/ A1

**кухня**

the room in a house where food is prepared and cooked

> I spent the morning in the kitchen making a cake.
> Я провёл утро на кухне, делая торт.

---

## knife /naɪf/ A1

**нож**

a tool with a sharp metal blade used for cutting food or as a weapon

> Please use a knife and fork to eat your meal.
> Пожалуйста, ешьте ножом и вилкой.

---

## label /ˈleɪbl/ B2

**этикетка**

a small piece of paper, fabric, or plastic attached to something to give information about it

> Always read the label on medicine bottles before taking them.
> Всегда читайте этикетку на флаконах с лекарствами перед применением.

---

## leftovers /ˈleftˌəʊvəz/ A2

**остатки еды**

food that has not been eaten at the end of a meal and is kept to be eaten later

> We had pizza leftovers for lunch the next day.
> На следующий день мы ели на обед остатки пиццы.

---

## lemon /ˈlemən/ A2

**лимон**

A yellow citrus fruit with a very sour taste, used in cooking and drinks

> She squeezed a lemon over the grilled fish to add some fresh flavour.
> Она выжала лимон над жареной рыбой, чтобы добавить свежесть вкуса.

---

## lentil /ˈlentɪl/ A2

**чечевица**

a small, round, flat seed that is cooked and eaten as food

> Lentils are often used in soups and stews.
> Чечевицу часто используют в супах и рагу.

---

## lettuce /ˈletɪs/ B1

**салат**

a plant with large green leaves eaten raw in salads

> She added lettuce and tomatoes to the sandwich.
> Она добавила в бутерброд салат и помидоры.

---

## lunch lʌntʃ A1

**обед**

a meal eaten in the middle of the day

> We always eat lunch together as a family at noon on Sundays.
> По воскресеньям мы всегда обедаем вместе как семья в полдень.

---

## main course /ˈmeɪn kɔːs/ A2

**основное блюдо**

the largest or most important part of a meal, served after the starter

> For the main course, I'll have the steak.
> На основное блюдо я возьму стейк.

---

## market /ˈmɑːkɪt/ A2

**рынок**

a place where things are bought and sold, or the trading of a particular product

> We buy fresh vegetables at the local market.
> Мы покупаем свежие овощи на местном рынке.

---

## mashed mæʃt A2

**пюре**

food, especially potatoes, that have been crushed into a soft mass

> I love mashed potatoes with butter.
> Я люблю картофельное пюре с маслом.

---

## meal /miːl/ A1

**приём пищи**

food that you eat at one sitting, especially breakfast, lunch, or dinner

> We had a delicious meal at the restaurant.
> В ресторане мы пообедали очень вкусно.

---

## measuring cup /ˈmeʒərɪŋ kʌp/ A2

**мерный стакан**

A container used in cooking to measure the amount of liquid or dry ingredients.

> Pour two cups of flour into the measuring cup.
> Насыпьте две чашки муки в мерный стакан.

---

## meat /miːt/ A1

**мясо**

the flesh of an animal used as food

> She doesn't eat meat.
> Она не ест мясо.

---

## menu /ˈmenjuː/ A2

**меню**

A list of food and drinks available in a restaurant.

> Can I have the menu, please?
> Можно мне меню, пожалуйста?

---

## microwave /ˈmaɪkrəweɪv/ B2

**микроволновая печь**

An electric oven that cooks or heats food very quickly using short radio waves

> I heated the leftovers in the microwave.
> Я разогрел остатки в микроволновке.

## mild maɪld B1

**мягкий**

not very cold or not very strong; gentle or not severe

> The weather is mild today, so you don't need a heavy coat.
> Сегодня мягкая погода, поэтому тёплое пальто не нужно.

## milk /mɪlk/ A1

**молоко**

a white liquid that comes from cows, goats, or other animals and is drunk as a food

> I drink a glass of milk every morning.
> Каждое утро я выпиваю стакан молока.

## minced mɪnst A2

**рубленый**

cut into very small pieces, especially using a machine or knife

> She bought minced beef to make burgers.
> Она купила рубленую говядину, чтобы сделать бургеры.

## mix /mɪks/ A2

**смешивать**

to combine two or more substances or things together

> Mix the flour and butter together to make the dough.
> Смешайте муку и масло, чтобы приготовить тесто.

## mug /mʌg/ A2

**кружка**

a large cup with a handle, usually without a saucer, for drinking hot drinks

> She made herself a mug of hot chocolate.
> Она приготовила себе кружку горячего шоколада.

## mushroom ˈmʌʃrʊm A2

**гриб**

a fungus with a flat round top and short stem, eaten as a vegetable

> She added mushrooms and onions to the pasta sauce.
> Она добавила грибы и лук в соус для пасты.

## natural /ˈnætʃərəl/ A2

**естественный**

existing in nature; not made by people

> This juice is made from natural ingredients.
> Этот сок сделан из натуральных ингредиентов.

## noodle ˈnuːdəl A2

**лапша**

a long thin strip of pasta, often used in soups

> I had chicken noodle soup for lunch.
> На обед я съел куриный суп с лапшой.

## nut /nʌt/ B2

**орех**

A hard-shelled seed or fruit that can be eaten, such as a walnut or almond

> She sprinkled a handful of nuts and seeds over the salad.
> Она посыпала салат горстью орехов и семян.

## nutrition /njuːˈtrɪʃən/ B1

**питание**

the process by which the body takes in and uses food; the study of how food affects health

> Good nutrition is essential for children's healthy growth and development.
> Правильное питание крайне важно для здорового роста и развития детей.

## oil /ɔɪl/ A2

**масло**

a thick liquid used for cooking, machinery, or fuel

> Fry the vegetables in a little olive oil.
> Обжарьте овощи в небольшом количестве оливкового масла.

## onion /ˈʌn.jən/ A2

**лук**

A round vegetable with a strong taste and smell, made up of many layers, usually white, yellow, or red

> Chop the onion finely and fry it in olive oil until golden.
> Мелко нарежьте лук и обжарьте его на оливковом масле до золотистого цвета.

## orange /ˈɒrɪndʒ/ A1

**апельсин**

a round, sweet fruit with a thick skin; also the colour between red and yellow

> She had orange juice for breakfast.
> На завтрак она выпила апельсиновый сок.

## order /'ɔ:də/ A1

**порядок**

the arrangement of things or events in a particular sequence; a neat organized state

> Please arrange the books in alphabetical order.
> Пожалуйста, расставьте книги в алфавитном порядке.

---

## organic ɔ:'gænɪk B1

**органический**

Produced or grown without using artificial chemicals; relating to living things

> She prefers to buy organic vegetables from the local market.
> Она предпочитает покупать органические овощи на местном рынке.

---

## oven /'ʌvn/ A2

**духовка**

a piece of kitchen equipment used for cooking food using heat

> Preheat the oven to 180 degrees before baking the bread.
> Разогрейте духовку до 180 градусов перед выпечкой хлеба.

---

## pantry /'pæntri/ B1

**кладовая**

a small room or cupboard in a house where food is stored

> She went to the pantry to get some flour.
> Она пошла в кладовую за мукой.

---

## pasta 'pæstə A2

**паста**

food made from flour, water, and sometimes eggs, formed into different shapes

> She made pasta with tomato sauce for dinner.
> На ужин она приготовила пасту с томатным соусом.

---

## peel pi:l B2

**чистить**

to remove the outer skin from fruit or vegetables

> Peel the potatoes before boiling them.
> Очисти картофель перед варкой.

---

## pepper /'pepə/ A2

**перец**

a hot-tasting powder used to flavour food; a hollow vegetable that can be red, green, or yellow

> Add some pepper and salt to the soup before serving.
> Добавьте немного соли и перца в суп перед подачей.

---

## plate pleɪt A2

**тарелка**

a flat round dish that you eat food from

> She put a plate of sandwiches on the table.
> Она поставила на стол тарелку с бутербродами.

---

## pork /pɔːk/ B1

**свинина**

Meat from a pig used as food

> She made a delicious roast pork with apple sauce for Sunday dinner.
> На воскресный обед она приготовила вкусную запечённую свинину с яблочным соусом.

---

## portion /ˈpɔːʃən/ B2

**часть**

a part or share of something larger

> A large portion of the budget goes on salaries.
> Значительная часть бюджета уходит на зарплаты.

---

## potato /pəˈteɪtəʊ/ A1

**картофель**

a round vegetable with a brown or yellow skin that grows underground

> We had roast chicken and mashed potatoes for dinner.
> На обед у нас была жареная курица и картофельное пюре.

---

## pour /pɔː/ A2

**наливать**

To make a liquid flow from a container.

> She poured the milk into a glass.
> Она налила молоко в стакан.

---

## raw /rɔː/ A2

**сырой**

not cooked; in a natural state without being processed

> She prefers raw vegetables to cooked ones.
> Она предпочитает сырые овощи варёным.

---

## receipt /rɪˈsiːt/ A2

**чек**

a piece of paper that shows that you have paid for something

> Keep your receipt in case you need to return the item.
> Сохраните чек на случай, если понадобится вернуть товар.

---

## recipe 'resɪpi B2

**рецепт**

a set of instructions that tells you how to cook something

> Can you share your recipe for chocolate cake?
> Можешь поделиться своим рецептом шоколадного торта?

---

## recipe book /'resɪpi bʊk/ A2

**книга рецептов**

a book that contains instructions for cooking dishes

> I bought a new recipe book for Italian cuisine.
> Я купил новую книгу рецептов итальянской кухни.

---

## rice /raɪs/ A1

**рис**

small white or brown seeds that are cooked and eaten as food

> She cooked rice and vegetables for dinner.
> Она приготовила рис с овощами на ужин.

---

## ripe /raɪp/ B1

**спелый**

Fully developed and ready to be eaten (of fruit and vegetables); or ready for something to happen.

> The tomatoes are ripe and ready to be picked.
> Помидоры спелые и готовы к сбору.

---

## roast /rəʊst/ A2

**жарить**

to cook food, especially meat or vegetables, in an oven or over a fire with dry heat

> She roasted a chicken with lemon and herbs for Sunday dinner.
> Она запекла курицу с лимоном и травами на воскресный обед.

---

## roasted /'rəʊstɪd/ A2

**жареный**

cooked by dry heat in an oven or over a fire

> We had roasted chicken for dinner.
> На ужин у нас была жареная курица.

---

## room temperature /'ruːm ˌtemprətʃə/ A2

**комнатная температура**

the normal temperature of a room, about 20–22°C (68–72°F), not heated or cooled

> Store the wine at room temperature.
> Храните вино при комнатной температуре.

---

## salad /ˈsæl.əd/ A1

**салат**

a cold dish made mainly from vegetables or fruits, sometimes with meat, fish, eggs, or other ingredients mixed together

> I ordered a chicken salad for lunch.
> Я заказала салат с курицей на обед.

---

## salt /sɒlt/ A2

**соль**

a white crystalline substance used to flavour and preserve food

> Add a pinch of salt to the pasta water.
> Добавьте щепотку соли в воду для пасты.

---

## salty /ˈsɔːl.ti/ B2

**солёный**

tasting of or containing salt

> The soup was too salty and she couldn't finish it.
> Суп был слишком солёным, и она не смогла его доесть.

---

## sauce /sɔːs/ A2

**соус**

A thick liquid served with food to add flavour

> He poured tomato sauce over the pasta.
> Он полил пасту томатным соусом.

---

## scale /skeɪl/ A2

**масштаб**

the size or level of something compared to other things

> The project is being done on a large scale across the whole country.
> Проект реализуется в масштабах всей страны.

---

## season ˈsiːzn B1

**сезон**

one of the four periods of the year: spring, summer, autumn, and winter

> Summer is my favourite season.
> Лето — моё любимое время года.

---

## seed siːd A2

**семя**

The small hard part of a plant from which a new plant grows

> Plant the seeds in spring and water them regularly.
> Посейте семена весной и регулярно поливайте их.

---

## serving 'sɜːvɪŋ B1

**порция**

an amount of food for one person

> This recipe makes four servings.
> Этот рецепт рассчитан на четыре порции.

---

## share /ʃeə/ A1

**делиться**

to use or have something together with others; to give part of something to someone else

> Can you share your pizza with me? I'm really hungry.
> Можешь поделиться со мной пиццей? Я очень голоден.

---

## shrimp ʃrɪmp B1

**креветка**

a small sea animal with a shell that turns pink when cooked and is eaten as food

> She ordered shrimp cocktail as a starter.
> Она заказала коктейль из креветок в качестве закуски.

---

## side dish /'saɪd dɪʃ/ A2

**гарнир**

a small amount of food served with the main dish

> I ordered a side dish of french fries.
> Я заказал гарнир из картофеля фри.

---

## sink sɪŋk A2

**тонуть**

To go down slowly below the surface of water, or to cause something to do this.

> The old ship slowly sank to the bottom of the ocean.
> Старый корабль медленно пошёл ко дну океана.

---

## slice /slaɪs/ A2

**ломтик**

A thin flat piece cut from something larger, especially food

> Can I have a slice of bread, please?
> Можно мне ломтик хлеба, пожалуйста?

---

## sliced slaɪst A2

**нарезанный ломтиками**

cut into thin, flat pieces

> I bought a loaf of sliced bread.
> Я купил буханку нарезанного хлеба.

---

## snack /snæk/ A2

**перекус**

a small amount of food eaten between meals

> I had a quick snack before dinner — just some crackers and cheese.
> Перед ужином я быстро перекусил — несколько крекеров с сыром.

## soup /suːp/ A1

**суп**

A hot liquid food made by cooking vegetables, meat, or fish in water

> She made a big pot of vegetable soup for the whole family.
> Она сварила большую кастрюлю овощного супа для всей семьи.

## sour saʊə B1

**кислый**

having a sharp unpleasant taste, like a lemon

> These cherries are too sour to eat without sugar.
> Эта вишня слишком кислая, чтобы есть её без сахара.

## special /ˈspeʃəl/ A1

**особый**

different from and better than what is usual; important for a particular purpose

> Today is a very special occasion.
> Сегодня очень особенный случай.

## spice spaɪs B1

**специя**

a natural substance used to add flavour to food

> The curry is made with many different spices.
> Карри готовится из множества разных специй.

## spicy /ˈspaɪ.si/ B1

**острый**

having a strong hot flavour from spices

> This curry is quite spicy — you may need some water.
> Это карри довольно острое — тебе может понадобиться вода.

## spoiled spɔɪld B1

**избалованный**

A child who is given everything they want and behaves badly.

> The spoiled child cried when he didn't get a toy.
> Избалованный ребёнок заплакал, когда не получил игрушку.

## spoon /spuːn/ A2

**ложка**

A utensil with a round part at one end and a long handle, used for eating, mixing, or serving food

> She stirred the soup with a wooden spoon before serving it.
> Она помешала суп деревянной ложкой перед подачей.

---

## stale steɪl B1

**несвежий**

no longer fresh, usually because of age or exposure to air

> This bread is stale; we need to buy a new loaf.
> Этот хлеб чёрствый; нам нужно купить новую буханку.

---

## steam stiːm B1

**пар**

The hot gas that water produces when it boils

> Steam rose from the hot coffee.
> Пар поднимался от горячего кофе.

---

## steamed stiːmd A2

**паровой**

cooked by steam

> I ordered steamed vegetables instead of fried.
> Я заказал овощи на пару вместо жареных.

---

## stir /stɜː/ B1

**мешать**

to mix food or liquid by moving a spoon around in it

> Stir the sauce gently to prevent it from burning.
> Помешивай соус осторожно, чтобы он не пригорел.

---

## stove /stəʊv/ A2

**плита**

A piece of equipment for cooking food, with a flat top for pans and usually an oven below.

> She put the pot of soup on the stove to heat it up.
> Она поставила кастрюлю супа на плиту, чтобы разогреть.

---

## sugar /ˈʃʊgə/ A1

**сахар**

a sweet white or brown substance used to sweeten food and drink, made from plants like sugarcane or sugar beet

> How many spoonfuls of sugar do you take in your tea?
> Сколько ложек сахара ты кладёшь в чай?

---

## supermarket 'suːpəmɑːkɪt A1

**супермаркет**

a large shop that sells food and other goods

> She bought everything she needed at the supermarket.
> Она купила всё необходимое в супермаркете.

## swallow 'swɒləʊ A2

**глотать**

to make food or drink go down your throat

> Take the tablet and swallow it with a glass of water.
> Возьмите таблетку и проглотите её со стаканом воды.

## sweet /swiːt/ A1

**сладкий**

having a pleasant sugary taste; kind and pleasant

> The strawberries are very sweet this summer.
> Клубника в этом году очень сладкая.

## takeout /ˈteɪkaʊt/ A2

**еда на вынос**

a meal that you buy from a restaurant and take home to eat

> Let's get takeout tonight; I don't feel like cooking.
> Давай закажем еду на вынос сегодня; мне не хочется готовить.

## taste /teɪst/ B1

**вкус**

the feeling you get on your tongue when you eat or drink something; also a person's preferences

> This soup has a wonderful taste.
> У этого супа замечательный вкус.

## tea /tiː/ A1

**чай**

a hot drink made by pouring boiling water onto dried leaves; also the plant whose leaves are used

> Would you like a cup of tea?
> Хотите чашку чая?

## teaspoon /ˈtiːˌspuːn/ B2

**чайная ложка**

a small spoon used for stirring drinks or for measuring small amounts of food in cooking

> Add a teaspoon of salt to the boiling water.
> Добавьте чайную ложку соли в кипящую воду.

## timer /ˈtaɪmə/ B1

**таймер**

a device that measures time, often used to control when something starts or stops

> Set the timer for 10 minutes.
> Установи таймер на 10 минут.

---

## tip /tɪp/ A2

**совет**

a small piece of useful advice; the pointed end of something; extra money given to a waiter or taxi driver

> She gave me some useful tips for learning languages.
> Она дала мне несколько полезных советов по изучению языков.

---

## tomato /təˈmɑːtəʊ/ A1

**помидор**

A round red fruit that is eaten as a vegetable in salads and cooking.

> She sliced a fresh tomato and put it in the salad.
> Она нарезала свежий помидор и добавила его в салат.

---

## vegan ˈviːgən B1

**веган**

A person who does not eat or use any animal products.

> She became a vegan for ethical reasons.
> Она стала веганом по этическим соображениям.

---

## vegetable /ˈvedʒtəbəl/ A1

**овощ**

a plant or part of a plant used as food

> We should eat more vegetables and fruit every day.
> Нам следует каждый день есть больше овощей и фруктов.

---

## vegetarian ˌvedʒɪˈteəriən B1

**вегетарианец**

a person who does not eat meat or fish, but eats vegetables, grains, dairy products, and eggs

> She has been a vegetarian for ten years and feels much healthier.
> Она является вегетарианкой уже десять лет и чувствует себя намного здоровее.

---

## water /ˈwɔːtə/ A1

**вода**

the clear liquid that falls as rain and is used for drinking, washing, etc.

> Please bring me a glass of water.
> Пожалуйста, принесите мне стакан воды.

---

## whole /həʊl/ A2

**весь**

all of something; complete; not divided

> I spent the whole day reading.
> Я провёл весь день за чтением.

---

## wine /waɪn/ A2

**вино**

an alcoholic drink made from fermented grape juice

> She ordered a glass of red wine.
> Она заказала бокал красного вина.

---

# Чек-лист самопроверки

Закрой правую колонку, вспомни перевод — отметь выученное.

- [ ] **add** — добавлять
- [ ] **additive** — добавка
- [ ] **aisle** — проход
- [ ] **allergy** — аллергия
- [ ] **appetizer** — закуска
- [ ] **apple** — яблоко
- [ ] **artificial** — искусственный
- [ ] **bake** — печь
- [ ] **baked** — запечённый
- [ ] **banana** — банан
- [ ] **basket** — корзина
- [ ] **bean** — боб
- [ ] **beef** — говядина
- [ ] **beer** — пиво
- [ ] **beverage** — напиток
- [ ] **bill** — счёт
- [ ] **bitter** — горький
- [ ] **boil** — кипеть
- [ ] **boiled** — варёный
- [ ] **bowl** — миска
- [ ] **bread** — хлеб
- [ ] **breakfast** — завтрак
- [ ] **buffet** — шведский стол
- [ ] **butter** — масло
- [ ] **calorie** — калория
- [ ] **canned** — консервированный
- [ ] **card** — карточка
- [ ] **carrot** — морковь
- [ ] **cart** — телега
- [ ] **cash** — наличные
- [ ] **change** — изменять
- [ ] **checkout** — касса
- [ ] **cheese** — сыр
- [ ] **chew** — жевать
- [ ] **chicken** — курица
- [ ] **chop** — рубить

- [ ] **coffee** кофе
- [ ] **cold** холодный
- [ ] **cook** готовить
- [ ] **cookbook** поваренная книга
- [ ] **counter** прилавок
- [ ] **cream** сливки
- [ ] **cucumber** огурец
- [ ] **cup** чашка
- [ ] **cupboard** шкаф
- [ ] **daily special** блюдо дня
- [ ] **deliver** доставлять
- [ ] **dessert** десерт
- [ ] **dice** игральные кости
- [ ] **diced** нарезанный кубиками
- [ ] **diet** диета
- [ ] **digest** переваривать
- [ ] **dine in** ужинать в ресторане
- [ ] **dining room** столовая
- [ ] **dinner** ужин
- [ ] **dish** блюдо
- [ ] **dried** сушёный
- [ ] **drink** пить
- [ ] **eat** есть
- [ ] **egg** яйцо
- [ ] **enjoy** наслаждаться
- [ ] **expiration date** срок годности
- [ ] **fish** рыба
- [ ] **flavor** вкус
- [ ] **flour** мука
- [ ] **food** еда
- [ ] **fork** вилка
- [ ] **freezer** морозильник
- [ ] **fresh** свежий
- [ ] **fridge** холодильник
- [ ] **fried** жареный
- [ ] **frozen** замороженный
- [ ] **fruit** фрукт
- [ ] **fry** жарить
- [ ] **garlic** чеснок

- [ ] **glass** стекло
- [ ] **gluten-free** безглютеновый
- [ ] **grain** зерно
- [ ] **grate** тереть
- [ ] **grated** тертый
- [ ] **grill** жарить на гриле
- [ ] **grilled** жареный на гриле
- [ ] **grocery** продуктовый магазин
- [ ] **ground** земля
- [ ] **herb** трава
- [ ] **hot** горячий
- [ ] **ingredient** ингредиент
- [ ] **ingredient list** список ингредиентов
- [ ] **juice** сок
- [ ] **kitchen** кухня
- [ ] **knife** нож
- [ ] **label** этикетка
- [ ] **leftovers** остатки еды
- [ ] **lemon** лимон
- [ ] **lentil** чечевица
- [ ] **lettuce** салат
- [ ] **lunch** обед
- [ ] **main course** основное блюдо
- [ ] **market** рынок
- [ ] **mashed** пюре
- [ ] **meal** приём пищи
- [ ] **measuring cup** мерный стакан
- [ ] **meat** мясо
- [ ] **menu** меню
- [ ] **microwave** микроволновая печь
- [ ] **mild** мягкий
- [ ] **milk** молоко
- [ ] **minced** рубленый
- [ ] **mix** смешивать
- [ ] **mug** кружка
- [ ] **mushroom** гриб
- [ ] **natural** естественный
- [ ] **noodle** лапша
- [ ] **nut** орех

- [ ] **nutrition** — питание
- [ ] **oil** — масло
- [ ] **onion** — лук
- [ ] **orange** — апельсин
- [ ] **order** — порядок
- [ ] **organic** — органический
- [ ] **oven** — духовка
- [ ] **pantry** — кладовая
- [ ] **pasta** — паста
- [ ] **peel** — чистить
- [ ] **pepper** — перец
- [ ] **plate** — тарелка
- [ ] **pork** — свинина
- [ ] **portion** — часть
- [ ] **potato** — картофель
- [ ] **pour** — наливать
- [ ] **raw** — сырой
- [ ] **receipt** — чек
- [ ] **recipe** — рецепт
- [ ] **recipe book** — книга рецептов
- [ ] **rice** — рис
- [ ] **ripe** — спелый
- [ ] **roast** — жарить
- [ ] **roasted** — жареный
- [ ] **room temperature** — комнатная температура
- [ ] **salad** — салат
- [ ] **salt** — соль
- [ ] **salty** — солёный
- [ ] **sauce** — соус
- [ ] **scale** — масштаб
- [ ] **season** — сезон
- [ ] **seed** — семя
- [ ] **serving** — порция
- [ ] **share** — делиться
- [ ] **shrimp** — креветка
- [ ] **side dish** — гарнир
- [ ] **sink** — тонуть
- [ ] **slice** — ломтик
- [ ] **sliced** — нарезанный ломтиками

- [ ] **snack** перекус
- [ ] **soup** суп
- [ ] **sour** кислый
- [ ] **special** особый
- [ ] **spice** специя
- [ ] **spicy** острый
- [ ] **spoiled** избалованный
- [ ] **spoon** ложка
- [ ] **stale** несвежий
- [ ] **steam** пар
- [ ] **steamed** паровой
- [ ] **stir** мешать
- [ ] **stove** плита
- [ ] **sugar** сахар
- [ ] **supermarket** супермаркет
- [ ] **swallow** глотать
- [ ] **sweet** сладкий
- [ ] **takeout** еда на вынос
- [ ] **taste** вкус
- [ ] **tea** чай
- [ ] **teaspoon** чайная ложка
- [ ] **timer** таймер
- [ ] **tip** совет
- [ ] **tomato** помидор
- [ ] **vegan** веган
- [ ] **vegetable** овощ
- [ ] **vegetarian** вегетарианец
- [ ] **water** вода
- [ ] **whole** весь
- [ ] **wine** вино