

Lesson 1		
	English	Definition
Part 1	skip	to not do something that you usually do or that you should do <LDOCE>
	meal	an occasion when you eat food, for example breakfast or dinner, or the food that you eat on that occasion <LDOCE>
	calculate	to use numbers to find out a total number, amount, distance, etc. <OALD>
	correctly	in a way that is accurate or true, without any mistakes <OALD>
Part 2	carbohydrate	a substance that is in foods such as sugar, bread, and potatoes, which provides your body with heat and energy and which consists of oxygen, hydrogen, and carbon <LDOCE>
	balance	a situation in which different things exist in equal, correct or good amounts <OALD>
	gorgeous	extremely pleasant or enjoyable <LDOCE>
	include	to make someone or something part of a larger group or set <LDOCE>
	dessert	sweet food eaten at the end of a meal <OALD>
	vitamin	a natural substance found in food that is an essential part of what humans and animals need to help them grow and stay healthy <OALD>
	protein	one of several natural substances that exist in food such as meat, eggs, and beans, and which your body needs in order to grow and remain strong and healthy <LDOCE>

<b>Part 3</b>	ingredient	one of the foods that you use to make a particular food or dish <LDOCE>
	ginger	a root with a very strong hot taste, or the powder made from this root, that is used in cooking <LDOCE>
	seaweed	a plant that grows in the sea, or on rocks at the edge of the sea <OALD>
	salt	a natural white mineral that is added to food to make it taste better or to preserve it <LDOCE>
	pepper	a powder that is used to add a hot taste to food <LDOCE>
	pour	to make a liquid or other substance flow out of or into a container by holding it at an angle <LDOCE>
	simmer	to cook something by keeping it almost at boiling point; to be cooked in this way <OALD>
	stir	to move a liquid or substance around, using a spoon or something similar, in order to mix it completely <OALD>