

## Word stress and vocabulary for food, cooking, and eating

### Exercise 1: Syllable Stress

**Instructions:** Highlight the syllable in each word that has the main stress.

Verbs	Adjectives	Nouns
fry	de-li-cious	ap-pe-tite
chop	nu-tri-tious	in-gre-di-ent
bake	tast-y	fla-vor
boil	a-ro-mat-ic	cal-o-rie
sea-son	fresh	tex-ture
sau-té	sweet	cui-sine

### Exercise 2: Gap Fill Exercise

**Instructions:** Complete the following paragraph using the words from Exercise 1.

Cooking at home can be both 1) \_\_\_\_\_ and 2) \_\_\_\_\_. You have control over the 3) \_\_\_\_\_ and the 4) \_\_\_\_\_ that go into your meal. This allows you to make food that is not only 5) \_\_\_\_\_ but also 6) \_\_\_\_\_. When you 7) \_\_\_\_\_ vegetables and 8) \_\_\_\_\_ meat, you can add your own 9) \_\_\_\_\_ to improve the 10) \_\_\_\_\_. Plus, homemade food often has fewer 11) \_\_\_\_\_, making it a healthier option.

## Answers

## Exercise 1: Syllable Stress

Verbs	Adjectives	Nouns
<b>fry</b>	de- <b>li</b> -cious	<b>ap</b> -pe-tite
<b>chop</b>	nu- <b>tri</b> -tious	in- <b>gre</b> -di-ent
<b>bake</b>	<b>tast</b> -y	<b>fla</b> -vor
<b>boil</b>	a- <b>ro</b> -mat-ic	<b>cal</b> -o-rie
<b>sea</b> -son	<b>fresh</b>	<b>tex</b> -ture
sau- <b>té</b>	<b>sweet</b>	cui- <b>sine</b>

## Answers for Exercise 2:

Cooking at home can be both **delicious** and **nutritious**. You have control over the **flavor** and the **ingredients** that go into your meal. This allows you to make food that is not only **tasty** but also **fresh**. When you **chop** vegetables and **fry** meat, you can add your own **seasoning** to improve the **texture**. Plus, homemade food often has fewer **calories**, making it a healthier option.