

New Words

aisle - *n.* a passage where people walk through a store or market

bakery - *n.* a place where bread, cakes, cookies, and other baked foods are made or sold

cart - *n.* (shopping cart) a metal basket on wheels used to hold groceries while you are shopping

cholesterol - *n.* a substance that is found in the bodies of people and animals, a high percentage raises the risk of coronary heart disease

cool off - *phrasal verb.* to become calm after a period of anger or conflict

fat - *n.* an oily solid or liquid substance in food

freeze - *v.* to become a hard substance (such as ice) because of cold (past participle: **frozen**)

healthy - *adj.* good for your health or healthful

junk food - *n.* food that is not good for your health because it contains high amounts of fat or sugar

kill - *v.* to cause the death of (a person, animal, or plant)

must - *modal verb.* used to say that something is required or necessary

organic - *adj.* food that is grown or made without the use of artificial chemicals

smell - *n.* the quality of a thing that you can sense with your nose

smell - *v.* to use your nose to sense smells

sugar - *n.* a sweet substance usually in the form of white or brown crystals or white powder that comes from plants and is used to make foods sweeter

whole wheat- *adj.* made from wheat from which no part (such as the bran) has been removed

FOODS



apple



broccoli



cauliflower



celery



donut



fruit



milk



pear

