Vegetables	Fruit	Legumes/ Pulses	Cooking Verbs	Kitchen Utensils
<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>
<u>20</u>	<u>20</u>	<u>20</u>	<u>20</u>	<u>20</u>
<u>30</u>	<u>30</u>	<u>30</u>	<u>30</u>	<u>30</u>
<u>40</u>	<u>40</u>	<u>40</u>	<u>40</u>	<u>40</u>
<u>50</u>	<u>50</u>	<u>50</u>	<u>50</u>	<u>50</u>

Category 1 Vegetables



cabbage



spinach



aubergine (UK) eggplant (US)

30





artichoke

40



cauliflower

50

Category 2 Fruit



peach



Fruit

plum



Fruit

30

pineapple



apricot



50

Fruit

pomegranate

Category 3 Legumes/Pulses



peas



black-eyed peas



lentils



broad beans (UK) fava beans (US)



chickpeas

50

Category 4 Cooking Verbs

to become so hot that bubbles are formed in a liquid and rise to the top



Cooking Verbs 10

boil

to cook (food) in fat or oil



fry / pan-fry

to cut something into thin, flat pieces



slice

to cut something into pieces with a sharp tool such as a knife



chop

to cut (food) into very small pieces by rubbing it against a special tool



grate

Category 5 Kitchen Utensils

a kitchen tool for removing the skin of fruit and vegetables



peeler

a tool that is used to pull corks from bottles



corkscrew

a large and deep spoon with a long handle that is used for serving a liquid



ladle

a kitchen tool that you use for beating food such as eggs and cream



whisk

a bowl that has many small holes and that is used for washing or draining food



colander

