

Food, Diet and Nutrition

Vocabulary Lesson, Examples & Practice Questions

Food, Diet and Nutrition: Upper-Intermediate Vocabulary

Whether you are reading a nutrition label on a supermarket shelf, discussing the latest dietary trends with a friend, or debating the ethics of food production, a rich and precise vocabulary is essential. At B2 level, you move beyond simply naming foods and begin talking about *why* we eat what we eat, *how* food affects our bodies, and the complex choices people make around diet. This lesson will equip you with the nuanced language you need to discuss food, diet, and nutrition confidently in both formal and informal contexts.

Setting the Scene

Imagine two friends, Priya and Marcus, catching up over lunch at a health-conscious café. Priya has recently started seeing a nutritionist and has been rethinking her entire approach to eating. Marcus, a keen amateur cook, is curious about the changes she is making. Their conversation touches on everything from *macronutrients* and *caloric intake* to *sustainable food choices* and *processed foods*. As you work through this lesson, keep their conversation in mind — the vocabulary below is exactly what they would use.

Key Vocabulary & Meaning Breakdown

1. Nutrition, Nutrients and What Food Contains

This cluster focuses on the scientific and technical language used to describe what food is made of and how it sustains the body. These words are common in formal writing, health journalism, and everyday conversations about healthy eating.

Word / Phrase	Part of Speech & Meaning	Example Sentence	Collocations / Notes
nutrient	<i>noun</i> — a substance in food that the body needs to function, grow, and remain healthy	Spinach is rich in essential nutrients, including iron and vitamin K.	essential nutrient; absorb nutrients; nutrient-rich; nutrient deficiency
macronutrient	<i>noun</i> — one of the three main nutrient groups the body requires in large amounts: protein, carbohydrates, and fat	Athletes often track their macronutrient intake carefully to optimise performance.	balance macronutrients; macronutrient ratio; often shortened informally to <i>macros</i>
micronutrient	<i>noun</i> — vitamins and minerals needed by the body in small but vital amounts	A diet lacking in micronutrients can lead to	micronutrient deficiency; micronutrient-dense food

Word / Phrase	Part of Speech & Meaning	Example Sentence	Collocations / Notes
		serious health problems over time.	
calorie	<i>noun</i> — a unit used to measure the energy value of food	She was not counting calories obsessively, but she was more mindful of portion sizes.	calorie intake; calorie deficit; high-calorie; low-calorie; burn calories
dietary fibre	<i>noun phrase</i> — plant-based material in food that cannot be fully digested, which aids digestion and gut health	Wholegrain bread is an excellent source of dietary fibre.	source of dietary fibre; increase fibre intake; also written as <i>fiber</i> in American English
antioxidant	<i>noun</i> — a substance that protects the body's cells from damage caused by harmful molecules called free radicals	Blueberries are frequently cited as one of the best natural sources of antioxidants.	rich in antioxidants; antioxidant properties; antioxidant-rich diet
saturated fat	<i>noun phrase</i> — a type of fat, found mainly in animal products, that can raise cholesterol levels when consumed in excess	The health guidelines recommend limiting your intake of saturated fat to reduce the risk of heart disease.	high in saturated fat; reduce saturated fat; saturated fat vs unsaturated fat
refined	<i>adjective</i> — (of food) processed to remove natural elements, often leaving it with less nutritional value	Refined sugar provides energy but offers virtually no nutritional benefit.	refined sugar; refined carbohydrates; refined flour; opposite: <i>unrefined</i> / <i>whole</i>
wholesome	<i>adjective</i> — (of food) natural, healthy, and nutritious; conducive to good health	The café prides itself on serving wholesome meals made from locally sourced ingredients.	wholesome meal; wholesome ingredients; wholesome diet; slightly formal/literary tone
fortified	<i>adjective</i> — (of food or drink) with extra vitamins or minerals added during processing	Many breakfast cereals are fortified with vitamin D and iron to address common deficiencies.	fortified with; fortified milk; fortified cereal

2. Diet, Eating Habits and Approaches to Food

This cluster covers the language we use to describe how and what people choose to eat, including specific diets, attitudes towards food, and broader eating patterns. These words are common in both informal conversation and more formal health-related writing.

Word / Phrase	Part of Speech & Meaning	Example Sentence	Collocations / Notes
dietary	<i>adjective</i> — relating to a person's diet or the food they eat regularly	The doctor asked about any dietary restrictions before recommending a nutrition plan.	dietary habits; dietary requirements; dietary guidelines; dietary restriction
plant-based	<i>adjective</i> — consisting mostly or entirely of food derived from plants, rather than animals	More people are switching to a plant-based diet for both health and environmental reasons.	plant-based diet; plant-based meal; plant-based alternatives
omnivore	<i>noun</i> — a person or animal that eats both plant and animal food	As an omnivore, he saw no reason to cut out meat entirely, but he did try to eat more vegetables.	omnivorous diet; confirmed omnivore; contrast with <i>herbivore</i> and <i>carnivore</i>
portion size	<i>noun phrase</i> — the amount of food served or eaten at one time	One of the simplest ways to manage weight is to pay closer attention to portion sizes.	control portion size; appropriate portion size; oversized portions
intermittent fasting	<i>noun phrase</i> — an eating pattern in which a person cycles between periods of eating and periods of not eating	Intermittent fasting has become popular, though nutritionists caution that it is not suitable for everyone.	practise intermittent fasting; intermittent fasting regime; 16:8 method
detox	<i>noun / verb</i> — a period during which a person abstains from or greatly reduces certain foods or drinks, often claimed to remove toxins from the body	She decided to do a short detox after the holiday season, cutting out alcohol and sugar for two weeks.	do a detox; detox diet; juice detox; Note: many nutritionists are sceptical of detox claims
intolerance	<i>noun</i> — a difficulty digesting certain foods, causing discomfort but usually not an immune reaction (unlike an allergy)	His lactose intolerance means he avoids dairy products and opts for plant-based alternatives instead.	food intolerance; lactose intolerance; gluten intolerance; develop an intolerance
craving	<i>noun</i> — a powerful desire for a particular food or drink	She often experienced intense cravings for salty snacks in the afternoon.	have a craving; sugar craving; satisfy a craving; resist a craving
binge	<i>verb / noun</i> — to eat a very large amount of food in a short period, usually in an uncontrolled way	After weeks of strict dieting, he found himself bingeing on junk food at the weekend.	binge on; binge eating; binge-eating disorder; go on a binge

Word / Phrase	Part of Speech & Meaning	Example Sentence	Collocations / Notes
moderation	<i>noun</i> — the practice of avoiding excess; consuming food or drink in reasonable, controlled amounts	"Everything in moderation" is perhaps the most commonly given piece of dietary advice.	in moderation; practise moderation; eat in moderation

3. Food Quality, Processing and Sustainability

This final cluster addresses the broader social, environmental, and ethical dimensions of food. At B2 level, you should be able to discuss these ideas critically, using the vocabulary below in essays, discussions, and formal presentations.

Word / Phrase	Part of Speech & Meaning	Example Sentence	Collocations / Notes
processed food	<i>noun phrase</i> — food that has been altered from its natural state through methods such as canning, freezing, or the addition of chemicals	Nutritionists generally advise minimising the consumption of highly processed foods.	highly processed; ultra-processed food; processed vs whole food; avoid processed food
additive	<i>noun</i> — a substance added to food to improve flavour, appearance, or shelf life	She preferred to buy products with few additives and a short list of recognisable ingredients.	food additive; artificial additive; contain additives; chemical additive
organic	<i>adjective</i> — produced without the use of artificial chemicals, pesticides, or genetically modified organisms	The demand for organic produce has grown steadily as consumers become more health-conscious.	organic farming; organic produce; certified organic; go organic
sustainable	<i>adjective</i> — (of food production or consumption) able to be maintained long-term without causing lasting environmental damage	Choosing sustainable seafood means checking that it has been responsibly sourced.	sustainable diet; sustainable farming; sustainably sourced; sustainable food system
food security	<i>noun phrase</i> — the condition in which all people have consistent access to sufficient, safe, and nutritious food	Climate change poses a significant threat to global food security in the coming decades.	global food security; food security crisis; ensure food security; food insecurity

Word / Phrase	Part of Speech & Meaning	Example Sentence	Collocations / Notes
food waste	<i>noun phrase</i> — food that is discarded or lost at any point in the supply chain, from production to consumption	It is estimated that roughly one-third of all food produced globally is lost to food waste.	reduce food waste; food waste crisis; tackle food waste; household food waste
nutritional value	<i>noun phrase</i> — the extent to which a food provides beneficial nutrients to the body	Overcooking vegetables can significantly reduce their nutritional value.	high/low nutritional value; nutritional value of; assess nutritional value
preservative	<i>noun</i> — a natural or artificial substance added to food to prevent spoilage and extend shelf life	The product was marketed as containing no artificial preservatives or colourings.	artificial preservative; contain preservatives; free from preservatives; food preservative
genetically modified (GM)	<i>adjective</i> — (of food or crops) having had their DNA altered through biotechnology to achieve desired characteristics	The debate over genetically modified crops remains highly contentious in many parts of the world.	GM food; GM crops; genetically modified organism (GMO); ban GM food
carbon footprint	<i>noun phrase</i> — the total amount of greenhouse gases produced as a result of a particular activity, including food production and consumption	Reducing meat consumption is one of the most effective ways to lower your carbon footprint.	reduce your carbon footprint; high carbon footprint; food carbon footprint

Collocations & Useful Expressions

Strong collocations are the mark of a fluent, natural speaker. Below are key collocations and expressions from the world of food, diet, and nutrition, arranged by their central word or theme.

Collocations with *diet*

follow a diet

She has been following a Mediterranean diet for the past year and says she feels much better.

adopt a diet

Many people adopt a plant-based diet for environmental reasons rather than health concerns.

a balanced diet

Doctors consistently recommend eating a balanced diet that includes a variety of food groups.

a restricted diet

After the diagnosis, he was placed on a restricted diet by his specialist.

a faddy / fad diet

Most nutritionists warn against fad diets that promise dramatic weight loss in a short time.

Collocations with eat

eat in moderation

Red meat can be part of a healthy lifestyle if you eat it in moderation.

eat mindfully

She learnt to eat mindfully, paying attention to hunger signals rather than eating out of habit.

eat a varied diet

The key to good nutrition is to eat a varied diet rather than relying on the same foods every day.

eat clean

He started eating clean after watching a documentary about the food industry.

Note: "Eating clean" is an informal expression meaning avoiding processed foods in favour of whole, natural foods.

Collocations with nutrition

nutritional advice

Before making any significant changes to her diet, she sought professional nutritional advice.

nutritional content

She always checks the nutritional content on the label before buying a product.

poor nutrition

Poor nutrition in childhood can have long-lasting effects on cognitive development.

Useful Fixed Expressions

you are what you eat

The old saying "you are what you eat" has more scientific backing now than ever before.

Note: A common proverb suggesting that food choices directly affect your health and wellbeing.

on an empty stomach

She was advised not to take the supplement on an empty stomach.

go off food

When he was ill, he went completely off food for several days.

Note: Informal British expression meaning to lose your appetite or desire to eat.

have a sweet tooth

She has always had a sweet tooth, which makes cutting out sugar particularly difficult.

keep track of (intake)

Using a nutrition app made it easier for him to keep track of his daily calorie intake.

Important Differences & Confusing Words

Diet vs Nutrition vs Nourishment

These three words are closely related but not interchangeable:

- **Diet** refers to the food and drink a person habitually consumes. It can also refer to a specific eating plan followed for health or weight-management purposes.
She is on a low-carbohydrate diet. / His diet consists mainly of rice, vegetables, and fish.
- **Nutrition** refers to the process by which the body takes in and uses food, or to the scientific study of food and its effects on health. It is more technical and formal than *diet*.
The charity works to improve nutrition among children in low-income communities.
- **Nourishment** refers to the food or sustenance needed to maintain life and promote growth. It has a slightly more literary or emotive tone, often emphasising basic needs.
The refugees had been without adequate nourishment for several days.

Intolerance vs Allergy

These terms are frequently confused, even by native speakers, yet they describe quite different medical conditions:

- **Food intolerance** involves difficulty digesting certain foods, leading to symptoms such as bloating, discomfort, or nausea. It does not involve the immune system and is generally not life-threatening.
His lactose intolerance causes bloating if he drinks cow's milk.
- **Food allergy** involves the immune system, which mistakes a harmless food protein for a threat and reacts accordingly. Reactions can range from mild (rash, itching) to severe and life-threatening (anaphylaxis).
Her peanut allergy is so severe that even trace amounts can trigger anaphylactic shock.

Organic vs Natural

- **Organic** is a regulated term with legal definitions. Food labelled as organic must meet specific production standards, including avoiding synthetic pesticides and artificial fertilisers.
The label confirms the produce is certified organic.
- **Natural** is a much less regulated and often misleading marketing term. Food described as "natural" may still contain significant levels of processing, sugar, or other less desirable elements.
Just because a product is labelled "natural" does not mean it is healthy or additive-free.

Vegan vs Vegetarian vs Plant-Based

- **Vegetarian** — does not eat meat or fish, but typically consumes dairy products and eggs.
- **Vegan** — does not consume any animal products at all, including dairy, eggs, and honey. Veganism is often also a broader ethical lifestyle choice, not merely a dietary preference.
- **Plant-based** — focuses primarily on foods derived from plants, but the term is more flexible. A person following a plant-based diet may occasionally eat small amounts of animal products. This term is more commonly used in health contexts rather than ethical ones.

Common Mistakes

✗ *She follows a very healthy nutrition.*

✓ **She follows a very healthy diet.** — We say someone follows, has, or maintains a diet, not a nutrition. *Nutrition* refers to the science or process, not to what a specific person eats.

✗ *I am doing a diet to lose weight.*

✓ **I am on a diet to lose weight.** — The correct collocation in English is to be *on* a diet, not to *do* a diet.

✗ *He has an intolerance to peanuts that could kill him.*

✓ **He has an allergy to peanuts that could kill him.** — A life-threatening reaction is an *allergy*, not an *intolerance*. Intolerances cause discomfort, not anaphylaxis.

✗ *Organic foods have no additives or preservatives.*

✓ **Organic foods are produced without synthetic pesticides and artificial fertilisers.** — Organic certification relates to production methods, not to the absence of all additives. Some naturally derived additives are permitted in organic foods.

✗ *I need to eat more calories because I want to lose weight.*

✓ **I need to consume fewer calories because I want to lose weight.** — To lose weight, you generally need a calorie deficit (consuming fewer calories than you burn), not more. To *gain* weight or *build muscle*, you might increase calorie intake.

✗ *Vitamins and proteins are both macronutrients.*

✓ **Proteins are macronutrients; vitamins are micronutrients.** — *Macronutrients* are the three main energy-providing groups (protein, carbohydrates, fat). Vitamins and minerals are *micronutrients*, needed in smaller quantities.

✗ *She went on a detox and now her liver is completely clean.*

✓ **She went on a detox diet, though nutritionists point out that the liver and kidneys naturally filter toxins.** — The idea that a "detox diet" literally cleanses the body is not supported by most mainstream nutrition science. Use this term with appropriate caution or critical distance.

Food, Diet and Nutrition: Quick Summary & Review

In this lesson, you have built a comprehensive set of vocabulary for discussing food, diet, and nutrition at an upper-intermediate level. Here is a quick overview of what you have covered:

- **Nutrients and what food contains:** nutrient, macronutrient, micronutrient, calorie, dietary fibre, antioxidant, saturated fat, refined, wholesome, fortified
- **Diet, eating habits and approaches to food:** dietary, plant-based, omnivore, portion size, intermittent fasting, detox, intolerance, craving, binge, moderation
- **Food quality, processing and sustainability:** processed food, additive, organic, sustainable, food security, food waste, nutritional value, preservative, genetically modified, carbon footprint
- **Key collocations:** follow a diet, eat in moderation, nutritional content, a balanced diet, eat clean, have a sweet tooth
- **Important distinctions:** diet vs nutrition vs nourishment; intolerance vs allergy; organic vs natural; vegan vs vegetarian vs plant-based

Remember that in formal writing and academic contexts, words like *nutrition*, *dietary*, and *sustainability* are preferred, while in everyday conversation, expressions like *eat clean*, *go on a detox*, or *have a sweet tooth* are much more natural. Being aware of **register** — the level of formality appropriate to a situation — is a key mark of B2 competence.

Now practise your **Food, Diet and Nutrition** vocabulary in the exercises below.

Food, Diet and Nutrition – Practice Test

B2 | Practice Exercises: Multiple Choice, Fill-in-the-Gap, Fill-in-the-Blank, Matrix Matching & Sorting

Part 1: Multiple Choice (Questions 1–10)

1 The nutritionist advised her to reduce her intake of _____ fats, which are commonly found in processed and fried foods.

- A** saturated
- B** diluted
- C** refined
- D** soluble

2 A diet that includes a wide variety of foods from all food groups is described as _____.

- A** wholesome
- B** balanced
- C** nutritious
- D** organic

3 Many people choose to follow a _____ diet, avoiding all animal products including dairy and eggs.

- A** vegetarian
- B** pescatarian
- C** vegan
- D** macrobiotic

4 The food label showed that one serving of the cereal _____ 15% of the recommended daily intake of iron.

- A** contained
- B** provided
- C** supplied
- D** constituted

5 She experienced severe _____ after eating shellfish, with symptoms including swelling and difficulty breathing.

- A** intolerance
- B** sensitivity
- C** allergy
- D** reaction

6 The restaurant proudly advertised that all its produce was locally _____ and free from artificial additives.

- A** cultivated
- B** generated
- C** sourced
- D** processed

7 Prolonged _____ of essential vitamins can lead to serious health conditions such as scurvy or rickets.

- A** deficiency
- B** shortage
- C** absence
- D** depletion

8 The dietitian recommended that her patient _____ from eating highly processed foods to improve overall gut health.

- A** restrain
- B** abstain
- C** refrain
- D** withdraw

9 Foods such as yoghurt, kimchi, and kefir are rich in _____, which are beneficial bacteria that support digestive health.

- A** antioxidants
- B** probiotics
- C** enzymes
- D** prebiotics

10 The health authority issued guidelines urging the public to _____ their consumption of added sugars to no more than 10% of daily calorie intake.

- A** moderate
- B** diminish
- C** regulate
- D** curb

Part 2: Fill in the Gap (Questions 11–20)

11 Many health experts recommend reducing your intake of ____ fats, as they are strongly linked to cardiovascular disease.

- A** saturated
- B** diluted
- C** fermented

12 A ____ diet includes a wide variety of foods from all food groups to ensure adequate nutrient intake.

- A** balanced
- B** restricted
- C** processed

13 The nutritionist advised her client to monitor their daily ____ intake, as consuming too much sugar can lead to serious metabolic disorders.

- A** caloric
- B** organic
- C** dietary

14 Iron ____ is one of the most common nutritional deficiencies worldwide, often leading to fatigue and anaemia.

- A** deficiency
- B** excess
- C** tolerance

15 Foods that have been ____ are often high in artificial additives, preservatives, and sodium, making them less nutritious than whole foods.

- A** processed
- B** cultivated
- C** harvested

16 Dietitians often encourage their patients to increase their consumption of ____ grains, such as oats and brown rice, to improve digestive health.

- A** wholegrains
- B** refined
- C** bleached

17 The ____ value of a meal can be significantly reduced through overcooking, which destroys heat-sensitive vitamins.

- A** nutritional
- B** aesthetic
- C** calorific

18 Some individuals follow a ____ diet and avoid all animal-derived products, including dairy and eggs, for ethical or health reasons.

- A** vegan
- B** pescatarian
- C** flexitarian

19 Probiotics found in ____ foods such as yoghurt and kefir are known to support gut health and strengthen the immune system.

- A** fermented
- B** refined
- C** synthetic

20 Consuming an adequate amount of dietary ____ is essential for regulating digestion and preventing conditions such as constipation and high cholesterol.

- A** fibre
- B** protein
- C** glucose

Part 3: Fill in the Blank (Questions 21–30)

21 Nutritionists recommend reducing your intake of _____ fats, which are commonly found in butter, red meat, and processed foods, as they can raise cholesterol levels.

22 The doctor advised her to follow a _____ diet and exercise regularly in order to manage her weight more effectively.

- 23 Many people are unaware that some packaged fruit juices contain high levels of _____, which are added to extend the product's shelf life.
- 24 A diet that is rich in _____ can significantly reduce the risk of digestive problems and help maintain a healthy gut.
- 25 The restaurant's new menu caters to customers with food _____, offering gluten-free and dairy-free options throughout.
- 26 Iron deficiency is one of the most common nutritional _____ worldwide, particularly affecting women of childbearing age.
- 27 Experts argue that heavily _____ foods, which are stripped of their natural nutrients during manufacturing, contribute significantly to obesity rates.
- 28 She switched to a plant-based diet after learning about the environmental _____ of reducing meat consumption.
- 29 The packaging label clearly states that the product has been _____ with vitamins D and B12, making it suitable for people following a vegan diet.
- 30 Research suggests that people who eat mindfully, paying close attention to hunger and fullness cues, are less likely to _____ in unhealthy snacks.

Part 4: Matrix / Match Values (Questions 31–40)

31 Match each food and nutrition term on the left with its correct definition on the right.

MATCHING OPTIONS:

- | | |
|--|--|
| A A state in which fewer calories are consumed than the body burns | B A nutrient required by the body in large amounts, such as protein, fat, or carbohydrate |
| C A vitamin or mineral needed in small quantities to support bodily functions | D The feeling of fullness and satisfaction after eating |

Item / Phrase	Write Match Letter (A, B, C...)
Macronutrient	[]
Micronutrient	[]
Caloric deficit	[]
Satiety	[]

32 Match each adjective on the left with the food noun it most naturally collocates with on the right.

MATCHING OPTIONS:

- | | |
|-----------------|---------------|
| A cereal | B meal |
| C sugar | D food |

Item / Phrase	Write Match Letter (A, B, C...)
Processed	[]
Wholesome	[]
Refined	[]
Fortified	[]

33 Match each dietary approach on the left with its correct description on the right.

MATCHING OPTIONS:

- | | |
|---|---|
| A An eating pattern that cycles between periods of eating and deliberate fasting | B A dietary pattern rich in olive oil, fish, legumes, and fresh vegetables |
| C A lifestyle that excludes all animal products, including dairy and eggs | |

Item / Phrase	Write Match Letter (A, B, C...)
Veganism	[]
Intermittent fasting	[]
The Mediterranean diet	[]

34 Match each word on the left with its closest synonym in a nutritional or dietary context on the right.

MATCHING OPTIONS:

- | | |
|------------------------------|-----------------------------|
| A Nutritious | B Rich and excessive |
| C Healthy and natural | D Flavourless |

Item / Phrase	Write Match Letter (A, B, C...)
Nourishing	[]
Bland	[]
Indulgent	[]
Wholesome	[]

35 Match each food-related verb phrase on the left with its correct meaning on the right.

MATCHING OPTIONS:

- | | |
|---|--|
| A To eat or drink far too much of something | B To survive by eating only a particular food or diet |
| C To reduce the amount of something consumed | |

Item / Phrase	Write Match Letter (A, B, C...)
To cut down on	[]
To overindulge in	[]
To subsist on	[]

36 Match each nutritional concept on the left with its correct explanation on the right.

MATCHING OPTIONS:

- | | |
|---|---|
| A An indigestible plant-based substance that aids digestion and gut health | B A compound that protects cells from damage caused by free radicals |
| C The chemical processes by which the body converts food into energy | D A scale that measures how quickly a food raises blood sugar levels |

Item / Phrase	Write Match Letter (A, B, C...)
Glycaemic index (GI)	[]
Dietary fibre	[]
Antioxidant	[]
Metabolism	[]

37 Match each word on the left with its correct antonym in a food and diet context on the right.

MATCHING OPTIONS:

A Stale or preserved

B Depleted of nutrients

C Excessive in eating habits

Item / Phrase	Write Match Letter (A, B, C...)
Nutritious	[]
Temperate	[]
Fresh	[]

38 Match each food label term on the left with what it indicates on the right.

MATCHING OPTIONS:

A Made primarily or entirely from ingredients derived from plants

B Contains a reduced amount of salt, often recommended for heart health

C Describes animals raised with access to outdoor space rather than caged

D Produced without synthetic pesticides or artificial fertilisers

Item / Phrase	Write Match Letter (A, B, C...)
Organic	[]
Free-range	[]
Low-sodium	[]
Plant-based	[]

39 Match each formal expression on the left with its more informal equivalent on the right.

MATCHING OPTIONS:

A To stick to a diet

B To give up drinking

C To have an upset stomach

Item / Phrase	Write Match Letter (A, B, C...)
To abstain from consuming alcohol	[]
To adhere to a dietary regimen	[]
To experience gastrointestinal discomfort	[]

40 Match each sentence beginning on the left with the correct ending on the right to form accurate statements about food and nutrition.

MATCHING OPTIONS:

- | | |
|--|--|
| A promoting a healthy balance of gut bacteria | B maintaining kidney function and regulating body temperature |
| C rapid fluctuations in blood sugar levels | D an increased risk of cardiovascular disease |

Item / Phrase	Write Match Letter (A, B, C...)
Excessive consumption of saturated fats has been linked to	[]
A diet high in refined carbohydrates can contribute to	[]
Adequate hydration is essential for	[]
Fermented foods such as yoghurt and kefir are beneficial for	[]

Part 5: Sort the Values (Questions 41–50)

41 Arrange the words to make a correct sentence.

well-balanced nutrient-rich include variety should foods. diet of A a

42 Arrange the words to make a correct sentence.

consumption Excessive processed diseases. chronic linked foods range been
has of to of a

43 Arrange the words to make a correct sentence.

monounsaturated considered excellent avocados Despite healthy source being
fats. high fat, are in an of

44 Arrange the words to make a correct sentence.

Nutritionists recommend maintain cutting refined healthy weight. sugar back
body on to a

45 Arrange the words to make a correct sentence.

carbohydrates glycaemic measures quickly levels. index raise blood sugar
food The how in

46 Arrange the words to make a correct sentence.

concentrating. experience persistent difficulty deficient fatigue iron, you are
you may and If in

47 Arrange the words to make a correct sentence.

microbiome. Fermented yoghurt kimchi, promote healthy foods, known such
and are gut as to a

48 Arrange the words to make a correct sentence.

cholesterol digestion, regulate levels. fibre helps only does also Not
aid but it

49 Arrange the words to make a correct sentence.

sustainability. environmental increasingly plant-based concerned Adopting popular
people grown among about diet has a

50 Arrange the words to make a correct sentence.

researchers controlled reliable. dietary habits, results study might have
been more Had the for the the of

Answer Key & Explanations

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Part 1: Multiple Choice

1. **A** **Correct Answer: saturated**
✓ **Explanation:** **Saturated fats** are a type of dietary fat found in animal products and processed foods that are associated with increased cholesterol levels. *Butter and red meat are high in saturated fats.* The other options do not collocate correctly with **fats** in this nutritional context.
2. **B** **Correct Answer: balanced**
✓ **Explanation:** A **balanced diet** is the standard collocation used to describe eating a variety of foods in the right proportions to maintain good health. *Doctors recommend a balanced diet to prevent chronic disease.* While **nutritious** and **wholesome** are related, they do not form this fixed collocation.
3. **C** **Correct Answer: vegan**
✓ **Explanation:** A **vegan** diet excludes all animal-derived products, including meat, dairy, and eggs. *She switched to a vegan diet for ethical and environmental reasons.* A **vegetarian** may still consume dairy and eggs, making it distinct from veganism.
4. **B** **Correct Answer: provided**
✓ **Explanation:** In nutritional contexts, **provided** is the most natural and formal verb collocating with a percentage of recommended daily intake on food labels. *Each portion provided 20% of the daily recommended vitamin C.* While **contained** is possible, **provided** is the conventional phrasing on nutritional labels.
5. **C** **Correct Answer: allergy**
✓ **Explanation:** A **food allergy** involves an immune system response that can cause severe, life-threatening symptoms such as swelling and breathing difficulties. *His peanut allergy requires him to carry an EpiPen at all times.* **Intolerance** and **sensitivity** typically cause milder digestive symptoms and are not immune-mediated.
6. **C** **Correct Answer: sourced**
✓ **Explanation:** **Locally sourced** is a common collocation in food and restaurant contexts, meaning that ingredients are obtained from nearby farms or producers. *The chef insisted on using only locally sourced vegetables in his dishes.* **Cultivated** refers to growing crops, not obtaining them, and does not collocate with **locally** in this context.
7. **A** **Correct Answer: deficiency**
✓ **Explanation:** **Deficiency** is the precise medical and nutritional term for a lack of an essential nutrient in the body. *Vitamin D deficiency is common in countries with limited sunlight.* While **shortage** and **depletion** exist, they are used in more general contexts and do not collocate as naturally with **vitamins** in a medical register.

8. **C** **Correct Answer: refrain**
✓ **Explanation: Refrain from** is the correct collocation when advising someone to stop or avoid a behaviour, and it is commonly used in formal dietary advice. *The doctor advised him to refrain from consuming alcohol during his treatment.* **Abstain** is also possible but more commonly used for alcohol or voting, while **restrain** does not collocate with **from eating**.
9. **B** **Correct Answer: probiotics**
✓ **Explanation: Probiotics** are live beneficial bacteria found in fermented foods like yoghurt, kimchi, and kefir that promote a healthy gut microbiome. *Taking probiotics can help restore the balance of gut bacteria after a course of antibiotics.* **Prebiotics** are non-digestible fibres that feed these bacteria, while **antioxidants** and **enzymes** serve different nutritional functions.
10. **D** **Correct Answer: curb**
✓ **Explanation: Curb** means to keep something under control or reduce it, and it is a strong collocation with **consumption** in public health and dietary contexts. *Health campaigns often urge people to curb their sugar intake.* While **moderate** and **regulate** are plausible, **curb** is the most idiomatic and commonly used collocation in official health recommendations.

Part 2: Fill in the Gap

11. **A** **Correct Answer: saturated**
✓ **Explanation: Saturated fats** are a specific type of dietary fat found in animal products that are associated with increased risk of heart disease. *Butter and red meat are high in saturated fats.*
12. **A** **Correct Answer: balanced**
✓ **Explanation: A balanced diet** means consuming the right proportions of different nutrients to maintain good health. *Doctors often advise patients to follow a balanced diet.*
13. **A** **Correct Answer: caloric**
✓ **Explanation: Caloric intake** refers to the total number of calories consumed, which is essential to monitor for weight and health management. *Reducing your caloric intake can help you lose weight gradually.*
14. **A** **Correct Answer: deficiency**
✓ **Explanation: A deficiency** refers to a lack of a particular nutrient needed for the body to function properly. *An iron deficiency can cause tiredness and weakness.*
15. **A** **Correct Answer: processed**
✓ **Explanation: Processed foods** have been altered from their natural state through industrial methods and typically contain added chemicals or preservatives. *Ready meals and packaged snacks are examples of processed foods.*
16. **A** **Correct Answer: wholegrains**
✓ **Explanation: Wholegrains** retain all parts of the grain kernel, making them richer in fibre and nutrients than refined alternatives. *Switching from white bread to wholegrain bread is a simple dietary improvement.*

17. **A** Correct Answer: nutritional

✓ **Explanation:** **Nutritional value** refers to the content of beneficial nutrients in a food. *Steaming vegetables helps preserve their nutritional value better than boiling.*

18. **A** Correct Answer: vegan

✓ **Explanation:** A **vegan** diet excludes all animal products entirely, which distinguishes it from vegetarian or flexitarian diets. *She switched to a vegan diet after learning about factory farming.*

19. **A** Correct Answer: fermented

✓ **Explanation:** **Fermented foods** undergo a process in which natural bacteria break down sugars, producing beneficial probiotics. *Kefir and kimchi are popular fermented foods with health benefits.*

20. **A** Correct Answer: fibre

✓ **Explanation:** **Dietary fibre** is the indigestible part of plant foods that aids digestion and promotes bowel health. *Legumes and vegetables are excellent sources of dietary fibre.*

Part 3: Fill in the Blank

21. **saturated** Correct Answer: saturated

✓ **Explanation:** **Saturated** fats are a specific type of dietary fat linked to increased cholesterol. They are distinguished from *unsaturated* fats, which are considered healthier. *Saturated fats are solid at room temperature.*

22. **calorie-controlled|calorie controlled** Correct Answer: calorie-controlled

✓ **Explanation:** A **calorie-controlled** diet means carefully limiting the number of calories consumed each day. This collocation is commonly used in *formal medical and nutritional advice*.

23. **preservatives** Correct Answer: preservatives

✓ **Explanation:** **Preservatives** are chemical substances added to food to prevent spoilage and extend shelf life. *Sodium benzoate is a common preservative found in soft drinks.*

24. **fibre|fiber** Correct Answer: fibre / fiber

✓ **Explanation:** **Fibre** (British) or **fiber** (American) refers to plant-based carbohydrates that aid digestion. *Whole grains, legumes, and vegetables are excellent sources of dietary fibre.*

25. **intolerances** Correct Answer: intolerances

✓ **Explanation:** **Food intolerances** refer to difficulties digesting certain foods, distinct from allergies. *Lactose intolerance, for example, makes it hard to digest dairy products.*

26. **deficiencies** Correct Answer: deficiencies

✓ **Explanation:** A **deficiency** refers to a lack of an essential nutrient in the body. *A vitamin D deficiency can lead to weakened bones and fatigue.*

27. **processed** **Correct Answer: processed**
✅ **Explanation: Processed** foods have been altered from their natural state, often containing added sugars, salt, and artificial ingredients. *Ready meals and packaged snacks are typical examples of processed foods.*
28. **sustainability** **Correct Answer: sustainability**
✅ **Explanation: Sustainability** in the context of food refers to practices that can be maintained long-term without harming the environment. *Plant-based diets are often praised for their environmental sustainability.*
29. **fortified** **Correct Answer: fortified**
✅ **Explanation:** When food is **fortified**, essential nutrients are added to it that were not originally present or were lost during processing. *Many breakfast cereals are fortified with iron and folic acid.*
30. **overindulge** **Correct Answer: overindulge**
✅ **Explanation:** To **overindulge** means to consume too much of something, especially food or drink, beyond what is healthy. *It is easy to overindulge in sugary treats during the holiday season.*

Part 4: Matrix / Match Values

31. **Macronutrient: B • Micronutrient: C • Caloric deficit: A • Satiety: D** **Correct Matches:**
- **Macronutrient** → A nutrient required by the body in large amounts, such as protein, fat, or carbohydrate
 - **Micronutrient** → A vitamin or mineral needed in small quantities to support bodily functions
 - **Caloric deficit** → A state in which fewer calories are consumed than the body burns
 - **Satiety** → The feeling of fullness and satisfaction after eating
- ✅ **Explanation: Macronutrients** (e.g., carbohydrates, proteins, fats) are needed in large quantities, while **micronutrients** (e.g., vitamin C, iron) are needed in trace amounts. A **caloric deficit** is often used in weight-loss contexts, and **satiety** refers to the sensation that reduces appetite after a meal, as in '*High-fibre foods promote satiety.*'

32. Processed: D • Wholesome: B • Refined: C • Fortified: A

Correct Matches:

- **Processed** → food
- **Wholesome** → meal
- **Refined** → sugar
- **Fortified** → cereal

✅ **Explanation:** These are fixed collocations in English. We say **processed food** to describe industrially altered products, a **wholesome meal** to emphasise nutritional quality and goodness, **refined sugar** to describe sugar stripped of nutrients, and **fortified cereal** to describe grain products with added vitamins or minerals, as in *'Fortified cereals are enriched with iron and B vitamins.'*

33. Veganism: C • Intermittent fasting: A • The Mediterranean diet: B

Correct Matches:

- **Veganism** → A lifestyle that excludes all animal products, including dairy and eggs
- **Intermittent fasting** → An eating pattern that cycles between periods of eating and deliberate fasting
- **The Mediterranean diet** → A dietary pattern rich in olive oil, fish, legumes, and fresh vegetables

✅ **Explanation:** **Veganism** goes beyond vegetarianism by eliminating all animal-derived foods. **Intermittent fasting** does not specify what to eat but rather *when* to eat, for example during a restricted 8-hour window. The **Mediterranean diet** is widely praised by nutritionists for its cardiovascular benefits, as in *'Studies consistently link the Mediterranean diet to reduced risk of heart disease.'*

34. Nourishing: A • Bland: D • Indulgent: B • Wholesome: C

Correct Matches:

- **Nourishing** → Nutritious
- **Bland** → Flavourless
- **Indulgent** → Rich and excessive
- **Wholesome** → Healthy and natural

✅ **Explanation:** **Nourishing** and *nutritious* both describe food that supports health. **Bland** food lacks taste or seasoning, as in *'Hospital food is often criticised for being bland.'* **Indulgent** foods are pleasurable but often high in fat or sugar, while **wholesome** suggests food that is natural, balanced, and good for you.

35. To cut down on: C • To overindulge in: A • To subsist on: B

Correct Matches:

- **To cut down on** → To reduce the amount of something consumed
- **To overindulge in** → To eat or drink far too much of something
- **To subsist on** → To survive by eating only a particular food or diet

✅ **Explanation:** **To cut down on** is commonly used in health advice, as in '*You should cut down on saturated fat.*' **To overindulge in** implies losing control or exceeding reasonable limits, while **to subsist on** often carries a sense of scarcity or hardship, as in '*They subsisted on rice and beans during the crisis.*'

36. Glycaemic index (GI): D • Dietary fibre: A • Antioxidant: B • Metabolism: C

Correct Matches:

- **Glycaemic index (GI)** → A scale that measures how quickly a food raises blood sugar levels
- **Dietary fibre** → An indigestible plant-based substance that aids digestion and gut health
- **Antioxidant** → A compound that protects cells from damage caused by free radicals
- **Metabolism** → The chemical processes by which the body converts food into energy

✅ **Explanation:** Foods with a high **glycaemic index** cause rapid spikes in blood sugar, as in '*White bread has a high GI.*'

Dietary fibre is found in vegetables, fruits, and whole grains. **Antioxidants** are abundant in berries and green tea, and **metabolism** varies between individuals, affecting how efficiently they process calories.

37. Nutritious: B • Temperate: C • Fresh: A

Correct Matches:

- **Nutritious** → Depleted of nutrients
- **Temperate** → Excessive in eating habits
- **Fresh** → Stale or preserved

✓ **Explanation:** **Nutritious** describes food that benefits the body, while its antonym implies food stripped of value. **Temperate** means eating in moderation and with self-control, as in '*A temperate diet is key to long-term health.*' Its antonym reflects overindulgence. **Fresh** food has not been processed or stored long-term, unlike stale or preserved alternatives.

38. Organic: D • Free-range: C • Low-sodium: B • Plant-based: A

Correct Matches:

- **Organic** → Produced without synthetic pesticides or artificial fertilisers
- **Free-range** → Describes animals raised with access to outdoor space rather than caged
- **Low-sodium** → Contains a reduced amount of salt, often recommended for heart health
- **Plant-based** → Made primarily or entirely from ingredients derived from plants

✓ **Explanation:** These are common food labelling terms. **Organic** products are regulated and certified, as in '*Organic farming avoids the use of chemical pesticides.*' **Free-range** typically applies to eggs and poultry. **Low-sodium** diets are prescribed for people with high blood pressure, and **plant-based** diets have grown in popularity for both health and environmental reasons.

39. To abstain from consuming alcohol: B • To adhere to a dietary regimen: A • To experience gastrointestinal discomfort: C

Correct Matches:

- **To abstain from consuming alcohol** → To give up drinking
- **To adhere to a dietary regimen** → To stick to a diet
- **To experience gastrointestinal discomfort** → To have an upset stomach

✓ **Explanation:**

These pairs illustrate the difference between formal, clinical language and everyday informal speech.

Abstain from consuming is used in medical or academic writing, while *'give up drinking'* is conversational.

Similarly, **adhere to a dietary regimen** appears in nutritional guidelines, whereas *'stick to a diet'* is commonly heard in daily conversation. Recognising register differences is a key B2 skill.

40. Excessive consumption of saturated fats has been linked to: D • A diet high in refined carbohydrates can contribute to: C • Adequate hydration is essential for: B • Fermented foods such as yoghurt and kefir are beneficial for: A

Correct Matches:

- **Excessive consumption of saturated fats has been linked to** → an increased risk of cardiovascular disease
- **A diet high in refined carbohydrates can contribute to** → rapid fluctuations in blood sugar levels
- **Adequate hydration is essential for** → maintaining kidney function and regulating body temperature
- **Fermented foods such as yoghurt and kefir are beneficial for** → promoting a healthy balance of gut bacteria



Explanation:

These sentence completions reflect well-established nutritional facts.

Saturated fats found in red meat and butter are associated with

cardiovascular risk. Refined carbohydrates cause rapid glycaemic spikes. Hydration supports multiple bodily systems, and fermented foods contribute to a healthy microbiome, which is increasingly recognised as vital to overall wellbeing.

Part 5: Sort the Values

41. Correct Answer: A well-balanced diet should include a variety of nutrient-rich foods.

✅ **Explanation:** The sentence follows standard declarative word order: **subject** (*A well-balanced diet*) + **modal verb** (*should*) + **base verb** (*include*) + **object noun phrase** (*a variety of nutrient-rich foods*). The compound adjective **nutrient-rich** is placed directly before the noun it modifies.

42. Correct Answer: Excessive consumption of processed foods has been linked to a range of chronic diseases.

✅ **Explanation:** This is a **passive voice** sentence in the **present perfect** tense. The structure is: **subject** (*Excessive consumption of processed foods*) + **has been** + **past participle** (*linked*) + **prepositional phrase** (*to a range of chronic diseases*). The phrase *linked to* is a common collocation in health and nutrition contexts.

43. Correct Answer: Despite being high in fat, avocados are considered an excellent source of healthy monounsaturated fats.

✅ **Explanation:** The sentence opens with a **concessive clause** using *Despite + gerund* (*Despite being high in fat*), followed by a comma. The **main clause** uses the passive structure *are considered* + **noun complement** (*an excellent source of healthy monounsaturated fats*). This pattern expresses contrast between expectation and reality.

44. Correct Answer: Nutritionists recommend cutting back on refined sugar to maintain a healthy body weight.

✅ **Explanation:** After the verb **recommend**, a **gerund phrase** (*cutting back on refined sugar*) is used as the direct object. The phrasal verb **cut back on** means to reduce consumption of something. The **infinitive of purpose** (*to maintain*) follows, explaining the reason for the recommended action.

45. Correct Answer: The glycaemic index measures how quickly carbohydrates in food raise blood sugar levels.

✓ **Explanation:** The main clause (*The glycaemic index measures*) is followed by an **embedded question** acting as a noun clause: *how quickly carbohydrates in food raise blood sugar levels*. In embedded questions, the **word order is not inverted** — the subject (*carbohydrates*) precedes the verb (*raise*), unlike in direct questions.

46. Correct Answer: If you are deficient in iron, you may experience persistent fatigue and difficulty concentrating.

✓ **Explanation:** This is a **first conditional** sentence expressing a real possibility. The **if-clause** (*If you are deficient in iron*) uses the present simple tense and is separated by a comma from the **main clause**, which uses the modal *may* + bare infinitive (*experience*). The adjective **deficient in** is a fixed collocation used in nutrition contexts.

47. Correct Answer: Fermented foods, such as yoghurt and kimchi, are known to promote a healthy gut microbiome.

✓ **Explanation:** The subject (*Fermented foods*) is followed by a **parenthetical phrase** introduced by *such as*, which provides examples and is set off by **commas**. The main verb structure **are known to** + infinitive expresses a widely accepted fact. *Such as* is preferred over *like* in formal written English.

48. Correct Answer: Not only does fibre aid digestion, but it also helps regulate cholesterol levels.

✓ **Explanation:** The sentence uses the **correlative conjunction** structure *not only ... but also* to add emphasis. When **Not only** begins a clause, **subject-auxiliary inversion** is required: *does fibre aid* instead of *fibre aids*. The second clause returns to normal word order: *it also helps regulate*. This structure is common in formal and academic writing.

49. Correct Answer: Adopting a plant-based diet has grown increasingly popular among people concerned about environmental sustainability.

✓ **Explanation:** The sentence begins with a **gerund phrase** (*Adopting a plant-based diet*) functioning as the **subject**. The verb **has grown** (present perfect) is followed by the adverb *increasingly* + adjective *popular*. The participial phrase *concerned about environmental sustainability* acts as a **postmodifier** for *people*, placed after the noun it modifies.

50. Correct Answer: Had the researchers controlled for dietary habits, the results of the study might have been more reliable.

✓ **Explanation:** This is a **third conditional** sentence using **inversion** to replace *If*. Instead of *If the researchers had controlled*, the auxiliary **Had** is fronted, triggering inversion: *Had the researchers controlled*. This formal, literary structure is common in academic writing. The main clause uses *might have been* + comparative adjective (*more reliable*) to express an unrealised past possibility.

Score Guide

45–50 Correct	Excellent! You have mastered this topic.
38–44 Correct	Very good! Review the rules you missed.
30–37 Correct	Good start. Re-read the lesson and examples.
0–29 Correct	Study the lesson again before retaking the test.