

Word/Phrase	Part of speech	IPA (UK)	IPA (US)	Definition	Sample sentence
Phrasal verbs					
carry on	phrasal verb	'kæri ɒn	'keri ɑn	to continue without stopping	He moved to New York to carry on his work.
clear up	phrasal verb	klɪər ʌp	klɪr ʌp	to make everything clean and neat again after making a mess	I'll clear up if you want to go to bed.
give up	phrasal verb	ɡɪv ʌp		to lose something, especially something you want to keep, to get something else or help someone	We gave up on the idea of walking and took the bus instead.
keep up	phrasal verb	ki:p ʌp	kip ʌp	to continue at the same high level	Keep up the good work.
let down	phrasal verb	let daʊn		to make someone disappointed by not doing something that they are expecting you to do	The families of the victims feel that the justice system has let them down .
put away	phrasal verb	pʊt ə'weɪ		to put something in the place where you usually keep it when you are not using it	He put the notebook away and stood up.
put off	phrasal verb	pʊt ɒf	pʊt ɔf	to decide to do something later, not now	You can't put off the decision any longer.
serve up	phrasal verb	sɜ:v ʌp	sɜ:rv ʌp	to put food into dishes so that it is ready to be eaten	Can you serve up the food while it's hot?
set up	phrasal verb	set ʌp		to organize or plan something such as an event or system	A movie night would be very easy to set up .
show up	phrasal verb	ʃəʊ ʌp	ʃou ʌp	arrive without making an appointment	There is no need to make a reservation – just show up on the night.
start off	phrasal verb	sta:t ɒf	start ɔf	to begin, especially in a particular way or by doing a particular thing	Many store managers started off as sales assistants.
stay in	phrasal verb	steɪ ɪn		to remain in your home for a period of time	I think I'd rather stay in tonight.
take off	phrasal verb	teɪk ɒf	teɪk ɔf	to become successful or popular very fast	Her business has really taken off .
try out	phrasal verb	traɪ aʊt		to test someone or something to see what they are like or whether they are suitable or effective	John hopes to try out his new running shoes this weekend.
turn down	phrasal verb	tɜ:(r)n daʊn	tɜrn daʊn	make something lower/ colder/quieter	Can you turn down the music a little?
work out	phrasal verb	wɜ:(r)k aʊt	wɜrk aʊt	find the answer by thinking carefully	I can't work out what to do.
Adjectives to describe food					
buttery	adjective	'bʌtəri		buttery food has a lot of butter in it, or tastes as if it has butter in it	The biscuits she made were delicious and buttery .
cheesy	adjective	'tʃɪzi		tasting like cheese	It has a very strong cheesy flavor to it.
chocolatey	adjective	'tʃɒkləti	'tʃəkləti	chocolatey food has a lot of chocolate in it, or tastes like chocolate	The cake is a bit too chocolatey for me.

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creamy	adjective	'krimi		a creamy substance is thick, soft, and smooth and does not flow easily	This sauce is so creamy .
delicious	adjective	dɪ'lɪʃəs		with a very pleasant taste or smell	This sauce is delicious with fish or vegetables.
disgusting	adjective	dɪs'gʌstɪŋ		extremely unpleasant	Those boxes of fish smelled absolutely disgusting .
fatty	adjective	'fæti		containing a lot of fat	Fatty foods are bad for you.
filling	adjective	'fɪlɪŋ		food that is filling makes you feel full quickly	This pie I ordered is very filling .
fruity	adjective	'fru:ti	'fruti	tasting or smelling like fruit	It is a fruity red drink.
meaty	adjective	'mi:ti	'miti	containing a lot of meat	That dish is very meaty .
mild	adjective	maɪld		does not have a strong taste	The curry is actually pretty mild .
milky	adjective	'mɪlki		something that is milky is the color of milk	She has milky skin.
nutty	adjective	'nʌti		containing nuts, or having the taste of nuts	The cookies were nutty .
oily	adjective	'ɔɪli		covered with oil, or containing oil	Oily fish such as mackerel or herring is good for you.
peppery	adjective	'pepəri		flavored with or tasting like pepper	There is a peppery taste to this.
runny	adjective	'rʌni		like a liquid	Do you like your eggs cooked hard or runny ?
salty	adjective	'sɔ:lti	'sɔlti	containing salt, or tasting like salt	The soup's a little salty .
savory	adjective	'seɪvəri		tasting of salt or spices and not sweet	I bought some savory snacks.
sour	adjective	'saʊə(r)	saʊr	with a taste like a lemon	The milk tasted slightly sour .
sticky	adjective	'stɪki		a sticky substance sticks to other things	This honey is very sticky .
watery	adjective	'wɔ:t(ə)ri	'wɔt(ə)ri	watery food or drink contains a lot of water and has a weak taste	They sell very watery coffee.
Waste					
cut down	phrasal verb	kʌt daʊn		to reduce an amount of something	These improvements will cut down on traffic noise.
garbage	noun	'gɑ:bɪdʒ	'gɑ:rbɪdʒ	things that you throw away because they are no longer useful	The streets were littered with garbage .
garbage can	noun	'gɑ:bɪdʒ kæn	'gɑ:rbɪdʒ kæn	a container for putting garbage in	It's time you threw those shoes in the garbage can .
get rid of	phrasal verb	get rɪd ɒv	get rɪd əv	to throw away, give away, or sell a possession that you no longer want or need	We're moving, so we have to get rid of a lot of our furniture.
recycle	verb	ri:'saɪk(ə)l		to change waste materials such as newspapers and bottles so that they can be used again	Japan recycles 40% of its waste.
reduce	verb	rɪ'dju:s	rɪ'dʊs	to make something smaller or less in size, amount, importance etc	Try to reduce the amount of fat in your diet.

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reuse	verb	ri:'ju:z	ˌriˈjuːz	to use something again, sometimes for a different purpose	My daughter reuses envelopes.
throw away	phrasal verb	θrəʊ ə'weɪ	θroʊ ə'weɪ	to get rid of something that you no longer want, for example by putting it in a garbage can	Have you thrown away the papers?
use up	phrasal verb	ju:z ʌp	juːz ʌp	to use all of a supply of something	We have used up all the sugar so you will need to get some more.
waste	noun	weɪst		failure to use something valuable in an effective way, so that it does not produce the benefits that it could	All this uneaten food – what a waste !