

- PREP. **beneath/under/underneath the** ~ *They said that he kept his money under the floorboards.*
- PHRASES **a gap between/in the floorboards** *She could hear voices through the gaps in the floorboards.*

flop *noun*

- ADJ. **almighty, big, resounding, spectacular** *The show was the biggest flop in TV history.* | **complete** | **expensive** *The concert may prove an expensive flop unless more people decide to go.*

flour *noun*

- ADJ. **strong** | **plain, self-raising** | **white, wholemeal** | **stoneground** | **unbleached** | **rice, rye, wheat, etc.**
- QUANT. **bag, packet, sack**
- VERB + FLOUR **use** | **add, blend, fold in, mix (in), rub sth in/into, stir (in)** *Blend the flour with a little milk to make a smooth paste.* ◊ *Rub the butter into the flour.* | **sieve, sift** *Sift the flour and salt into a bowl.*
- FLOUR + NOUN **mill**
- ⇒ Special page at FOOD

flourish *noun*

- ADJ. **final** | **dramatic, rhetorical, theatrical** *a speech full of rhetorical flourishes*
- VERB + FLOURISH **end in/with, finish with** | **start (off) with** | **sign with** *Bill signed on the bottom line with a flourish.*
- PREP. **with a** ~ *With a final flourish she laid down her pen.*
- PHRASES **a flourish of trumpets**

flout *verb*

- ADV. **deliberately, openly** *The protesters have openly flouted the law.*

flow *noun*

- ADJ. **heavy, large, massive** | **good** | **adequate** | **poor** *Our shower doesn't work very well because of the poor water flow.* | **main** | **increased, increasing** | **ceaseless, constant, continuous, endless** | **free, uninterrupted** *the uninterrupted flow of traffic* | **even, smooth, steady** *to maintain an even flow of work through the department* | **easy, natural** *I liked the concerto for its natural flow.* | **outward** *the outward flow of investment from the country* | **annual, daily, seasonal** | **data, information** | **air, blood, gas, lava, menstrual, river, water** | **capital, cash, financial, investment, production, trade**
- VERB + FLOW **have** *Big pension funds have a constant flow of cash.* | **get, obtain** *Squeeze the tube of sealant slowly to obtain an even flow.* | **allow** *We like to allow a free flow of ideas in our company.* | **produce, provide** *The system provides a continuous flow of information to the market.* | **keep, maintain** *He kept up a flow of chatter.* | **ensure** *You must use a wide pipe to ensure an adequate flow of water.* | **control, regulate** | **assist, encourage, facilitate, stimulate** *to encourage the flow of revenue into the country* | **enhance, improve, increase** *The company is trying to enhance its cash flow.* | **disrupt, impede, reduce, restrict, slow (down)** *The continual bombing disrupted the flow of supplies to the ground troops.* | **block, break (up), cut (off), halt, interrupt, staunch, stem, stop** *They tried to staunch the flow of blood.* | **divert** *The main flow of water has been diverted to a new course.* | **join** | **measure**
- FLOW + NOUN **rate** *The flow rate was measured at 9.5 litres per second.* | **chart, diagram**
- PREP. **against the** ~ *They have to swim against the flow of the river.* | ~ **around/round** *air flows around the wings of an aircraft* ~ **from** *First cut off the water flow from the*

boiler: ~into *She joined the flow of immigrants to the country.* ~ **through** *the flow of data through the system*

- PHRASES **changes in the flow** *Changes in the flow of patients have reduced the number of beds available.* **the ebb and flow** *the ebb and flow of the tide* ◊ *(figurative) He was at the mercy of the ebb and flow of public opinion.* **in full flow** *She tried to interrupt his speech, but he was already in full flow* (= talking continuously and not thinking of stopping). **the rate of flow** *the rate of flow of water*

flow *verb*

- ADV. **easily, freely, smoothly** *We talked, and the conversation flowed freely.* ◊ *Wine and beer flowed freely.* | **fast, swiftly** *The river flows quite fast here.* | **slowly** | **naturally** *In a good production of the play, the action and the words flow naturally.* | **directly** *Some of these changes will flow directly from the legislation.* | **constantly, continuously** | **away, back, in, out, past**
- VERB + FLOW **seem to** | **begin to, start to** | **continue to** *Imported food aid continued to flow in.*
- PREP. **across, along, between, down** *a small stream that flowed down the hillside from Blood was still flowing from the wound.* **into** *One day seemed to flow into the next.* **out of, over, through** *Information flows continuously through the network.* **to get blood flowing to the brain**

flower *noun*

- ADJ. **bright, brilliantly-coloured, colourful** | **fragrant, scented, sweet-scented, sweet-smelling** | **delicate, tiny** | **huge** | **lily-like, star-shaped, etc.** | **exotic, rare** | **alpine, garden, wild, woodland** | **autumn, spring, etc.** | **seasonal** | **out-of-season** | **beautiful, lovely, pretty** *What lovely flowers!* | **fresh** | **cut** *They sell a few pot plants, but they mainly sell cut flowers.* | **dried, pressed** | **dead** | **artificial, fake** | **closed, open** *The flowers were still tightly closed.* | **daffodil, tulip, etc.**
- QUANT. **bouquet, bunch**
- VERB + FLOWER **have, produce** *It has deep pink scented flowers.* ◊ *It was the first year that the cactus had produced flowers.* | **come into** *If the winter weather is mild, plants may come into flower too early.* | **pollinate** *The flowers are pollinated by insects.* | **press**
- FLOWER + VERB **go to seed, seed**
- FLOWER + NOUN **bud, head, petal, seed, stalk, stem** | **bed, border** | **arrangement, arranger, arranging** *I'm learning flower arranging.* | **display** | **pot** (also **flower-pot**) | **basket, container, vase** | **garden** | **festival, show** | **market, seller, shop, stall** | **garland, wreath**
- PREP. **in** ~ *It was June and the roses were in flower.*
- PHRASES **a bank/carpet/mass of flowers** *The alleys were adorned with banks of flowers.* ◊ *The forest floor was a carpet of wild flowers.* **covered in flowers** *The bush was absolutely covered in flowers.*
- ⇒ Note on page 316.

flu *noun*

- ADJ. **mild** | **gastric** | **summer**
- QUANT. **bout, dose** *She's had a nasty dose of flu.*
- VERB + FLU **be in bed with, be laid up with, have, suffer from** | **catch, contract, get, go down with**
- FLU + NOUN **bug, virus** | **epidemic** | **victim** | **vaccine** | **jab**
- ⇒ Special page at ILLNESS

fluctuate *verb*

- ADV. **considerably** | **sharply, widely, wildly** *Prices have fluctuated wildly in recent years.* | **constantly, continually** *constantly fluctuating patterns*
- PREP. **according to** *Traffic congestion fluctuates according to the time of day.* **around** *The number of boys at the school fluctuates around 100.* **between** *The number of unemployed fluctuates between two and three million.*

NOTE

Flowers

grow~

Tulips are grown everywhere.

breed~

She breeds orchids in her greenhouse.

plant, put in~

Autumn is the best time to plant peonies.

dig out/up, take out~

Dig up your geraniums before the first frosts.

spray, water~

It's a good idea to spray your roses against greenfly.

prune roses

deadhead~

Don't forget to deadhead the pansies.

pick (sb)~

I picked some daffodils for you.

smell~

He stopped to smell the flowers.

arrange~

She arranged the tulips in a vase.

bring/give/send/take (sb)~

He took her flowers and chocolates.

~grow

Daffodils grow wild in the mountains.

~be in flower, be/come out, (be in) bloom, come into flower, come out, flower

The spring flowers were just coming out.

What time of year do daffodils flower?

~smell

Some of these roses smell absolutely wonderful.

~close/open (up)

You know it's summer when the first daisies open.

~droop, wilt, wither

The petunias were already wilting in the hot sun.

~be over

It was April and the snowdrops were long over.

a bouquet/bunch/garland/posy/spray/vase of~
a spray of mixed violets and primroses

fluid *adj.*

- VERBS **be | become | remain | keep sth** *I think we should try and keep our arrangements fluid at this stage.*
- ADV. **extremely, highly, very** *It's a highly fluid situation. | fairly, quite, rather, relatively*

flurry *noun*

1 small amount of rain/snow

- ADJ. **snow**
- PHRASES **a flurry of rain/snow**

2 short sudden burst of sth

- ADJ. **brief, sudden** *There was a sudden flurry of interest in the book.*
- PREP. **~of**
- PHRASES **a flurry of activity/excitement**

flush *noun*

- ADJ. **faint, slight | deep, dull, pink, red, scarlet, warm | hectic, sudden** *a hectic flush of rising excitement | hot* *Hot drinks can cause sweating and hot flushes in the face and head.*
- VERB + FLUSH **feel** *She felt a dull flush of anger creeping into her face. | bring* *The promise in his voice brought a warm flush to her cheeks.*
- FLUSH + VERB **creep, rise, spread, suffuse sth** *A flush of embarrassment rose to her cheeks.*
- PREP. **~of** *There was a faint flush of colour on those pale cheeks.*
- PHRASES **(in) the first flush of enthusiasm, passion, youth, etc.** (= a time when enthusiasm, etc. is new, exciting and strong)

flush *verb*

- ADV. **deeply | a little, slightly | angrily, guiltily, painfully** *He made his excuses, flushing guiltily.*
- PREP. **with** *He flushed scarlet with embarrassment.*

flushed *adj.*

- VERBS **appear, be, feel, look | become**
- ADV. **deeply, extremely, very | a bit, faintly, a little, quite, slightly | unnaturally**
- PREP. **with** *Her face was flushed with embarrassment.*

flute *noun*

⇒ Special page at MUSIC

flutter *noun*

1 quick, light movement

- ADJ. **little**
- VERB + FLUTTER **give** *His heart gave a little flutter as the ladder slipped a couple of inches.*

2 state of nervous excitement

- VERB + FLUTTER **be in, feel** *She felt a flutter of excitement. | get in | cause*
- PREP. **in a~** *They arrived in a flutter. | ~of*

fly *noun*

1 insect

- VERB + FLY **swat** *I swatted the fly with a newspaper.*
- FLY + VERB **buzz** *A fly was buzzing against the window. | crawl | land (on sth), settle (on sth)* *A fly settled on the butter.*
- FLY + NOUN **larva | repellent, spray**

2 (also flies) on trousers

- ADJ. **button/button-up, zip/zipped**
 - VERB + FLY **button (up), do up, zip up | undo, unzip** *Do you know your flies are undone?*
 - FLY + NOUN **button**
- ⇒ Special page at CLOTHES

fluctuation *noun*

- ADJ. **considerable, large, marked, sharp, violent, wide, wild | local, minor | rapid | short-term | cyclical, periodic, regular, seasonal** *seasonal fluctuations in the demand for labour | random | climatic, currency, economic, exchange rate, market, price, temperature*
- VERB + FLUCTUATION **cause, produce** *factors which cause these exchange rate fluctuations | be subject to* *The number of students at a college can be subject to considerable fluctuation.*
- FLUCTUATION + VERB **occur** *the climatic fluctuations that have occurred over the last ten years*
- PREP. **~in** *There have been quite wide fluctuations in oil prices in recent years.*

fluency *noun*

- VERB + FLUENCY **achieve, acquire** *Some young children achieve great fluency in their reading.*
- PREP. **~in** *Fluency in spoken English is essential.*

fluid *noun*

- ADJ. **excess | amniotic, bodily/body, intravenous | brake, cleaning**
- VERB + FLUID **drink** *Change your diet and drink plenty of fluids. | lose | replace* *replacing vital body fluids and salts that are lost when you sweat | retain* *Retaining excess fluid could be a problem.*

fly *verb*

- ADV. **high, low** | **fast, slowly** | **about, around, past**
- PREP. **above** *We watched the birds flying high above us.*
- over** *an aeroplane flying low over the sea*

focal point *noun*

- VERB + FOCAL POINT **act as, become, form, make, provide (sth with), serve as**
- PREP. **~for** *The school provides a focal point for the local community.* **~in** *In what sense was the discovery of America a focal point in history?*

focus *noun***1** centre of interest/attention

- ADJ. **central, main, major, primary, prime, principal** | **important, special** | **greater, increased** | **clear, sharp, strong** *The company's restructuring is designed to give a sharper focus on key growth markets.* | **narrow** *I found the focus of the debate too narrow.*
- VERB + FOCUS **act as, give sb/sth, provide (sb/sth with), serve as** *Cities have always acted as the principal focus of political life.* | **change, shift** *At this stage of the trial the defence lawyer often shifts the focus onto the victim.* | **bring sth into** *This case has brought the problem of drug abuse in schools into sharp focus.* | **come into** *The question of compensation comes into focus.*
- FOCUS + VERB **be on sb/sth** *Our primary focus this term will be on group work.* | **shift** *The focus has now shifted towards the problem of long-term unemployment.*
- PREP. **~for** *She became a focus for all his anger.* **~on** *an increased focus on younger people*
- PHRASES **a change/shift of focus, the focus of attention** *He found he was now their main focus of attention.*

2 point/distance at which sth is clearly seen

- ADJ. **sharp** | **soft** *soft focus shots of cuddly animals*
- VERB + FOCUS **come into** *When I got glasses suddenly the whole world came into focus (= became clear to see).*
- PREP. **in~** *The binoculars were not in focus (= were not showing things clearly).* **out of~** *The children's faces are badly out of focus (= not clearly shown) in the photograph.*

focus *verb***1** give attention to sth

- ADV. **heavily, largely, mainly, particularly, primarily, principally** | **entirely, exclusively, solely** *The study focuses exclusively on secondary schools.* | **increasingly** | **fully** | **firmly** *The attention of the news media was firmly focused on the elections.* | **specifically** | **clearly** | **directly** | **closely, sharply** | **narrowly** | **initially** | **inevitably** *He inevitably focused on his own concerns, with only a passing query about Jeff.* | **traditionally** *Degree courses have traditionally focused on the established great writers of the past.*
- VERB + FOCUS **need to** | **try to** | **decide to** | **tend to** | **help (to)** *Think of some questions that will help focus the discussion.*
- PREP. **on/upon** *We need to focus upon the main issues.*
- PHRASES **highly/tightly focused** *The department undertakes highly focused research.* **narrowly focused** *The study was criticized for being too narrowly focused.*

2 direct your eyes towards sth

- ADV. **automatically**
- VERB + FOCUS **try to** *She blinked and tried to focus.*
- PREP. **on/upon** *The eye will automatically focus on the small group in the foreground.*

foe *noun*

- ADJ. **bitter, dangerous, deadly, formidable, implacable, terrible** *He knew that Carlton could be an implacable foe.* | **common** | **old** *playing in the final against their old foes Italy*

- VERB + FOE **vanquish** (*figurative*) *She had fought many battles, vanquished many foes.*
- PREP. **against a~** *to join forces against a common foe*
- PHRASES **friend and foe** *His newspaper articles criticized friend and foe alike.* **friend or foe** *She was unsure as yet whether he was friend or foe.*

fog *noun*

- ADJ. **dense, heavy, thick** | **freezing** | **patchy** *Drizzle and patchy fog are forecast.* | **swirling**
- QUANT. **bank, blanket, patch** *The town was shrouded in a thick blanket of fog.*
- VERB + FOG **be shrouded in**
- FOG + VERB **cover sth, lie, shroud sth** *A freezing fog lay over the valley.* | **close in, come down, descend, roll in** *A dense fog came down in the afternoon.* ◊ *A heavy fog rolled in from the sea.* | **clear, disperse, lift** *The fog had lifted by late morning.* | **drift, swirl** *fog drifting over the water* | **obscure sth** *A bank of fog obscured the farmhouse.*
- FOG + NOUN **patches**
- PREP. **in/into (a/the)~** *We got lost in the fog.* **through (a/the)~** *We drove slowly through the fog.*

foil *noun***1** metal in a thin sheet

- ADJ. **aluminium, gold, silver, tin** | **kitchen**
- QUANT. **piece, sheet** | **roll**
- VERB + FOIL **cover sth with, wrap sth in** *I wrapped the sandwiches in kitchen foil.*

2 sth that shows off the qualities of sth else

- ADJ. **good, ideal, perfect**
- VERB + FOIL **be, provide**
- PREP. **as a~** *She has used mosses as a foil for the brightly coloured flowers in the bed.* | **~for/to** *The couple provided the perfect foil for one another.*

fold *noun***1** part of sth folded

- ADJ. **billowing, loose, soft** *billowing folds of clouds* | **deep, heavy** | **neat** | **vertical**
- VERB + FOLD **be hidden behind/by/in** *The troops were hidden by the deep folds of the ground.* | **fall in, hang in ~s** *The fabric fell in soft folds.* ◊ *His face hung in heavy folds.*
- PREP. **in a/the~** *It was a solitary spot in a fold between two hills.* | **~in a fold in the land**
- PHRASES **folds of flesh/skin** *the loose folds of flesh under her chin*

2 the fold group of people who feel they belong

- ADJ. **international** | **family** | **Anglican, Catholic, etc.**
- VERB + FOLD **join** | **leave** | **come back into/to, return to** | **be back in** *The country is now firmly back in the international fold.* | **bring sb (back) into/to** *The indigenous people were brought into the Catholic fold.* | **accept sb back into, welcome sb (back) into** *His father finally accepted him back into the family fold.*
- PREP. **within a/the ~** *opposing viewpoints within the Anglican fold*

fold *verb*

- ADV. **carefully, neatly** | **deftly** *He deftly folded the typed sheets and replaced them in the envelope.* | **gently** *Her hands lay gently folded in her lap.* | **in half, in two** *She folded the piece of paper in half.* | **back, down, over** | **up** *I folded up the clothes and put them away.*
- PREP. **into** *She folded the clothes into a neat bundle.*

foliage *noun*

- ADJ. **bright** | **dense, heavy, luxuriant** | **dead** | **ever-**

green, year-round | grassy | spring, summer, etc. | tropical

folk (also folks) *noun*

- ADJ. **decent, good, honest, law-abiding** | common, everyday, ordinary *It's the ordinary everyday folk who come to shop at this market.* | **humble, simple** | friendly | rich | poor | working, working-class | elderly, old | young | black, white | men (also menfolk) *He described the customs of the menfolk of his family.* | city, country places that appeal to city folk | **local**
- VERB + FOLKS **visit** *I am going to visit my folks (= parents) at the weekend.*
- FOLK + VERB **live** *ordinary working-class folk who live near the factory* | **say sth, talk (of sth), tell (sb) sth** *Folks say that he is a hard man.* ◊ *If only I'd listened to the old folk telling their stories.*
- FOLK + NOUN **culture, customs, memory, myth, tradition, wisdom** *She had an interest in the folk customs of ancient societies.* | **story, tale** | **hero** *He is something of a folk hero in these parts.* | **art, dancing, music, singing** | dance, song | musician, singer | festival | medicine, remedy
- PHRASES **the folks back home** *The visiting team lost 3-0, dismayed the folks back home (= the people from the place the team had come from).*

folklore *noun*

- ADJ. **popular** | local | cricket, sporting, etc.
- VERB + FOLKLORE **be part of** | **become part of, enter (into), pass into** *The victory became part of sporting folklore.*
- FOLKLORE + VERB **have it that ...** *Local folklore has it that prehistoric men drove cattle over these cliffs.*
- PREP. **according to ~** *According to popular folklore, anyone who owns such a picture will have bad luck.* **in ... ~** *a character in American folklore*

follow *verb*

1 go after sb/sth

- ADV. **closely** *Johnson finished first, closely followed by Stevens and Higgins.* | **dutifully, obediently** *The dog followed obediently at her heels.* | **blindly** *She followed blindly, stumbling over stones in her path.* | **on** *You go ahead and we'll follow on later.*
- VERB + FOLLOW **beckon (to) sb to** *She beckoned him to follow her.*

2 happen after sth

- ADV. **closely, quickly, shortly, swiftly** *The next programme will follow shortly.* | **immediately** *in the period immediately following the election*

3 happen/be true as a result of sth

- ADV. **not necessarily** *It does not necessarily follow that sleep loss would cause these symptoms.*
- PREP. **(on) from** *Several conclusions follow on from his statement.*

4 accept advice/instructions

- ADV. **carefully** *Follow my instructions very carefully.* | **dutifully, obediently**

5 copy

- ADV. **faithfully** *The film follows the book faithfully.* | **blindly, slavishly** *It wasn't in his nature to follow blindly.* ◊ *slavishly following the views of his teachers*
- VERB + FOLLOW **be expected to, be likely to** *Banks are expected to follow the building societies in raising mortgage rates.*
- PHRASES **follow suit (figurative)** (= act or behave in the way that sb else has just done)

6 understand sth

- ADV. **not quite** *I'm sorry but I don't quite follow you (= understand what you are saying).*

- VERB + FOLLOW **be easy to** | **be difficult to, be hard to, be impossible to** *His argument was difficult to follow.*

follower *noun*

- ADJ. **ardent, close, enthusiastic, keen** *a keen follower of football* | **dedicated, devoted, devout, faithful, loyal, true** *a true follower of Islam* | **local** | sports | cricket, football, rugby, etc.
- QUANT. **band**
- VERB + FOLLOWER **have** *She still has many loyal followers.* | **attract** | **lead** *The myth says that he led a small band of followers to seek their fortune in distant lands.*
- PREP. **among sb's ~** *The king was not powerful enough to command respect among his followers.*

following *noun*

- ADJ. **big, considerable, great, large, mass, strong** | **limited, small** | **local** | **dedicated, devoted, faithful, fanatical, loyal** | **enthusiastic** | **personal** | **cult** *They enjoy a cult following in the UK.*
- VERB + FOLLOWING **command, enjoy, have** | **acquire, attract, build up, create, gain, gather**
- PREP. **~ among** *Top of the range Scotches attract a fanatical following among whisky buffs.*

follow-up *noun*

- ADJ. **long-term** | **immediate** | **six-month, two-year, etc.** | **regular**
- VERB + FOLLOW-UP **plan** | **write** *She is writing a follow-up to her best-selling novel.*
- FOLLOW-UP + NOUN **period** | **action, work** *After the report, advisers are expected to carry out follow-up work.* | **discussion, interview, meeting, session** | **visit** *You will receive a follow-up visit from the person conducting the assessment.* | **operation** *a follow-up operation to consolidate military successes* | **treatment** *They were attending hospital for follow-up treatment.* | **report, study, survey** *a long-term follow-up study of all children born in Great Britain in one week*
- PREP. **~to** *We are planning a follow-up to today's event.*

folly *noun*

1 lack of good judgement

- ADJ. **absolute, sheer** | **ultimate** | **youthful** | **human** | **economic, political**
- VERB + FOLLY **realize, recognize, see** *Suddenly she saw the folly of it all.* | **demonstrate, show** *These facts demonstrate the folly of the policy.* | **underline**
- PHRASES **an act of folly** *That would be an act of sheer folly!* **the folly of your ways** *They have finally seen the folly of their ways.* **the height of folly** *To sign away his rights to the book would have been the height of folly.*

2 building

- ADJ. **Gothic, Victorian** | **monumental** | **architectural**
- VERB + FOLLY **build**

fond *adj.* fond of sb/sth

- VERBS **be, feel, seem** | **become, grow** | **remain**
- ADV. **especially, extremely, genuinely, immensely, particularly, really, very** *She seems genuinely fond of the children.* | **quite, rather**

fondness *noun*

- ADJ. **great** | **certain, special**
- VERB + FONDNESS **feel, have**
- PREP. **~for** *I've always had a certain fondness for her.*

food *noun*

- ADJ. **delicious, excellent, good, superb, tasty, wonderful** | **favourite** | **decent** | **adequate, enough, suffi-**

FOOD AND COOKING

describing food

- moist, rich, sticky **cake**
- a delicious, rich **dessert**
- a classic, delicious, savoury, tasty **dish**
- a/an appetizing, delicious, excellent, healthy, nourishing, substantial, tasty, wholesome **meal**
- crisp, crunchy, fresh, green **salad**
- creamy, piquant, rich, spicy, sweet and sour, tangy, thick **sauce**
- a healthy, light, quick, savoury, tasty **snack**
- chunky, clear, creamy, hearty, thick, thin **soup**



a substantial meal

quantifiers

- | | |
|----------------------------|-----------------------------|
| • a clove of garlic | • a rasher of bacon |
| • a fillet of fish | • a sprig of parsley |
| • a knob of butter | • a stick of celery |
| • a pinch of salt | • a wedge of lemon |

preparation

- sprinkle, top with grated **cheese**
- beat, whisk **eggs**
- clean, fillet, gut, skin **fish**
- chop, cube, dice, marinate, mince, tenderize **meat**
- add, blend, combine, mix, pour in, stir in **ingredients**
- chop, peel **vegetables**

cooking

- melt, soften **butter**
- (hard/soft-)boil, fry, poach, scramble **eggs**
- bake, fry, grill, poach, steam **fish**
- brown, soften **onions**
- heat up, simmer **soup**; bring **soup** to the boil
- boil, parboil, steam **vegetables**
- preheat **the oven** to 450°
- lower, remove the pan from, take the pan off, turn down/up **the heat**

serving

- garnish with **herbs**
- sprinkle with **lemon juice**
- drizzle, pour **oil**
- drain **pasta**
- dress, toss a **salad**
- season (with **salt** and **pepper**) to taste

cient Everyone has the right to adequate food and clean water. | **ample** | **basic**, **everyday**, **staple** lower fat alternatives to everyday foods ◊ Retail prices of staple foods remain unchanged. | **plain**, **simple** | **exotic**, **speciality** | **fine**, **gourmet**, **quality** Our restaurant serves the finest food. | **cheap** | **bad**, **poor**, **unhealthy** | **healthy**, **nourishing**, **nutritious**, **proper**, **the right**, **wholesome** Healthy food can and should be delicious ◊ Lack of proper food led to much illness among seamen. ◊ It's important to get plenty of exercise and to eat the right foods. | **diet**, **health** Essential oils can be bought from most good health food shops | **rabbit**

(informal, disapproving) My father preferred to eat meat and hated rabbit food (= lettuce and other raw vegetables normally found in salads). | **fast**, **junk**, **snack**, **takeaway** | **hot** | **cold** | **raw**, **uncooked** | **leftover** | **rotten** | **fresh** | **natural** | **organic** | **frozen** | **canned**, **tinned** | **processed** | **convenience**, **ready-made**, **ready-prepared** | **fatty**, **fried**, **starchy**, **stodgy** She is trying to cut down on fatty foods. | **high-calorie**, **rich** Avoid rich foods like pastries. | **sugary**, **sweet** | **savoury**, **spicy** | **Greek**, **Indian**, etc. | **vegetarian** | **genetically-modified** Campaigners are challenging the safety of genetically-modified food. | **ani-**

mal, vegetable Omnivores are able to eat animal or vegetable food. | **solid** The baby refuses to swallow any solid food. | **baby** | **cat, dog, fish, pet** | **hospital, party, prison, pub, restaurant** | **imported**

• **QUANT.** **portion, plate** | **morsel, scrap** They moved from village to village begging scraps of food.

• **VERB + FOOD** **consume, eat, have** the amount of food that an average family consumes in a week ◊ You should eat more fresh foods. ◊ She had had no food for two days. | **enjoy, like** He obviously enjoys good food. | **live on** people who live on junk food | **be off, go off** The dog has gone off its food. | **avoid, cut down on, cut out** | **be/go short of, run short of** The city was under siege and began to run short of food. | **be without, go without, live without** We had been days without food. | **offer (sb)** The centre offers food and accommodation for students. | **give sb, provide (sb with), serve (sb), supply (sb with)** a restaurant that serves good healthy food ◊ Thanks to international aid, the town had been supplied with food for nine months. | **feed sb/sth (on)** He always fed Whiskers the best cat food. ◊ She fed her baby on wholesome food. | **handle** Always take great care when handling food. | **cook, do, make, prepare** A lot of people can't be bothered to cook good food. ◊ Who's doing the food for the party? | **smell, taste** Taste the food and tell me what you think. | **cut (up)** Please cut up the food for your baby sister. | **pick at** He had lost his appetite and picked at his food. | **play with** Stop playing with your food like a baby! | **chew** | **swallow** | **bolt, gulp (down)** She told the kids not to gulp down their food. | **digest** | **order** They sat down at the restaurant table and immediately ordered their food. | **grow** | **import** | **beg (for), hunt for, look for, search for, scavenge for** The female eagle broods and the male hunts for food. | **find** Most mammals use their sense of smell to find food. | **keep, store** Keep food fresher for longer with our new sealable containers. ◊ Bears store food for the winter. | **put out** He put out food for the birds. | **share**

• **FOOD + VERB** **smell, taste** Does the food taste good? | **be in short supply, be short** We have strikes, food is short and the queues grow longer. | **run out**

• **FOOD + NOUN** **resource, source, supply** Fruits are an important food source for bats. ◊ The seaside fish market is a ready food supply for scavenging seabirds. | **supplies** The UN has been issuing emergency food supplies to the refugees. | **stuff** (also **foodstuff**) Many basic food-stuffs, such as bread and milk, are tax-free. | **crop, plant** Peasants were encouraged to grow basic food crops such as beans and corn. | **product** The labels on food products give a lot of information about their nutritional content. | **consumption** | **intake** His doctor warned him to reduce his daily food intake. | **preparation** | **hygiene, safety** | **scare** There has been a food scare over salmonella in eggs. | **distribution** | **crisis, shortage** | **rationing, rations** | **industry, market** The country intends to increase its share of the European food market. | **manufacturing, production** | **company, manufacturer, producer** | **market, outlet, retailer, shop, store, supplier** Britain's first organic food market ◊ a fast food outlet | **prices** | **bill** I am trying to cut my weekly food bill by one third. | **policy** EU food policy | **poisoning** | **additives** | **colouring** | **processor** Blend the egg yolks, lemon juice and herbs in a food processor. | **chain** Plankton is at the bottom of the marine food chain.

• **PREP.** **for** ~ killing animals for food **without** ~ After three days without food, the men were close to starvation.

• **PHRASES** **food and drink** Gina had prepared food and drink for the work party. **food and water** Food and water were running out. **food and wine** The Dordogne region is famous for its food and wine. **a smell of food** There was a smell of food from the kitchen **a supply of food** The ocean provided the villagers with an endless supply of food. **the taste of food** the characteristic taste of our food

fool noun

• **ADJ.** **awful, big, bloody (taboo), damned, great, silly, stupid** You're an even bigger fool than I thought. | **absolute, complete, utter** | **poor** (= unfortunate) | **old** (= used to show sympathy, affection or a lack of respect) The poor old fool was imprisoned on my account. | **young** | **little** You silly little fool! | **court** court fools who used to provide entertainment in the royal court

• **VERB + FOOL** **feel (like)** I felt such a fool when I realized what I'd done. | **look (like)** They had left me looking like a fool. | **act (like), behave like, play** Stop behaving like a fool! ◊ He thought that being an actor only involved tap dancing and playing the fool (= acting in a childish/funny way). | **suffer, tolerate** She doesn't suffer fools gladly. | **call sb** | **take sb for** He had taken me for a complete fool. | **be no/nobody's** (= be too clever to be deceived by sb/sth) She's nobody's fool. She had the car checked by a mechanic before buying it.

• **PREP.** **like a** ~ Like a fool, I told her everything. | ~ **of a sth** That fool of a doctor has prescribed me the wrong medicine!

• **PHRASES** **make a fool (out) of sb/yourself** She was angry at having been made a fool of. **more fool (sb)** I thought it was safe to leave my suitcase there. **More fool me** (= I was stupid to think so).

fool verb

• **ADV.** **completely** | **easily** I'm not easily fooled by anyone, least of all you.

• **VERB + FOOL** **can't/couldn't** | **try to**

• **PREP.** **into** He fooled them into thinking he was a detective. **with** You can't fool me with all that nonsense!

• **PHRASES** **have sb fooled** She had me completely fooled for a moment.

foolish adj.

• **VERBS** **appear, be, feel, look, seem, sound**

• **ADV.** **exceedingly, extremely, incredibly, really, singularly, very** | **utterly** | a bit, a little, quite, rather, slightly, vaguely

foolproof adj.

• **VERBS** **be, look, seem** | **make sth** We're trying to work out a way to make the system foolproof.

• **ADV.** **absolutely, quite** | **nearily, pretty well, virtually** The system is pretty well foolproof.

foot noun

1 part of the body

• **ADJ.** **left, right** | **back, front** He shifted his weight onto his back foot. | **dainty (little), small** | **big, enormous** | **narrow, wide** | **flat** He was excused military service because of his flat feet. | **bare** It's dangerous to walk on the beach in/with bare feet. | **blistered, swollen** | **dirty, smelly, unwashed** | **booted, stockinged** the rumble of many booted feet on the bridge ◊ He padded across the room in his stockinged feet (= wearing socks but no shoes).

| **webbed** Ducks' webbed feet help them to swim. | **silent** He slipped across the corridor on silent feet. | **leaden** (figurative) He walked towards the examination room with leaden feet (= slowly). | **winged** (figurative) She flew on winged feet (= fast) up the narrow stair.

• **VERB + FOOT** **get to, jump to, leap to, rise to, scramble to** He got shakily to his feet. | **be on** I've been on my feet all day and I need to sit down for a rest. | **plant, put** I planted my feet firmly on the chair and reached up to the top window. ◊ She put her foot down on the accelerator and the car lurched forward. | **raise** He raised his foot off the accelerator pedal. | **stamp** | **swing** He swung a foot at the ball but missed completely. | **shuffle** | **drag** She dragged her