

Idioms: Food

Intermediate (B1-B2)



WARM-UP DISCUSSION

Discuss the following questions.

1. Can you think of any English idioms that include food? What do they mean?
2. Does your own language have any food-related idioms? Share one and explain its meaning.

PICTURE MATCHING

Match the food from the box to the correct images.

Cake

Bacon

Salt

Cookie

Beans

Butter

1



2



3



4



5



6



IDIOM COMPLETION & SENTENCE MATCHING

Part 1. Complete the idioms using the words from the box.

Cake

Bacon

Salt

Cookie

Beans

Butter

1. Spill the _____.
2. A piece of _____.
3. Take something with a pinch of _____.
4. _____ someone up.
5. Be a tough _____.
6. Bring home the _____.



Part 2. Match the sentence (1–6) with the correct response (A–F).

1. How was your driving test?
2. Did you read that report about miracle weight-loss pills?
3. Don't tell anyone, but Sarah's getting promoted.
4. Who pays the bills in your family?
5. The boss seemed very happy with you today.
6. After everything she's been through, she's still smiling.

- A. Honestly, it was **a piece of cake**.
- B. Oops... I think I just **spilt the beans** to Mark.
- C. My mum **brings home the bacon**.
- D. I'd **take it with a pinch of salt**.
- E. Well, I **battered him up** before the meeting.
- F. She's a real **tough cookie**.

DEFINITION MATCHING

Match each idiom to its correct definition. Can you guess any before looking at the options?

Bring home the bacon

Be a tough cookie

A piece of cake

Spill the beans

Take something with a pinch of salt

Butter someone up

1. _____ To reveal a secret unintentionally
2. _____ To earn the money needed to support oneself
3. _____ To flatter someone to gain their favour
4. _____ To treat information sceptically
5. _____ To be very resilient and strong
6. _____ To be very easy to do



SENTENCE GAP-FILL

Use the correct form of the idiom in brackets to complete each sentence.

1. Yesterday's test _____ (be a piece of cake).
2. I _____ (spill the beans) by mistake last week.
3. She _____ (bring home the bacon) since she started her new role.
4. We _____ (take something with a pinch of salt) ever since we heard the rumours.
5. He _____ (butter up) his boss yesterday to secure a raise.
6. Through all the setbacks, she _____ (be a tough cookie).

SENTENCE TRANSFORMATION

Rewrite the following sentences using the target idioms so that the meaning stays the same.

1. He accidentally revealed the secret plan.
2. The exam was very easy for her.
3. You should view that claim sceptically.
4. He complimented the director to get a promotion.
5. Despite the criticism, he remained unbothered.
6. She has to earn money to support her family.

SPEAKING

Answer each question using the target idiom.

1. Describe a task that was **a piece of cake** for you.
2. When have you accidentally **spilt the beans**?
3. Who **brings home the bacon** in your family, and how?
4. Which news sources do you **take with a pinch of salt**, and why?
5. Have you ever had to **butter someone up**? What did you say?
6. Talk about someone you consider a **tough cookie**.

SCENARIOS

Read each scenario below, then apply an idiom to the scenario.

Bring home the bacon

Be a tough cookie

A piece of cake

Spill the beans

Take something with a pinch of salt

Butter someone up

1. _____: Ben works long hours in a busy office, constantly competing with his colleagues for promotions. Despite the stress, he feels like he's just another face in the crowd, struggling to climb the corporate ladder. He rarely finds time for himself and wonders if it's worth it.
2. _____: John helps his family run a farm. Every morning, he lifts heavy equipment and carries loads of hay, always staying strong and steady. His strength is well-known in the village, and he can be counted on to get the toughest tasks done without breaking a sweat.
3. _____: Jenny wanted a pay rise, so she kept complimenting her boss's ideas during meetings and offering to make coffee for him every morning.
4. _____: Jane read an article online claiming that eating only cabbage soup for a week would make her lose 10 kilos. She told her colleague about it, but added that she doesn't really believe such extreme promises.
5. _____: Tom studied hard for his driving test. On the day, the questions felt easy, and he finished early with almost no mistakes.
6. _____: Sarah told her best friend she had a surprise birthday party planned for Emma. The next day, she accidentally mentioned it to Emma in conversation. Emma immediately knew the secret.

