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| **[Creating a dictionary of idioms with food words]** |
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A PIECE OF CAKE

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 The meaning:

When something is a piece of cake, it means it is easily obtained or achieved.

Examples:

 The boy found the project to be a piece of cake. It was incredibly easy for him.

 The Mathematics test was a piece of cake for me! I scored 95%!

 The lecture’s topic was too easy. In other words, it was a piece of cake!

MY CUP OF TEA



The meaning:

When you have an activity that you repeat again and again, because it suits you, this activity is your cup of tea.

Examples:

 I am very good at swimming. It’s my cup of tea.

 Daytime television isn’t my cup of tea.

 Thanks for your invitation, but I will pass, because basketball isn’t really my cup of tea.

 Shopping is my cup of tea!

 I don’t like spicy food; it’s just not my cup of tea.

BREAD AND BUTTER



The meaning:

When you have a profession that provides you with the money to earn your life.

Examples:

* I am a lawyer, but these days I work like a delivery guy for my bread and butter.
* I’m an artist at weekends, but being a manager is my bread and butter.
* When I asked my grandpa about his old work, he said that on those days his bread and butter was sailing.

 THE APPLE OF SOMEONE’S EYE



The meaning:

The most precious person in someone's life.

Examples:

 Family, especially my sister, is the apple of my eye.

 He has three children, but his youngest son is the apple of his eye.

 Buying him a new phone to replace his 3-months-old one, showed that his son is the apple of his eye.

HAVE A SWEET TOOTH



The meaning:

If you have a sweet tooth, you like sweet food very much.

Examples:

 Andrew loves chocolate and cakes; he has a sweet tooth.

 I have a sweet tooth, so it is difficult for me to give up eating chocolates.

 I have a sweet tooth and I will surely get fat!

THE SPICE OF LIFE



The meaning:

When you enjoy something in your life very much, this is the spice of your life.

Examples:

 For me, tennis is the spice of life.

 Football is the spice of his life. He plays all day with his friends.

 Friendship is the spice of life.

 Having fun, is always making my life more interesting; it’s the spice of my life!

FOOD FOR THOUGHT

 

The meaning:

If you give someone food for thought, you make them think carefully about something.

Examples:

 Books are good food for thought.

 To listen to her speak at such conferences, is real food for thought.

 The book about health, gave me food for thought.

 I am sure this report will give food for thought to these member states that have not signed yet.

SPILL THE BEANS

 

The meaning:

When you reveal a secret and create a lot of turmoil in a group of people.

Examples:

 We’ll all be there at 6 for the surprise party, so please don’t spill the beans and tell her.

 I trusted Kate with my secrets, but she spilled the beans!

 George doesn’t trust Bill anymore, as Bill always spills the beans and tells all George’s secrets to everyone in school.

 I don’t trust him to keep a secret. He will definitely spill the beans and tell everyone!

A COUCH POTATO



The meaning:

A couch potato is someone who is very lazy and idle.

Examples:

 If you continue sitting and watching a lot of television, you won’t have an active life and you will become a couch potato.

 It would be better for your health to do some exercise than being a couch potato.

 Bill is becoming a couch potato. He is watching TV all day, doing nothing else!

AS COOL AS A CUCUMBER!

 

The meaning:

When someone stays calm no matter what happens around him/her.

Examples:

 He was as cool as a cucumber even when he was caught red handed, stealing money from the drawer.

 On the first day of school, all the kids were anxious, but Jim walked in as cool as a cucumber.

 While all the pupils were clapping their hands, my friend Anna was as cool as a cucumber as if nothing had happened.