

“INTERNATIONAL CUISINE, COOKING VERBS, KITCHEN”

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Abstract: This article examines the importance of international cuisine in the process of learning English vocabulary. It focuses on the role of cooking verbs and kitchen items in expanding students' vocabulary and improving their communicative skills. Learning about different dishes from various countries helps students not only understand new words but also become familiar with different cultures. In addition, discussing favorite foods and cooking processes encourages active participation in the classroom. The study shows that using food-related topics in language teaching can make learning more interesting, practical, and effective for students.

Keywords: International cuisine, cooking verbs, kitchen items, vocabulary development, language learning, communicative competence, cultural awareness

The Concept of International Cuisine and Its Cultural Significance

International cuisine refers to foods and dishes that originate from different countries and cultures around the world. Today, due to globalization and cultural exchange, many national dishes have become popular beyond their countries of origin. For example, Italian pizza and pasta, Japanese sushi, Mexican tacos, and Indian curry are widely known and enjoyed in many parts of the world. These dishes represent not only food traditions but also the cultural identity of the nations they come from.

Food plays an important role in understanding different cultures. Through cuisine, people can learn about traditions, ingredients, cooking methods, and eating habits of other societies. For instance, sushi reflects the Japanese tradition of using fresh seafood, while pasta is strongly connected with Italian culinary culture. Therefore, international cuisine serves as a bridge that connects different cultures and promotes cultural awareness.

In language education, discussing international dishes can also help learners expand their vocabulary and improve communication skills. Students can learn the names of foods, ingredients, and cooking methods while also gaining knowledge about global cultures. As a result, the topic of international cuisine becomes both educational and engaging for language learners.

The Role of Cooking Verbs in Language Learning

Cooking verbs play a very important role in learning English vocabulary because they describe actions that people use in everyday life. Food preparation is a common activity in all cultures, and many conversations include topics related to cooking, eating, and recipes. For this reason, learning cooking verbs helps students understand practical language that can be used in real-life situations. These verbs help learners describe processes, give instructions, and explain how different dishes are prepared.

Cooking verbs are especially useful when students learn how to read and follow recipes in English. Recipes usually contain clear instructions that describe the steps of cooking. For example, a recipe may say: “First chop the vegetables, then fry them in a pan, and finally add salt and spices.” Without understanding these verbs, it would be difficult for learners to follow the instructions correctly. Therefore, teaching cooking verbs is an effective way to improve students’ comprehension and vocabulary skills.

There are many common cooking verbs that are frequently used in English. Some of the most popular verbs include *boil*, *fry*, *bake*, *chop*, *cut*, *mix*, *grill*, *roast*, and *steam*. Each of these verbs describes a different cooking method or action. Learning the meanings and uses of these verbs allows students to describe food preparation more accurately and clearly.

For example, the verb *boil* means to cook food in hot water. This method is often used for foods such as eggs, potatoes, rice, or pasta. A typical sentence could be: “Boil the eggs for about ten minutes until they are ready.” Another example is: “You should boil the pasta in salted water before adding the sauce.” These examples show how the verb *boil* is used in everyday cooking instructions.

Another commonly used verb is *fry*. Frying means cooking food in oil or fat, usually in a frying pan. Many people fry foods like eggs, fish, potatoes, or chicken. For instance, someone might say: “She fries eggs and sausages for breakfast every morning.” Another example could be: “First fry the onions in a pan, then add the meat and vegetables.” These sentences help learners understand how the verb *fry* is used in real situations.

The verb *bake* refers to cooking food in an oven using dry heat. Baking is commonly used for preparing bread, cakes, cookies, and other desserts. For example, people may say: “My mother bakes a cake every Sunday.” Another example is: “Bake the bread in the oven for thirty minutes.” Through these examples, students learn how baking is described in English.

In addition, verbs such as *chop* and *cut* are used during the preparation of ingredients. The verb *chop* usually means cutting food into small pieces with a knife. For instance, a recipe may say: “Chop the onions, carrots, and garlic before cooking the soup.” The verb *cut* is more general and can be used in many situations. An example sentence is: “Cut the tomatoes into thin slices.” Learning these verbs helps students describe the first stages of cooking.

Another important cooking verb is *mix*. This verb means combining different ingredients together so that they form one mixture. For example: “Mix the flour, eggs, milk, and sugar in a bowl to make the batter.” Another example is: “Mix the vegetables with olive oil and spices.” These sentences demonstrate how the verb *mix* is used in cooking instructions.

The verb *grill* is also very common, especially when cooking meat or vegetables over direct heat. Grilling is popular in many cultures, especially during outdoor cooking. For example: “They grill chicken and vegetables for dinner during the summer.” Another sentence could be: “Grill the fish for about five minutes on each side.” This verb helps learners describe a specific cooking technique.

Another useful cooking verb is *roast*. Roasting usually means cooking meat or vegetables in the oven for a long time. For example: “They roast chicken with potatoes for family dinner.” Similarly, the verb *steam* means cooking food using hot steam instead of oil or direct heat. A healthy cooking instruction might be: “Steam the vegetables to keep their natural flavor and nutrients.”

Using cooking verbs in examples and practice activities helps students understand their meanings more clearly. Teachers can encourage learners to describe the process of preparing a simple meal step by step. For instance, a student might say: “First wash the vegetables. Then chop the onions and carrots. After that fry them in a pan. Finally mix everything and cook it for ten minutes.” This type of activity allows students to practice both vocabulary and sentence structure.

Furthermore, cooking verbs are commonly used in everyday conversations, cooking shows, and food-related discussions. When learners become familiar with these verbs, they can easily understand recipes, cooking programs, and instructions in English. They can also talk about their favorite dishes and explain how they prepare them. For example, a student may say: “I like cooking pasta. First I boil the pasta, then I fry some vegetables and mix everything with tomato sauce.”

Kitchen Items and Their Vocabulary Importance

Developing Communicative Skills Through International Cuisine

International cuisine can play an important role in developing students' communicative skills in English. When learners discuss dishes from different countries, they have the opportunity to use new vocabulary and express their personal opinions. Talking about food is a common and interesting topic that encourages students to participate actively in conversations. For example, students may say: “I like sushi because it is fresh and healthy,” or “Pizza is one of the most popular foods in the world.” Such discussions help learners practice speaking and improve their confidence in using English.

In addition, teachers can organize classroom activities where students describe their favorite dishes or explain how to cook a simple meal. These activities allow learners to use cooking verbs, food vocabulary, and simple instructions in meaningful communication. As a result, the topic of international cuisine not only enriches vocabulary but also supports the development of communicative competence.

In conclusion, the topic of international cuisine is very useful in the process of learning English. It helps students learn new vocabulary related to food, cooking verbs, and kitchen items. At the same time, it encourages students to communicate and share their ideas about different dishes and cooking traditions.

Moreover, using food-related topics in language teaching can make lessons more interesting and practical. Students become more motivated when they learn vocabulary that

is connected with real-life situations. Therefore, integrating international cuisine into language education can improve both vocabulary knowledge and communicative skills.

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