

# Food Idioms

Reading A-Z Vocabulary Book

Word Count: 240



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VOCABULARY

# Food Idioms



Written by Courtney Silk  
Illustrated by Marcus Cutler

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## Walk on eggshells

*Definition:* to be careful not to upset someone or something

After Emily's team lost the championship, her family had to **walk on eggshells** around her.

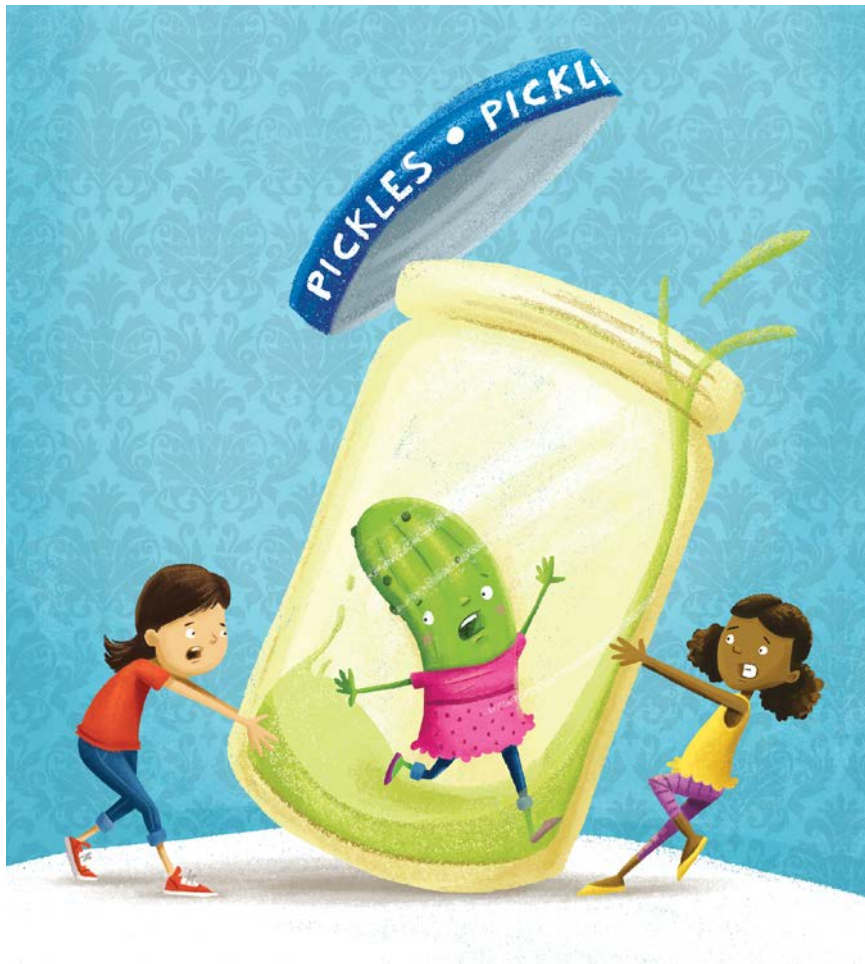


## Couch potato

*Definition:* someone who is lazy or inactive; especially one who prefers to spend time watching television

Kyle would rather be a **couch potato** than run with his sister.





## In a pickle

*Definition:* in a difficult situation

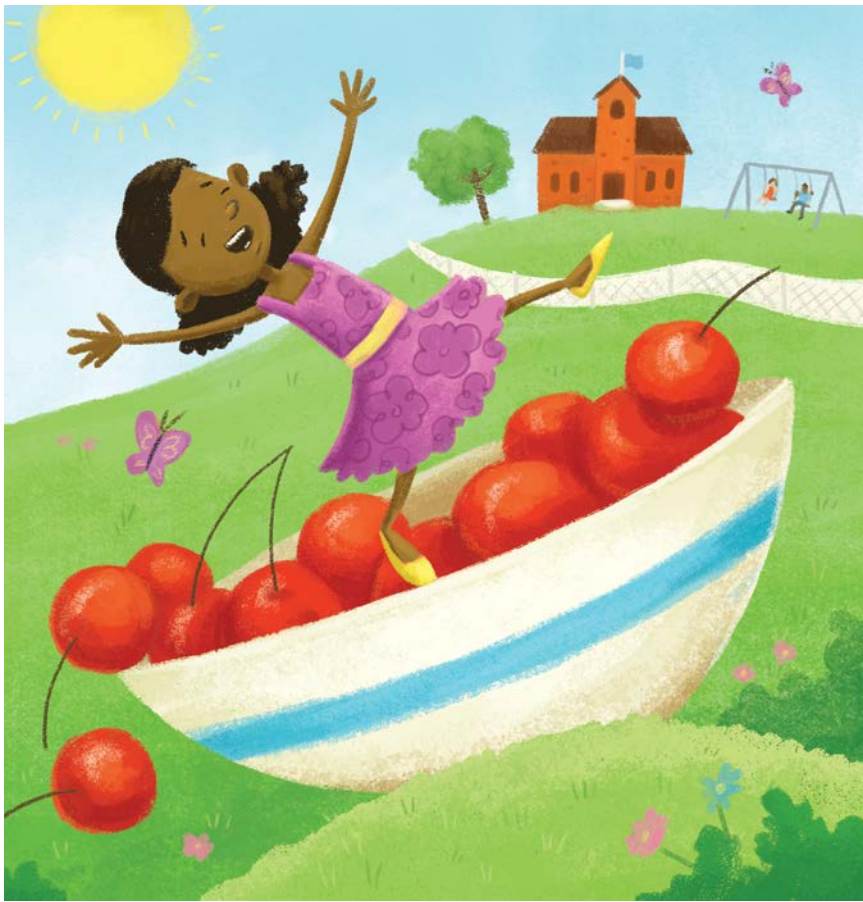
Isabelle was **in a pickle** when she forgot that she made plans with two friends on the same day.



## Don't cry over spilled milk.

*Definition:* Don't be upset about something that has already happened and cannot be changed.

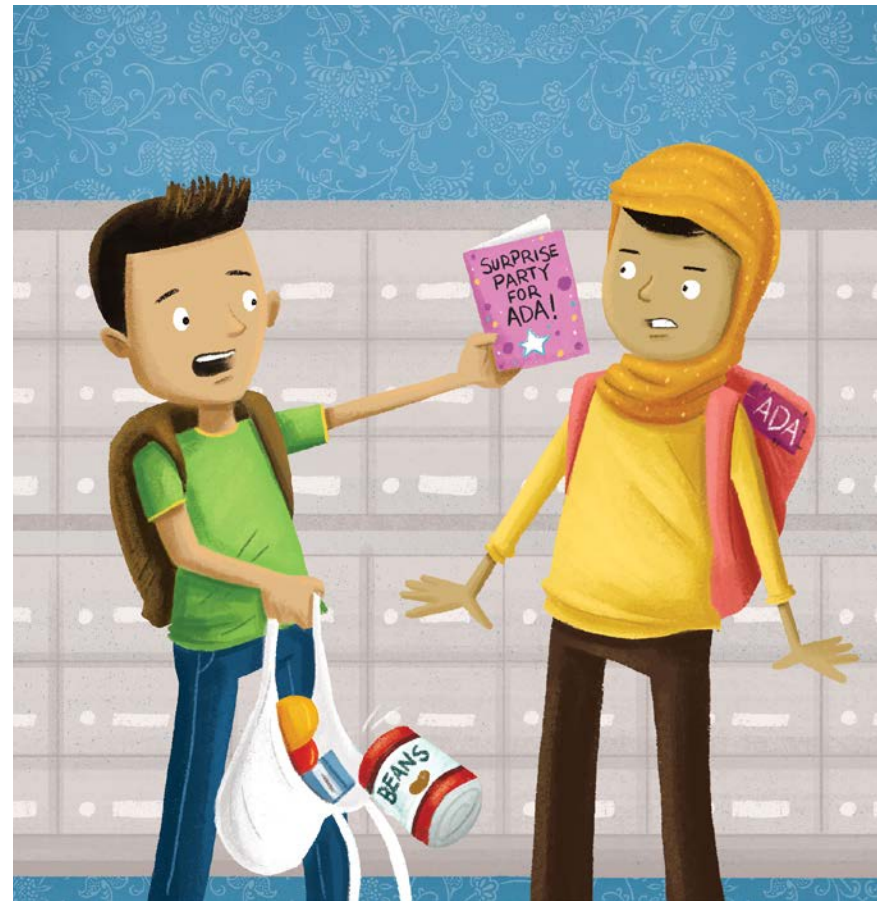
Maisy told Molly **not to cry over spilled milk** when Max stepped in her bowl.



**Life is just a bowl of cherries.**

*Definition:* Everything is going very well.

On the first day of summer vacation, **life was just a bowl of cherries** for Ashlyn.



**Spill the beans**

*Definition:* to share information that is secret

Brady **spilled the beans** about Ada's surprise party when he showed her the invitation.

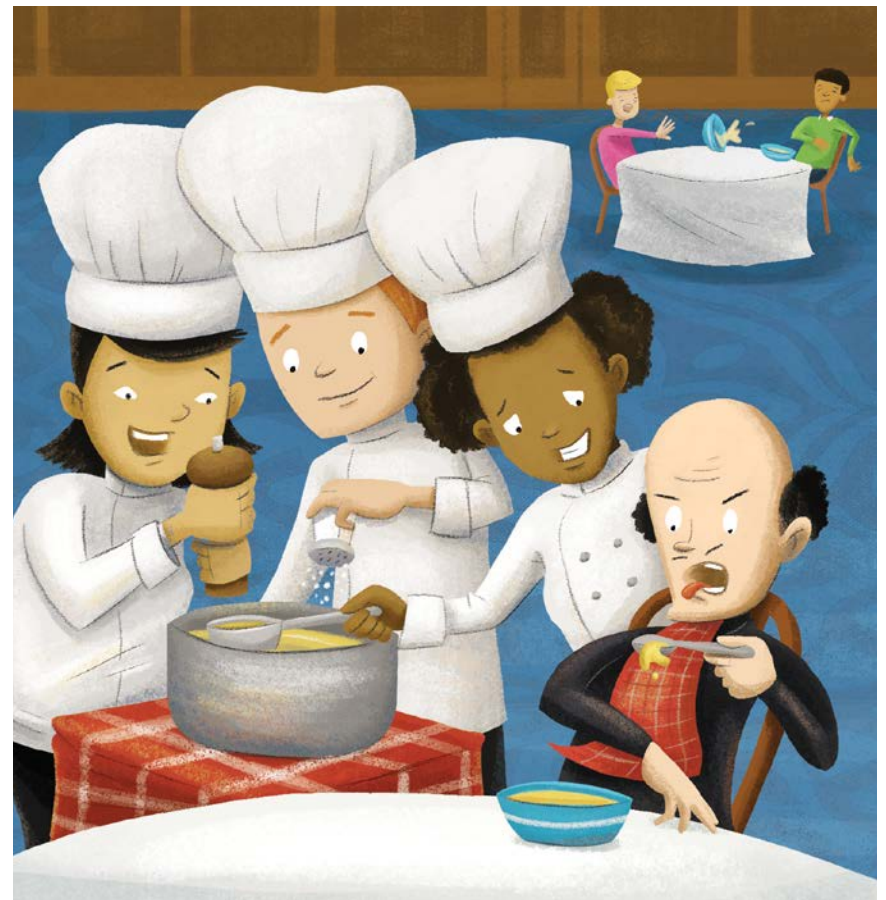




**An apple a day keeps  
the doctor away.**

*Definition:* Eating good food helps  
one stay healthy.

Dr. Smith can take long vacations  
because her patients know that **an  
apple a day keeps the doctor away.**



**Too many cooks spoil the broth.**

*Definition:* Too many people  
working on something can ruin it.

**Too many cooks spoiled the broth**  
at the new restaurant, and it closed  
after one day.