

**Espressioni idiomatiche con i nomi dei cibi o della cucina.**  
**IDIOMS with names of food**

1. Che **pizza!**

*What a bore!*

2. Qualcosa bolle **in pentola.**

*(something is boiling in the pot)*

*Something is going on.*

3. Non ti perdere in un **bicchiere d'acqua.**

*Don't lose yourself in a glass of water.*

4. L'appetito vien **mangiando.**

*Appetite come while eating.*

5. **A tavola** non s'invecchia

*(At the table time stands still)*

6. Dire **pane al pane e vino al vino**

*Call a spade a spade/ tell it like it is*

7. Ha molto /poco **sale** in zucca

*(doesn't have much common sense)*

8. Sono rimasto/a **salato/a.**

*(I was left salted)*

*(I was left speechless)*

9. Sono rimasto/a **lessato/a.**

*(I was left boiled)*

*(I was left dumbfounded)*

10. Essere tutto **pepe.**

*(to be really vivacious)*

11. Buono come **il pane.**

*(good-hearted person)*

12. render **pane** per focaccia

*(to give tit for tat)*

13. togliersi **il pane** di bocca.

*(take away bread from one's mouth)*

*(to make all sorts of sacrifices)*

14. trovar **pane** per i propri denti

*(to meet one's match)*

15. esser **una pasta** d'uomo

*(to be gentle and kind person)*

16. mangiar **la pappa** in capo a qualcuno.

*(pappa is food in baby talk /to eat off of someone's head)*

*(to be taller and smarter than someone else)*

17. aver **la pappa** scodellata

*(to have the meal readymade)*

*(to obtain things without effort)*

18. essere una **patata lessa**

*(to be a boiled potato)*

*(to be good for nothing)*

19. essere **un broccolo/un salame/ un carciofo**

*(to be a broccoli, a salami an artichoke)*

*(to be clumsy and lazy - a dud)*

20. non esser né **carne** né **pesce**

*(be neither fish nor fowl)*

21. esser come **il prezzemolo**

*(to be like parsley)*

*(to be ever present)*

22. esser **salato**

*(to be expensive)*

23. camminare **sulle uova**

*(to act very carefully)*

24. esser pieno come **un uovo**

*(to be full to the brim)*

25. rompere **le uova** nel paniere.  
(to break eggs in the basket)  
(to spoil one's plans)

26. meglio **un uovo** oggi che una  
**gallina** domani  
(better an egg today than a hen  
tomorrow)  
(it is better to take advantage of an  
opportunity now than letting it pass  
hoping for a better one in the future)

27. mandare a farsi **friggere**  
(send someone off to fry themselves)  
(to tell someone off, to send him  
packing)

28. un **fritto misto**  
(a mix of fried foods)  
(a mix of any kind of unrelated people,  
things or words)

29. **mangiare** a quattro palmenti.  
(to eat heartily)

30. **mangiare** a ufo  
(to eat for free)

31. molto fumo e poco **arrosto**  
(much smoke and no roast)  
(all bones and no meat)

32. cadere **dalla padella alla brace**.  
(to fall from the pot into the fire)  
(to worsen one's situation)

33. come il **cacio** (cheese) sui  
maccheroni.  
(like cheese on pasta)  
(just perfect)

34. al contadino non far sapere quant'è  
buono **il cacio con le pere**.  
(don't let the farmer know how good  
cheese tastes with pears)  
(hide your privileges from those who  
could want to have part of them)

35. metter troppa **carne** al fuoco.  
(to put/have too many irons/meat on  
the fire)

36. non me ne importa **un cavolo!**  
(couldn't give a cabbage)  
(I don't give a darn!)

37 ci sta come **il cavolo** a merenda.  
(it's like cabbage for midafternoon  
snacks)  
(to be totally out of place)

38. non essere **farina** del mio sacco.  
(to not be flour from one's sack)  
(said of something one cannot claim  
credit for)

39. essere alla **frutta**.  
(to have reached the end... of the meal)  
(to be exhausted)

40. andar liscio come **l'olio**.  
(to go as smooth as oil)  
(to work out beautifully, to go as  
smooth as silk)