



# HEALTHY & WISE

## ( READING COMPREHENSION )

**Success criteria :**

- a. I can read and comprehend the reading text.
- b. I can match the vocabulary to the correct meaning.
- c. I can answer questions based on the text.

**Read the text in the video below.**



**A) Based on the reading text, try to match the following words to their correct meaning.**

|    |                |
|----|----------------|
| 1  | tasted         |
| 2  | nutritious     |
| 3  | methods        |
| 4  | appliances     |
| 5  | tasty          |
| 6  | yesteryears    |
| 7  | charcoal       |
| 8  | pound          |
| 9  | marinate       |
| 10 | raw            |
| 11 | wrap           |
| 12 | freshly picked |

|                                                                     |
|---------------------------------------------------------------------|
| Last year or the recent past                                        |
| Devices or piece of equipment designed to perform a specific task.  |
| To cover or enclose in another material.                            |
| A porous black solid, usually for barbecuing.                       |
| Containing many of the substances needed for life and growth        |
| Having pleasant or distinct flavour (for food)                      |
| To soak (meat, fish, or other food) in a marinade                   |
| To put food or drink in your mouth to find out what flavour it has. |
| Not cooked                                                          |
| Newly plucked                                                       |
| Particular procedure to do something                                |
| To crush or grind (something) into a powder or paste                |

B) Answer the following questions. Refer to the text to look for answers. Please answer in complete sentence.

*Jawab soalan berikut. Rujuk petikan m/s 64 untuk jawapan. Sila jawab menggunakan ayat lengkap.*

1. What is the passage about?  
A. great grandparents  
B. appliances  
C. food  
D. spice
2. What is the purpose of a pestle and mortar?  
A. Cooking  
B. Grilling  
C. picking  
D. Pounding
3. Why did food taste better in the old days? (There are plenty of answers for this question. Just choose and type the answer that you think is the most suitable)
4. Name electrical appliances that did not exist in the old days.
5. What electrical appliances that you have in your kitchen? (HOTS / use your answer)
6. Would you be able to live a life without technology and modern inventions? Why? (HOTS)