

Complete the table.

Verb	Noun	Adjective
satisfy		,
educate		,
impress		
create	,	
depend		
act	,	
-		able
-	health	

AN ESSENTIAL SKILL

Are you looking for a new free-time (1) ?

You might want to consider learning to cook! Having the

(2) to cook is an important life skill.

Learning how to cook can give you a great sense of

(3) because you know you can take care of

yourself. This definitely helps when it's time for you to

leave home! It's great for your social life too – inviting some friends round for a meal you've prepared is pretty

(4) and you will find that producing something from raw ingredients gives you great

(5) . Trying new recipes is a great

opportunity for you to develop your (6) in

the kitchen and learn what flavours you really like. Apart

from the pleasure you'll get from cooking, your meals will

be much (7) than packaged foods and

pre-prepared meals. Learning to cook should be part of

every young person's (8) .

ACTIVE

ABLE

DEPEND

IMPRESS

SATISFY

CREATE

HEALTH

EDUCATE