

People usually enjoy ¹ice cream in the summer because it is cold, in the same way they enjoy hot tea or ²_____ in the winter. But did you notice that some food is not really hot or cold but makes you feel like that? For example, in some hot countries ³_____ lemonade is very popular. It's a cool, refreshing ⁴_____. But does this herb really make your mouth cold?

When you ⁵_____ mint flavours, your mouth sends a message to your brain: 'Hey, that feels cold!' In fact, it's a 'trick' because the temperature in your mouth doesn't change. Spicy ⁶_____ do the opposite, they make you feel hot. Take chilli con carne, for example — a famous Mexican dish with meat — usually ⁷_____ and beans, served with rice. ⁸_____ doesn't really make you hot. But it makes you FEEL hot.

