

**PBD YEAR 6****READING (2.2.4):** *Able to apply dictionary skills to identify and understand meaning of words in context.*

In the old days, food tasted better and was more **nutritious**. This is because of the cooking **methods** our great grandparents used. There no modern **appliances** like microwave ovens, food processors or automatic cookers like what we use today. Food may be cooked faster in modern times, but it not as **tasty** or nutritious as the food our grandparents cooked.

In yesteryears, our grandparents used **charcoal** to cook. They would use a **pestle and mortar** to **pound** their spices. The spices were then used to **marinate raw** food such as fish and chicken or to cook curries. They would wrap fish in banana leaves before grilling the fish over a fire. They also cooked vegetables which were **freshly** picked from their own gardens.

Thus, the nutritional value in the food was maintained and it tasted better.

Match the highlighted vocabulary with the correct meaning.

nutritious
methods
appliances
raw
freshly
pestle and mortar
marinate
charcoal
tasty
pound

not cooked
delicious
recently
soak in a marinade
a hard, black substance
hit heavily
devices
a set of two simple tools used to prepare ingredients.
nourishing
particular procedure to accomplish something.