



YEAR 6

Unit 7:

Healthy and Wise

READING TASK
Textbook page 64

LIVEWORKSHEETS

Reading text

In the old days, food tasted better and was more nutritious. This is because of the cooking methods our great grandparents used. There were 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 is not as tasty or nutritious as the food our great grandparents cooked.

Meanings:

1. tasted : berasa
2. nutritious : berkhasiat
3. cooking methods :
cara memasak
4. modern appliances:
perkakas/peralatan moden

LIVEWORKSHEETS

Modern appliances



microwave oven



food processor



automatic cooker

 **LIVEWORKSHEETS**

Reading text

In yesteryears, our great 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.

Meanings:

1. used charcoal :
menggunakan arang
2. pound their spices:
menumbuk rempah
3. marinate raw food:
perap makanan mentah
4. wrap: balut
5. were freshly picked:
dipetik segar

 **LIVEWORKSHEETS**

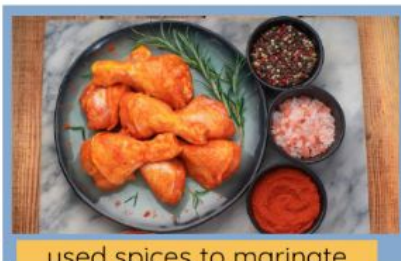
In yesteryears...



used charcoal to cook



used a pestle and mortar
to pound the spices



used spices to marinate
raw food



used banana leaves to
wrap fish



LIVEWORKSHEETS

Reading text

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

Benefits of using
traditional cooking
methods

The nutritional value
in the food was
maintained.

It tasted better.

Meanings:

1. nutritional value:
nilai nutrien/ khasiat/
pemakanan
2. was maintained:
telah dikekalkan
3. tasted: berasa

LIVEWORKSHEETS

A. Read the sentences and match them correctly.

1. Charcoal is used to...

cook foods.

2. A pestle and mortar is used to...

marinate raw foods.

3. Banana leaves are used to...

pound the spices.

4. Spices are used to...

wrap the fish.

B. Answer the questions.

1. What is the purpose of using charcoal?

Charcoal is used to cook foods.

2. What is the purpose of a pestle and mortar?

3. What is the purpose of using spices?

4. What is the purpose of using banana leaves?

C. Answer the questions.

1. **What** is the passage about? (petikan tentang?)
- A. great grandparents C. food
B. appliances D. spice

2. **Why** did food taste better in the old days?
-

3. List three modern appliances that can be used in cooking.

- i. -----
ii. -----
iii. -----