BIY6

UNIT	:	7 Healthy and Wise
AIM	:	Reading comprehension

Read the text and answer the comprehension questions correctly.

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 as tasty or nutritious as the food our great grandparents cooked.

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.



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



Signature:

Teacher _____

Date :

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LIVEWORKSHEETS

BIY6

UNIT	:	7 Healthy and Wise	
AIM	:	Reading comprehension	Skill : 2.2.3(a)(c)

Tick (/) the correct answer.

1. The passage is mainly about .....

great grandparents	
food	
spice	

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

cooking	
grilling	
pounding	

Exercise B : Write your answer in the space provided.

3. Why did food taste better in the old days?

_____

4. Name the electrical alliances that did not exist in the old days?

i) _____

ii) _____

iii) _____

5. Would you be able to live without technology and modern inventions? Why?

_____

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