

PRACTICE MAKES PERFECT!

EXERCISE 1

Complete the text with **used to / didn't use to** and the verbs in brackets.

In the old days, food **(1) used to taste** (taste) better and **(2)** _____ (be) more nutritious. This is because of the cooking methods our great grandparents

(3) _____ (follow). They **(4)** _____ (have) modern appliances like microwave ovens, food processors or automatic cookers like what we use today. We

(5) _____ (cook) food faster in modern times, but it is not as tasty or nutritious as the food our great grandparents **(6)** _____ (cook).

In yesteryears, our great grandparents **(7)** _____ (use) charcoal to cook. They also **(8)** _____ (have) a pestle and mortar to pound their spices. The spices were **(9)** _____ (marinate) raw food such as fish and chicken or to cook curries. They were **(10)** _____ (wrap) fish in banana leaves before grilling the fish over a fire. They also **(11)** _____ (cook) vegetables which were freshly picked from their own gardens.

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