

# Food for thought

## Why we love watching cooking programmes on TV

1. Reality TV has never been more popular. We've seen people on dates, at the doctor's and moving to a new house. But surely the most popular topic for reality TV shows is food. And when food and cooking are combined with a **competition** for prizes, it's a **winning formula**. One of the longest running shows **features** different people taking turns to cook each other meals. Each meal is scored and the **host** with the highest score wins some money at the end of the week.
2. So why do we enjoy these shows so much? Well, there are several reasons. First of all, we all think we can do better. When we watch the host cutting up some vegetables or mixing in the egg whites, we like to think, "That's not the right way to do it!"
3. We also enjoy watching the guests eating ... or not eating. Some of the food is amazing and guests pig out happily, while others pick at their salad, saying, "I don't really like vegetables." Sometimes guests are on **special diets**: "I gave up meat ten years ago", or "I'm trying to cut down on sugar." This creates a big **challenge** for the hosts, who may have to produce two different dishes.
4. Some of the more "creative" hosts have not even **bothered** to cook! They've just picked up a takeaway to heat up for their guests. They don't usually win the prize money, though.
5. And what about the arguments? The TV producers like to turn up the heat by putting people together who have very different ideas about life. We love watching the "discussions" that result.
6. Will we ever get tired of this type of programme? My guess is no, because within this format, there are so many **variations** in food, people and homes. In my opinion, this type of TV show is even better than eating out at a fancy restaurant!

## Reading

Read the article about dinner party reality shows and answer the questions.

Why do we enjoy watching people prepare food?

1. \_\_\_\_\_

Do the guests always enjoy the food?

2. \_\_\_\_\_

What happens if people don't cook the food themselves?

3. \_\_\_\_\_

How do the TV producers make sure the shows are interesting?

4. \_\_\_\_\_

How does the writer feel about this type of TV show?

5. \_\_\_\_\_