

## INTRODUCTION

## Reading

## 1 Read the introduction to a recipe book.

## Who is it for?

- a people who want to cook something new
- b people who don't know how to cook
- c people who don't have a lot of time

## 2 Read the introduction again. Match paragraphs 1–5 with headings a–e.

- a Why learn? \_\_\_\_\_
- b Using recipes \_\_\_\_\_
- c The things you need \_\_\_\_\_
- d Try new ideas \_\_\_\_\_
- e Some basic ingredients \_\_\_\_\_

## 3 Read the introduction again. Are the statements true (T) or false (F)?

- 1 Cooking is difficult. \_\_\_\_\_
- 2 You need to buy good knives. \_\_\_\_\_
- 3 You don't need to buy everything at first. \_\_\_\_\_
- 4 Only use the recipes in the book. \_\_\_\_\_
- 5 Remember to follow the recipes when you start learning to cook. \_\_\_\_\_
- 6 Some ingredients mix well with other ingredients. \_\_\_\_\_
- 7 It's best to cook alone. \_\_\_\_\_

## 4 Find words 1–5 in the introduction and match them with meanings a–e.

- 1 ingredients (paragraph 1) \_\_\_\_\_
- 2 set (paragraph 2) \_\_\_\_\_
- 3 recipe (paragraph 4) \_\_\_\_\_
- 4 amount (paragraph 4) \_\_\_\_\_
- 5 experiment (paragraph 5) \_\_\_\_\_
- a instructions telling you how to make a dish
- b try new things
- c the number of things
- d the kinds of food you use to make a dish
- e a group of things which are similar



**N**owadays, it's easy to buy our meals quickly and cheaply. We don't need to spend hours in the kitchen preparing meals. So why cook? Cooking your own meals is easier than you think. It's also fun and interesting. As you learn about different ingredients and ways of cooking, your meals become more delicious. So how do you start?

**2**First of all, you need a few knives. These are important, so make sure you buy a good set. You also need things to cook with and a good oven. Don't buy a lot of things at first. Keep it simple and just buy what you need.

**3**There are a few basic things you need for every recipe: salt, pepper and oil. You might need a few other things, but don't buy everything at first. Over time, buy what you need for every recipe you use.

**4**Only choose a few simple recipes to start with. You can find a lot of simple recipes in this book, but you can also look on the internet. There are a lot of free recipes there. When you start cooking, follow the recipes exactly. Use exactly the amounts the recipes say to use and cook things for exactly the amount of time the recipes say. Try to remember what things go well with other things. For example, parmesan cheese often goes well with lemon.

**5**Don't be afraid to try new things as you learn more about cooking. You can change recipes that you cooked before, or you can experiment with different kinds of food. You can also create a recipe of your own. Share your ideas online or with friends and ask other people to share their ideas with you. Cooking is a great way to make friends and enjoy your food together!