

4 Good taste

Reading

1 Why is food an important part of everyone's life? Think of as many reasons as you can. Then read the article and check your ideas.

2 Read the article again. Match Paragraphs 1, 5, and 6 with ideas a–c.

Paragraph 1 _____
Paragraph 5 _____
Paragraph 6 _____

- a The skills and knowledge in the food community can help to save the world.
- b Food forms an important connection with the people and places that are important to us.
- c Food is the most important energy source on the planet because it powers people.

3 Read Paragraphs 1, 5, and 6 again. What type of details does the writer use to support his ideas? Match the type of support (a–c) with the paragraphs.

- a a list of specific examples _____
- b a personal story _____
- c a quotation _____

4 Complete the summary with these words.

places	power	touches	world
connections	connects	environment	identity

Food gathers people together and ¹_____ us with each other, and with people and ²_____ in our past and around the world. Because it comes from plants and animals, food also connects us to the ³_____. Food ⁴_____ every part of our lives, playing a role in health, the economy, our ⁵_____, and much more. As we come together to enjoy food, we should remember all of these ⁶_____ and never forget the ⁷_____ that food and the way we eat have in the ⁸_____.

5 In Paragraph 2, Andrés says these four things about food. Write the words he uses in the text to express these ideas.

Food is ...

1 something we eat every day—we need food to survive.

2 an important part of personal identity.

3 a connection with the past.

4 a connection between cultures.

The power of food

By José Andrés

From the time I was a boy, I loved being around food.

[1] Growing up, my mother was always cooking, and I was often at her side. She was a simple home cook, but she taught me how food can be used to bring people together, to remind us of where we come from. In my parents' case, it was Asturias, a region on the Atlantic coast of Spain. When we moved to Barcelona, my mother would make big bowls of rich *fabada* stew made from Asturian beans to give us a taste of home and bring us a little closer to the family we left behind. I am no different. Today I prepare many of my favorite dishes from Spain for myself and my children as a way of reconnecting with home through the memory of food.



Members of a community from Asturias serve *fabada* to visitors in Jardim da Praça do Império during a festival in Lisbon, Portugal. Its aim is to raise awareness of the cultural links between Portugal and Spain.

[2] Food is a powerful thing in that way, but it can do so much more than serve as a token of our past. Eating is one thing, besides breathing, that we all do from the day we are born until the day we die. Food is really the DNA of who we are. It can be a storyteller, opening a window into our pasts, and it can also be an ambassador of foreign lands, bridging the gap between two countries.

[3] Eating has to be fun, yes. It's a social event where you can enjoy yourself, and connect with the people you care about. But as you come together, you still can—and should—put a lot of thought into what you are eating and what food means to you.

[4] Food could be the solution to many of the world's problems. Food used the right way can end hunger. Food used the right way can help fight obesity and malnutrition. Food and the right farming practices will create employment in the developing world where it is needed most. Food when prepared the right way can help improve the environment. Food can be the answer.

[5] It was the great food philosopher, Jean Anthelme Brillat-Savarin who said, "The future of nations will depend on how they feed themselves," and we see today how very true these words are. Food is the most important fuel for the planet because it's what moves everybody, and without food we are nothing.

[6] Members of the food community, like myself, have the answers to the many problems that the world faces. From farmers and fishermen, beekeepers and cattle ranchers, day laborers and truck drivers, to chefs, restaurant owners, teachers, school superintendents, real estate developers—we are all a part of this food chain that is dedicated to feeding our communities, our nations and our world. And feeding our world is a big responsibility.