

Reading Worksheet
SOL4 Food

#01



Mészáros Szófia

A Balance of Opposites – Chinese Cuisine

"To the people, food is heaven."

This popular saying in China shows how important food is in Chinese culture. Chinese cuisine is (1)____ because it is full of different flavors, colors, and textures. What makes it special is the balance between sweet, salty, sour, and spicy tastes. This balance reflects the idea of *yin* and *yang*, where opposites like hot and cold or soft and crunchy come together to create harmony.

Chinese dishes are often (2)____ with rice or noodles. Vegetables, tofu, and a variety of meats like chicken, pork, and (3)____ are also commonly used. Ginger, garlic and onions are fried together to make the dishes even more delicious, while soy sauce, fish sauce and rice vinegar create a unique blend of flavors.

Common cooking methods include stir-frying, steaming, and deep-frying. Stir-frying is (4)____ because it is quick and keeps the food fresh. Steaming is often used for healthier dishes, while deep-frying gives food a crunchy texture.

Some famous Chinese main dishes are sweet and sour pork, *Kung Pao* chicken (a spicy stir-fry with peanuts), and fried rice. *Bao* dumplings are very popular: these are soft, steamed buns filled with meat or vegetables. *Mapo tofu*, a dish made with tofu and a flavorful sauce, is also well-known. For dessert, people often enjoy mooncakes, which are (5)____ during festivals. A popular hot drink in China is (6)____ tea, which is famous for its health benefits. When it comes to alcohol, Chinese people often drink *mijiu*, a (7)____ made from rice.

In conclusion, Chinese cuisine is (8)____ for its rich flavors, healthy ingredients, and variety of cooking methods. It is one of the most popular (9)____ in the world and continues to (10)____ people with its delicious dishes.



Word Bank

cuisines, popular, beef, special, green, eaten, paired, famous, wine, impress