

COMPLETE THE MISSING SYLLABLES

Research shows that most people in Britain regularly cook just 4.1 dishes. This is affecting Britain's growing reputation as a nation of peo___ who know a lot about and enjoy coo___

An increasing number look for exotic flavours when eat___ out, but at home a combination of lack of time and la___ of confidence means that Britons tend to stick to what they know.

One of the mo___ popular dishes, spaghetti bolognese, is cooked at least tw___ a week by 6.1 million nationwide. The dish is served an esti___ 670 million times a year across the UK.

Although men often boast that they produce the best chefs, the average male appears to be mu___ less adventurous. A survey by YouGov found that most male cooks had a range of just 3.5 dishes compared to 4.5 for wo___. Young adults aged 25 to 34 are the most adven___, with almost five recipes each. Those aged between 45 and 54 cooked just 3.2 dis___ regularly.

Despite the increasing number of cookery programmes on television, the research found ma___ people were unwilling to experiment in the kitchen. Two in three claimed to be very interested in new ideas b___ rarely put them into action. Almost 40 per cent of people blamed time pressures, but one in five adm___ they just did not have the confidence to be more adventurous with their cooking.

The researchers found that approximately 20 million plates of pasta are ea___ in the UK every week, but a roast remained in the top favourite dishes, with 10.25 million consumed.

Text by LinguaHouse