Instructions: Read the story and underline the present continuous sentences that express criticism or annoyance.

In the Hot Kitchen

The kitchen is chaos. It is the final round of the National Chef Championship. Maya stands at her station. She has exactly thirty minutes left to finish her signature dish.

Her assistant, Tom, is a nice guy, but he is clumsy. In fact, he is constantly dropping things under pressure! Today is no exception—he drops a tray of fresh herbs. "I am so sorry!" he cries.

Maya sighs. Tom is always making careless mistakes at the worst possible moments. She stays calm, but she is highly annoyed. "Don't worry, Tom. Don't cry over spilled milk," she says. "We don't have time to complain. We need to bite the bullet and use the dried herbs instead."

Across the room, her main rival, Chef Julian, watches her with a smirk. Julian is forever bragging about his culinary skills to anyone who will listen. Maya knows his arrogant attitude is his Achilles' heel.

The head judge walks past Maya's station. He looks at her simmering sauce and frowns. "Are you sure about these flavors, Maya? You are skating on thin ice by changing your recipe at the last minute."

Maya feels the pressure. The judges are always criticizing her creative choices, but she refuses to lose her cool. She tastes the sauce. It needs something sweet. She adds a touch of honey, and suddenly, the flavor is perfect.

"Time is running out! Five minutes left!" the announcer shouts.

Maya and Tom work at lightning speed. They plate the food beautifully. Just as the clock hits zero, Maya puts the final garnish on the plate. It is a close shave, but they finish just in time.

The judges taste Julian's dish first. It looks beautiful, but Julian is constantly interrupting the judges to explain his technique, which clearly irritates them. Then, one judge finds a hair in the food. Julian's face turns bright red.

Finally, the judges taste Maya's dish. They close their eyes and smile. The head judge looks at Maya. "This honey sauce is incredible," he says. "You hit the jackpot with this flavor combination."

The announcer grabs the microphone. "And the winner is... Maya!"

Maya hugs Tom. They win the trophy and the grand prize. Hard work and quick thinking finally pay off.

LIVEWORKSHEETS

Idiom Key: Match the sentences and choose the correct idioms.

Cry over spilled milk	**Skating on thin ice**	**Hit the jackpot**	**Lose one's cool**
Bite the bullet	**Achilles' heel**	**A close shave**	**Pay off**

_____**:** To waste time worrying about past mistakes or accidents that cannot be changed.

_____**:** To face a difficult situation with courage and get it over with.

_____**:** A fatal weakness or vulnerability in something or someone that is otherwise strong.

_____**:** Taking a big risk or putting oneself in a dangerous situation.

_____**:** To become angry, panicked, or upset instead of staying calm.

_____**:** A narrow escape from disaster or a situation where something is barely achieved in time.

_____**:** To find exactly what you need, gain a major success, or win a lot of money.

_____**:** To yield good results or succeed after a period of effort.

LIVEWORKSHEETS