them fresh for longer.
- Microwave lemons for 20 seconds before juicing them. You get more juice.
- Freeze onions before chopping them so they don't make you cry.
- Make hot chocolate by adding pieces of chocolate to warm milk in a pan.

E DOBIERANIE

2 42 Listen to five recordings about unusual uses for food. Match Speakers 1–5 with sentences A–F. There is one extra sentence.

This Speaker

A describes an easy way to remove something from food.

B makes something appear as if it's new again.

C describes an unusual thing to eat or drink.

D uses something in the kitchen for a different purpose than usual.

E uses something people usually throw out.

F likes something which can be hot or cold.

1	2	3	4	5

E UZUPEŁNIANIE LUK

5 43 Listen to the information about a cooking competition. Complete gaps 1–4.

Who?	What?	When?
Diana	• give a tour of the (1) ____ • go through health and safety procedures	Now
Different local (2) ____ Competitors	• show you a dish • judge your cooking • cook the (3) ____ with in a time limit	Every week
Competitors	• cook a full meal with three (4) ____	In the final
Real customers	• eat the food you cook • vote for the winner	

6 43 Choose the correct options. Then listen again and check.

1 When working in a big kitchen like this it's very important to follow the *healthy / health* and safety procedures.

2 Today we're going to prepare [illegible] closely as possible.

LIVEWORKSHEETS