

Hail to the chef!

1-a Do you like cooking? What's your favorite dish?

I'm a chef so people often ask me about the food that I eat. I like food that's healthy and simple to make.

Breakfast is very important. I always have orange juice and an egg on toast. I don't eat any cereal because I don't like milk.

For lunch I make a sandwich. This is my favorite sandwich: take two slices of bread and put some mayonnaise on one. Cut some cold chicken. Then add some lettuce and a tomato. Tomatoes are brilliant. They have a lot of vitamin A and C. They protect your skin and they're good for your eyes and immune system. Delicious!

In the evening, I usually cook for my mom and dad. We don't eat fish because my dad doesn't like it, but we sometimes have meat. We all like pasta – a lot of pasta. It gives you energy and it's great with salad. Try a spinach, avocado and parmesan cheese salad! It's easy to make and good for your body and your brain.

Adapted from English in Motion, Richmond UK



Meet Miranda Jacks
Scotland's top teen chef

1-b True or false? Correct the false sentences.

- 1 Miranda likes junk food.

False – She likes healthy food.

- 2 She has a sandwich for lunch.

- 3 She likes tomatoes.

- 4 Her mom cooks dinner.

- 5 They eat a lot of fish.

- 6 In her house, pasta isn't popular.

1-c Answer the questions.

- 1 What's Miranda's job?

She's a chef.

- 2 What's in her favorite sandwich?

- 3 Why are tomatoes healthy?

- 4 Why does she like pasta?

- 5 What's in her salad?

- 6 Why does she like this salad?

What foods can you find in the text? -No less than 10 words!

Eggs,

What does Miranda have for breakfast?

What does she have for lunch?

What does she have for dinner?