

Let's listen and read. Then, complete the passage.

charcoal

modern appliances

mortar

maintained

nutritious

marinate

food processors

great grandparents

wrap

spices

In the old days, food tasted better and was more _____. This is because of the cooking methods our great grandparents used. There were no _____ like microwave ovens, _____ or automatic cookers like what we use today. Food may be cooked faster in modern times, but it is as tasty or nutritious as the food our _____ cooked.

In yesteryears, our great grandparents used _____ to cook. They would use a pestle and _____ to pound their spices. The _____ were then used to _____ raw food such as fish and chicken or to cook curries. They would _____ fish in banana leaves before grilling the fish over a fire. They also cooked vegetables which were freshly picked from their own gardens. Thus, the nutritional value in the food was _____ and it tasted better.