

UNIT 7 : HEALTHY AND WISE

TEXTBOOK PAGE 64

LET'S READ.

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In the old days, food tasted better and was more nutritious. This is because of the cooking methods our great grandparents used. There were no modern appliances like microwave ovens, food processors or automatic cookers like what we use today. Food may be cooked faster in modern times, but it is not as tasty or nutritious as the food our great grandparents cooked.

In yesteryears, our great grandparents used charcoal to cook. They would use a pestle and mortar to pound their spices. The spices were then used to marinate raw food such as fish and chicken or to cook curries. They would wrap 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 maintained and it tasted better.



ANSWER THESE QUESTIONS.

1. What is the passage about?

The passage is about _____.

2. What is the purpose of a pestle and mortar?

The purpose of pestle and mortar is to _____.

3. Why did food taste better in the old days?

The food taste better in the old days because _____

4. Name electrical appliances that did not exist in the old days. (*Namakan peralatan elektrik yang tidak wujud pada zaman dulu*)

_____ and _____

5. Would you be able to live a life without technology and modern inventions? Why? (*Adakah kamu boleh*

hidup tanpa teknologi dan ciptaan moden)

6. Which electrical appliance(s) you use when you want to bake a cake?