

2 Write a verb for a cooking method under each picture. The first letter has been provided.



A. s _____



B. d _____



C. s _____



D. b _____



E. r _____



F. g _____



G. s _____



H. s _____

3 Fill each blank with a word/phrase in the box. There is one extra word.

stew

sushi

grill

steam

hamburger

deep-fry



Well, I think there are some ways to keep fit. Firstly, we should eat healthily. Don't eat too much fast food. Some people have a big (1) _____ and a soft drink for lunch. It isn't a good idea because that meal doesn't include any vegetables. Instead, if they want to have a quick healthy lunch, they should buy some avocado (2) _____. Secondly, we shouldn't (3) _____ food. We should (4) _____ it.

Steamed dishes don't use any fat. If you like, you can also (5) _____ lean meat with vegetables. It's healthy and nutritious.