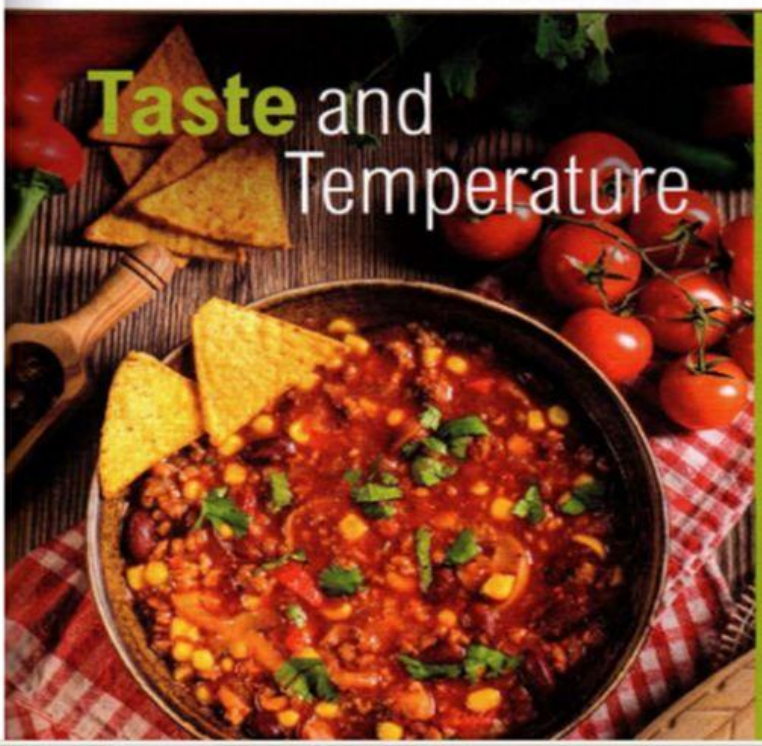
7 1.51 Complete the text with the words below. Listen and check. Can you think of other kinds of food that makes your mouth feel hot or cold when you eat them?

beef chilli coffee dishes drink ~~ice cream~~ mint taste



Taste and Temperature

People usually enjoy [1]*ice cream* in the summer because it is cold, in the same way they enjoy hot tea or [2]_____ in the winter. But did you notice that some food is not really hot or cold but makes you feel like that? For example, in some hot countries [3]_____ lemonade is very popular. It's a cool, refreshing [4]_____. But does this herb really make your mouth cold?

When you [5]_____ mint flavours, your mouth sends a message to your brain: 'Hey, that feels cold!' In fact, it's a 'trick' because the temperature in your mouth doesn't change. Spicy [6]_____ do the opposite, they make you feel hot. Take chilli con carne, for example — a famous Mexican dish with meat — usually [7]_____ and beans, served with rice. [8]_____ doesn't really make you hot. But it makes you FEEL hot.