Imię i nazwisko: _____ **Klasa:** ____ **Wynik:** ____ / 15

Tekst z lukami

1 Complete the sentences with one word in each gap.

1 Robert doesn't eat dairy _____ of health issues.

2 Do you know any recipes for making cake without _____ oven?

3 When I tried the salad, I realised that I _____ added hot chilli peppers instead of mild ones.

4 There's always one ready meal in my fridge in _____ I get hungry and have no time for cooking.

5 _____ the dessert was a bit too sweet for my taste, I must say I really enjoyed the dinner.

____ / 5

2 Complete the text with one word in each gap.

Better raw or cooked?

There's no doubt that eating raw vegetables is good for us. So why do we like to cook them even [1]_____ we know perfectly well that part of their vitamin and mineral content is lost during the process? Apparently, there are some good reasons for this. Quite a few vegetables provide more health benefits when cooked because the heat makes certain nutritious elements more available to our bodies. Cooking tomatoes, for example, increases the amount of lycopene – an extremely useful antioxidant that reduces [2]_____ risk of serious health problems. Also raw carrots, broccoli or peppers aren't [3]_____ beneficial for us as boiled or roasted ones.

Obviously, there are vegetables, such as pumpkin or sweetcorn, that we cook in [4]_____ to improve their flavour and texture. It's hard to disagree that roasted pumpkin tastes richer than when it's uncooked. And so does aubergine. This vegetable, however, should be cooked for one more reason. [5]_____ you eat too much of it raw, you may get sick as aubergine contains the toxin solanine. But you can easily get rid of it by frying aubergine with some oil.

____ / 5

3 POZIOM ROZSZERZONY Complete the text with one word in each gap.

How I learnt to make green curry

During my recent trip to Thailand, I took part in a cookery class and I learnt how to make my favourite green curry from scratch. The class began with a visit to a food market, [1]_____ our teacher introduced us to the ingredients of Thai cooking. To be honest, I had no idea what many of them were. I guess it would be hard for a tourist to find out something about them [2]_____ to the language barrier, so having a local guide was a great chance to get all the answers.

After the market trip, we went to the school kitchen to learn how to make three kinds of Thai curry: red, green and yellow. We paid special attention to the preparation of fresh curry paste, which is the heart of each dish. [3]_____ you have problems getting the necessary ingredients like fresh lemon grass or galangal, you should always prepare your own curry paste as it makes all the difference. It tastes much more aromatic than the shop-bought paste in [4]_____ jar. Besides, you can control how spicy you want your curry to be. Obviously, there's no [5]_____ thing as a free lunch. Making the paste takes both time and strength as you should grind the ingredients by hand. But it really paid off because the curries I cooked in the class were absolutely delicious. The green one was the clear winner.

____ / 5

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LIVEWORKSHEETS