COMPLETE THE MISSING SYLLABLES

Research shows that most people in Britain regularly cook just 4.1 dishes. This is affecting Britain's growing reputation as a nation of peo_ _ _ who know a lot about and enjoy coo_ _ _ _.

An increasing number look for exotic flavours when eat_ _ _ out, but at home a combination of lack of time and la_ _ of confidence means that Britons tend to stick to what they know.

One of the mo_ _ popular dishes, spaghetti bolognese, is cooked at least tw_ _ _ a week by 6.1 million nationwide. The dish is served an esti_ _ _ _ _ 670 million times a year across the UK.

Although men often boast that they produce the best chefs, the average male appears to be mu_ _ less adventurous. A survey by YouGov found that most male cooks had a range of just 3.5 dishes compared to 4.5 for wo_ _ _. Young adults aged 25 to 34 are the most adven_ _ _ _ _ _, with almost five recipes each. Those aged between 45 and 54 cooked just 3.2 dis_ _ _ regularly.

Despite the increasing number of cookery programmes on television, the research found ma_ _ people were unwilling to experiment in the kitchen.Two in three claimed to be very interested in new ideas b_ _ rarely put them into action. Almost 40 per cent of people blamed time pressures, but one in five adm_ _ _ _ _ they just did not have the confidence to be more adventurous with their cooking.

The researchers found that approximately 20 million plates of pasta are ea_ _ _ in the UK every week, but a roast remained in the top favourite dishes, with 10.25 million consumed.

Text by LinguaHouse

LIVEWORKSHEETS