

Read the text. For each gap (1-6), choose the best option.

What is Umami?

Have you ever wondered why certain dishes are so irresistible? It's not just the typical flavours of sweet, sour, or bitter that make food so delicious. There's something else: umami. This intriguing taste, often described

1 savoury, has its roots in Japanese 2 but is present in foods worldwide.

Think about a perfectly grilled steak or a bowl of spaghetti Bolognese. They have that rich, 3 flavour that makes us want to eat up every last bite. This is the magic of umami, which enhances the depth of taste in a 4 . You might be familiar with the urge to bolt 5 a warm cup of miso soup or a slice of cheese. That's umami at work.

In today's culinary world, many people prefer to eat out and explore diverse cuisines. Whether you're trying a new restaurant or cooking at home, understanding umami can change how you taste meals. It's fascinating to think how we live on 6 that provide such pleasure and satisfaction through this distinct taste. So next time you're dining, pay attention to how umami enriches your experience. Perhaps it will change the way you appreciate the art of cooking and eating.

1	A. as	B. to	C. for	D. like
2	A. meals	B. dishes	C. cuisine	D. foods
3	A. sour	B. spicy	C. bitter	D. juicy
4	A. cuisine	B. meal	C. food	D. dish
5	A. up	B. down	C. off	D. for
6	A. cuisines	B. dishes	C. foods	D. meals