



Name: _____

Class: _____

1. Read the definitions below and write the correct vocabulary word for each definition.

First course

Stall

Recipe

Vegetarian

Ingredient

Dessert

A person who chooses not to eat meat or fish, usually for health, environmental, or personal reasons.

The dish served at the beginning of a meal, before the main course.

Any food or substance that is combined with others to prepare a particular dish.

A sweet dish that is usually served at the end of a meal.

A set of written instructions explaining how to prepare and cook a particular dish.

A small shop or stand, often found at a market or festival, where food or other goods are sold.

2. Read the passage and complete the exercises below.

Ogórki Kiszzone – A Traditional Polish Food

Ogórki kiszzone are traditional Polish pickled cucumbers. They have been an important part of Polish cuisine for hundreds of years. Before refrigerators were invented, people preserved vegetables by fermenting them so they could be eaten during the long winter months. Today, ogórki kiszzone are still enjoyed by many people in Poland and have also become popular in other countries.

Unlike regular pickles, ogórki kiszzone are made through a natural fermentation process instead of being preserved in vinegar. Fresh cucumbers are placed in jars with water, salt, garlic, dill, and sometimes spices such as black pepper or horseradish leaves. During fermentation, natural bacteria change the cucumbers, giving them a sour taste and a crunchy texture. This process usually takes several days or even a few weeks.

Many Polish families still make ogórki kiszzone at home, especially during the summer when fresh cucumbers are easy to find. They are often served as a side dish with meat, potatoes, sandwiches, or soups. Some people also enjoy eating them as a healthy snack.

Today, ogórki kiszzone are becoming increasingly popular around the world. Many people believe that fermented foods are good for digestion because they contain beneficial bacteria called probiotics. For this reason, more restaurants and supermarkets outside Poland now sell this traditional food.

Although the recipe is simple, ogórki kiszzone remain one of the most famous and loved foods in Polish culture.



2A. Answer the questions.

1. Why was fermentation an important method of preserving food before refrigerators were invented?

2. According to the passage, what is the main difference between ogórki kiszzone and regular pickles?

3. Why do many Polish families still make ogórki kiszzone during the summer?

4. What can we infer about the popularity of ogórki kiszzone outside Poland today? Support your answer with information from the passage.

5. Besides their taste, why do many people choose to eat fermented foods?

6. If you wanted to make ogórki kiszzone at home, what ingredients would you need? Name at least four.

2B. Choose the best answer. (A, B, C or D)

1. Why did people first begin making ogórki kiszzone?

- A. To make cucumbers sweeter.
- B. To keep cucumbers fresh for a longer time.
- C. To sell them in supermarkets.
- D. To make a popular snack.

2. Which statement is TRUE according to the passage?

- A. Ogórki kiszzone are made with vinegar.
- B. They are only eaten during winter.
- C. They are produced through natural fermentation.
- D. They are mainly eaten as a dessert.

3. What does the word "They" in paragraph 3 refer to?

- A. Polish families
- B. Fresh cucumbers
- C. Ogórki kiszzone
- D. Restaurants

4. Why have ogórki kiszzone become more popular in other countries?

- A. Because they are very expensive.
- B. Because people believe fermented foods are healthy.
- C. Because they are easier to make than salads.
- D. Because Poland exports them to every country.

3. Write about a traditional food from your country. Choose one traditional food from your country. Write 80–100 words. Include the following information:

- What is the name of the food?
- Where does it come from?
- What ingredients are used?
- How is it made?
- Why is it popular?
- Would you recommend it to foreign visitors? Why?

