

EPISODE 20

LEVEL A1.2/A2.1

READING COMPREHENSION



A HEALTHY DIET



A healthy diet is not only about the food we eat, but also about preparation. There are many ways to cook food and we are going to look at them now.

For dinner we often prepare some meat with potatoes and some salad. We usually **peel** potatoes (= take their skin off) and **boil** them (= cook them in water). Boiled meat is not the tastiest, so we **fry** it (= cook it in oil), **roast** it (= cook it in the oven with oil) or **grill** it. When we prepare a salad we often **chop** onions (= cut them into very small pieces) and **slice** cucumbers and tomatoes (= cut them into regular, flat pieces). For dessert, we can for example **bake a cake** (= cook it in the oven without any extra oil).

These words are important not only for those who are interested in cooking and a healthy diet, but many of them can be found on the menu in a restaurant, so I think it's a good idea to get used to them.

More contexts for the new words:

- Leave the vegetables to **simmer** for a few minutes.  
(= We simmer something when we cook it in sauce, in a temperature slightly below 100 degrees)
- **Stir** the soup until it begins to boil.  
(= We stir something when we move a spoon inside it in circles)



### EXERCISE 1

Decide if the sentences are true or false.

1. You usually chop bread when you want to make a sandwich.
2. We usually peel potatoes before boiling them.
3. If you don't stir food while cooking, it might get burnt.
4. Frying is very healthy because we don't use oil.
5. We bake cakes in the oven.
6. We usually roast salads.

## ENGLISH IN USE



*... it's a good idea **to get used to** them ...*

is the part of the sentence we are going to analyze today. We can see that it is connected with "used to", yet it is not the same as in our previous lesson. When we say :

*I **used to** travel a lot*

we talk about an action which was our habit in the past, but when we say:

*I'm **getting used to** driving my new car*

we talk about a situation when we start to be familiar with driving this car; we start to know a lot about it and we start to like it.

After "used to" we have the basic form of the verb, after "TO GET USED TO" we use **a gerund** (verb + ing).

## IDIOM CLOSE-UP



*A/ Do you like your new car?*

*B/ I absolutely love it! It's **THE BEST THING SINCE SLICED BREAD!***

If you say that something is **the best thing since sliced bread**, you think it is excellent.

## PHRASAL VERBS CLOSE-UP



We often use the food preparation verb with 'off.'

1. If you **PEEL** something **OFF**, you remove the skin of fruit/ vegetables.

*She **peeled** the skin **off** the apples for the fruit salad.*

***Peel off** all the stickers before giving the toy to your child.*

2. If you **SLICE** something **OFF**, you divide or cut something from a larger piece.

*He **sliced** the meat **off** the bone.*

*Before you put away the bread, please **slice off** a bit for me.*



### EXERCISE 2

Rewrite the sentences keeping the same meaning and using the word in capitals. Use the idiom and phrasal verbs you have learned in this lesson.

1. Remove the skin from the bananas.

OFF .....

2. Cut the fat away from the meat.

OFF .....

3. This computer is fantastic.

SLICED .....

## NEWS



### FUSION CUISINE

Fusion **cuisine** is a way of cooking which is becoming more and more popular nowadays. The basic idea is very simple: to **combine** elements characteristic of food from different traditions. For example, you take the Italian pizza and you serve it with Mexican salsa sauce. Or, you take the Polish pierogi and you put sea food into them. Surprised? For some, the results are **inedible**, while for others they **epitomize** what's best in global food.

#### GLOSSARY

- **cuisine** - a style of cooking
- **to combine** – to mix
- **inedible** – impossible to eat
- **to epitomize** –to symbolize

<b>KEY TO EXERCISES</b>
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#### Ex.1

1. F
2. T
3. T
4. F
5. T
6. F

#### Ex.2

1. Peel the skin off the bananas.
2. Slice the fat off the meat.
3. This computer is the best thing since sliced bread.