

## Chatterbox #83 – We're cooking up a storm

### Transcript

- Maura: Mmm. What's that cooking in the oven? It smells so good.
- Harp: Hello everyone. This is Harp.
- Maura: And Maura. And we're back with another Culips episode for you. And don't forget to go to our website, Culips.com, that's C-U-L-I-P-S.com.
- Harp: When you're a member, you have access to the learning materials, and there's one learning material for each episode. So think about it. Listen to an episode. Not sure if you understood everything correctly? Open up the learning material, you have a complete transcript. You can see word for word what we said. And then we have detailed explanations, so we explain some of the expressions we use, we give you more explanations, and then you can test yourself with a quiz. Sounds great to me.
- Maura: Sounds pretty good to me, too. And if you're on Facebook and Twitter, Harp and I are on there too, so like our Culips page on Facebook or find us on Twitter and you can say hi to us there.
- Harp: Yes. And today we're bringing you a Chatterbox episode, and that's basically where we chat. We talk about current events, some cultural topics. Sometimes we interview people.
- Maura: Right. So today we're going to talk about preparing food. First we're gonna talk about some expressions that can be used to talk about preparing food and also eating food. Because, come on, that's the best part, isn't it?
- Harp: Exactly. That's why you cook; so you can eat. And then we're gonna talk about learning to cook and how people learn to cook and how we learned to cook.
- Maura: Good. And then we're also going to talk about our own cooking habits. And talk about some of our favourite things to cook.
- Harp: That's right. So let's get started with some expressions related to cooking.
- Maura: So, sometimes when I'm really busy during the week, Harp, I don't have much time to prepare a really good meal. But other times, especially when it starts getting cold outside, like in the fall or winter, I can spend a couple hours **cooking up a storm**.

- Harp: Ha! **Cooking up a storm**. This is definitely something I do, as well. So this expression, **to cook up a storm**, means when you cook a large quantity of food at one time.
- Maura: And I love doing this, because then you maybe have food for the rest of the week or you can take this food to be your lunch, so it's kinda fun to buy a whole bunch of ingredients, turn on some music, and **cook up a storm**.
- Harp: Yes, exactly. I often do this if there's a party or if I have people coming over for dinner. I **cook up a storm** and then there's a lot of food for us to enjoy.
- Maura: Mmhm. Now, as I was saying, sometimes during the week I'm really busy and I don't have time to cook a really good meal and sometimes I don't probably eat as well as I should.
- Harp: That's definitely true for me. Sometimes I'm just kind of lazy or sometimes I just don't have enough time to cook a good **square meal**.
- Maura: Right. **A square meal**. Sounds really funny, like the meal should be in the shape of a square, but that's not what it means.
- Harp: No. **A good square meal** is a good, healthy, filling meal.
- Maura: Right. A kind of meal, like you said, that is healthy and makes you feel really full and satisfied after you eat it.
- Harp: Exactly. I think of some home cooking, either some chilli maybe or a nice chicken dish, something filling and healthy.
- Maura: And I think **a square meal** would also include food from **the four food groups**. So you maybe would have a little bit of meat and then you would have some fruit and vegetable, and dairy.
- Harp: And some grains.
- Maura: That's it.
- Harp: Yeah. So, I think **square meals** are fantastic and I always think, "My mom had time to make us **a square meal** all the time." I need to learn how to cook more efficiently.
- Maura: If only we could all cook as well as our mothers.
- Harp: I would be one **happy camper**. You know, I find when I'm having **a square meal** or something really filling, I actually end up **having seconds**.

- Maura: That is true. So, **to have seconds** means that you had a first full plate of food and then you've asked for a second full plate of food. So, **to have seconds** means that you fill your plate for the second time. Almost like you kind of have two meals.
- Harp: Well, I usually have just a little bit the second time, but yes, you could have a full plate, for sure.
- Maura: I think you're right though, when you have a really good meal, you wanna eat more of it when it's really, really tasty. So yeah, we do **have seconds** sometimes, even though it's filling.
- Harp: Sometimes I feel so full after a good meal, but I just want a little bit more, just another little taste.
- Maura: Another good thing you can do when there's a lot of food that's made is have **leftovers**.
- Harp: I love **leftovers**.
- Maura: I especially love **leftovers** for lunch.
- Harp: Exactly. That's what I love about it, is that you don't have to cook again, but you get another great meal.
- Maura: Yes. So that's what **leftovers** are. They are food that is left over from a dinner. So, now we have this neat little word called **leftovers**, for this kind of food that we still have after the first meal is eaten.
- Harp: Sometimes I think food tastes better when it's **a leftover**.
- Maura: I've heard that. I can understand that maybe the flavours sink in a little bit more.
- Harp: Exactly it becomes more flavourful and just delicious. I'm getting hungry.
- Maura: But some stuff isn't so good as **leftovers**. Some of it's better but some of it's not so good.
- Harp: That is definitely true.
- Maura: OK. So, let's move on to the next section of this episode.
- Harp: OK. So let's talk about learning to cook.
- Maura: I think there are two main ways that people might learn to cook. One would be at school and the other at home with your family.

- Harp: Agreed. Oftentimes in schools in North America, you have **home ec**, which is **home economics**, where you learn how to cook.
- Maura: You know, I took one **home ec** course when I was probably around 13 years old. But then it was cut from our curriculum. And I think it's kinda sad that it happens; that a course like cooking isn't taught as much anymore as a course like computers.
- Harp: Yeah, that is sad if that happened. But for me, I was lucky. I took **home ec** for, I think, four years. At least four years. And I learned a lot.
- Maura: That's interesting. I took a couple **home ec** courses, but I don't think I really retained much information from them, unfortunately.
- Harp: Yeah. No, I was lucky. I had really good teachers and they... Basically what we would do is we would have groups, with maybe four students in one group, and she would demonstrate how to cook something and then we would get together, the four of us, and one person was chopping a vegetable, and one person was preparing the meat, and we **broke it all up**. And in the end we ended up with some really good meals.
- Maura: Hmm. What about at home? Do you think you learned anything from your own mom?
- Harp: A lot. I learned a lot from my mom. She's **a cooking machine**. And she taught me a lot.
- Maura: Hmm. You know, Harp, I kind of have a confession to make.
- Harp: What?
- Maura: I don't think I really learned how to cook until I was quite a bit older.
- Harp: Oh, that's interesting. How old do you think you were when you started learning how to cook?
- Maura: I think I was probably in my twenties.
- Harp: That's so funny, because now you're such a good cook.
- Maura: Thanks, Harp. **You're making me blush**.
- Harp: It's true though.

- Maura: But growing up, I didn't really enjoy cooking and I wasn't really interested, so I didn't learn very much. And, as I said, I took courses. Again, I didn't really remember anything from them. It was after I got a bit older and I realised that I liked to eat good food. And the only way to eat good food often is to learn how to make it.
- Harp: That's exactly why I learned how to cook pretty early, because I really loved eating. And my mom was such a good cook so I'd always watch her in the kitchen, see what she was doing, and start helping from a very young age.
- Maura: I think that I used to think recipes were very complicated. And maybe I had tried some recipes and they really didn't turn out. So I thought, "You know what? Recipes are too hard. I can't figure them out." So I would just make really, really simple things. But yeah, it doesn't taste so good.
- Harp: Yeah, I know what you mean. Sometimes they make recipes really complicated.
- Maura: Yeah. Even now, I stick to the simpler ones if I'm trying something new. If it gets too complicated, I usually say, "Nope, not for me."
- Harp: Yeah. I would say around 15 steps is about my maximum. And usually I try to go and just search online and do "best recipe" for whatever I'm looking for.
- Maura: Yeah. So, I think I started trying some recipes and I started making simple things. Then I gained a bit more confidence, and now I think I'm an all right cook.
- Harp: I think you're good. I remember when you made perogies **from scratch**. They were delicious.
- Maura: Thank you.
- Harp: All right. Let's move on to our next topic, which is our favourite things to cook, and just our own experiences with cooking.
- Maura: Well, what is your favourite thing to cook, Harp?
- Harp: Well, you know, I'm sure long-time listeners know that I love eating Indian food, so it is one of my favourite things to cook, but I really need to have a long period of time to cook because it takes a long time.
- Maura: Yeah. It's fun to do if you have the time but if you don't have the time then it can be kind of difficult.
- Harp: Yeah, exactly. And usually when I cook some sort of curry, I usually like to invite people over because I'm so proud that I made something good.

- Maura: So what kind of Indian dishes do you normally make?
- Harp: I make a really good butter chicken and I make really good chickpeas. I'm trying to perfect my eggplant. But I just... I'm not good with eggplant. It's a very difficult vegetable to cook.
- Maura: So if anyone has some tips on cooking eggplant, let us know.
- Harp: Yeah, because I love eating eggplant. I just have such a hard time cooking it well.
- Maura: Mmm. Now I'm hungry for Indian food.
- Harp: What about you? What's the best thing you can cook?
- Maura: Well, I don't know if it's the best thing, but I remember one day I was driving home from work and I started thinking, "What am I gonna have for dinner today?" Because, you know, sometimes you just wanna try something new and I thought, "I really like roasted vegetable sandwiches when I go to a restaurant." So I just decided, "You know what? I'm gonna try to do it myself." And so I bought some red peppers and roasted them. And then I grilled some eggplant in the oven and I oven-roasted some tomatoes. And then I cooked up a little bit of onion and zucchini. And then I had a whole bunch of vegetables and I put them into a wrap with some feta cheese, and it's really good. Now I have it probably once a week.
- Harp: Wow. It sounds delicious. And you can cook eggplant well, too. I'm jealous.
- Maura: It doesn't always turn out perfectly, but when you throw it in the wrap, you don't notice.
- Harp: That's a good point.
- Maura: So, Harp, what I wanna know is: have you ever tried to make something and have it turn out to be a disaster?
- Harp: Uh, many times. Like you, I'm not fantastic with recipes.
- Maura: Yeah. If you miss one ingredient, it can throw the whole thing off. I always remember this one time when I was young. My cousin and I used to try to bake things together. And instead of putting in one teaspoon of salt, we put in one cup of salt, which is a really big difference. And salty brownies are not good.
- Harp: Yeah. I can't imagine that would taste very good.
- Maura: I remember that when we took them out of the oven, they were almost white.

- Harp: That much salt! That's funny.
- Maura: And because we were young and we'd just made something, we even tried to eat them. But they really weren't very good.
- Harp: Aw, that sounds pretty disgusting. Yeah, I have to honest, baking and me, it's not so good. I like to improv, so, with baking you really have to follow everything step by step.
- Maura: That is true. So, if you had a choice, Harp, between cooking or just having some delicious **leftovers** or going out to a restaurant, what do you think you'd choose?
- Harp: It really depends. I love cooking, but after working all day and then having to plan and think about cooking? Sometimes I just wish I had **leftovers** at home and I end up just usually going out **to grab a bite**.
- Maura: Yeah. It is hard. Depending on your mood, you might wanna go to a restaurant. But if I'm going out to eat too often, usually because I'm busy or because I'm travelling, I really start to crave a good home-cooked meal.
- Harp: Yeah. I agree with you. You really have to cook at home, eat **leftovers** to be able to appreciate going to a restaurant.
- Maura: Yep. So I'm gonna ask you one last question, Harp. What is the last meal that you cooked?
- Harp: Oh, that's an interesting question. The last meal I cooked? Hmm, let me think. I went to a restaurant yesterday and then... Oh, the day before I cooked spaghetti pomodoro. It's actually one of my specialties.
- Maura: Mmm. Well, what's in the sauce?
- Harp: It's super simple and delicious. It's really a little bit of garlic, a little bit of chilli flakes, fresh tomatoes that you boil and peel the skins off, and basil. That's it.
- Maura: Mmm. Sounds good.
- Harp: It's really delicious and so simple.
- Maura: I think I'm gonna try it.
- Harp: I will send you the recipe. It's great.
- Maura: OK.
- Harp: What about you? What's the last meal you cooked?



- Maura: The last meal that I made was fish on the barbecue.
- Harp: Oh, that's exciting.
- Maura: Yeah. Some crazy Canadians barbecue in the winter, but I'm not one of those people, normally. So when the weather is nice you've gotta get outside and take advantage of the barbecue.
- Harp: Yeah, definitely. So how did you prepare your fish?
- Maura: Well, we wrapped it in tinfoil and we put some tomato and red onion and some capers.
- Harp: Oh, that sounds delicious.
- Maura: Very good. I highly recommend it.
- Harp: Mmm, exciting.
- Maura: Now, I think we have to end this episode because I'm starving now.
- Harp: I know. Me too. Let's go eat.
- Maura: OK. So let's recap what we chatted about today. First we gave you some expressions that have to do with cooking.
- Harp: Yep. And then we talked about learning to cook.
- Maura: And then we shared some of our own stories cooking, including our favourites and some disasters.
- Harp: Exactly. And remember, check out our website, Culips.com, that's C-U-L-I-P-S.com, because there you can become a member and being a member is pretty cool.
- Maura: So, we will talk to you soon.
- Harp: Bye everyone.
- Maura: Bye.



## Detailed Explanations

### To cook up a storm

**To cook up a storm** means to cook a lot of food at one time. In this episode, Harp and Maura talk about **cooking up a storm**. Maura says that she likes to buy a bunch of ingredients, turn on the radio, and **cook up a storm**. Harp says she likes **cooking up a storm** because then she has extra food for later in the week.

This expression comes from *to cook*, meaning to prepare food, and *a storm*, which is used here as a metaphor. A metaphor is a word or phrase that is used to represent something else. For example, a storm has a lot of energy and is very powerful, and it usually affects a lot of people. So when someone **cooks up a storm**, they prepare a lot of food, with a lot of energy. A storm could be used as a metaphor for anything that somebody does with a lot of energy and power, like exercising or writing.

Here is an example of someone using the phrase \_\_\_\_\_ **up a storm**:

Mary: Is Josh coming with us to the movie tonight?

Mark: I doubt it. He said he wants to finish the book he's reading.

Mary: Again? Wow. He's **reading up a storm** lately. I can hardly get through one chapter of any book in a week!

### To be filling

When a meal is so big that it fills up your stomach and you can't eat any more, we can call the meal **filling**. The adjective **filling** can describe a certain kind of food that fills up your stomach quicker than other foods, like cake.

The word *filling* is also used to describe ingredients that go into things—like the cherry filling in cherry pie, or the stuffing in a turkey. In this episode, Maura and Harp use the word **filling** to describe food that is healthy and contains everything your body needs to be healthy. These meals usually contain some kind of bread, vegetables, meat, and cheese, so they fill up your stomach and are described as **filling**.

Here is another example with the adjective **filling**:

Sarah: Did you like the food in the cafeteria today? I love it when they serve pasta.

Tina: No, I find pasta too **filling**. I just had the soup.

A square meal

**A square meal** is a meal that is healthy and big enough to fill your stomach. The origin of this expression comes from the fact that the word **square** can mean proper and wholesome. Usually, **a square meal** contains all the main food groups. You can read about food groups in the explanation below.

In this episode, Maura and Harp mention that they are sometimes too lazy to cook **a square meal**.

Here is another example using the expression **a square meal**:

Walter: What would you like to eat for dinner? I have some salad in the fridge.

Jane: What else do you have in your fridge?

Walter: Not much. Just salad, really..

Jane: I've been feeling so tired lately. I think I need something more filling than just salad.

Walter: OK, Let's go grocery shopping and get some ingredients to make a nice **square meal**.

The four food groups

**Food groups** are classifications or categories of food that are grouped by their similarities. In Canada, there are four main **food groups**. There's the grain products **food group**, which is made up of things like bread, bagels, rice, and cereals. Another **food group** is meat and alternatives, so foods like beef, chicken, and tofu are part of this **food group**. There's milk and alternatives, which includes all milk products, like yogurt and cheese, as well as soy beverages. Then there are vegetables and fruits, the **food group** that includes all produce, like apples and lettuce.

Generally, a square meal includes something from each of these **food groups**. Doctors usually say that people should have something from each **food group** for every meal, but that can be a difficult thing to do because it involves a lot of planning.

Here is an example of people using the expression **the four food groups** in a conversation:

Jeff: How's your new babysitting job going?

Martha: It's going well, and I'm learning so much about cooking, too.

Jeff: Oh really?

Martha: Yeah. I want to make sure the kids are getting something from all of **the four food groups** at every meal, so I look up fun recipes online and then go grocery shopping for everything I need.

A happy camper

**A happy camper** is someone who is happy or content. Nobody knows exactly when this expression started being, but it probably stemmed from the fact that camping can be uncomfortable, because you are out in the woods, far away from home. So the term **a happy camper** usually refers to someone who is pleased and comfortable with something.

This is a casual expression that isn't usually used in formal conversation. In this episode, Harp tells Maura that she would be **a happy camper** if she could cook as well as her mother. A lot of the time, people use this expression in the negative, saying that someone is not **a happy camper** to express that a person was upset when something they were expecting or hoping for didn't happen or didn't go well.

Here is an example of the expression *not a happy camper*:

Todd: Did you get the tickets to the concert?

Henry: I did! I had to wait in line for over 2 hours, but I finally got them!

Todd: Oh, wow. That's great. I can't wait for the concert. I'm so excited.

Henry: Yeah, I'm lucky I got the tickets. I would not be **a happy camper** if they were sold out.

To have seconds

**To have seconds** means to have another plate of food after you have finished eating the first plate. Sometimes this is also called having a second helping. **To have seconds** can mean that you can have a bit more food, or it can mean that you have a lot more food.

In this episode, Maura and Harp discuss how nice it is to have a square meal, which we learned about earlier in these learning materials. Harp tells Maura that when she has a square meal, she usually ends up **having seconds**. Maura agrees with Harp and says that when you have a really good meal and it's really tasty, you **have seconds** even though it's filling. What Maura means is that when you eat a plate of tasty, healthy food, you may fill up your plate again because the food is so good.

Here is another example of the expression *to have seconds*:

Sue: Are you coming to our house for dinner tonight? Sam is making lasagna!

Tracy: Sam makes incredible lasagna! Yes, of course I'll come. Will he be making enough for me **to have seconds**? I can never get enough of his lasagna.

### Leftovers

**Leftovers** are food that's left over from one meal, and you eat it for another meal. For example, if you have extra food left over at dinner, you can put it away and eat it for lunch the next day. This extra food is called **leftovers**.

Usually, the word **leftovers** is plural, even if the extra food is only one of something. For example, if there is an extra hamburger left over from your dinner last night and you want to eat it for lunch, you would still say that you are having **leftovers** for lunch, even though there is just one hamburger.

At one point during this episode Harp says, "It's a **leftover**," but this word is not usually used in the singular. Harp could have said, "It's **leftovers**" instead, and the sentence would still have the same meaning. The only time it is common to use **leftover** without an s on the end when you are using it as an adjective to describe a food, as in a **leftover** hamburger or **leftover** pasta. If you are using the word as a noun, then you should use the plural, **leftovers**.

Here is another example with this expression, used once as an adjective and once as a noun:

Todd: What would you like to have for dinner tonight? Do you want to order pizza?

Sarah: We still have **leftover** pizza in the fridge from two days ago!

Todd: I know, but I don't want **leftovers**. It's not the same as fresh pizza.

### Home ec

The term **home ec** is a short form of **home economics**, which is a common class usually taught in grade schools or high schools in North America. It teaches students things they need to know to run a home and to take care of a family, like cooking, cleaning, and sewing.

In this episode, Maura talks about taking a **home ec** course when she was younger, but mentions that it was cut from the curriculum after that. Harp tells Maura about her own experiences in **home ec**, and that she had good teachers and the students prepared meals in groups.

*Economics* is a word that usually relates to money and buying goods, but it can also mean administration or management. **Home economics** is a subject that involves all aspects of managing a household, from cooking to paying bills. It can be a very useful course for students to learn how to take care of themselves when they get older and move into their own home.

To break something up

In this episode, Harp tells Maura that her classmates and she divided the cooking preparations in home ec class. She explains that a group of students would get together and one person would cook meat while another chopped vegetables, saying that they **broke it all up**. What Harp means when she says, "We **broke it all up**" is that she and her group members divided the work so that each person was doing one thing, but they were all working towards one goal, a meal. Each person took one part of the meal preparation and did their part, and then they combined all the parts to make a meal.

**To break something up** is another way of saying to divide something or to each do a part of something. This is a very common and casual way of describing how a work load is divided into parts.

Here is another example of the expression **to break something up**:

Doug: Did you finish your science experiment?

Ted: The group project? Yeah. We **broke it up** into parts so that it took less time to finish.

Doug: Oh, that's a good idea. **Breaking it all up** would definitely make things go faster.

A cooking machine

In this episode, Harp tells Maura that she learned a lot about cooking from her mom, whom she calls **a cooking machine**. What Harp means is that her mom cooks very well or very quickly, and probably both.

The expression **a \_\_\_\_\_ machine** can be used to describe anyone who does something well, quickly, and/or often. This expression comes from the fact that machines are very efficient and can do what they're programmed to do easily and quickly.

Usually when someone is called **a \_\_\_\_\_ machine**, it's because they do a lot of something, like how Harp's mom does a lot of cooking. For example, someone could be **a writing machine** if they write a lot of stories or books.

Here is an example using the expression **a \_\_\_\_\_ machine**:

Toby: How was your camping trip?

Ruth: It was great! We did a lot of fishing. I never caught anything, but Matt caught about 10 fish in one day!

Toby: Ten? That's a lot for one day. I had no idea that Matt was such **a fishing machine**!

You're making me blush

In this episode, Harp tells Maura that she is a good cook, and Maura says that Harp is **making her blush**. When someone blushes, it usually means that they are either embarrassed or flattered because someone has given them a compliment. Harp gave Maura a compliment, and even though Maura may not have actually been blushing, she says this in response to Harp.

This is a common way of accepting a compliment and it just means that you are flattered by the compliment. It can be used instead of, or in addition to, saying thank you when you are too shy to admit that the compliment is true, or if you were uncertain about the truthfulness of the compliment before it was said.

Here is an example of the expression ***you're making me blush*** used in conversation:

Teri: Sandra, I read your blog post this morning and I gotta say, your writing is getting really good!

Sandra: Really? Oh wow. I didn't know whether it sounded good or not. I was hesitant about posting it.

Teri: Well, you shouldn't be shy or hesitant. It's really great.

Sandra: Aw, **you're making me blush!**

To make something from scratch

**To make something from scratch** is another way to say to make something from the beginning or from the very basics. The expression ***to make something from scratch*** is often used to refer to cooking, as we hear in this episode. Harp tells Maura that she remembers when Maura **made perogies from scratch**.

In cooking, **to make something from scratch** means to cook something from the most basic ingredients, without using pre-packaged or pre-made ingredients of any kind. For example, a lot of people like to have gravy with their turkey, but not very many people **make gravy from scratch**, because you can easily buy gravy in a package and just add water. If you were to **make gravy from scratch**, you would only use basic ingredients like meat, onions, water, and flour.

Here is an example using the expressing ***to make something scratch***:

Linda: This pasta is amazing. What brand is it?

Tina: Oh, I didn't buy it from the store. I make my own pasta.

Linda: **From scratch?**

Tina: Yeah. I got a pasta maker for my birthday and I've been making my own pasta since then. It's really only flour, eggs, and salt. It's pretty easy **to make pasta from scratch**.

To grab a bite

**To grab a bite** means to eat at a restaurant or a fast food diner. In this episode, Harp says that sometimes after work she's too tired to cook, and that if she doesn't have any leftovers at home, she goes out **to grab a bite**. Harp means that she usually goes out to eat because there is nothing at home that's ready to eat and she's too tired to cook.

Here is another example using the expression **to grab a bite**:

Derek: What do you want to do for lunch today? Should I run down to the deli and bring back some sandwiches?

Nate: No, let's go **grab a bite** together. I need to get out of the office for a bit.



## Quiz

1. What does the expression *to cook up a storm* mean?

- a) to cook when it's raining
- b) to only cook with fresh produce like fruits and vegetables
- c) to use a cookbook to help you cook
- d) to cook a lot of things in a large amount at one time

2. What is a square meal?

- a) a healthy meal that contains different food groups
- b) a meal that is served on a plate instead of a bowl
- c) a meal that you only eat in the evening
- d) a dinner party with guests

3. What do you do when you have seconds?

- a) You sit down to a dinner that has more than one course.
- b) Your dinner was made from scratch.
- c) You remake a dish because the first try did not work.
- d) You have another plate of food.

4. What are leftovers?

- a) food that doesn't get eaten and gets thrown away after the meal
- b) food from a meal that you save and eat later
- c) food that you order in, like pizza
- d) food that you eat when you go to a restaurant

5. Which of the following would NOT be something that a student would learn in home ec class?

- a) how to cook a square meal
- b) how to sew a hem
- c) the names of all of Shakespeare's plays
- d) how to clean an oven

**6. What does it mean to say that something is cooked from scratch?**

- a) It is made using only fruits and vegetables and contains no meat.
- b) It is made of basic ingredients and nothing is packaged or pre-made.
- c) It is made to feed a lot of people.
- d) It is made by many different people.

**7. If someone is called a cooking machine, what does that mean?**

- a) They cook quickly, efficiently, and often.
- b) They only buy pre-made food and don't make anything from scratch.
- c) They do not own any cooking machines, like an oven or a blender.
- d) They never eat out at restaurants.

**Answers:**

1.d    2.a    3.d    4.b    5.c    6.b    7.a