

## Cooking

### Do you like cooking? (Why/why not?)

Personally, I don't enjoy cooking at all. I'm not skilled at it and I don't know many recipes. If I'm hungry, I usually rustle up a snack like a sandwich.



### Who did the cooking in your home when you were a child?

My mother almost always did the cooking when I was young. I was incredibly lucky because her meals were delicious and nourishing. Due to my mother's influence, I still believe that home-cooked food is the best.

### Do you think it's important to know how to cook well? Why/why not?

I'm not sure whether it's important to cook well, but everyone should know the basics. It definitely isn't healthy to rely in pre-prepared meals or fast food.

### Do you think children should be taught cookery at school?

Yes, that's probably a good idea. If all children knew how to cook a few basic, healthy meals, that would surely be a good thing.

Recipe: a list of ingredients and instructions for making a food dish.

Rustle up: to prepare (food, a meal, etc.) quickly.

Nourishing: food needed for life and growth.

Home-cooked meals: meals made and eaten at home.

Pre-prepared meals: food has been prepared and cooked in advance so that it only needs to be heated quickly before you eat it.

## Practice Questions

Do you like cooking? Why/not why?

Who does the cooking in your home?

Do you think it's important to know how to cook well? Why/why not?

Is it common in your country for men to cook?

Who is the best cook you know?