

THEME 7 FOOD AND FESTIVALS READING SKILL (SPICE UP)

A. Read the text and write true (T) or false (F). ONE CUISINE, ONE CONTINENT

Every country has its own cooking traditions that represent its culture. Italy, Türkiye, Japan and Mexico are the most popular culinary destinations because their cuisine is both traditional and tasty.

Simple but delicious recipes are cooked with only a few ingredients in Italy, the land of pasta and pizza. Traditional Italian ingredients include tomatoes, basil, mozzarella, garlic and onions. Italian cuisine follows the Mediterranean diet. It is rich in olive oil, fresh fruit and vegetables.

With influences from Central Asia, the Middle East and the Balkans, Turkish cuisine is mainly a continuation of the Ottoman cuisine. It serves not only a wide variety of meat and vegetable dishes but also soups, drinks and delicious desserts. The ingredients in the dishes are usually simple and cheap. Red pepper paste, bulgur, ground beef, red lentils and different spices are the most commonly used ingredients in Turkish cuisine.

Traditional Japanese cuisine is prepared with fresh, seasonal ingredients. With minimum seasoning, most meals are just boiled or eaten raw. The Japanese diet includes a lot of seafood and is rich in vegetables. However, it's hard to find vegetarian food. Ingredients like garlic, chilli peppers and oil are rarely used. For a richer flavour, pickles or different sauces such as soy, citrus or wasabi are often added to the dishes.

Mexican cuisine is a rich and ancient cuisine that has developed over thousands of years. The dishes are colourful, spicy and include a wide variety of fresh and dried chillies. The most common cooking methods are frying, grilling and boiling. The recipes are prepared primarily with local ingredients. Corn is the most common ingredient in these recipes. Beans, avocado and tomatoes are also frequently used in Mexican dishes.

Each of these cuisines has its own unique flavour, and it's difficult to say which one is the most delicious. Try to be open to different flavours and enjoy your meal.

1. The cuisine of a country can tell us about its culture. _____
2. Italian dishes are difficult to cook. _____
3. Turkish cuisine is influenced by different regions. _____
4. Japanese cuisine usually offers grilled and fried dishes. _____
5. There aren't many vegetarian options in Japanese cuisine. _____
6. Mexican cuisine is poor in spices and flavours. _____

B. Read the text and choose the correct option.

The Harbin International Ice and Snow Sculpture Festival is an annual winter festival that takes place in Harbin, China. It is the largest ice and snow festival in the world. The official starting date is January 5, and it lasts until February 15. The festival is held at the Ice and Snow World Park. It is such a large area where more than 50 farmers work for 20 days to supply the blocks of ice needed for the festival. The sculptors create their best works and then exhibit more than 2,000 masterpieces in the festival area. The sculptures are best seen at night when they are lighted with LED lights. This inspiring festival was a national event at first, but then it has become an international competition. The festival includes the world's biggest ice sculptures and holds the Guinness World Record for the biggest single ice sculpture.

1. The festival is held _____. a) twice a year b) every year
2. The festival lasts for _____. a) more than a month b) less than a month
3. The ice for the festival is provided by _____. a) the farmers b) the sculptors
4. The ideal time to see the sculptures is _____. a) daytime b) nighttime
5. The festival holds the Guinness World Record for _____. a) the largest ice sculpture in one piece b) the number of sculptures.