

## Task 1

Watch the video about vegetarian curry:

<https://www.esolcourses.com/content/topics/food/video/videoquiz1.html>

## Task 2

Choose the correct variant:

1. Paneer cheese is made from:

a. the video doesn't say

b. cow's milk

c. goat's milk

d. sheep's milk

2. Kadhai Paneer is served as a:

a. dessert

b. starter

c. side dish

d. main course

3. Kadhai sauce is described in the video as:

a. a thick and spicy sauce

b. a thick and cheesy gravy

c. a thick and cheesy sauce

d. a thick and spicy gravy

4. How many people does the recipe serve?

a. eight

b. two

c. four

d. six

5. Which of the following is NOT mentioned in the list of ingredients?

a. garlic

b. potatoes

c. tomatoes

d. 2 whole red chillies

6. Which of these ingredients should be added during step 3?

- a.garlic
- b.red chillies
- c.Kadhai Sauce
- d.paneer cheese

### Task 3

Choose the correct variant:

1.... before using them.

- a.Add the chilli powder
- b.Wash the vegetables
- c.Heat the oil

2.... in a non-stick pan.

- a.Heat the oil
- b.Add the chilli powder
- c.Chop the onions

3....to slice the garlic.

- a.Heat the oil
- b.Add the chilli powder
- c.Use a sharp knife

4.... and add them to the pan.

- a.Chop the onions
- b.Slice the garlic
- c.Heat the oil

5.... and stir into the mix.

- a.Heat the oil
- b.Add the chilli powder
- c.Use a sharp knife

6.... and leave to simmer.

- a.Wash the vegetables
- b.Use a sharp knife
- c. Cover the pan

#### Task 4

Watch the video:

[https://www.youtube.com/watch?time\\_continue=113&v=zjsOOT347cA](https://www.youtube.com/watch?time_continue=113&v=zjsOOT347cA)

#### Task 5

Decide if statements are true or false:

- 1 Fresh food is always better. F
- 2 Fresh food hasn't always reached its nutritional peak when it is harvested. T
- 3 It may take weeks for fresh food to be eaten. T
- 4 Frozen food isn't frozen immediately after being picked. F
- 5 Frozen foods can contain more nutrition than fresh food out of season. T
- 6 After three days of storage, frozen broccoli had higher levels of vitamin C than fresh broccoli. T
- 7 Fresh vegetables from your garden are to be avoided. F
- 8 UpDesk is offering you \$15 discount. F

#### Task 6

Watch the video:

<https://eslvideo.com/quiz.php?id=27352>

#### Task 7

Choose the correct variant:

1. What meat does she use to make beef stew?  
☐ Steak  
☐ Pork roast  
☒ Chuck roast
2. Why is the meat a little tough?  
☐ Because it is a muscle  
☐ Because of the fat and sinew  
☐ Because is a thick piece of meat
3. How much vegetable oil does she put into the pan?  
☐ 3 tablespoons  
☐ 4 tablespoons  
☐ 5 tablespoons
4. Why should you not crowd the meat in the pan?

- ☐ Because it will brown
- ☐ Because it will boil
- ☐ Because it will steam

5.What does the little flour in the pan do?

- ☐ It will give it flavor
- ☐ It will thicken the sauce
- ☐ It will loosen the sauce

6.How do you get the flavor off the bottom of the pan?

- ☐ You deglaze it with liquid
- ☐ You use wine to glaze it
- ☐ You scrap it and deglaze it

7.After adding the ingredients into the pan how do you cook the soup?

- ☐ Steam for an hour
- ☐ Boil for an hour
- ☐ Simmer for an hour

What 4 vegetables does she add to the soup

- ☐ Potatoes chives corn and peas
- ☐ Carrots celery potatoes and peas
- ☐ Potatoes carrots beans and peas