

Exercise 4

13 Read the article about a teenager who did a short cookery course during the holidays.

Write a summary about the cookery skills he learned during the course, AND the advice he gives to future students.

Your summary should be about 100 words long (and no more than 120 words long). You should use your own words as far as possible.

You will receive up to 8 marks for the content of your summary, and up to 8 marks for the style and accuracy of your language.

Cooking CAN be fun!

I love food! I love trying new dishes and finding out the ingredients that have gone into them. But one thing I've never had any confidence in is my ability to cook! So when my parents suggested that I enrol on a two-day cookery course during the school holidays, I had mixed feelings. In one respect, I was looking forward to it as it was all about food. But on the other hand, I was nervous that I'd be the only person who really didn't know how to cook. I also thought that, at sixteen, I'd be the youngest.

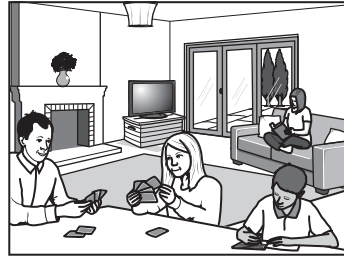
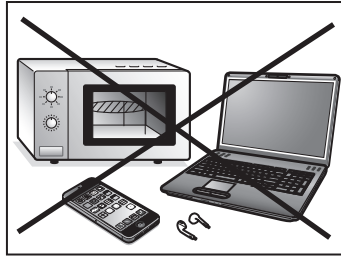
Despite my nerves, the course turned out to be brilliant from start to finish. We were all made to feel really welcome, and there were people of all ages and levels of ability. Each day, we turned up at 9:00, and the chefs in charge gave a short briefing, telling us what to expect that day. Then, basically, we cooked all day until about 15:00, when we sat down together and tasted everything we'd prepared. We also chatted about what we'd made, and the chefs suggested ways of adapting the recipes that we'd followed. I gained so much from that! Anything left over could be taken home, so if you're considering doing a course like this, one thing I'd say is to bring some containers with you. Being able to share the food with my family afterwards was an added bonus!

On the first day, we started with some basics. I'd imagined we'd be learning how to use all sorts of equipment, but in fact we used very little. And if you think you know how to use a knife properly, think again! The next thing we had to do was to prepare a chicken for cooking. We all needed quite a bit of help with the technique for doing this, but eventually succeeded. At this point I started to feel quite hungry, then I realised how long it was until we'd be sitting down and eating. So don't forget to have a good breakfast beforehand – I made sure I did this on the second day!

We all had our own individual work spaces within the kitchen, and I found that on day one, mine quickly became a real mess. How to keep the kitchen tidy while cooking wasn't something I'd expected to find out about, but I'm glad I did. It certainly helped me when it came to the next task, which was to make fresh pasta. I'd never done that before, and have managed to do it at home twice since! Whatever we cooked, we were given detailed instructions to take away with us, but even so it's well worth taking photos while you're working. They're a useful reminder when you're trying to remember how you did something, or what something should look like at each stage. When we finished each dish, the chefs showed us how to arrange the food on a plate. That was brilliant – and at the end of each day we all agreed that not only did our food taste great, it looked great too.

The adolescent gained a variety of cooking abilities during the course. Firstly, he learned some fundamentals of cooking. Moreover, he acquired the knowledge of how to use a knife correctly, how to organize the workplace while cooking and how to arrange the food on a platter. In addition to learning methods of modifying recipes, preparing a chicken and making fresh pasta were also skills that he acquired. For future students, the juvenile gives some advice, including bringing some containers to take the leftovers back home. Additionally, he recommends eating a satisfying meal before class to keep you full, and finally, snapping photos while working to serve as a helpful reminder of the techniques used at each stage.

Exercise 5



- 14** You and your family recently took part in a 'no technology' challenge. This meant not using any technology for a week.

Write an email to a friend about this.

In your email, you should:

- explain why you decided to take part in the challenge
- say what you found difficult during the challenge
- describe how your habits have changed since completing the challenge.

The pictures above may give you some ideas, and you can also use some ideas of your own.

Your email should be between 150 and 200 words long.

You will receive up to 8 marks for the content of your email, and up to 8 marks for the language used.

Dear Ali,

How have you been? Hope you're doing well. You'll never guess what my family and I did recently!

You probably have heard about the one-week 'no technology' challenge that's been trending lately, haven't you? I've seen a lot of influencers doing it on social media and encouraging youngsters to try it as well, so I decided to give it a go. You know me — I always jump on the bandwagon.

During the challenge, we weren't allowed to use any form of technology, which also included basic ones like the air conditioner, let alone mobile phones! Can you believe that? Also, I couldn't keep in touch with my friends, which was extremely challenging — I guess you now know why I haven't dropped you a line for a while.

Although it wasn't easy as I thought it would be, we'd lots of fun and saw a dramatic improvement in our habits. Can you believe that my phone usage dropped from 7 hours to just 2 hours? I was literally astonished! I know you're now wondering what I do with this unbelievable spare time. I've got back into the habit of reading daily and now spend quality time with my family. I've never thought that I could enjoy a cup of coffee or a night out with family as much as scrolling through social media.

You should start this challenge as well — trust me it's worth it! Anyway, I must dash now.

Love,

Ahmad

Exercise 6

- 15** Your class recently held a discussion about whether reading stories in books is better than listening to stories on the radio or online. You have decided to write an article for your school magazine.

Here are two comments from your classmates:

My books are some of my favourite possessions.

I can do other things while I'm listening to stories.

Write an article for your school magazine, giving your views.

The comments above may give you some ideas, and you can also use some ideas of your own.

Your article should be between 150 and 200 words long.

You will receive up to 8 marks for the content of your article, and up to 8 marks for the language used.

Nowadays, we can read on a screen or even listen to audio books. But does this mean reading in books is inferior to its digital counterpart?

The main argument in favor of listening to stories on the radio or online is that it allows you to listen to stories even while doing other activities, such as helping your parents in household chores or even on the way to school. This allows us to avail from time otherwise not exploited to the maximum, hence being more productive. Moreover, it is significantly cheaper than buying physical books, which saves a lot of money in the long run, especially for voracious readers.

On the other hand, reading develops your critical thinking more as you can think in depth about what has been written. Consequently, you can harness your imagination, and so the quality of experience is considerably superior and more enjoyable. In addition, some people find it extremely difficult to keep up with audio books; therefore, they prefer to read physical books at their own pace. These are the ones who also keep the books they read in a gigantic library out of the love of possession and to give them a more tangible sense of accomplishment.

In conclusion, both options have pros and cons. I strongly believe that the optimal choice is the one that fits your circumstances and preferences.