

1 Organize Your Fridge

01 In my early 20s, I started working in professional kitchens and
02 had to adhere to strictly enforced **rules** for keeping
03 food-storage areas **tidy**. In restaurants, organization is
04 important not only because it helps **cooks** move quickly and
05 smoothly but also because wasted food is wasted money.
06 The same is true at home. You may not see the effects of a
07 chaotic fridge in a balance sheet, but they will show in the time
08 it takes to cook dinner and the stress involved. It's been years
09 since my last **bakery** shift, but I still use what I learned there to
10 keep my **leftovers**, produce, and other **perishables** in order.
11 The first is to take everything out. I mean everything. Deal with
12 the meat **sauce** you've been avoiding, and organize all your
13 condiments.
14 When you're ready to refill the fridge, avoid treating it like a
15 **junk drawer** for food. Designate different areas for different
16 types of items.
17 Your fridge probably comes with a few predetermined zones
18 but you can create more with **trays**.
19 Restaurants often keep smaller containers together inside
20 trays, which are easy to pull out to get a better look.

2 Verbs

	Present	Past	Participle	
01	keep	kept	kept	<i>manter</i>
02	waste	wasted	wasted	<i>desperdiçar</i>
03	learn	learned	learned	<i>aprender</i>
04	deal	dealt	dealt	<i>lidar, negociar</i>
05	pull	pulled	pulled	<i>puxar</i>

3 Vocabulary

01	rule	<i>regra</i>	06	perishable	<i>perecível</i>
02	tidy	<i>arrumado</i>	07	sauce	<i>molho</i>
03	cook	<i>cozinheiro</i>	08	junk	<i>lixo</i>
04	bakery	<i>padaria</i>	09	drawer	<i>gaveta</i>
05	leftover	<i>resto, sobra</i>	10	tray	<i>bandeja</i>

4 Remember

01	About	<i>Sobre</i>	13	However	<i>Contudo</i>
02	After	<i>Depois De</i>	14	If	<i>Se</i>
03	Also	<i>Também</i>	15	Meanwhile	<i>Enquanto Isso</i>
04	Anyway	<i>De Qualquer Forma</i>	16	Moreover	<i>Além Disso</i>
05	Otherwise	<i>De Outra Forma</i>	17	Nevertheless	<i>Mesmo Assim</i>
06	Before	<i>Antes De</i>	18	Because	<i>Porque</i>
07	Besides	<i>Além De</i>	19	Perhaps	<i>Possivelmente</i>
08	Despite	<i>Apesar De</i>	20	Rather Than	<i>Ao Invés De</i>
09	Even	<i>Até, Mesmo</i>	21	Such As	<i>Tal Como</i>
10	Even Though	<i>Apesar De</i>	22	Therefore	<i>Portanto</i>
11	Except	<i>Exceto</i>	23	Unless	<i>A Menos Que</i>
12	Furthermore	<i>Além Disso</i>	24	While	<i>Enquanto</i>

5 Grammar

DETERMINERS - ARTICLES

The determiners **a/an** and **the** are called "articles". They are the most common of all determiners. They come before a noun.

When we are talking about something in general, we use a or an. When we are talking about something in particular, we use the.

Think of the sky at night. In the sky we see MILLIONS of stars and ONE moon. So we say: I saw a star at night. I saw the moon at night.

Look at some more examples:

I was born in a town.

John had an omelette for lunch.

The capital of France is Paris.

I have found the book that I lost.

6 S.V.O.

	01		02		03		04
+	I	+	I	+	YOU	+	YOU
-	ALWAYS	-	SHOULD	-	USUALLY	-	WOULD
?	YOU	?	YOU	?	ME	?	ME
	05		06		07		08
+	HE	+	HE	+	SHE	+	SHE
-	OFTEN	-	COULD	-	SOMETIMES	-	CAN
?	HER	?	HER	?	HIM	?	HIM
	09		10		11		12
+	WE	+	WE	+	THEY	+	THEY
-	SELDOM	-	MUST	-	NEVER	-	MAY
?	THEM	?	THEM	?	US	?	US

7 Conversation

- 01 Do you think about color when you are preparing a meal?
- 02 Are there any foods that you wouldn't eat as a child that you eat now?
- 03 Are you a good cook?
- 04 Are you a vegetarian?
- 05 Are you concerned about your daily calorie intake when choosing something to eat?

8 Questions

	01		02		03		04		05
HOW	DO	YOU	WHERE	MUST	YOU	WHEN	DID	YOU	WHY
									DOES
									HE
	06		07		08		09		10
HOW	WILL	YOU	WHERE	CAN	YOU	WHEN	SHOULD	YOU	WHY
									WOULD
									COULD
									YOU