

Lesson 45: Cooking

Listen to this conversation between Mandy and her father, Nikko, who is cooking. Mark the statements below "True" or "False."

Listening Comprehension

True or false according to the dialogue?

1. Nikko got the burrito recipe from a cookbook
2. He used up all the eggs to make the burritos
3. Nikko threw away the bacon
4. Mandy doesn't want to eat beans for breakfast
5. Tofu is a good source of protein
6. Mandy refuses to try Nikko's burritos
7. Nikko has seen health benefits from his new diet
8. Mandy's mother was a vegan
9. Nikko is also doing exercise
10. Mandy thinks her dad has feelings for Sharon
11. Mandy's mother has died
12. Mandy disapproves of Nikko and Sharon's relationship

Conversation Text

Mandy: Morning, Dad! Mmm, something smells good!

Nikko: I'm making vegan breakfast **burritos** – all organic. My friend Sharon taught me how to make them last week. She's a real **pro** in the kitchen.

Mandy: Ah, that's great! But Dad, what happened to all the eggs in the fridge? **I could've sworn** we had at least four left.

Nikko: I threw them away. Too much cholesterol.

Mandy: Oh. So much for the omelet I wanted to make. Hey – the bacon's gone, too!

Nikko: Sorry, **hon**. I might've gotten a little **overzealous** when **purging** our food supplies. Health **takes precedence**, though. You really should try to go vegan sometime. It'll help **unclog** your arteries. And Sharon says you can get all the protein you need from beans.

Mandy: Maybe. I really don't think I can **stomach** beans for breakfast, though.

Nikko: If you knew how many rat hairs are allowed into each pound of processed meat, you'd be saying "**good riddance**" to the bacon.

Vocabulary

burritos = a type of Mexican food made of a flour tortilla wrapped around a filling

pro = professional; very skilled

I could've sworn = I was quite certain

hon = short for "honey," a term of affection

overzealous = excessively enthusiastic

purging = clearing an area of things that are unwanted

takes precedence = is more important

unclog = remove blockages

stomach = tolerate, accept

good riddance = it's a good thing that's gone

Mandy: Well, **ignorance is bliss**. I guess I'll try your burritos. But... what are those **slimy** white chunks?

Nikko: It's tofu. Another great source of protein, by the way! I know it doesn't look very **appetizing**, but don't let that **put you off**. The tofu **absorbs** the flavors of all the other ingredients.

Mandy: **I'll take your word for it**. I'm going to go check my e-mail – let me know when breakfast is ready.

Nikko: Sure. Oh! That reminds me. Sharon sent me this website that has great recipes with all-natural ingredients. I'll forward it to you.

Mandy: Wow, **what's gotten into you**, Dad? You seem pretty **gung-ho** about this vegan thing.

Nikko: I'm feeling better than I have in years! More energy, no more **ulcers**. You might want to give it a try.

Mandy: I don't know. A vegan diet just seems so **bland**. Plus, we were raised on all that delicious Greek food Mom used to cook – full of meat and cheese.

Nikko: Hey, it wasn't a **cakewalk** for me either. You only have twenty years of bad habits to break away from. I've had forty-eight. But Sharon helped me understand that eating right

Vocabulary

ignorance is bliss = I'm happier not knowing

slimy = disgusting, wet, slippery

appetizing = describes food that is attractive and makes you want to eat it

put you off = repel you, make you have a bad impression

absorbs = takes in

I'll take your word for it = I'll assume what you're saying is true

what's gotten into you? = you're acting much differently than normal

gung-ho = enthusiastic

ulcers = painful irritated holes in the lining of the stomach

bland = boring, without interesting tastes

a cakewalk = something easily accomplished

can add years to your life. Along with regular exercise, of course. We're doing a yoga class together.

Mandy: Dad... I'm beginning to think this health **kick** has more to do with Sharon than anything else.

Nikko: What do you mean?

Mandy: Back when you and Mom were still together, you were always **gushing about** her cooking. You used to say that was what made you **fall for** her.

Nikko: Yeah, I guess I did, didn't I?

Mandy: And when you talk about Sharon, you get that same **gleam in your eye**.

Nikko: Well, she is a very inspiring woman.

Mandy: How about inviting her over for dinner tomorrow night? I'd love to meet her.

Vocabulary

kick = (*slang*) temporary, obsessive interest

gushing about = saying extremely positive and affectionate things about

fall for her = fall in love with her

gleam in your eye = when your eyes "light up" with excitement or love

Vocabulary Quiz

Complete each sentence with a word from the box. Two words are not used.

a cakewalk

good riddance

put me off

bland

gung-ho

take precedence

can't stomach

gushing about

take your word for

could've sworn

purge

unclog

1. My father's spent thousands of dollars on fixing his old pickup truck, but finally it broke beyond repair. _____, I say.
2. Every once in a while, it's good to _____ any clothes you no longer wear from your closet.
3. Have you seen my wallet? I _____ I left it right here on the table.
4. I _____ the idea of my brother dating my ex-girlfriend. It's just too weird.
5. My friend had a bad experience in Colombia and for a while that really _____ traveling to the country.
6. Don't use the toilet downstairs. We need to call a plumber to _____ it.
7. Sam already spoke four languages, and he said learning his fifth was _____.
8. Some kids dread the start of a new school year, but mine are _____ about it. They look forward to seeing their friends and learning new things.
9. The emergency room at the hospital is very busy, and the most urgent cases _____.
10. My grandmother is so proud of her grandkids. She's always _____ how wonderful we are.

Speaking Task

Do you like to cook? Why or why not? If you like to cook, describe how to make one of your favorite dishes. If you don't like to cook, then describe some of the typical or traditional dishes from your country in general.

Record your speaking at www.speakpipe.com/espressoenglish or send the MP3 to homework@espressoenglish.net for feedback!

Answers

Comprehension Questions

1. False
2. False
3. True
4. True
5. True
6. False
7. True
8. False
9. True
10. True
11. False
12. False

Vocabulary Quiz

1. good riddance
2. purge
3. could've sworn
4. can't stomach
5. put me off
6. unclog
7. a cakewalk
8. gung-ho
9. take precedence
10. gushing about