食物类型：

salad, pasta, sushi, steak, pizza, wash, peel, chop, mix

1. I enjoy delicious food from all over the world, and sushi is my favorite.

2. You should not forget to peel the vegetables before you make a salad.

食物操作方法：

fry, stir-fry, grill, roast, bake, poach, boil, steam

1. My mother is in favor of healthy cooking, so she cooks meals only with water, like poaching, or boiling, or steaming.

2. Food that is heated in an oven, over fire of cooked in oil often tastes better and thus cooking skills such as frying and stir-frying and roasting and grilling and baking are basics for a chef.

3. When you were a child, did you ever help your parents cook a meal?

I often helped with small cooking preparation tasks such as washing, peeling, mixing, measuring and I think it's a great idea to join in this activity from an early age. When you watch your elders cooking, you can pick up some cooking skills such as, stir-frying, roasting and boiling, which will be useful when you start cooking for yourself.

4. When was the last time you did cooking?

Well, that was a few weeks ago when I cooked supper for some friends for the first time. I had grilled some beef steaks and boiled some pasta. It wasn’t too difficult and it turned to be a great success.

5. Describe a person who is good at cooking, and say how he or she is good at cooking?

My grandmother is a great cook and it’s not just my bias as a granddaughter. Anyone who knows her will tell you the same thing. She is famous for her dumplings in particular. The ingredients are chopped really small, mixed evenly and seasoned perfectly. She boiled the dumplings with great techniques.