

# The-Taste

Burger King – It takes two hands to hold a Whopper

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## Chef



In a professional kitchen, a chef will have a team of people working under them, known as the Brigade de Cuisine, who they're in charge of. In this team, each person will know exactly what they need to focus on to get the dishes prepared and served at the right time, to the highest standard.

## Beginner



At the end of the day, like everything else in life, cooking boils down to practise. So... while you're in a safe environment with all the ingredients around you, have a go. Make a mess and burn everything. You will only get better by making mistakes and learning from them. Get some tuition from your mum, mates

## Foodie



A foodie is a person who has an ardent or refined interest in food and who eats food not only out of hunger but due to their interest or hobby. The terms "gastronome" and "gourmet" define the same thing, i.e. a person who enjoys food for pleasure. who eats food not only out of hunger but due to their interest or hobby



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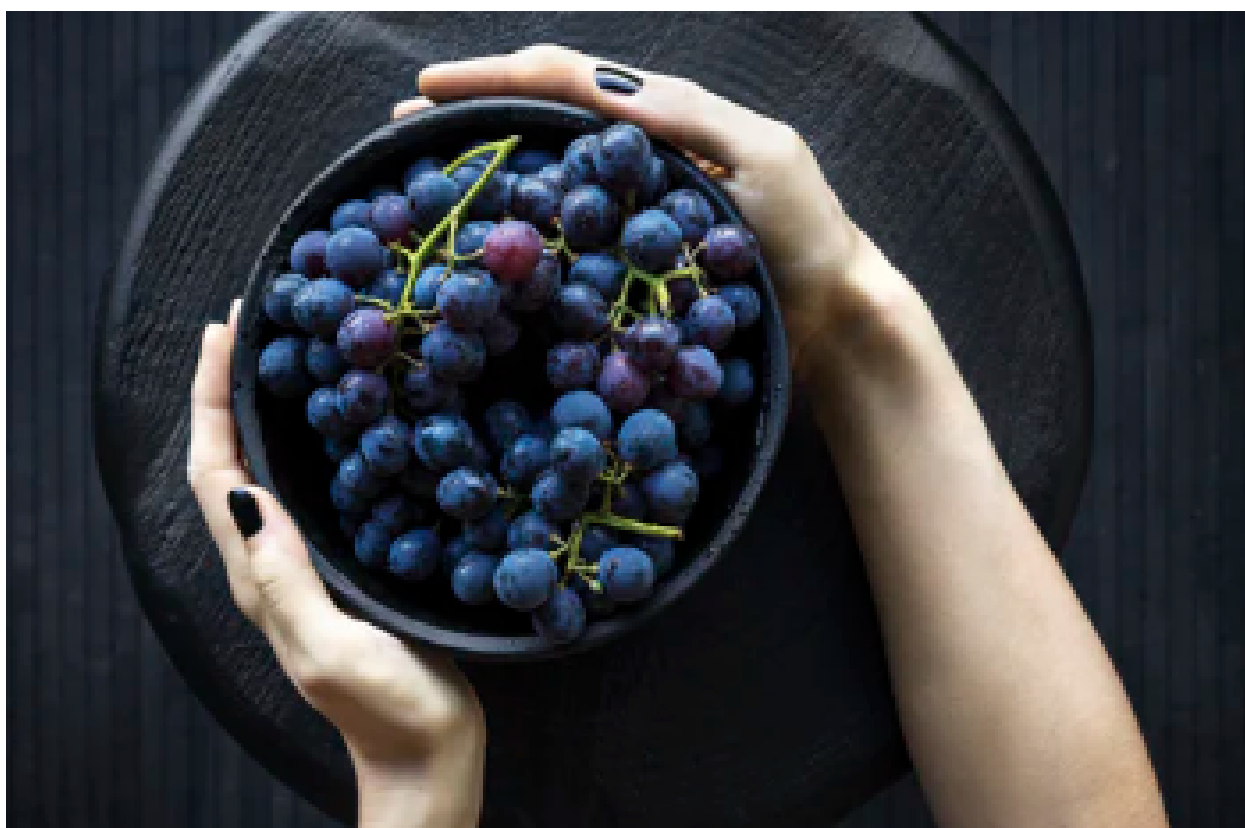
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## Blue-Berry

A type of flavonoid called anthocyanin gives blueberries many of their health benefits. Flavonoids are plant compounds that often have a powerful antioxidant effect. Anthocyanin is responsible for the blueberry's characteristic blue color. It also contributes to the numerous advantages of blueberries.

## Yellow-Lemon

Although we think of green limes as the fruit's Platonic form, it's not. Green limes are, in fact, underripe. When allowed to fully ripen on the tree, they turn pale yellow. But since we're so accustomed to seeing green limes at the supermarket, light green and yellow-ish limes can seem suspect.



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