



Global Crisis Erupts as Mediterranean Sea Loses 70% Water

Description

The local community center has recently started a new program to help people learn more about healthy cooking. The program is designed for people who want to improve their cooking skills and learn how to make healthier meals at home. It is open to everyone in the community, and many people have already signed up.

The program will run for eight weeks and includes one class every week. Each class will last for two hours. During the classes, participants will learn how to choose healthier ingredients, prepare nutritious meals, and understand the benefits of a balanced diet. They will also learn new cooking techniques that are simple and easy to use daily.

Experienced chefs and nutritionists will teach the classes. They will provide tips on how to make meals that are not only healthy but also delicious. Participants will have the chance to cook meals themselves during the classes. This will give them hands-on experience and the confidence to try new recipes at home.

The program aims to help people make healthier choices in their daily lives and reduce their risk of health problems such as obesity, diabetes, and heart disease. By learning how to cook healthy meals, people can take better care of themselves and their families.

Many participants have praised the program, saying it has changed how they think about food. They now feel more empowered to make healthier choices. The community center hopes the program will inspire more people to learn about healthy cooking and ultimately improve the community's overall well-being.

Vocabulary List:

1. **Nutrition** /nu:'trɪf.ən/ (noun): The process of providing or obtaining the food necessary for health and growth.
2. **Nutritious** /nju'trɪf.əs/ (adjective): Providing the substances necessary for growth health and good condition.
3. **Balanced** /'bæl.ənst/ (adjective): Having different elements in the correct proportions.
4. **Participants** /pɑ:r'tɪsɪpənts/ (noun): People who take part in an activity or event.
5. **Empowered** /ɪm'pəʊəd/ (verb): Given the authority or power to do something.
6. **Techniques** /tek'ni:ks/ (noun): Methods or ways of doing something especially in a skillful manner.

Comprehension Questions



Multiple Choice

1. What is the main goal of the new healthy cooking program at the community center?
 - Option: Improve gardening skills
 - Option: Promote unhealthy eating habits
 - Option: Help people make healthier meals at home
 - Option: Offer dance classes

2. How many classes are included in the program at the community center?
 - Option: Four classes
 - Option: Six classes
 - Option: Eight classes
 - Option: Ten classes

3. Who will be teaching the cooking classes at the community center?
 - Option: Experienced chefs and nutritionists
 - Option: Comedy performers
 - Option: Personal trainers
 - Option: Magicians

4. What are participants encouraged to do during the classes?
 - Option: Watch cooking shows
 - Option: Cook meals themselves
 - Option: Read books
 - Option: Take naps

5. What health problems can learning to cook healthy meals help reduce?
 - Option: Obesity, diabetes, and heart disease
 - Option: Broken bones
 - Option: Dental cavities
 - Option: Vision problems

6. How long does each class of the program at the community center last?
 - Option: One hour
 - Option: Two hours
 - Option: Three hours
 - Option: Four hours



True-False

7. The new cooking program at the community center is only for experienced chefs.
8. Participants of the program do not get to cook meals themselves during the classes.
9. The main aim of the program is to promote unhealthy eating habits.
10. The classes will be taught by comedians and magicians.
11. Many participants have praised the program for helping them make healthier choices.
12. The community center hopes the program will not inspire more people to learn about healthy cooking.

Gap-Fill

13. The program at the community center will run for eight _____.
14. Experienced chefs and _____ will teach the classes.
15. The program aims to help people make healthier choices in their daily _____.
16. Participants will have the chance to cook meals themselves during the _____.
17. By learning how to cook healthy meals, people can take better care of themselves and their _____.
18. The community center hopes the program will inspire more people to learn about healthy cooking and ultimately improve the community's overall _____.

Answer

Multiple Choice: 1. Help people make healthier meals at home 2. Eight classes 3. Experienced chefs and nutritionists 4. Cook meals themselves 5. Obesity, diabetes, and heart disease 6. Two hours

True-False: 7. False 8. False 9. False 10. False 11. True 12. False

Gap-Fill: 13. weeks 14. nutritionists 15. lives 16. classes 17. families 18. well-being



Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Who takes part in a competition or event?

- Option: Vibrant
- Option: Achievements
- Option: Participants
- Option: Community

2. What term is used to describe an occasion of festivity or joy?

- Option: Nutrition
- Option: Participants
- Option: Celebration
- Option: Community

3. Which word relates to the protection of the natural world?

- Option: Encouraging
- Option: Recycled
- Option: Environmentally
- Option: Empowered

4. What resources and accommodations are provided for a specific purpose?

- Option: Atmosphere
- Option: Facilities
- Option: Community
- Option: Strolls

5. What process involves the transfer of pollen from one plant to another?

- Option: Nutrient
- Option: Pollination
- Option: Balanced
- Option: Participants

6. Which term refers to the ability to maintain at a certain rate or level?

- Option: Empowered
- Option: Techniques
- Option: Sustainable
- Option: Wildflower

7. What is the basic physical and organizational structures needed for the operation of a society?



- Option: Surroundings
- Option: Emissions
- Option: Sustainable
- Option: Infrastructure

8. What term is used to describe the right or opportunity to use or benefit from something?

- Option: Incentives
- Option: Promoting
- Option: Access
- Option: Accessible

9. What is the process of converting waste materials into reusable objects?

- Option: Nutritious
- Option: Recycled
- Option: Inspiring
- Option: Environmentally

10. Which term means giving support confidence or hope to someone?

- Option: Encouraging
- Option: Celebration
- Option: Community
- Option: Atmosphere

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Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. Taking leisurely _____ in the park can be relaxing.

12. Eating a diet rich in fruits and vegetables is important for good _____ .

13. Through education individuals can become _____ to make positive changes in society.

14. The meadow was filled with colorful _____ attracting bees and butterflies.

15. Reducing carbon _____ is crucial for combating climate change.

16. Companies offer various _____ to encourage employees to perform better.

17. Marketing plays a key role in _____ products and services to consumers.



18. Recognizing one's _____ can boost self-confidence and motivation.
19. Building a strong sense of _____ can lead to collective progress and well-being.
20. Maintaining a clean and pleasant environment contributes to positive _____.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The _____ of the stadium was filled with excitement and energy as fans cheered on their team.
22. These are the individuals who compete in the marathon.
23. The grand party thrown in honor of her promotion was a beautiful _____ of her hard work.
24. Mastering the art of watercolor requires learning various _____ and styles of painting.
25. The local _____ came together to organize a charity event for the homeless.
26. Protecting the _____ is essential for the well-being of future generations.
27. _____ environmental awareness can lead to greater conservation efforts.
28. Making public spaces wheelchair-friendly ensures equal _____ for all individuals.
29. The new sports complex offers state-of-the-art _____ for athletes to train.
30. Her words of support were _____ and helped him believe in himself.

Answer

Multiple Choice: 1. Participants 2. Celebration 3. Environmentally 4. Facilities 5. Pollination 6. Sustainable 7. Infrastructure 8. Access 9. Recycled 10. Encouraging

Gap-Fill: 11. strolls 12. nutrition 13. empowered 14. wildflowers 15. emissions 16. incentives 17. promoting 18. achievements 19. community 20. surroundings

Matching sentence: 1. Atmosphere 2. participants 3. celebration 4. techniques 5. community 6. environment 7. Promoting 8. Access 9. facilities 10. Encouraging

CATEGORY

- 1. Health - LEVEL3

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