



Restaurant Workers Reveal Least-Ordered Fish on Reddit

Description

Many restaurant workers say not to order swordfish. They think it has health risks. This news comes from a discussion on Reddit, a website where people share ideas. Some chefs believe that swordfish often has harmful worms and parasites.

The problem is that these worms can be in the fish. They can cause sickness if people eat them while they are still alive. One user on Reddit talked about how they saw chefs preparing swordfish. They noted that the fish often has many parasites. These parasites can jump out when the fish dies.

Famous chef Anthony Bourdain also said to avoid swordfish. Another user agreed that it looks bad when the worms come out during preparation. Swordfish live in warm waters, which can cause more parasites to grow.

Cooking swordfish well can kill the parasites. The fish needs to be at least 145 degrees Fahrenheit. Freezing it at very low temperatures can also kill the worms. However, many people still feel uncomfortable eating fish with parasites, even if they are dead.

Comprehension Questions

Multiple Choice

1. What do many restaurant workers advise regarding swordfish?

- Option: To order it
- Option: Not to order it
- Option: To cook it rare
- Option: To eat it raw

2. What is a concern chefs have about swordfish?

- Option: It tastes bad
- Option: It has harmful worms and parasites
- Option: It is too expensive
- Option: It is hard to cook

3. At what temperature should swordfish be cooked to kill parasites?



- Option: 125 degrees Fahrenheit
- Option: 145 degrees Fahrenheit
- Option: 165 degrees Fahrenheit
- Option: 185 degrees Fahrenheit

4. Which famous chef advised against eating swordfish?

- Option: Gordon Ramsay
- Option: Anthony Bourdain
- Option: Emeril Lagasse
- Option: Jamie Oliver

5. What worries many people about eating swordfish?

- Option: It is always expensive
- Option: It often has parasites
- Option: It is hard to find
- Option: It is not popular

6. What can freezing at very low temperatures do to swordfish?

- Option: Make it taste better
- Option: Kill the worms
- Option: Increase its price
- Option: Enhance its flavor

True-False

- 7. Swordfish is considered safe to eat by many restaurant workers.
- 8. Worms in swordfish can cause sickness if eaten alive.
- 9. Swordfish live in cold waters, reducing the number of parasites.
- 10. Many users on Reddit discussed the presence of parasites in swordfish.
- 11. Cooking swordfish at 145 degrees Fahrenheit does not kill parasites.
- 12. Many people are comfortable eating swordfish, even with dead parasites.



Gap-Fill

13. Many restaurant workers say not to order swordfish because of health risks. This news comes from a discussion on _____.
14. Swordfish can have harmful worms and _____.
15. The parasites in swordfish can jump out when the fish _____.
16. Chefs believe that cooking swordfish well can kill the _____.
17. The fish needs to be at least _____ degrees Fahrenheit to be safe.
18. Freezing swordfish at very low temperatures can also kill the _____.

Answer

Multiple Choice: 1. Not to order it 2. It has harmful worms and parasites 3. 145 degrees Fahrenheit 4. Anthony Bourdain 5. It often has parasites 6. Kill the worms
True-False: 7. False 8. True 9. False 10. True 11. False 12. False
Gap-Fill: 13. Reddit 14. parasites 15. dies 17. 145 18. worms

CATEGORY

1. Health - LEVEL1

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