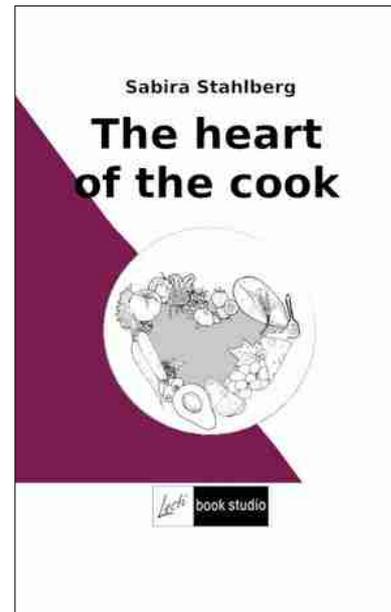


The heart of the cook

The heart of the cook tells about food and cooking. Food gathers people, they have fun together and they feel good. Tasty food creates a good mood and helps us enjoy life. The book also tells about life, about expressing feelings, to succeed and fail and accepting oneself. It tells further about our limitations and our possibilities to develop.



Discussion:

What new thoughts did the stories in the book give you?
What feelings does food awaken in you?
Which kinds of food do you like? Why?
Which are your favourites among ingredients? Explain why.
What kind of food do you like to prepare? Why?
What memories do you have from food? Describe.
Choose one or a few ingredients or kinds of food.
Describe them and tell why you chose them.
Discuss the food you chose with the others in the group.
What does this food mean to you and what meaning does it have in your life?
What does the food you choose tell about you as a person or your life?

Tasks: Draw your own pictures to the stories.

Write about an ingredient or a dish, which is not included in the book.
Write your own story or a poem for the pictures in the book.

The heart of the cook: reading comprehension

Which statements are true? Answer also the questions.

Where is the heart of the cook?

The cook composes music with vegetables.

The cook loves to wash dishes.

The cook has always made good food.

The food is too salty for the guests.

Does French food taste best?

What kind of porridge was there after the war?

The ancient Egyptians ate oatmeal porridge.

Maize porridge in Italy is called...

Muesli is served with...

Buckwheat porridge is white and smooth.

Rutabaga has a lot of vitamin B.

Sweet potatoes are green.

Sweet potatoes taste just like potatoes.

Rutabaga is not very nutritious.

Do we eat rutabaga casserole for Easter?

Sushi comes from China.

Does sushi contain rice, fish and avocado?

Algae glue on the teeth and they are healthy.

What is wasabi?

You eat sushi with fork and knife.

Is spaghetti the hole in the macaroni?

Pasta and pizza come from South America.

Marco Polo brought noodles from Asia.

Spaghetti with meat sauce is called...

Do you eat spaghetti with fork or spoon?

Does hamburger mean bread with fish?

Double hamburger has four pieces of bread.

Mustard is made from powder.

Hamburgers are very healthy food.

How many hamburgers can you eat in one go?



At a brandy table they served only brandy.
Does the word buffet mean a buffoon?
Sandwich table has no sandwiches.
A cold table is made of ice.
A Swedish table serves also hot food.
A Swedish table means that the Swedes sit here and eat.

Fresh fish has red gills.
Does fish contain minerals?
Ugly fish live at the surface in the sea.
Fish do not eat plastic.
Fish which are sold as fillets still have their heads.

On which side of the body is your liver?
You can bread a liver or fry it.
Are blood pancakes too heavy food?
Viscera are kidneys, heart and intestines.
How do you make food flambé?

Does a vegetarian eat eggs and chicken?
Milk products are cheese, sour milk and cream.
Vegetarians often eat milk products.
Vegetarians do not touch meat.
A vegetarian gets all nutrition from meat.

From where did the potato arrive to Europe?
You can make oven potato, mashed or cooked potatoes.
Mashed potatoes are made only from powder.
Does the potato have eyes and ears?
In what way was the Industrial Revolution supported by potatoes?

Does food smell or taste more?
Dill and parsley smell have the same aroma.
Spices all smell the same when they are cooked.
You can take away spices from the food according to taste.
Spices are used for hiding bad taste in the food.

Coffee is popular in Turkey.
Who was the first Nordic person who drank coffee, when and where?
Tea is cultivated in Thailand.
English people drink tea with cream and honey.
Cocoa and chocolate stimulate the body.



Bread belongs to every meal.

Do you eat bread every day? How many times? What kind of bread?

Is yeast and sour dough root the same thing?

Gluten-free bread is baked without flour.

How long should a dough raise for a good bread?

We eat a hundred kilogrammes of sugar per person and year.

Does sugar make cavities in the teeth?

Sugar has been eaten in Europe for a hundred years.

Alternatives to sugar are fruit.

Humans like to eat sweet things.

The cook is skilful with the knife.

The cook is inspired during trips.

The cook is a master chef with own recipes.

How often do you succeed in the kitchen?

Preparing food happens every day in every household.



The heart of the cook: explain words

cook, heart, pleasure, love, enjoyment
compose, art, instrument, harmony, process
create, dull, express, decide, lack of
numerous, useful, bake, fry, oven, stove
satisfying, lump, convince, water the mouth
remind, combine with, brain, popular, eternity
finally, interested, rattle, algae, fight bravely
sharp, honest, scared, worm, cavities in the teeth
pasta, pizza, study, cheap, pesto, mushroom
science, barbarian, noodle, caravan, restaurant
reason, free, serve, enormously, curious
disappointed, munch, confess, drown, sting
fantastic, sandwich table, brandy table, starter
buffet, concept, news, interrupt, healthy
substance, imported, benefit, doubtful, catch
species, undisturbed, cultivated, pollution, climate change
chemicals, liver (organ), breaded, recipe, fry
viscera, blood, butcher, hog hairs, pig fat, dessert
pâté, marinate, fresh, trend, traditional
kidney, garlic, hangover, host, hostess, survive
reason, ethics, health, religion, ecology, experiment
waiter, waitress, strict, product, main course
festival, smoke, chips, multi-faceted, classical, favourite
wallpaper, peeling knife, starve, calories, economy
reduce, Industrial revolution, revolt, charm
sympathetic, first sight, ingredient, colonial goods store
exotic, tropics, bad reputation, destroy, nuance
Nordic, ambassador, bitter, filter, railway
camel, thirsty, stimulate, relax, function
enthusiasm, strength, honour, ceremony, central role
pagan, humanity, raise a dough, predecessor, mineral
fibre, gluten, sour dough, expert, sweetener
gas station, fridge, freezer, education
clumsy, creativity, inspiration, impulses, blogger

