

Lesson 4

New words

again /ə'gen/ , /-'gen/ US/-'gen/ *adverb* one more time:

Could you spell your name again, please?

reason /'ri:zən/ *noun* [C or U] the cause of an event or situation or something which provides an excuse or explanation

The reason for the disaster was engine failure, not human error.

make /meɪk/ *verb* cause ; cause to be:

What makes you say that?

comfortable /'kʌmp.fə.tə.bəl/ US/-fə.tə-/ *adjective* physically OK; relaxed and free from pain:

Sit down and make yourself comfortable.

slow /sləʊ/ US/sləʊ/ *verb* [I or T] to go or to make sth/sb go at a slower speed or be less active:

Slow down - you're driving too fast!

grow up /,grəʊ'ʌp/ US/,grəʊ'ʌp/ *verb* to gradually become an adult :

I grew up in Shiraz (= I lived in Shiraz when I was young).

Why Do We Cook Food?

We cook food for many reasons. First, in cold weather, hot food makes you warm and more comfortable. Also, cooking changes the food, makes it more delicious, and easier for our stomach to use. Cooked food is also less dangerous to eat, because heat kills the bacteria inside food. Louis Pasteur, the famous French chemist, found a way to make milk safe by keeping it very hot for several minutes. This is called pasteurization.

Did you know ...?

- * Freezing does not kill the dangerous bacteria in the food; it only slows their growing up.
- * Making foods dry can also keep it safe to eat, because this makes bacteria not have water to live.
- * When we put food in cans and make it very hot, we kill the dangerous bacteria, and because no other bacteria can go in the can, the food is safe for a long time, until it is opened again.