

FD02 FOOD

BEGINNER

Let`s talk about Japanese style of cooking.

What is your favorite food?

Do you prefer a home cooked food or
you would rather eat out?

What is your favorite place to eat?

name 5 famous fine dining in your country.

Food that you love eating.

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to be cooked just right (just as one would cook a steak perfectly)
The steaks were done to a T when my friend cooked them on the barbecue.

down the hatch

- something is swallowed

My drink was down the hatch before I could order another one.

INTERMEDIATE

Share current food issues/news.

<http://search.japantimes.co.jp/cgi-bin/fv20080314ho.html>

Exotic food in your country.



How to cook sukiyaki?

1. **Cut Ingredients.**
2. [Set the Table](#)
3. [Fry Beef Slices.](#)

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A pot of tamarind *sinigang*

Sinigang is a Philippine dish famous for the variety of ingredients one can use as well as for its taste. Sinigang is typically sour and is most often likened to Thailand's tom yam.

Sinigang often [incorporates stewed](#) fish, pork, chicken, shrimp, or beef. Sinigang's characteristic taste is [attributed](#) to the ingredient that gives its sour taste, not to the meat's flavor.

Pork sinigang, the most common variety, is usually prepared with tamarind (which provides the sourness), tomato, leek, taro and onion.

Other vegetables cooked in sinigang may include okra , spinach, radish, green pepper and string beans .

Another variety is prepared with guava and is less sour than those with tamarind. Raw mango , calamansi and kamias can also be **utilized**. However, vinegar is not used for making sinigang sour. Powdered soup base or **bouillon cubes** for sinigang are also used in place of natural fruits. Chicken sinigang is called *sinampalukan* (from *sampalok*, Filipino for tamarind). Sinampalukan is made with **shredded** tamarind leaves, ginger , onions, and tomatoes. Sinampalukan is sometimes prepared to be a little spicier than the other sinigang dishes.

ADVANCED

FOOD IQ TEST:

Which food or beverage can sharpen your memory?

- a) Vegetables, such as spinach, broccoli, and Brussels sprouts
- b) Beef, such as steak
- c) Dairy foods, such as milk and yogurt
- d) Herbal tea

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- d) All of the above

Which foods can help prevent or manage osteoporosis?

- a) Vitamin D-rich foods, such as fatty fish (wild salmon, sardines) and fortified milk
- b) Calcium-rich foods, such as low-fat milk, yogurt, cheese, broccoli and white beans
- c) Vitamin K-rich foods, such as kale, spinach, Swiss chard and asparagus
- d) All of the above

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