



Task Title: Comprehend and Summarize an Article

OALCF Cover Sheet – Learner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes ☐ No ☐

Goal Path: Employment ☐ Apprenticeship ☐

Secondary School ☐ Post Secondary ☐ Independence ☐

Task Description: Learner will read an article and write a summary.

Main Competency/Task Group/Level Indicator:

- Find and Use Information/Read continuous text/A1.2
- Communicate Ideas and Information/Write continuous text/B2.2

Materials Required:

- Pen/pencil and paper and/or digital device
- Dictionary or digital device with dictionary function (optional)

Learner Information

Learning to paraphrase and summarize what you have read shows that you have completely understood something.

Read "The Value of Home-Cooking".

The Value of Home-Cooking

With the modern busy lifestyle, people seek to save time in meal preparation. They often eat out, whether at fast-food places or **upscale** restaurants. They buy prepared foods from the deli counter or the supermarket or frozen meals that just have to be warmed up in the microwave. As a result, cooking is becoming a lost skill. While it is possible to survive without knowing one end of a chef's knife from the other, being able to prepare a home-cooked meal is a valuable skill.

The most obvious benefit of home-cooking is the ability to control the quality of the food. Processed foods contain high amounts of sugar, salt, and **additives**, while fast food is high in fat. Cooks choose their own raw ingredients and control the seasonings. They can **ensure** the quality of the ingredients and make the dishes to their taste. This is especially important for people with allergies or restricted diets. An added benefit is the lowered cost. Cooks provide their own labour and can thus spend more on superior ingredients. The same quality of food would not be found outside of expensive restaurants.

Cooking is also a valuable social skill. Hosting a dinner party is a time-honoured method of entertaining guests. Even for casual get-togethers, it is **gratifying** to be able to serve food that is homemade. In the dating game, moreover, cooking is useful. It is said that the way to a man's heart is through his stomach, but women are also attracted to men who are handy in the kitchen. Parents may also expect their adult children to cook well enough to contribute to holiday dinners and to carry on their family traditions. For many people, preparing foods they grew up with is a way to keep their family history alive.

Cooking can even make people feel healthier. They can feel personal satisfaction when they produce an **edible** meal. **Self-sufficiency** is a goal that all people should aim for. It is humiliating to have to admit that they cannot provide the basic necessities of life for themselves. Working at manual skills can also provide balance in our lives. For example, computer programmers who spend all their hours at a keyboard need to get in touch with natural products. Kneading bread dough can relieve stress and give different muscles a workout, reducing the risk of carpal tunnel syndrome.

These many benefits of cooking show that it is still an important skill despite the **proliferation** of restaurants and fast food.

Work Sheet

Task 1: Write a definition for each of the underlined words in the article. You may use a dictionary, if needed.

Upscale

Additives

Ensure

Gratifying

Edible

Self-sufficiency

Proliferation

Task 2: Write a synonym for each of the following words:

survive

valuable

obvious

benefit

casual

contribute

humiliating

reducing

Task 3: Why is cooking “becoming a lost skill?”

Answer:

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Task 4: List three reasons why home-cooking is beneficial.

Answer:

Task 5: Summarize the article in three or four sentences.

Answer:
