



1. Do you watch competition programs online or on television? Which ones?

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2. What does a good chef need to know?

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3. **Read** about a talented young chef.

### Teen Chef Star

A 12-year-old girl recently won a popular television cooking competition: *Junior Chef Showdown*. Audrey MacKinnon of Brantford, Ontario, was one of 14 young chefs who participated in the competition. The chefs were from 9 to 13 years old. During the eight weeks of the competition, the young cooks had to impress the judges with delicious **dishes**. They also had to participate in **skills** tests, like decorating cupcakes, cutting vegetables or making a perfectly cooked egg. Each week, one or two competitors were eliminated from the competition and sent home.

In the finale, Audrey made a delicious grilled steak, a peach and vegetable salad with garlic pesto, and potato crisps. She only had 40 minutes to complete it. The judges were impressed by her complex flavours and textures.

Audrey said it was one of the best experiences of her life. She enjoyed meeting so many new friends and getting to cook for a world-renowned chef. Even though it was sometimes stressful to complete the challenges and learn all the

new skills, she **handled the pressure** with her mother's help. She loved being on the show, but one of the first things Audrey ate when she returned home after the competition was easy macaroni and cheese!

Audrey started cooking when she was young. She learned from her father and her grandmother. She even spent some time with a professional chef in the kitchen at Devlin's Country Bistro near her home. One of the first dishes she learned to make was pho, a delicious Vietnamese noodle soup.

The prizes included \$25 000, a vacation for her family and a trophy. Audrey wants to give some money to charity and save the rest for her education. She wants to become a chef, an engineer or a biochemist. Audrey likes to try new foods from all over the world. She thinks it's important to try new flavours.

#### Glossary

**dishes:** prepared foods

**skills:** abilities

**handled the pressure:** kept control



4. What was Audrey's winning dish?

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5. What two things do the young chefs have to do during the competition?

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6. Who helped Audrey learn to cook?

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7. What does Audrey plan to do with her prize money?

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8. Why do you think Audrey ate macaroni and cheese when she got home?

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9. How are cooking competitions and professional sports similar?

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10. Which of the following are good ways to learn to cook?

- learn from family or friends
- read recipe books
- watch videos on the Internet
- go to a cooking school
- experiment in the kitchen

11. How could you improve your cooking skills? **Choose** two options from the previous step.

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