



**a piece
of cake**

1

Look at the healthy-eating plate. In pairs, make a list of different types of food you know in English in each category.



Fruit and vegetables	Carbohydrates	Milk and dairy food	Food and drinks high in fat and/or sugar	Protein (non dairy)

A young star of the kitchen

Remember the anchovy and tomato pizza that you created? For most of us, it takes a long time to learn how to make something tasty, but not for Remmi Smith. Still a teenager, she's already creating fantastic dishes. She's also becoming well known for her Italian salad dressing, which is delicious. And with her knowledge of social media, she's making sure that everyone knows she's here!

Remmi, who lives in the USA, is just 16. She has already starred in two **cookery** shows and has published a book of healthy recipes. From the age of four, Remmi helped in the kitchen by preparing vegetables. By the age of seven, Remmi was a real **foodie** who could cook complete meals for her family.

Remmi, who was born in China, began making videos for fun. Her mother took videos of her while she was cooking and put them online. A local **cable channel** broadcast them. They then asked Remmi to create another show for them.

That show focused on Remmi's main interest, which is getting teenagers to take healthy eating seriously. She believes that when young people make their own food, they care more about what they eat. Remmi works with a company in the USA which shows her videos in school cafeterias. About 3.5 million students watch her every day!

Remmi believes that young people can create a healthy meal for their family which isn't expensive. Her **delicious** recipes include vegetable paella and strawberry kebabs. In fact, strawberries, which are Remmi's favourite food, appear in other recipes, including strawberry sandwich!

Her latest idea is a healthy-snack service. For a monthly **subscription** you receive snacks, which include fruit bars and popcorn, and fun cooking activities that help you develop a healthy **lifestyle**.



<https://quizlet.com/ru/590944044/a-young-star-of-the-kitchen-flash-cards/>

- <https://www.youtube.com/watch?v=X00IC5Lck90> 13,09 МИНУТ