



DON'T EAT THAT! - WORKSHEET 3A-B

a. Below are some quotes from the first 3 minutes of the video. Without listening again, can you fit the correct words into the sentences?

The words:

STAPLE IMMUNE FERMENT SYMPTOMS SAVORY ENHANCER

1. He wrote a letter detailing his _____ to a prestigious medical journal, pondering whether his illness had resulted from eating monosodium glutamate, also known as MSG.
2. Glutamate plays a key role in our digestion, muscle function, and _____ system.
3. A Japanese chemist named Dr Ikeda Kikunae was trying to isolate the molecule responsible for a unique flavor he called *umami*, meaning 'a pleasant, _____ taste'.
4. In the case of umami, those mechanisms arise when we cook or _____ certain foods, breaking down their proteins, and releasing amino acids like glutamate.
5. By isolating high quantities of glutamate from a bowl of noodle broth, and combining them with another flavor _____ like sodium, he created a seasoning that instantly increased the umami of any dish.
6. By the 1930s, MSG was a kitchen _____ across most of Asia, and, by the mid-20th century, it could be found in commercial food production worldwide.

b. Match the words (from the top of the page) to the correct definitions:

Definition	Word
Example: A food which is considered very important, even necessary, in a particular culture or context (n./ adj.)	staple
1. Able to resist disease (adj.)	
2. Not sweet (adj.)	
3. The observable or measurable effects of an illness (n.)	
4. To allow microorganisms to convert sugars into other chemicals in the absence of oxygen (v.)	
5. A substance or tool which improves another thing (n.)	

Based on the TED-Ed video "What is MSG, and is it actually bad for you?" by Sarah E. Tracy:
<https://www.youtube.com/watch?v=EKgEj5asL3o>. Quoted for language analysis purposes only.