Directions:  You can use this guide sheet as a means to help you construct your sentences.  Think of these questions as sentence starters.

1. Name the show that you are watching
2. What is the object of the show?
3. What are the rules?
4. Describe what are all the bonsuses & handicaps a chef could get in the show. An example of a handicap would be the chef cannot use potatoes or real eggs in a food challenge.
5. What was the food challenge(s) that were within this particular food video show
6. Describe three (3) cooking techniques used, i.e. blanching = quickly dipping a food in boiling water
7. Discuss two (2) cooking errors that you saw watching the cooking video you watched
8. Discuss one (1) instance where you got concerned/nervous for one of the contestants
9. Discuss one (1) instance where you were happy or relieved for one of the contestants
10. Write down the name of the contestant that you like the most and tell me why.

You are open to think about other things that happened during food video and write about it.