
BBC LEARNING ENGLISH

6 Minute English worksheet

Which cooking oil is the best?



Listen to the full episode here: <https://bbc.in/4iXkHc8>

1. Look at the cover image and title of the episode. What do you think this episode is about? What do you know about this topic already? What vocabulary do you associate with this topic?

2. Now listen to the first two minutes of the episode.

- What do the presenters say the episode is about?
- What is this week's question? What do you think the answer is?

3. Now listen to the whole episode. As you listen, write down the six items of vocabulary. What do they mean?

a) Word/phrase: _____

It means: _____.

b) Word/phrase: _____

It means: _____.

c) Word/phrase: _____

It means: _____.

d) Word/phrase: _____

It means: _____.

e) Word/phrase: _____

It means: _____.

f) Word/phrase: _____

It means: _____.

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4. What did you learn that was surprising or new in this episode?

5. Answer the quiz questions. Listen again or use the transcript to help you.

1. "We've received a _____ of emails."
 - a) load
 - b) look
 - c) lock

2. Which word means encourage people to use something?
 - a) hogwash
 - b) wonder product
 - c) advocate

3. Which expression is used to express frustration or surprise?
 - a) what the hack
 - b) what the hock
 - c) what the heck

4. Which expression means 'go ahead'?
 - a) knock yourself in
 - b) knock yourself down
 - c) knock yourself out

5. "The claims about superfoods are _____. They're not true!"
 - a) hogwash
 - b) wonder product
 - c) advocate

6. According to Professor Nita Forouhi, are expensive cooking oils which claim to have health benefits worth the money?
 - a) yes
 - b) no
 - c) maybe

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6. Write your own sentences using the vocabulary.

7. Answer the following questions.

- What are three things you have learnt from this episode?
- How does this topic make you feel?
- Give three examples relevant to your life using the vocabulary.

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Answers

3.

- a. a load of (something) – a lot of (something)
- b. advocate (something) – encourage people to use or do (something)
- c. what the heck – informal phrase used to express frustration or surprise
- d. wonder product – an item, usually food or medicine, that people think is very effective or beneficial
- e. knock yourself out – go ahead
- f. hogwash – nonsense or not true

5. 1a, 2c, 3c, 4c, 5a, 6b

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Teacher's notes

This worksheet is standardised so that you can amend and use it as appropriate with your classes.

Some topics may be difficult for learners, especially those which could be upsetting or cause offence. Please be mindful of this when using this worksheet, and adapt it as necessary.

Extension activities

- Role-play an interview with an 'interviewer' and an 'expert' on this topic.
- Write a short story or article using the vocabulary from this episode.
- Read original articles on this topic.
- For homework: If it is available in your country, download and listen to the original podcast these extracts were taken from.