

Skill: Reading	Level of Assessment: Intermediate Low
ACTFL Topic: Restaurant /Foods, health matters	Title: Hummus

You are interested learning more about hummus and find the following information on the Web.

Hummus

Hummus is the most recognized Mediterranean and Middle Eastern food. It is made mostly of pureed chickpeas, a kind of bean, with lemon, tahini paste, olive oil, and spices such as roasted garlic, roasted red peppers, scallion, and dill or sprinkled with parsley, pine nuts, chopped cucumbers or tomatoes.



http://en.wikipedia.org/wiki/Hummus#Nutritional_information

Hummus is high in fiber and protein and contains no sugars, saturated fat, or cholesterol. It is a perfect alternative for vegans, vegetarians and anyone concerned about eating well, reducing cholesterol but still eating something that tastes good.

Tips

- Spread hummus on a warm, **fresh bagel** instead of cream cheese.
- **Sandwiches** will be more interesting when you replace mayonnaise with hummus
- Use it instead of sour cream on **baked potatoes**
- Hummus makes a great **appetizer**. It is traditionally scooped with flatbread (such as pita), and is popular as a dip for tortilla chips, fresh vegetable sticks (carrots, celery, broccoli, etc.), outside the Middle East.

In many countries hummus is "cool for school."

Source: <http://www.twosheiks.com/> and http://en.wikipedia.org/wiki/Hummus#Nutritional_information

1. Why is hummus good for you?
 - a. It is low in fat.
 - b. It contains no fiber.
 - c. It is a good source of sugar.
 - d. It is a good source of vitamin C.

2. The main ingredient in hummus is
 - a. Garlic
 - b. Cream cheese
 - c. Chickpeas
 - d. Roasted peppers

 3. What does “cool for school” mean in the last sentence?
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Answer:

1. a
2. c
3. It is a popular food item to bring for lunch or a snack