



# **Morning Presentation: Spicy Food**

F.2C Cindy Chen

F.2C Popo Wu

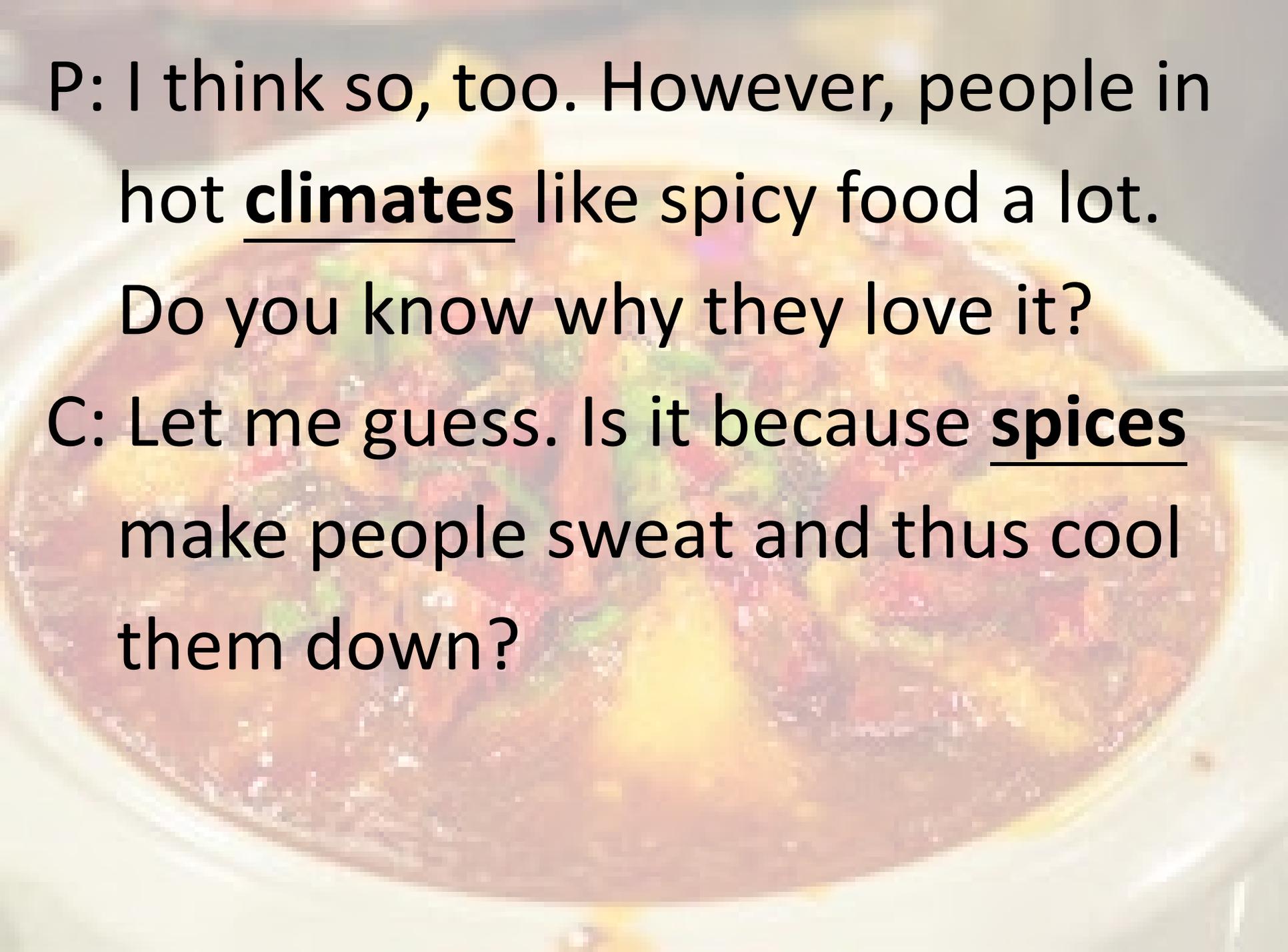
P: Good morning, everyone. We are from 2C. I am Popo.

C: I am Cindy.

P: Cindy, do you like eating spicy food?

C: No, I don't. I think it does not taste good and it makes me sweat a lot when I eat it.



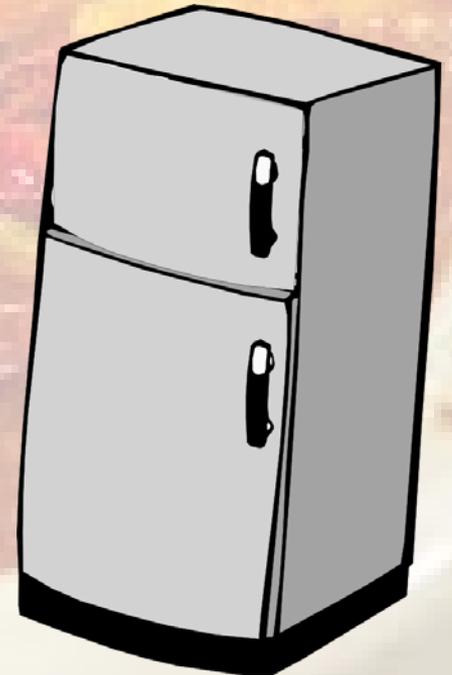
A close-up photograph of a white ceramic bowl filled with a vibrant, reddish-brown soup. The soup has a thick, slightly grainy texture and is garnished with finely chopped green herbs, possibly cilantro or scallions. The background is softly blurred, showing more of the bowl and the surrounding environment.

P: I think so, too. However, people in hot climates like spicy food a lot.

Do you know why they love it?

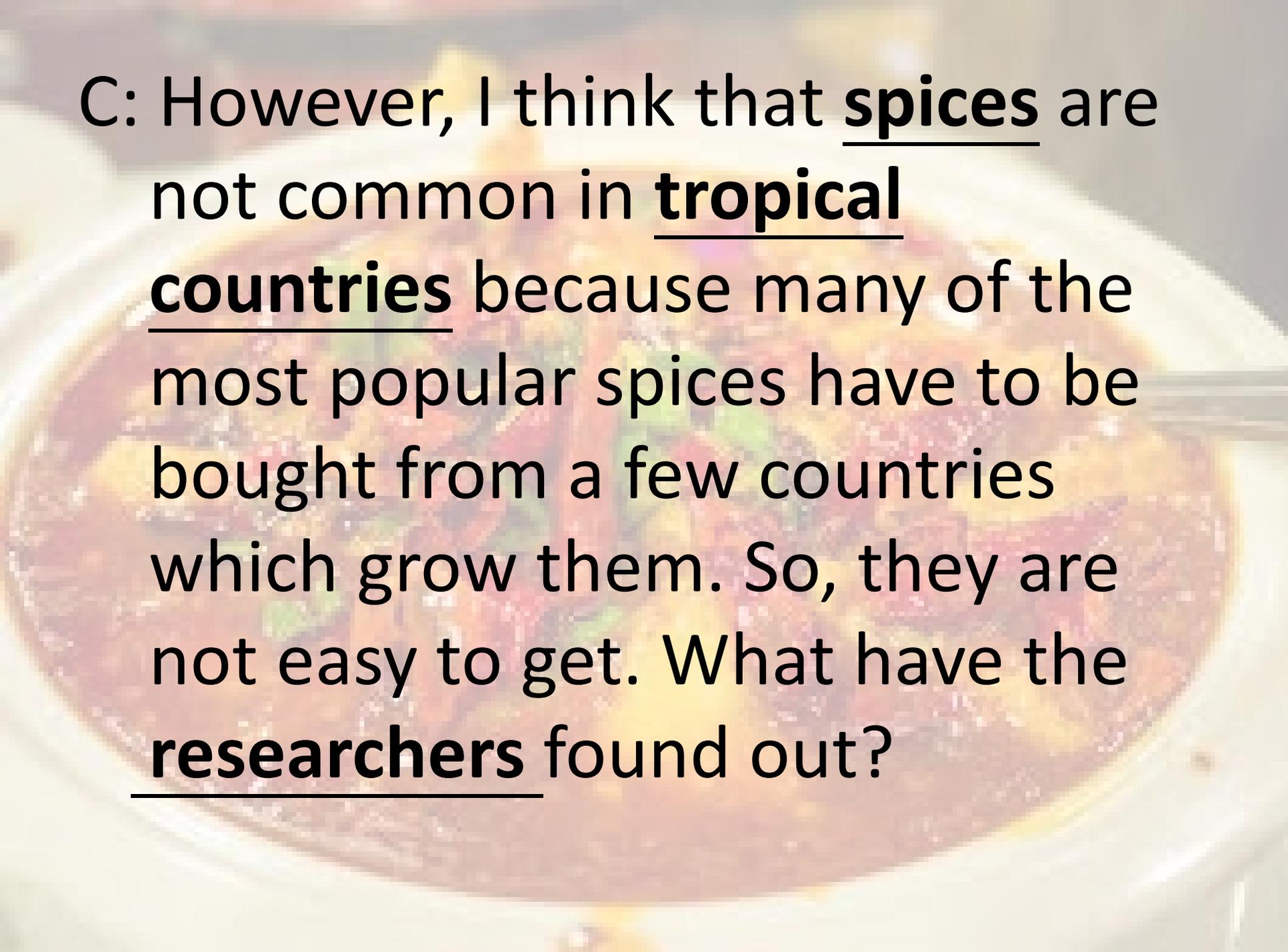
C: Let me guess. Is it because spices make people sweat and thus cool them down?

Or is it because before refrigeration,  
food spoiled more quickly in hot  
climates and spices were used to  
hide the taste of the bad food?

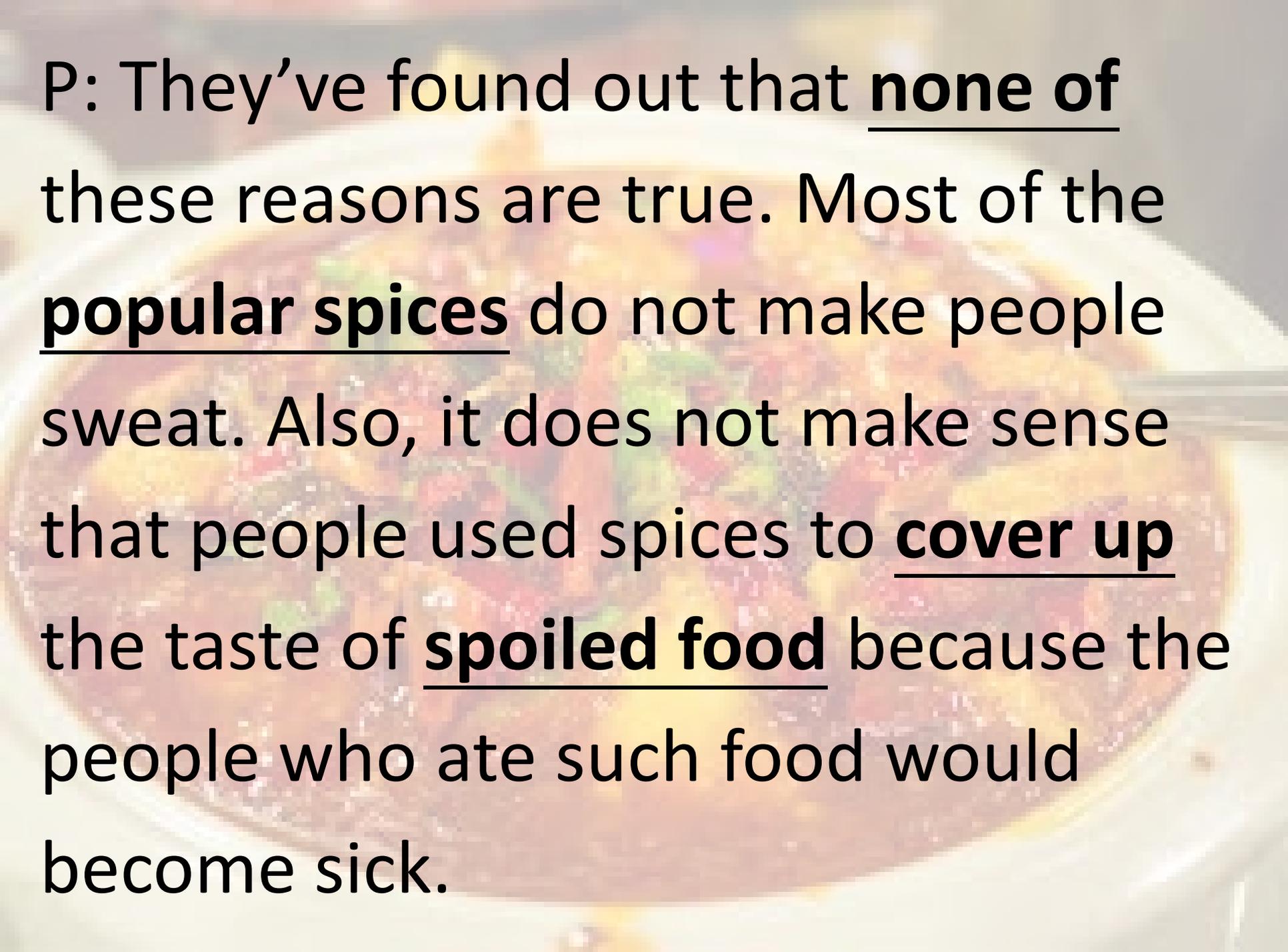


P: Before I read the research, I thought one of the reasons is that there are a lot of spices in hot climates and people eat food that is cheap and easy to get. Another reason may be spices provide important nutrients, which are good for health.



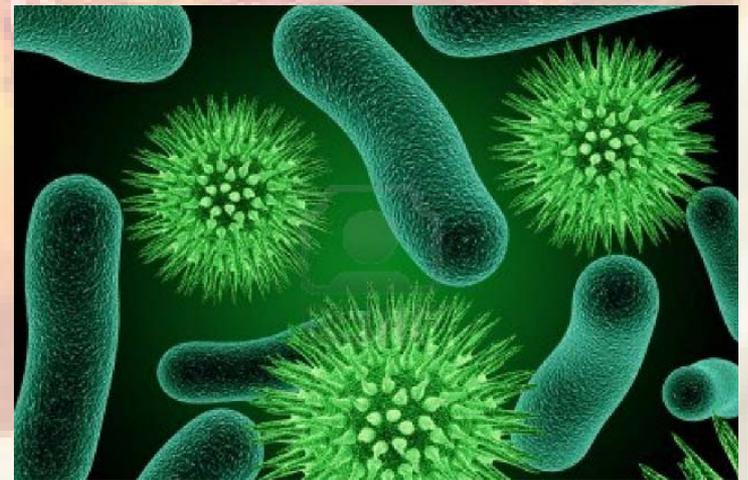
A bowl of red soup with vegetables, including green leafy vegetables and red bell peppers, served in a white bowl. The background is a soft, out-of-focus light color.

C: However, I think that spices are not common in tropical countries because many of the most popular spices have to be bought from a few countries which grow them. So, they are not easy to get. What have the researchers found out?



P: They've found out that none of these reasons are true. Most of the popular spices do not make people sweat. Also, it does not make sense that people used spices to cover up the taste of spoiled food because the people who ate such food would become sick.

C: Let me take a look of the research.  
Oh! They've found out that spices  
are popular in the tropics because  
they make food taste better and  
they kill dangerous bacteria.



P: That's right. The research has shown that garlic and onions, for example, can stop the growth of 75 to 100 percent of bacteria that was tested.



C: So, Popo, I think we should start to eat more spicy food.

P: Yeah. That's the end of our presentation. Thank you for your listening.

