

# Preparing for Future culinary businesses



## ROBO-CHEF

**For the future culinary businesses, technology envelope a huge part of a culinary area. Hereafter, science and technology, would give an opportunity arise new culinary skills.**

**As a result, of this introduction, we can acquire notion about future culinary assistant at the kitchen. None of us maybe never ever has this imagination, to get an impersonal mechanical box in their kitchen. It's about a Robo-chef. That machine include two enormous arms, which surprisingly make all movements and working with a lot of kitchen appliances with flatness. This Robo-chef**

should be definitely had to go through the testing of a really good master chef, before it's declared for use in the culinary for use in the culinary industry. Definitely this is a big plus do the successful culinary business. But don't be scared the robots will conquered the word, that ain't gonna happen. Fortunately, appearing the other smart one technical box, called smart oven. This oven, actually working with built-in software which using an algorithms to recognise different type of foods. This happens, when the owner shows example images to his smart-oven. Once the oven has recognised the food from image, it memorized the kind of food, which it uses a cooking program. This machine makes everything with perfection, actually a lot of women be in love in this oven. Essential, the smart oven can be supervised with phone app on Android and iOS.

In conclusion, a lot of this innovations maybe can disturbing and confused the audience, but in nowadays this change are inevitable. The food is always being vital for everyone of us, that's why the food network today is so popular and it always be developed, especially in a technical way.

## SMART OVEN



## Banning fast food.



People nowadays are prejudiced against fast food. Fast food should not automatically mean not healthy. The difference is made in the quality of the ingredients and the techniques that are used and not in the time it takes to prepare a meal. Quick, easy and healthy recipes do exist and can be provided to the people. The number one reason that people choose fast food is the time it takes (or they think it's going to take) to prepare a meal from scratch. Instant noodles or soups in the microwave, chocolate cakes in a mug and frozen waffles or burgers that just have to be heated for a few minutes are examples of meals that one chooses just to have something quickly on his plate. No One would say no to fresh salad with chicken or to a plate of pasta with natural tomato sauce. It's the time that they can't afford to lose. Nowadays lifestyle is so hectic that cooking is nothing more than a time sucking habit. That's why people just choose to order food which unfortunately is not healthy. However, what matters is that fast is not a synonym for bad quality. Banning fast food should not be an option. New markets with fresh and organic products are beginning to appear and people can easily get them. Reevalue what matters and what not and that without health nothing else matters.

# Balance



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The secret of good, healthy and working life is to understand that beings strong and healthy can only make you feel (and at the same time look) better, to be more confident, happier and more efficient. Combining some training with good food habits would be the best. Balance is one of the most important things in life. As we learnt on a great youth exchange project in London, we need everything, fat, proteins, sugar. If one skips any of them their diet isn't completely.

As we have mentioned above we have to include some sport in your life, what we suggest to you is: don't take a car or bus to go to work, go on foot. Enjoy your friends, children or pet by going for a walk, or biking instead of just being on your phones or laptops. Take the stairs and don't use elevators. Find a way to entertain yourself while doing something boring like housekeeping, turn on the music and dance. Do the 30 day challenge about training and you'll understand and want to do it for ever. Don't be afraid to try new things and you will find what is suitable and interesting for you.

Moreover about a healthy diet or at least what most people think what healthy is, for example beans, lentils. You can use the internet to find hundreds of different ways to cook them, and with what you can improve the taste of those foods.

To conclude there is no excuse for no sport or no healthy food you just have to find your way to do it.

## **GAME:**

CROSSWORD

E	F	G	X	G	U	O	P	L	K	A	S	D	V	B	G	G	H	K	L	O	O
D	G	D	M	L	O	Z	Q	W	R	H	K	B	F	F	L	K	F	N	T	N	A
Q	D	G	C	H	E	F	C	Q	F	T	L	M	G	E	F	F	F	J	S	U	Q
F	V	G	L	P	Q	W	E	S	D	V	A	G	H	J	K	J	L	B	M	T	V
C	S	O	O	M	Q	P	Y	V	A	S	Q	P	O	E	Y	S	A	D	N	R	N
Q	S	D	L	I	F	E	S	T	Y	L	E	A	F	Q	T	V	P	Q	S	I	E
X	Z	S	Q	P	M	Z	A	P	V	N	B	P	S	Q	H	M	F	Z	G	T	T
C	V	B	N	Q	Z	C	P	A	L	A	N	C	E	V	B	Z	O	X	O	I	S
Q	I	R	O	P	B	T	V	Q	O	E	L	O	M	B	V	Y	R	S	I	O	Q
K	T	C	V	D	C	W	R	G	O	U	P	X	Z	C	V	N	G	M	N	N	B
A	D	G	S	F	H	U	W	R	U	O	P	V	A	H	K	L	A	P	Q	I	O
L	K	Q	P	V	B	W	E	Q	L	P	T	G	V	C	X	P	N	O	M	V	B
P	F	G	O	S	X	T	P	O	E	Q	T	Q	Q	G	H	J	I	Q	V	E	Y
Q	Y	B	R	N	A	Q	P	L	K	J	T	U	T	P	O	N	C	M	B	C	X
W	F	G	T	H	U	K	E	T	U	O	P	A	R	N	V	M	O	L	Q	Z	C
T	C	W	I	G	D	I	E	T	G	I	O	L	C	A	S	W	I	U	E	F	G
H	U	G	J	K	O	P	L	Z	A	D	T	I	R	Y	I	P	A	S	H	B	M
B	L	N	F	P	B	Z	C	B	H	J	K	T	B	K	L	P	O	H	E	G	H
C	I	G	Q	G	H	J	O	Q	N	M	L	Y	W	F	Y	O	T	P	A	H	U
M	N	C	V	G	E	F	F	I	C	I	E	N	T	O	I	U	F	X	L	N	T
Q	A	Q	M	V	V	T	U	O	I	L	P	Q	E	S	D	L	C	Z	T	M	R
U	R	P	L	Q	G	T	Y	T	P	O	L	K	J	G	R	T	E	T	H	∞	G
I	Y	M	P	O	K	H	Q	R	Y	U	J	O	P	Z	X	V	B	N	Y	∅	S