



ANGLAIS

What Grandma Never Told You about Bouillons

Bouillon granules are concentrated salt with flavoring agents. They contain roughly 5% water. Everything that makes your soup taste rich and comforting has been concentrated into that remaining 95%. The concoction is a combination of salt (which is the primary ingredient), glutamates and umami mixtures (the ingredients that create the savory taste that makes your mouth water, chicken or chicken derivatives, vegetables, herbs, and spices to add complexity beyond just salt and meat flavor. Your tongue actually has specific receptors for umami—one of the five basic tastes (the four others being sweet, sour, salty, and bitter). Glutamates occur naturally in tomatoes, matured cheese, mushrooms, and meat. Bouillon just concentrates them into dissolvable cubes, powders, pastes, or liquids.

The remarkable food chemistry here is something called “synergistic flavor amplification.” When glutamates interact with certain nucleotides found in meat and seasonings, they create taste sensations exponentially stronger than **either compound** alone. This is why such a small quantity can transform an entire pot of soup. A teaspoonful of bouillon contains 800-1200mg of sodium. But context is everything in nutrition science, so take a look at the details. When you dissolve that teaspoonful in three cups of water to make soup, or use it to season a meal serving four people, the per-person sodium drops to 150-300mg approximately. That’s equivalent to two portions of bread loaf, a quarter cup of cottage cheese, or 28.3 grams of turkey meat.

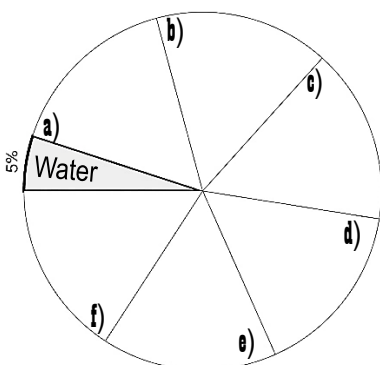
The American Heart Association (AHA) recommends limiting sodium to 2,3mg daily, with 1,5mg as ideal for most adults. A properly portioned serving of bouillon-seasoned food is acceptably in conformity with **those suggestions**. Here’s the really interesting thing: research in the *Journal of the American College of Nutrition* found that concentrated seasonings like bouillon actually allowed for **better** sodium control compared to pre-seasoned processed foods. Why? Because you control the dilution. In fact, if you are battling with blood pressure, kidney function, or heart health, you can make bouillon work for you, instead of against you. In West African cuisine, Maggi cubes became so integrated that they’re now considered traditional ingredients rather than fashionable additives. Recipes for Senegalese *Thieboudienne* and Nigerian *Jollof Rice* passed through generations now include bouillon as foundational.

Adapted from <https://cleanmondaymeals.com>

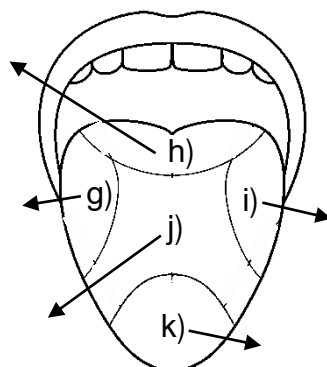
I. COMPREHENSION (10 marks)

A) Write the legend labels (a-o) for Charts 1, 2, and 3, using information from Paragraph 1.

3 marks



1. Bouillon Concoction



2. Taste Areas on the tongue

Illustrations	Names of Bouillons
	l)
	m)
	n)
	o)

3. Types of Bouillon

B) Read Paragraph 2 and tick (✓) option a), b), or c) to answer questions 4-5-6.

3 marks

4. “Synergistic flavor amplification” (Line 10) is about...

- a) increasing the percentage of sodium in our food;
- b) combining flavors or ingredients to make food more tasteful;
- c) adding chemical products into meat and seasonings to replace bouillons.

5. The expression “a small quantity” (Line 12) refers to a quantity of...

- a) glutamates;
- b) nucleotides;
- c) bouillon.

6. Dissolving a teaspoonful of bouillon in 3 cups of water (Lines 14-15) makes the quantity of sodium consumed by one individual...

- a) bigger;
- b) smaller;
- c) unchanged.

C) Read Paragraph 3 and list four (4) POSITIVE THINGS about bouillon consumption.

2 marks

- 7. _____
- 8. _____
- 9. _____
- 10. _____

D) Indicate WHAT the phrases ‘either compound’ and ‘those suggestions’ refer to in the text.

2 marks

- 11. “either compound” (Line 12): ☞ _____
- 12. “those suggestions” (Line 20): ☞ _____

II. LINGUISTIC and COMMUNICATIVE COMPETENCE (06 marks)

E) Complete the paragraph below with appropriate words/expressions from the box.

2 marks

simple soup ✿ these two ✿ condensing ✿ increased ✿ dissolving

Understanding the composition and utility of seasoning bouillons is essential for anyone looking to improve the reputation of their kitchen. By (13) _____ the essence of meat or vegetable soups into a solid form, the food additive industry has created a product that reconciles artisanal flavor and industrial efficiency. All over the world, the demand for these seasoners has significantly (14) _____ as urban lifestyles now mean faster meal preparation. It’s important to know exactly what bouillon cubes are, whether they are used in a (15) _____, a complex stew, or as a seasoning base for grains. Such information allows both consumers and manufacturers to make the right decisions about taste, nutrition, and the cost of (16) _____.

Adapted from www.standard-seasoning.com

F) The description below summarizes how bouillons are produced industrially in five phases (Shaping and Compaction, Mixing and Granulation, Packaging, Concentration, Extraction). Use this information to indicate, in the boxes, the **NORMAL ORDER** of the first 4 production phases (17-20). 2 marks

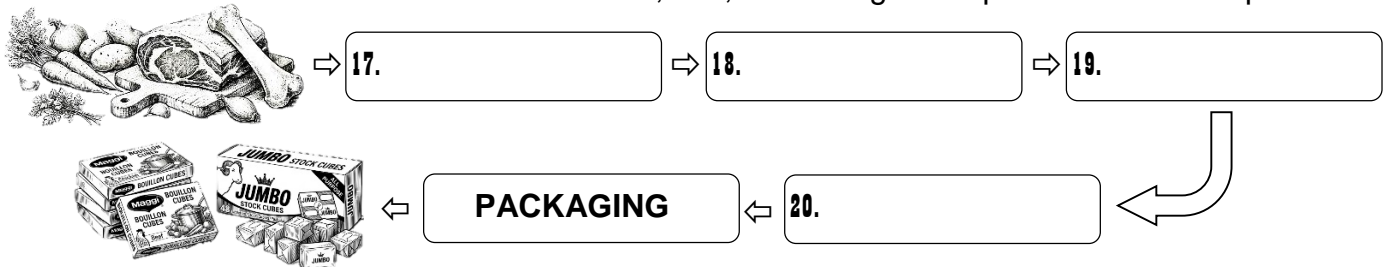
SHAPING and COMPACTION: Just before the final phase, the dry-blended material goes through high-pressure cubing or compacting machines to form dense cubes.

MIXING and GRANULATION: The syrup concentrate is mixed with dry particulates: salt, monosodium glutamate, sugar, and spices. Solid fat is melted or added as a powdered fat to coat the ingredients.

PACKAGING: Automated packaging lines cover the cubes in sealed, laminated foil or plastic wrappers. The packaging is washed out with nitrogen gas before being put in boxes for distribution.

CONCENTRATION: Then, the liquid broth is treated through advanced evaporation or heating systems. Most of the moisture is evaporated, producing a dense, syrupy concentrate.

EXTRACTION: Meat parts, bones, and vegetables are boiled between 83° and 96°C in water for several hours. This is to extract natural flavors, fats, and collagens to produce the first liquid broth.



G) A nutritionist is having a conversation with a consumer on her dietary habits. Complete the consumer’s responses with lines A, B, C, and D in the box below. 2 marks

- A) *Are you talking about salads? I’m not sure I can do that. I don’t like the taste.*
- B) *Okay, I will try one of these days. But don’t take it for a strong promise.*
- C) *in the evening, I almost always eat fast-food because cooking takes too long.*
- D) *I’m a coffee addict and I also enjoy a lot of soda and processed juice.*

Nutritionist: Hello Penda! How are you feeling today?

Consumer: Hi Doc, I’m doing very well now, but I have been feeling tired and feeble recently.

Nutritionist: I see. To help me find out why, can you tell me what you usually eat on a normal day?

Consumer: Well, for breakfast, I typically have sugared coffee and bread with butter or chocolate. For lunch, I like to have a burger and fries, or pasta with cheese when I’m staying in office. And

(21) _____

Nutritionist: Hmm. Those foods don’t provide the vitamins and energy your body needs to stay active. It’s better to eat home-cooked meals. Tell me, do you drink enough water during the day?

Consumer: Not really. (22) _____

Nutritionist: Okay. Now listen to this: you need to exchange your sugary drinks for water. You should also have more fruit and vegetable mixtures if you want to be stronger.

Consumer: (23) _____

Nutritionist: I’m sure you can. Start with just one fruit or vegetable. Then slowly add some more every day, until you get used to it. And I want you to say that you will do your best.

Consumer: (24) _____

Nutritionist: Great! I wish you good luck.

Consumer: Thank you so much!

