

COOKING

Sources: New Total English Elementary, Pearson
Learnenglishteens.britishcouncil.org
SpeakOut Elementary 2nd ed.

Cooking with Charlie video

<https://www.youtube.com/watch?v=ct5Q73pgVMA&t=1s>

Chocolate brownie

Ingredients

1. flour
2. sugar
3. salt
4. water
5. milk
6. mushrooms

Other:

7. milk chocolate
8. dark chocolate
9. cream
10. butter
11. vanilla extract
12. chilli powder



Chocolate brownie

Recipe

Write numbers 1-8 to put the recipe instructions in the correct order.

- | | |
|-------|--|
| | Put a pan of boiling water on the hob on a low heat. |
| | Add the sugar, vanilla extract and eggs. |
| | Heat the oven to 175°C. |
| | Put the chocolate and butter in a bowl on top of the pan. |
| | Stir the chocolate until it's smooth, then leave it to cool for a bit. |
| | Line a baking tray with butter and flour and pour in the mixture. |
| | Bake it in the oven for 25-30 minutes. |
| | Stir it completely. Add the salt, flour, and once that's mixed, the chocolate chips. |

What language do you need to make a video like that?

Cooking video

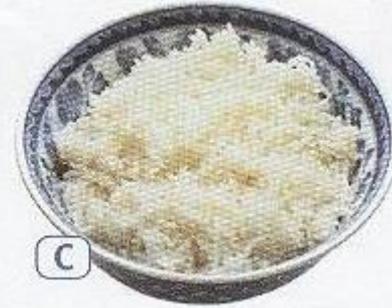
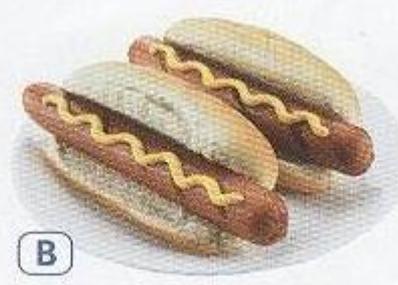
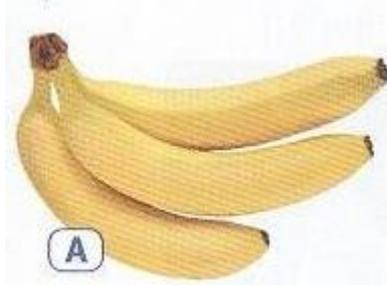
Vocabulary

- Ingredients, food, dishes
- Kitchen utensils,
- containers
- Numbers: time, quantity
- Actions (verbs)

Grammar

- Instructions - imperative
- Countable, uncountable nouns
- a/an, some, any (+,-,?)
- Present simple, future 'going to'

Food and dishes



In which countries do people eat these?

Eating around the world

The Toros live in Tokyo, Japan. Yamada Toro lives with his wife, Keiko, and his children Yoshi and Haruna. He works in an office. Keiko cooks breakfast before Yamada leaves for work at 7:00 a.m. They have dinner together at home in the evenings. They eat a lot of fish and rice. Keiko cooks all the meals for her family.

Steve and Corinne Merton and their children, Larry and Courtney, live in New York. They are a typical American family. Steve and Corinne both work and they don't usually have time to cook, so they like convenience food. The children eat a lot of hot dogs, burgers and cola. They eat at fast food restaurants once a week.

Julio Esteban, his wife Manuela and their children, Maria and Pedro, live in Havana. Cuba is a tropical country so they eat a lot of fresh fruit – pineapples, watermelons and bananas. Families in Cuba have ration books. These show how much food the family can buy every month.

Eat Healthy food, eat healthily

Food

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b Read the text again and tick (✓) the correct answers.

Which family ...	Toro	Merton	Esteban
1 eats a lot of fish?			
2 eats fresh fruit?			
3 has a ration book?			
4 eats at fast food restaurants?			
5 doesn't have time to cook?			
6 has dinner together?			



a  1.43 Listen to three people talk about food in different countries. Tick (✓) the countries you hear.

Canada Britain Iran Brazil Finland

b Listen again. Which speaker(s) talk about these food words?

	Speaker 1	Speaker 2	Speaker 3
dried fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
lamb	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
black beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
rice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
seafood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



More words:

Meat	Seafood	Vegetables	Others
beef	fish	potatoes	n _____
p _____	l _____	b _____	s _____
h _____	s _____		
l _____			
d _____			

What about Hungary? What do we eat?

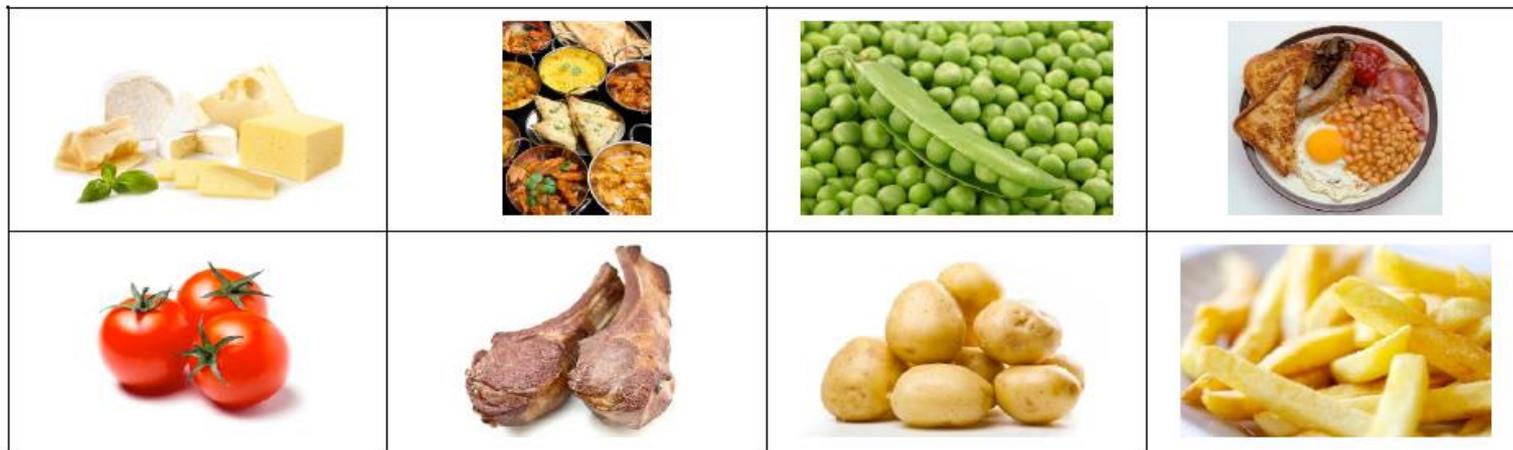
We Eat a lot of...

We don't eat a lot of...

Hungarian dishes:

American dishes:

Draw a line to match the pictures with the words below.



lamb chops	cheese	full English breakfast	curry
potatoes	tomatoes	chips	peas

Make Dishes

- | | |
|---------------------------|--------------|
| 1..... Italian | a. curry |
| 2..... Thai green | b. breakfast |
| 3..... Cottage pie and | c. cheese |
| 4..... Full English | d. potatoes |
| 5..... Tomato | e. salad |
| 6..... Lamb chops and new | f. mix |
| 7..... Moroccan spice | g. chips |
| 8..... Fish and | h. peas |

**Watch the video and check.
What nationality food
Can you see in the video?**

b Here is the Merton family shopping list. Choose the correct words in *italics* to complete the sentences. _____

- 1 The red words are *countable/uncountable* nouns.
- 2 The blue words are *countable/uncountable* nouns.

12 hot dogs

orange juice

12 burgers

18 bananas

bread

4 pizzas

milk

rice

1 hotdog (singular)

How many hot dogs do they eat?
How much bread do they eat?

Active grammar

1 *Uncountable/Countable* nouns

- They have singular and plural forms.
- We can use numbers in front of them.

2 *Uncountable/Countable* nouns

- They do not have plural forms.
- We cannot use numbers in front of them.

6

Four of these sentences have mistakes. Find the mistakes and correct them.

- 1 I don't like rices.
- 2 Do you eat breads?
- 3 Can I have six bananas, please?
- 4 I drink orange juices with my breakfast.
- 5 Do you like milks in your coffee?

Countable and uncountable nouns

apple, water, bread, hamburger, onion, chicken (animal), chicken (meat), dollar, time, money, minute

Countable (HOW many???)

- Apple
- Hamburger
- Onion
- Chicken (animal)
- Dollar
- Minute

➤ Singular/ plural:

I have an apple.

I have 2 apples

I have some apples.

I don't have many apples.

There **is** an apple.

There **are** 3 apples.

Uncountable (HOW much???)

- Water
- Bread
- Rice
- Chicken (meat)
- Time
- Money

➤ Only singular

I have (some/ much)**water**

There **is** some **money** in my pocket.

A Match the names of the food with the photos.

- 1 an onion
- 2 beans
- 3 a cabbage
- 4 peas
- 5 a lettuce
- 6 spinach
- 7 an aubergine
- 8 corn on the cob
- 9 grapes
- 10 an orange
- 11 a lemon
- 12 tomatoes
- 13 oil
- 14 cake
- 15 biscuits
- 16 yoghurt
- 17 sugar
- 18 ice cream
- 19 bread
- 20 rice
- 21 pasta
- 22 cereal
- 23 noodles
- 24 beef
- 25 lamb
- 26 prawns



N

O

P

Q

R

T

U

More practice

A Complete the questions with *How much/many*.

- 1 _____ tea or coffee do you drink in the evening?
- 2 _____ people are there in this room?
- 3 _____ homework do you do every day?
- 4 _____ eggs are there in an omelette?
- 5 _____ hours do you sleep every night?
- 6 _____ children have you got?

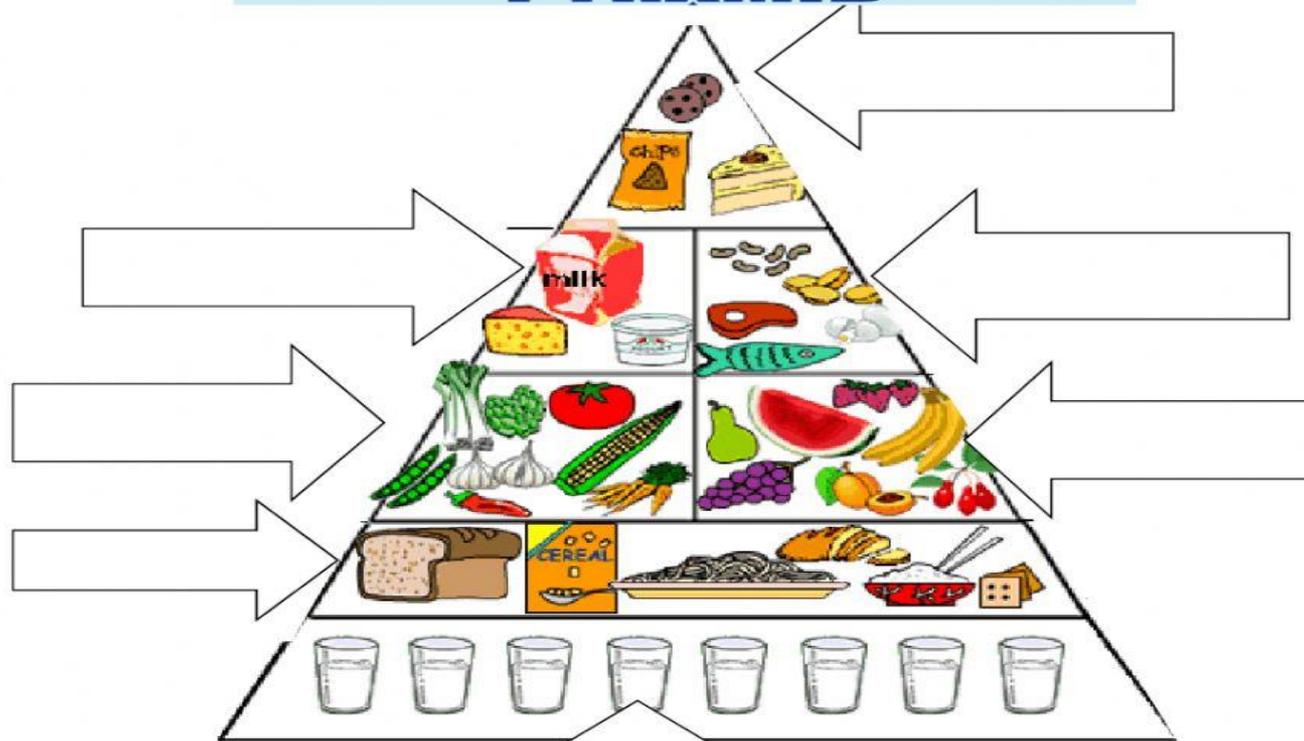
B Complete the sentences about the picture. Use *is/are* + *a lot of, quite a lot of, not much/many, none* or *no*.

- 1 There _____ *'s quite a lot of* _____ water.
- 2 There _____ women.
- 3 There _____ men.
- 4 There _____ empty glasses.
- 5 There _____ food.
- 6 There _____ fruit juice.



Complete the FOOD PYRAMID with the seven main food groups:

HEALTHY LIVING PYRAMID



Bad fats, sugar
protein
Vitamins, minerals
Carbs (carbo-hydrates)

Dairy:
Milk,
Yogurt &
Cheese.

Fats, Oils
& Sweets

Meat,
Fish &

Vegetables

Water

Cereals

Fruit

Sugar and Sweets

Food Groups

Write examples in the groups

Water and Liquids
Drinks

Vegetables

Fruit

Cereals

Dairy

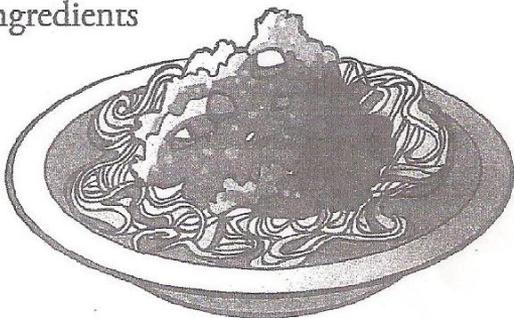
Meat, fish and
seafood

What nationality are these dishes?

What ingredients do they have?

Spaghetti Bolognese

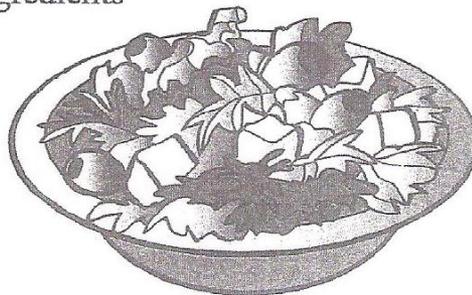
Ingredients



an _____ some _____
some _____ some _____
some _____ some _____
some _____

Greek Salad

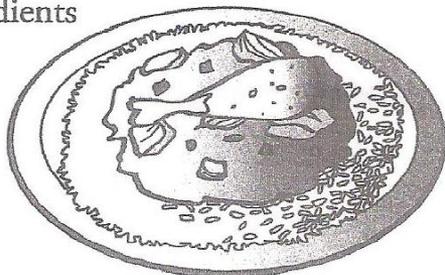
Ingredients



a _____ some _____
some _____ some _____
some _____
a _____

Chicken Curry

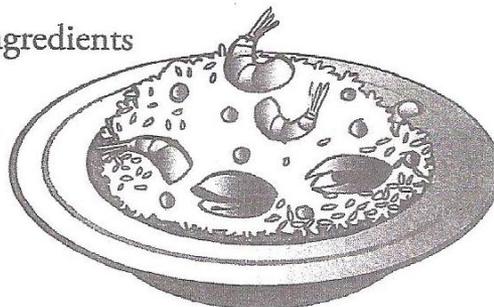
Ingredients



an _____ some _____
some _____ some _____
and _____ some _____
some _____

Prawn Paella

Ingredients



an _____ some _____
some _____ some _____
some _____ some _____
some _____ some _____
and _____

onion(s)	tomato(es)
beef	pasta (Spaghetti)
olives	cheese (Feta)
herbs	spices
potato(es)	chicken
stock	a lettuce
oil	garlic
rice	cucumber
coconut milk	prawns



Tonight's choice: *In the rubbish bin*

Your rubbish can tell us about your life!

Tonight this popular series looks at the diet of two ordinary families. They bring their food rubbish from one week into the studio and Doctor Laurence Redburn examines it. He then discusses with the families what is good and bad about their diets. Messy, but really interesting TV! *Don't miss it.*

Channel 6, 9:00 p.m.

Healthy food	Unhealthy food
<i>fruit</i> <i>vegetables</i>	<i>cola</i> <i>pizza</i>

Listening

2 Look at the extract from a TV guide. Work in pairs and discuss the questions.

- 1 What is the TV programme about?
- 2 Who introduces the programme?
- 3 Which food in the bins is healthy?
Which food is unhealthy?

Healthy / Unhealthy

Vocabulary | containers

1 a Look at the picture and match A-H with the containers in the box.

b c d e f g h

bag A bottle box can
carton jar packet tube

b Now match the containers (1-8) with the things they can contain (a-h).

- | | | |
|----------|----|--------------|
| 1 bag | OF | a juice |
| 2 bottle | | b eggs |
| 3 box | | c water |
| 4 can | | d coffee |
| 5 carton | | e toothpaste |
| 6 jar | | f crisps |
| 7 packet | | g rice |
| 8 tube | | h cola |



AT THE MARKET



Do we usually use *kilos*, *grammes* or *litres* when we buy these things?

carrots coffee cola fruit juice
 lamb mineral water potatoes
 sugar

a 1.50 Listen. What does the woman ask for? Tick (✓) the blue boxes.

apples	<input type="checkbox"/>	<input type="checkbox"/>	fish	<input type="checkbox"/>	<input type="checkbox"/>
bananas	<input type="checkbox"/>	<input type="checkbox"/>	melon	<input type="checkbox"/>	<input type="checkbox"/>
beef	<input type="checkbox"/>	<input type="checkbox"/>	milk	<input type="checkbox"/>	<input type="checkbox"/>
carrots	<input type="checkbox"/>	<input type="checkbox"/>	potatoes	<input type="checkbox"/>	<input type="checkbox"/>
cheese	<input type="checkbox"/>	<input type="checkbox"/>	tomatoes	<input type="checkbox"/>	<input type="checkbox"/>
chicken	<input type="checkbox"/>	<input type="checkbox"/>	water	<input type="checkbox"/>	<input type="checkbox"/>

b Listen again. What things can she buy? Tick (✓) the red boxes.

c Listen again. How much of these things does the woman buy?

apples _____ beef _____
 fish _____ cheese _____
 milk _____

How much does she pay for all her shopping?

How to... go shopping at a market

Offer help : Can I (1) _____ you?

Ask for things : I'd (2) _____ three bananas ...

: I (3) _____ some fruit.

Give things : (4) _____ you are.

Ask the price : (5) _____ is that?

Give the price : (6) _____ 18 euros.

What other quantity words can you find in this list?

Recipe: Vegetarian Shepherd's Pie

Serves 4 people. Preparation time: 30 minutes. Cooking time: 20 minutes

Ingredients

For the vegetables:

- 1 tbsp vegetable oil
- 1 onion, finely chopped
- 1 clove of garlic, crushed
- 1 stick of celery, chopped
- 1 leek, halved and sliced
- 1 carrot, diced
- 420g can mixed beans, drained and rinsed
- 400g can chopped tomatoes
- 1 tsp dried mixed herbs
- 1 tsp tomato purée
- salt and freshly ground black pepper

For the mashed potato topping:

- 700g floury potatoes, peeled and cut into chunks
- 150ml milk
- 85g cheddar cheese, crumbled

Grammar | *a/an, some and any*

5 Look at the extracts from the show. Complete the Active grammar box with *a/an, some* or *any*.



- 1 'We have *some* cans ...' 'We have *a* bottle ...'
- 2 'Do they eat *any* vegetables or *any* fruit?'
- 3 'They eat *some* pasta ...'

In my fridge...

(+) I have got **a** bottle of water.

(-) I haven't got **a** bottle.

(?) Have you got **a** bottle?

(+) I have **some** cans.

(-) I haven't got **any** cans.

(?) Have you got **any** cans?

(+) I have got **some** fruit.

(-) I haven't got **any** fruit.

(?) Have you got **any** fruit?

Active grammar			
	Singular Noun	Plural countable,	Uncountable, e.g. <i>fruit</i>
	countable, e.g. <i>bottle</i>	e.g. <i>cans</i>	
+	_____	_____	_____
-	<i>a/an</i>	<i>any</i>	<i>any</i>
?	<i>a/an</i>	_____	_____

(Bin 2) with *a/an, some or any*.

L: This bin is very interesting, Mrs Clark. Do you eat (1) ____ fast food?

Mrs C: Well, we occasionally eat (2) ____ pizza.

L: Mmm, you eat a lot of vegetables ...

Mrs C: Oh, yes, we eat (3) ____ vegetables every day, and (4) ____ fruit.

L: You clearly eat fish. Do you eat (5) ____ meat?

Mrs C: Well, my husband and I don't eat (6) ____ meat, but the children sometimes eat (7) ____ burger. They like burgers a lot.

L: What about drinks. Do you drink (8) ____ coffee?

Mrs C: No, we don't like it, but we always have (9) ____ jar of coffee in the cupboard, for visitors.

L: I see. Well, thank you, Mrs Clark. Your family has (10) ____ very healthy diet!

b  1.45 Correct the underlined mistakes in this paragraph, then listen and check.

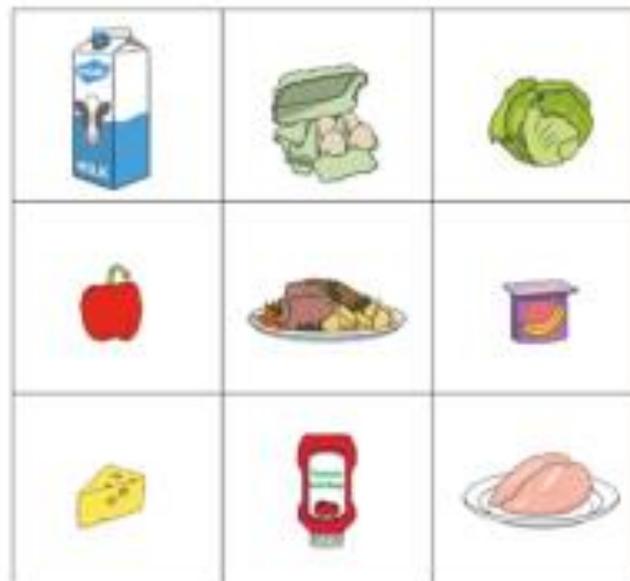
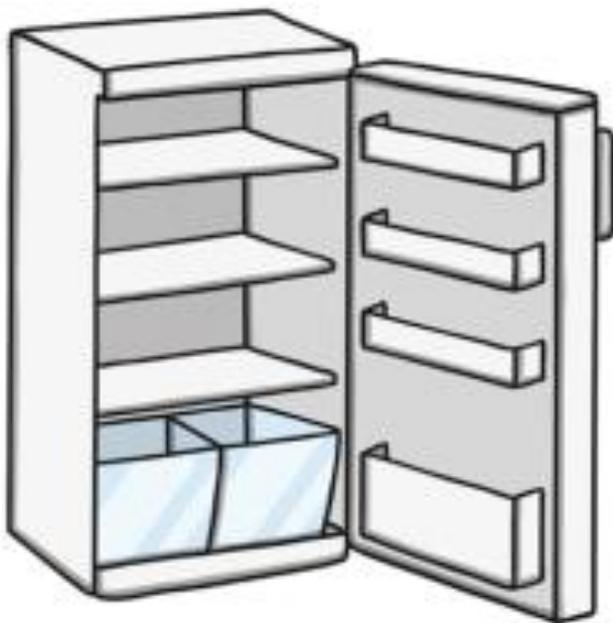
“We eat any pizza once a week ... and the children eat a burgers. And, yes, we sometimes drink any coffee, and the children drink some can of cola once or twice a week, but we don't drink some tea, and we drink a lot of water – about ten litres a week. We also eat a lot of vegetables every day, and we eat a meat and chicken. We don't eat some sweets or chocolate – that's good, isn't it?”

What's in my fridge?

Is there any milk in your fridge? Have you got any milk?
Are there any eggs in your fridge? Have you got any eggs?
Is there a lettuce in your fridge? Have you got a lettuce?

Storing Food in the Fridge

Cut and stick the food objects onto the correct shelf in the fridge.



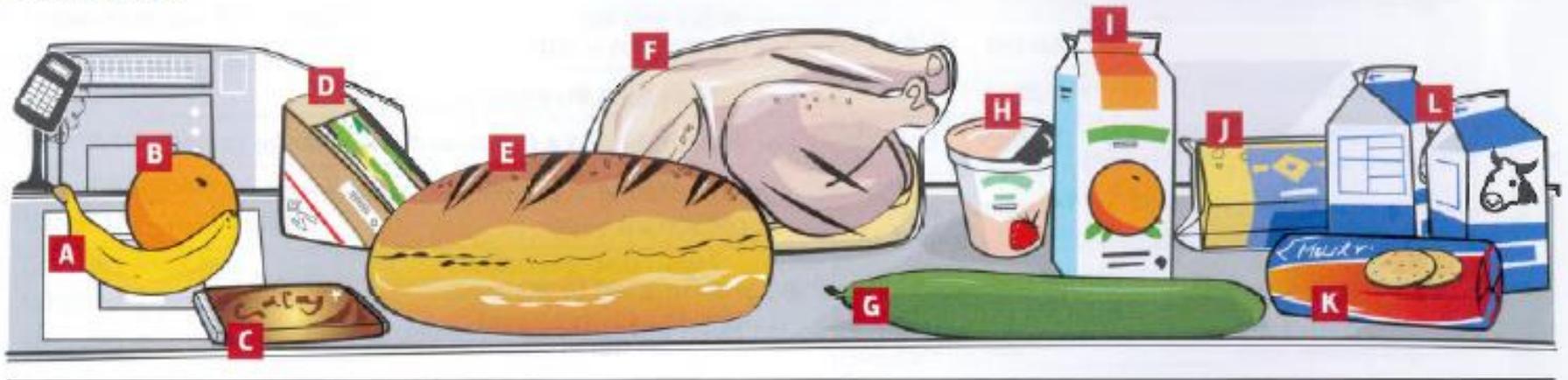
More practice

A Look at the sentences and correct the mistakes in six sentences.

- 1 Do you often eat chickens?
- 2 Garlics are good for you.
- 3 Sylvie hardly ever eats fruit.
- 4 My parents never drink wines.
- 5 Does she eat prawn?
- 6 I usually put butters on my bread, not margarines.
- 7 Ken doesn't have sugar in his tea.
- 8 There are water on the table.

B Look at the picture. What does the customer buy?
Write *a/an* or *some* and the types of food.

E = some bread



C Complete the conversation.

Man: What's for dinner?

Woman: Well, let's see. Oh no, we haven't got
¹ _____ eggs.

Man: So I can't make an omelette. ² _____ there
_____ spaghetti?

Woman: Yes, there's ³ _____ packet of spaghetti.

Man: Have we got ⁴ _____ tomatoes?

Woman: Yes, but there ⁵ _____ only one.

Man: Oh. ⁶ _____ there _____ butter?

Woman: Yeah, we've got ⁷ _____ butter.

Man: Great. So dinner is ... spaghetti with butter
on it!

Quiz: How healthy are you?

How much/many do you eat/drink?

X = I don't eat/drink any ? = some ✓ = a lot

	you			your partner		
	X	?	✓	X	?	✓
1 burgers						
2 crisps						
3 water						
4 salad						
5 biscuits						
6 coffee						
7 fruit						
8 milk						
9 fruit juice						
10 chocolate						
11 cola						
12 cheese						

Speaking

Healthy eating

- What is a healthy diet like?
- Why are there so many fat people?
- What is your favourite food? Do you like fast food?
- Can you cook? What dishes can you prepare?

These pictures show different types of food. Compare and contrast the pictures. Include the following points:

-



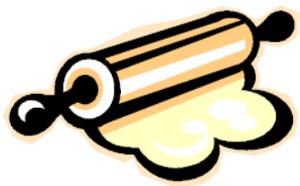
•Extra questions:

- Do you think that you have a healthy diet?
- Do you think that Hungarian food is healthy? Why/Why not?
- What is your favourite dish?
- Who is the best cook in your family?

Cooking utensils













ing pin whisk microwave oven frying pan tin opener spatula

b	i	n	g	r	e	d	i	e	n	t	s
q	u	r	c	h	e	f	t	o	m	e	d
h	i	b	e	f	l	a	s	i	b	r	t
h	r	o	b	y	p	r	e	n	d	e	f
b	c	i	r	l	f	e	n	m	r	c	s
s	w	l	e	a	v	q	e	e	r	i	p
q	w	v	g	x	v	e	j	l	s	p	a
k	i	t	c	h	e	n	m	r	e	e	t
s	d	o	l	t	s	p	o	o	n	b	u
s	w	a	v	v	r	j	l	h	u	m	l
c	a	w	v	e	b	e	r	c	l	u	a
p	a	z	j	u	n	k	f	o	o	d	v

oven peel kitchen recipe ingredients
spatula junkfood chef boil spoon

Frying pan micro-wave oven
spatula whisk
Tin opener Rolling pin

Cooking verbs

Match the verbs and definitions

- | | |
|-------------|--|
| 1. to peel | a. to cook food in oil in a wide pan |
| 2. to slice | b. to cook food at a high temperature inside an oven |
| 3. to boil | c. to remove the skin of a fruit or vegetable with a knife |
| 4. to stir | d. to cut meat or vegetables into thin pieces |
| 5. to fry | e. to move food repeatedly in a circular motion |
| 6. to roast | f. to heat a liquid to 100 degrees |

Peel slice boil stir fry roast

Complete the sentences.

1. You need a sharp knife to _____ a potato.
2. On Sundays in the UK many people _____ a chicken in the oven.
3. It is necessary to _____ an egg in water for three minutes to make it hard.
4. Another way to cook an egg is to _____ it in hot oil.
5. Don't forget to _____ the soup or it will burn at the bottom.
6. I'm going to _____ the pork into little pieces.

And what can you bake?

How to make the perfect omelette?

Your omelette ingredients:

The perfect omelette with Jamie Oliver - cooking video

Omelette Recipe.....Put the sentences in order, then watch the video and check.

Add a pinch of salt and pepper, and whisk the eggs.

Flip over one half of the omelette.

Turn it down to a low heat.

Bring in the egg from the sides of the pan.

When it starts to change colour, unstick it from the sides of the pan.

Pour the egg into the pan.

Serve it on a plate and enjoy!

First of all, crack three eggs into a bowl.

Coat the bottom of the pan with oil and butter.

Grate cheese over the omelette.

What grammar can you use? Match

1. ***Just crack them in like this***
2. ***So, I ('m) just gonna turn that down a little bit.***
3. ***Don't rush it.***
4. ***So, what I do then is I tilt the omelette away, put my spatula into one side like this, get it underneath – I don't want to overcook the omelette.***
5. ***And then you bring it in here, and then you tilt the pan.***

Present simple with 'you' for indirect

Present simple with 'I': to describe w

Imperative (felszólító mód, utasítás)

'Be going to' future form

Negative imperative (tiltás)

Sequencing:

After that, In the end, Later on, Next, First (of all), Then,

Starting action:

Following actions:

Finishing action:

Imperative for giving instructions

Underline the correct forms.

1. a fresh lemon!

You take

Take

To take

2. down before you start.

Please sit

Always to sit

Always sit

3. use dry brush.

Do not to

Don't

Don't to

4. wait 10 minutes.

Don't forget to

not to forget

Not forget to

5. read the question carefully.

It's important

It's important to

It's too important to

6. your full address.

Make sure to write

Make sure you write

Sure to write

7. the television.

Plug in

Take off

Take out

8. the light is on.

Make sure

Switch on

Turn off

9. the batteries when they stop working.

Put back

Remove

Turn on

10. the printer to the PC.

Connect

Switch off

Turn on

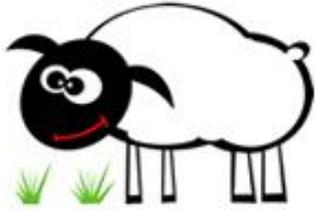
'Be going to' - future

S+be(am,is,are)+going to+V (eat)

EXAMPLE : I / eat a banana.
I am going to eat a banana.



He buy a car.



It eat the green grass.



It rain.



You ride a horse.



They swim.

Be going to - future

Positive, negative, questions

She



- ✓ She is going to see a doctor.
- ✗ She isn't going to see a dentist.
- ? Is she going to see a surgeon?

I



- ✓ buy a house
- ✗ buy a car.
- ? buy a cottage?

He



- ✓ read.
- ✗ write.
- ? study English?

You



- ✓ sing a song.
- ✗ dance.
- ? play?

We



- ✓ be friends.
- ✗ be mean.
- ? be happy?

Project work:

Make your cooking video

Step 1: My recipe notes:

Ingredients+quantity:

Kitchen utensils:

Instructions:

Step 2: Rehearsal

Step 3: Make the video

Step 4: edit the video