

Unit 4: Healthy Habits

1. Complete the recipe and equipment list with A or AN:



HEALTHY PANCAKES

INGREDIENTS

- __ large banana
- half __ apple
- __ cup of oats
- __ small jug of water
- __ small spoonful of oil
- Optional: __ small handful of raisins

EQUIPMENT

- __ small bowl
- __ fork
- __ small frying pan
- __ small spoon
- __ spatula
- __ plate, to serve

2. Organise the ingredients into two groups: countable and uncountable nouns.

COUNTABLE NOUNS

UNCOUNTABLE NOUNS

3. Use the **sequencing words** in the box to complete the method.
Don't repeat the words.

Secondly Finally Next
After that To finish To start
Then After Lastly First

METHOD

1. _____, peel the banana. Put in the bowl.
2. _____, mash the banana with the fork.
3. _____, grate the apple into the bowl. Mix the fruit together.
4. _____, add the oats and stir it with the spoon.
5. _____, add a little water. Leave the mixture to rest for 10 minutes.
6. _____, put the oil in the frying pan. Heat it and add a spoonful of the mix.
Cook each pancake for 1 minute, flip it over and cook for another minute.
7. _____, let the pancakes cool a little and they are ready to enjoy!

4. Complete the conversation with **some** or **any**.

JENNA: Do we need _____ milk for the recipe?

MAX: No, we don't need _____ milk. It says we need _____ water.

JENNA: OK, here you go.

MAX: Thanks. Do you want to add _____ raisins?

JENNA: Maybe we could add a few. I like raisins.

MAX: I have an idea. We could substitute raisins for chocolate chips.

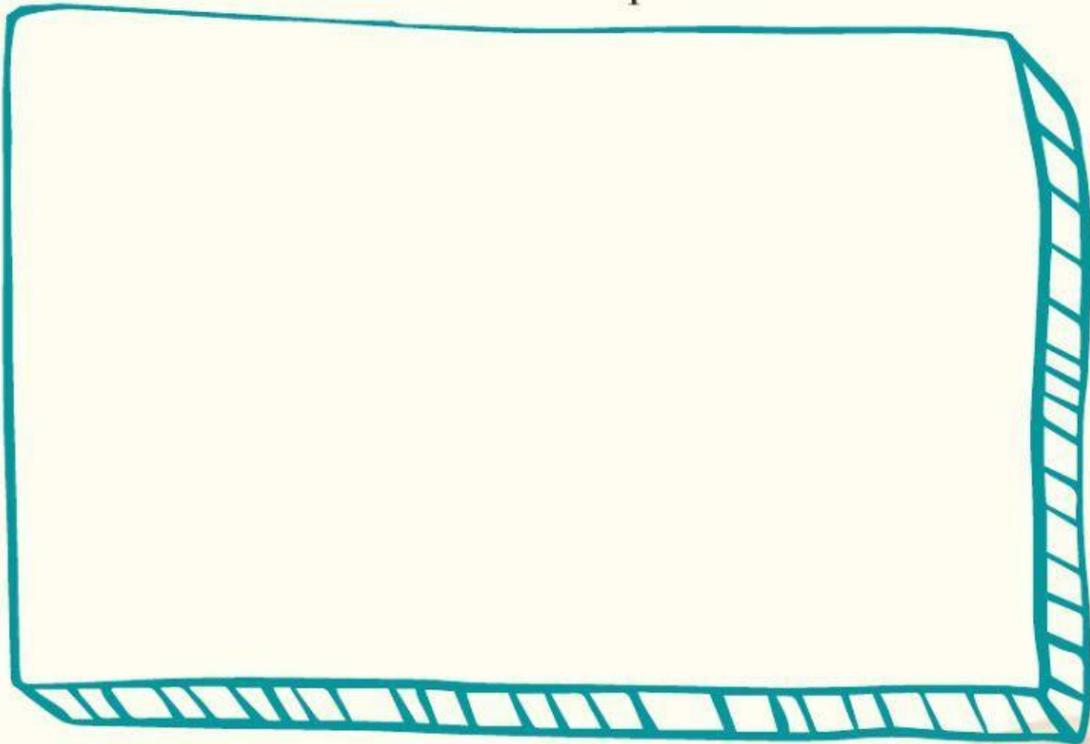
Do we have _____ chocolate chips?

JENNA: No, not here. I will go and get _____ from the shop.

5. Choose the correct **verb forms** for instructions.

When the pancakes are cooked, (i) _____ them from the frying pan and (ii) _____ them on a plate. (iii) _____ them to (iv) _____ a little before adding toppings. Then, (v) _____ them with a little Nutella, jam or honey. For a healthier topping, (vi) _____ some fresh strawberries or blueberries and (vii) _____ them over the top, then (viii) _____ on a little fresh yoghurt. Your pancakes are ready to enjoy! 😊

6. Watch the video and answer the questions.



1. What is the name of the dish?
2. What does the cook use to mash the banana?
3. Finish the sentence: *You can use _____ if you want, or you can _____.*
4. If the mix is too dry, you can:
5. How long does the mixture need to rest for?
6. How many spoons of mix do you need for each pancake?
7. How long does each pancake need to cook for?

7. a) Put the missing pieces of the recipe in the correct order.

Finally, let the mix rest for about 10 minutes before cooking.

Next, whisk the flour and eggs together until they are well combined.

Secondly, measure 2 cups of flour and sieve it to remove any lumps.

Then, add the flour to the beaten eggs.

First, crack the eggs in the bowl and beat them well for about 1 minute.

PANCAKES

METHOD

- 1.
- 2.
- 3.
- 4.
- 5.

8. Match the vocabulary.

Frying pan Sieve Hob Whisk
Bowl Fork Spatula Spoon

