

Unit 7: Healthy and Wise

Let's write.

Here are two recipes of healthy wraps you can try at home.

Listen and fill in the blanks.



This is how black pepper chicken wrap is made.

Instructions:

1. Heat a _____ on a non-stick pan.
2. Saute the _____.
3. Add _____ once the onion is soft.
4. Add _____ and _____.
5. _____ well and _____ the black pepper chicken to _____.
6. Steam or blanch the _____.
7. Take a _____ or _____.
8. Place the _____, _____ and _____ in the middle of the wrap.
9. _____ and _____ the wrap.
10. _____ with _____.

Using the phrases given, write the instructions to make grilled chicken salad wrap.

Instructions:

