

## Unit 7: RECIPES AND EATING HABITS

### B. VOCABULARY & GRAMMAR

**I. Match the food quantifiers in column A with the groups of nouns in column B. Write the answer in each blank.**

Answer	A	B
_____	1. a spoonful of	<b>A.</b> lettuce, cabbage, cauliflower, garlic, broccoli
_____	2. a glass of/ a bottle of	<b>B.</b> flour, sugar, oat, beans
_____	3. a cup of/ a mug of/ a pot of	<b>C.</b> sausage, bread, pork, cheese
_____	4. a bag of	<b>D.</b> milk, water, beer, wine, cola
_____	5. a carton of	<b>E.</b> grapes, bananas, onions, carrots
_____	6. a head of	<b>F.</b> eggs, milk, yogurt, soup
_____	7. a bunch of	<b>G.</b> honey, medicine, ice cream, sugar
_____	8. a cube of	<b>H.</b> garlic, shallots
_____	9. a slice of	<b>I.</b> coffee, tea, cocoa, hot water
_____	10. a clove of	<b>J.</b> butter, sugar, ice

**II. Match each cooking verb in column A with its definition in column B. Write the answer in each blank.**

Answer	A	B
_____	1. bake	<b>A.</b> cook something slowly in hot liquid kept at or just below the boiling point (85°C/95°C)
_____	2. roast	<b>B.</b> cook food in hot oil, or fat
_____	3. boil	<b>C.</b> cook food over charcoal on a grill
_____	4. fry	<b>D.</b> cook or brown food, like bread or cheese by exposing it to a grill or fire
_____	5. steam	<b>E.</b> cook, especially meat, in an oven or over a fire
_____	6. simmer	<b>F.</b> cook meat and vegetables slowly in liquid in a closed dish or pan
_____	7. toast	<b>G.</b> fry very quickly over high heat
_____	8. stir-fry	<b>H.</b> cook in an oven without any extra fat
_____	9. barbecue	<b>I.</b> cook food in boiling water that is 100°C
_____	10. stew	<b>J.</b> cook food by heating it in the steam made from boiling water

**III. Make each way to cook an egg with its instruction. Write the answer in each blank.**

Answer	A	B
_____	1. A hard-boiled egg	<b>A.</b> Crack an egg and cook for 3—5 minutes in water at about 80°C.
_____	2. A soft-boiled egg in an eggcup	<b>B.</b> Flip the egg over and fry the other side for a few seconds.
_____	3. A poached egg	<b>C.</b> Fry in a pan with yolk left runny.
_____	4. A scrambled egg	<b>D.</b> Cook for 10 minutes in boiling water.
_____	5. A sunny-side-up egg	<b>E.</b> Flip the egg over and fry the second side until the yolk is solid.
_____	6. An over-easy egg	<b>F.</b> Bake the egg into a greased pan until the yolk begins to thicken.

_____	7. An over-hard egg	<b>G.</b> Cook for 3 minutes in boiling water.
_____	8. A baked egg	<b>H.</b> Fry a whisked egg in a pan. Stir while it is cooking.

**IV. Read the text about a traditional English breakfast. Fill each blank with the verbs in the box.**

<i>add x2</i>	<i>put x2</i>	<i>deep-fry</i>	<i>toast</i>	<i>fry</i>	<i>slice</i>
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**An English Breakfast Sandwich**

The English breakfast is famous all over the world. People usually have it when they are on holiday or at the weekend because it's a very big breakfast. When people have an English breakfast, they always have bacon and eggs and they sometimes have other things like tomatoes, sausages, and beans.

Here is a recipe for an English breakfast sandwich.

<b>Ingredients</b>	<b>Instructions</b>
bread (2 pieces)	• (1) _____ the bread.
a tomato	• (2) _____ the tomato.
bacon	• (3) _____ the tomato, bacon, and egg in some oil; sometimes (4)
an egg	_____ the bacon.
some oil	• (5) _____ one piece of bread on the plate.
salt and pepper	• (6) _____ the bacon, then the egg, then the tomato.
	• (7) _____ some salt and pepper. (8) the other piece of toast on top.
<i>Your sandwich is ready. Enjoy it!</i>	

**V. Underline the correct verb in each sentence.**

- (Stir/ Drain/ Chop) the carrot into small circles.
- (Mix/ Boil/ Bake) the lasagne for 30 minutes in the oven.
- After ten minutes, (drain/ boil/ fry) the spaghetti until there is no water left. Then place the pasta into a large bowl.
- (Peel/ Stir/ Fry) the onion and throw away the skin.
- (Drain/ Marinate/ Chop) the steak with salt, pepper and lemon.
- (Simmer/ Fry/ Bake) the onion until it is soft, but not brown.
- Constantly (fry/ stir/ boil) the mixture using a wooden spoon.
- When the mixture looks shiny, (fry/ pour/ chop) it into individual dishes.
- When you have finished preparing the vegetables, (stir/ mix/ chop) them together with your hands.
- (Fry/ Bake/ Boil) the spaghetti for ten minutes, or until soft.

**VI. Fill in each blank in the sentences with the correct word from the box. Each verb has to be used once, and make sure that you use the correct verb forms.**

<i>taste</i>	<i>simmer</i>	<i>bake</i>	<i>cut</i>	<i>stir</i>
<i>whisk</i>	<i>mix</i>	<i>peel</i>	<i>pour</i>	<i>grate</i>

1. You have to \_\_\_\_\_ some vegetables before cooking them.
2. To make an apple pie, you \_\_\_\_\_ the apples in thin slices.
3. To prepare a whipped cream, you should to \_\_\_\_\_ the cream quickly.
4. Swiss cheese is to \_\_\_\_\_ before being added to pasta.
5. You should \_\_\_\_\_ the sauce you have prepared to be sure that it is not spicy.
6. When you heat a soup on a gas stove, to \_\_\_\_\_ it frequently with a wooden spoon.
7. In a bowl, you add different ingredients and then you to \_\_\_\_\_ them to obtain ahomogenous mixture.
8. Most of the cakes are to \_\_\_\_\_ in an oven at 200°C.
9. In an earthenware, you can let the preparation to \_\_\_\_\_ for a long time.
10. To prepare poached eggs, remove the shells, and to \_\_\_\_\_ them into boiling water.

**VII. Fill each blank of the instructions with a word from the box. A word may be used more than once.**

<i>add</i>	<i>simmer</i>	<i>put</i>
<i>separate</i>	<i>pour</i>	<i>choose</i>

**Beef Noodle Soup**

- (1) \_\_\_\_\_ contents to make broth into a large saucepan.
- (2) \_\_\_\_\_ carrots, ginger, cinnamon, star anise, cloves, garlic, and peppercorns.
- (3) \_\_\_\_\_ the saucepan for 20 minutes.
- (4) \_\_\_\_\_ fish sauce and (5) \_\_\_\_\_ about 5 more minutes.
- (6) \_\_\_\_\_ all the used spices by draining.
- (7) \_\_\_\_\_ noodles in each bowl with beef, onion, shallots, and bean sprouts.
- (8) \_\_\_\_\_ broth into each bowl, and serve.
- Each person can (9) \_\_\_\_\_ other items such as herbs, basil or chilies to (10) \_\_\_\_\_ to his or her bowl.

**VIII. Fill in each blank in the sentences with the correct quantifier from the box. Some quantifiers can go with more than one noun.**

<i>a bunch</i>	<i>bars</i>	<i>pieces</i>	<i>cubes</i>
<i>a box</i>	<i>slices</i>	<i>squares</i>	<i>a bag</i>

1. We bought \_\_\_\_\_ of spaghetti.
2. We ate several \_\_\_\_\_ of cheese.
3. We bought several \_\_\_\_\_ of chocolate.
4. We bought \_\_\_\_\_ of carrots.
5. We used several \_\_\_\_\_ of bread.