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 235. *Table of*

1	El nombre de mi receta saludable es una ensalada	The name of my healthy recipe is a salad
2	Los ingredientes son una lechuga, un tomate, media cebolla, dos zanahorias,	The ingredients are one lettuce, one tomato, half an onion, two carrots
3	algunas aceitunas, y algo de aceite, sal y vinagre	some olives, and some oil, salt and vinegar
4	Primero, lava las verduras	First, you wash the vegetables
5	Luego, pela la cebolla y las zanahorias en muchos trozos	Then, you peel the onion and the carrots in many pieces
6	A continuación, corta la lechuga	Next, you cut the lettuce
7	Entonces, corta la cebolla y el tomate en rodajas	Then, you slice the onion and the tomato
8	A continuación, se cortan las zanahorias en dados	Next, you dice the carrots
9	Entonces, se mezclan los ingredientes de un bol grande	Then, you mix the ingredients in a large bowl
10	Y se añaden unas pocas aceitunas	and add a few olives
11	Finalmente, se añade un poco de sal, mucho aceite y un poco de vinagre	Finally, add a little salt, a lot of oil and a little vinegar

Escribe las frases siempre en forma larga, omite los puntos finales, deja un espacio tras cada coma, escribe los números desarrollados o no en función de cómo estén previamente

1	El nombre de mi receta saludable es una ensalada	
2	Los ingredientes son una lechuga, un tomate, media cebolla, dos zanahorias,	
3	algunas aceitunas, y algo de aceite, sal y vinagre	
4	Primero, lava las verduras	
5	Luego, pela la cebolla y las zanahorias en muchos trozos	
6	A continuación, corta la lechuga	
7	Entonces, corta la cebolla y el tomate en rodajas	
8	A continuación, se cortan las zanahorias en dados	
9	Entonces, se mezclan los ingredientes de un bol grande	
10	Y se añaden unas pocas aceitunas	
11	Finalmente, se añade un poco de sal, mucho aceite y un poco de vinagre	

MÉTODO ISO-JMB "MEJORA DE SPEAKING Y WRITING" – MI RECETA

STUDENT A			
1	Nombre		El nombre de mi receta saludable es <u>una ensalada</u>
2	Ingredientes		Los ingredientes son <u>una lechuga, un tomate, media cebolla, dos zanahorias,</u>
3			algunas <u>aceitunas</u> , y algo de <u>aceite, sal y vinagre</u>
4	1º	lava	Primero, lava <u>las verduras</u>
5	2º	pela en muchos trozos	Luego, pela la <u>cebolla y las zanahorias</u> en muchos trozos
6	3º	corta	A continuación, corta <u>la lechuga</u>
7	4º	corta en rodajas	Entonces, corta <u>la cebolla y el tomate</u> en rodajas
8	5º	corta en dados	A continuación, se cortan <u>las zanahorias</u> en dados
9	6º	mezcla	Entonces, se mezclan los ingredientes de un bol <u>grande</u>
10	7º	añade	Y se añaden <u>unas pocas aceitunas</u>
11	8º	añade	Finalmente, se añade un poco de <u>sal</u> , mucho <u>aceite</u> y un poco de <u>vinagre</u>