

Name:

Date:

**1. Watch the video and answer the questions.**

1. What are the ingredients needed to make 12 English pancakes according to the video?

2. The recipe requires 200 grams of plain flour.

True

False

3. How long should you ideally let the batter rest before cooking the pancakes?

- a. 10 minutes
- b. 60 minutes
- c. 30 minutes
- d. 45 minutes

4. What is the first step in making the pancakes according to the video?

- a. Mixing the ingredients in a bowl
- b. Putting the batter in the pan
- c. Cooking the pancakes for one minute
- d. Serving the pancakes with lemon wedges

5. How should you cook the pancakes according to the video?

- a. Cook for 30 seconds
- b. Cook until burnt
- c. Cook for one minute on each side
- d. Cook without flipping

## 2. Listen and complete.

Hey there, foodies! I'm Sammy the Salad, and I'm here to talk about the importance of \_\_\_\_\_. Let's talk about food items and taking care about what we eat!

Do you know why I always look so fresh and vibrant? It's because I eat plenty of colorful veggies every day. Crunchy \_\_\_\_\_, juicy tomatoes, and leafy greens are my favourite \_\_\_\_\_. They give me the energy I need to stay fresh and energetic!

Oh, and don't forget about \_\_\_\_\_. Bananas, apples, and berries are like the superheroes of the food kingdom. They are plenty of \_\_\_\_\_ and minerals that make me feel super healthy! I always try to have at least \_\_\_\_\_ pieces of fruit every day.

But healthy eating isn't just about fruits and vegetables. I also need \_\_\_\_\_ and cereals like oat, wheat or rice. They help me stay strong.

And of course, we can't ignore the power of protein. Delicious \_\_\_\_\_, yogurt, meat and beans are my protein dishes. They help me build muscles.

Now, I know what you're thinking - "Sammy, how much food do you really need to eat to stay healthy?" The secret is balance! I listen to my stomach and stop eating when I feel full. I also try to drink plenty of \_\_\_\_\_ to keep hydrated and happy.

So remember, colorful veggies, fruity delights, whole grains, and protein power are very \_\_\_\_\_. Stay crunchy, stay juicy, and most importantly, stay healthy!

### 3. Read the text and answer the questions.

#### Exploring Innovative Cooking Techniques

In recent years, there has been a change in creativity and new ways to prepare food. Let's take a look at some of the innovative techniques that have been gaining popularity.

One of the trends in cooking involves using air fryers. An air fryer is a kitchen robot that cooks food by circulating hot air around it at high speed. This method uses much less oil, making it a healthier alternative. Foods like french fries, chicken wings, and even vegetables can be cooked to perfection.



Another popular technique is sous vide cooking. This method involves putting food in a bag and cooking it in a water bath at a precise temperature for a long period. It has become a favorite among home chefs for cooking proteins like steak, chicken, and fish.

Additionally, plant-based cooking is popular in vegetarian and vegan diets. Meat substitutes like tofu, tempeh, and seitan are being used as meat. Plant-based cooking contributes to sustainability by reducing the impact of meat production.



Overall, these new ways of cooking and eating are opening up a world of possibilities in the culinary world.

1. What are some examples of innovative cooking techniques mentioned in the text?
2. How does an air fryer cook food differently from traditional frying methods?
3. Why are air fryers considered a healthier alternative for cooking certain foods?
4. How does plant-based cooking contribute to sustainability?
5. In what way do these new cooking techniques open up a world of possibilities in the culinary world?

4. Complete the text with the correct word from the box:

## SLIME

~~1/2 cup~~      Stir      a glass      mix      bowl  
mix      some      a few      some      a spoon of      pour

Slime making is a popular activity that combines science with creativity!

To make your own slime, you will need 1/2 cup of glue, \_\_\_\_\_ of water, \_\_\_\_\_ shaving foam, \_\_\_\_\_ food coloring, and \_\_\_\_\_ glitter. First, \_\_\_\_\_ the white school glue with water in a \_\_\_\_\_ until well combined. Add \_\_\_\_\_ drops of food coloring and \_\_\_\_\_ glitter if desired, and mix again. Slowly \_\_\_\_\_ the liquid starch while stirring the mixture continuously. \_\_\_\_\_ until the slime starts to form and pull away from the sides of the bowl. Your slime is now ready to stretch, squish, and play with! Just remember to store it in an airtight container when you're done.



5. Order the words to make sentences. Be careful with capital letters and full stops!

1. needs / He / chop / to / the / onions.
2. don't / to / You / add / need / any / salt.
3. 3. to / Does / he / need / blend / the / soup?
4. 4. to / They / stir / need / the / pasta / sauce.
5. 5. don't / to / I / grill / need / the / tomatoes.

6. Write a 80-100 words recipe for a magical potion. Include the following elements in your recipe:

**Name of the Potion:** Give your potion a unique name.

**Ingredients:** List the magical ingredients needed. They can be anything from dragon scales to moon dust. Be creative!

**Preparation Steps:** Describe the steps to prepare the potion. Remember, magic potions often require specific preparation methods like stirring counterclockwise under a full moon. Use quantifiers, cooking verbs and adverbs: first, then, next, then, after that and finally.

**Effects:** What happens when someone drinks or uses the potion?  
Invisibility, transform the drinker into an animal...

**Recommendations:** be careful, enjoy the potion...

7. Record the correct words:



8. Complete the dialogue with a friend who wants to cook spaghetti.

Friend: Hi, I'm planning to cook spaghetti for dinner. Can you help me with the recipe?

You:

Friend: I have some ingredients at home but I'm not sure if they are enough.

You:

Friend: I have a lot of spaghetti.

You:

Friend: I only have a little tomato sauce. Is this ok?

You:

Friend: I have a glass of tomato sauce.

You:

Friend: Yes, I do. I have many onions and a lot of garlic.

You:

