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DIFFERENT INGREDIENTS



ABOUT YOU

Do you eat breakfast cereals?
How often do you eat them?
What kinds do you like?
Do you think they are healthy?

Breakfast cereals



Breakfast cereals are popular in many countries. They are made from grains, such as corn, wheat and rice. They are usually eaten with milk, or with yogurt and fruit. In the beginning, cereals were health foods, but these days some children's cereals are 50% sugar, and doctors say we shouldn't eat them too often.

There are lots of kinds of cereal. This is how cereals in different shapes, like stars and balls, are made.

- First, the grain is taken to the factory, where it is cleaned and checked.
- Then it is **prepared** for cooking. It is made into flour and **mixed** with other ingredients. Water is **added** and the mixture is **boiled**.
- When it is soft, it is put into special machines which make it into shapes like stars, circles, or even letters of the alphabet.

- The shapes are **baked** in an oven to dry them. Then, they are 'puffed' in another machine to make them light and full of air.
- After that, they are **covered** with sugar or honey. Some are **filled** with chocolate. The cereal pieces are then **dried** in hot air.
- Finally, the cereal is packed into boxes, ready for the shops.

1 Read the text and put photos in the correct order.



2 Look at the **verbs** in the text. Match them to the definitions below. Write the verbs in the infinitive.

- 1 Put one thing with another thing. _____
- 2 Make something ready. _____
- 3 Take the water out of something. _____
- 4 Join two or more things together using a spoon or a machine. _____
- 5 Cook something like a cake in an oven. _____
- 6 Cook in water. _____
- 7 Put something on top of something _____
- 8 Make an empty space full. _____

3 In pairs, ask and answer the questions.

- 1 What other kinds of food do you eat for breakfast?
- 2 How do you prepare them?
- 3 Describe the best breakfast you have ever had.



PRONUNCIATION

Ways to pronounce *ea*



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4 Listen to the different ways to say the letters *ea*.

___ /ɪə/ ear /e/ head /i:/ seat

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In pairs, put these words into the correct column of the table.

beach	bread	breakfast	cereal
clean	eat	healthy	meal
near	ready	teacher	wheat

/ɪə/ ear	/e/ head	/i:/ seat
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



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Listen and check. Then repeat.

1 Find eight verbs to describe cooking.

p	r	e	p	a	r	e
h	t	s	f	d	q	c
a	l	n	k	d	u	o
d	b	o	l	l	p	v
r	g	e	v	x	m	e
y	b	a	k	e	i	r
f	i	l	l	m	x	b

2 Complete the sentences with the correct form of the verbs in the box.

prepare dry boil bake fill mix add cover

- 1 If you put fruit like grapes out in the sun, they will _____ and then you can keep them for longer.
- 2 You have to _____ water to make tea.
- 3 _____ the bowl with a plate and then put it in the fridge, please.
- 4 My brother has _____ my mother a cake for her birthday.
- 5 You need to _____ all the ingredients together in a large bowl.
- 6 Have you _____ any salt or pepper to this soup yet?
- 7 I've _____ some sandwiches and salad for us. Are you ready for lunch now?
- 8 Could you _____ the bowl with water, please?