A Recipe

Before Reading

1. Look at the pictures below and discuss the following questions as a class. Then, go to exercise 2.
   a. Do you know how to make any healthy snacks?
   b. How can we make sure that what we cook is healthy?

Healthy and Delicious! 12

Hello everybody, and welcome to a brand-new episode of Healthy and Delicious. I'm your chef, Lila!

Do you have a party coming up soon and want to impress all of your friends? Maybe you want to prepare a snack for your family or just yourself? Well, today we are preparing *bruschettas*! And even better, today we will be making healthy *bruschettas* so you can eat and enjoy with your friends and family!

But first, what are *bruschettas*? Well, *bruschettas* are a typical Italian snack that is eaten at the beginning of a meal. Their main characteristic is that they are made with toasted bread, garlic and olive oil. Think of it like a healthier version of a pizza, but equally delicious! Yum!

So, before going into the preparation of your *bruschetta*, here are all the ingredients we will need:

- Baguette bread
- 1 garlic clove
- Olive oil
- Basil
- Salt and pepper
- Tomatoes
- Onions
- (Optional) Avocadoes and a lemon

Attention!

Cooking can be very fun, but it can also be dangerous. If you want to prepare these bruschettas, you must ask for the help of an adult first.

LIVEWORKSHEETS

While Reading

2. Read the text quickly and answer the questions.

a. What is the main characteristic of a *bruschetta*?

b. Why is it important to cook with the help of an adult?

c. Why is the *bruschetta* described as a healthy version of a pizza?

Reading Tip

Skimming
Read texts quickly to get the general idea.

Let's start with the preparation! The first thing that you need to prepare is the vegetable mix that will go on top of the bread. First, ask for an adult to chop the onions and tomatoes. You will be in charge of taking the chopped ingredients and adding them into a bowl, mixing them with some olive oil, salt, pepper and basil. If you want to, you can squeeze a lemon to add some more flavor.

Next, add the chopped garlic clove to the mix. Be careful! Garlic is small, but powerful, so make sure that it is properly mixed.

Once every ingredient is mixed, it's time to cut the baguette into thin slices. Then, lightly put some olive oil and garlic on the bread slices and put them in the oven until they are toasted.

If you want to add an extra touch of flavor, put a little bit of avocado on your bread. Finally, put the ingredient mix on the toasted baguette and you're good to go! It's an easy, affordable, and healthy snack for you, your friends and your family.

But don't limit yourself. If you don't like onions or tomatoes, you can put your creativity to work and make many other healthy types of *bruschettas*! You can use ingredients such as mushrooms, shrimp, chicken, carrots and many more!

Bruschettas are one of many examples that demonstrate that eating healthy can be fun, and most of all, delicious!

Source: Archivo editorial.

LIVEWORKSHEETS

3. Read the text on pages 38 and 39. Write the correct version of the sentences below **in your notebook.**

a. Because of its strong taste, it's better to be very careful when you're adding *onion* / *garlic*.

b. Put some *olive oil* / *lemon* on one of the sides of the baguette bread before toasting it.

c. If you're looking to add some extra flavor to your preparation, you can put some *avocado* / *garlic cloves* on it.

4. Write the parts of the recipe below in order **in your notebook.** Use the connectors *first*, *second*, *next* and *finally*.

a. Put the bread in an oven or toaster.

b. If you want to, put some avocado on the bread.

c. Start preparing the ingredient mix.

d. Ask an adult to help you.

e. Put the ingredient mix on the toasted bread and serve.

After Reading

5. Write a recipe for your own version of a healthy *bruschetta*. Use the note card below as a base. You can look in your dictionary for other ingredients that you want to use. Write the recipe **in your notebook.**

- Name of my dish
- Ingredients
- Preparation
- First
- Second
- Next
- Finally

6. Share your recipe with a classmate and discuss the following questions.

a. Is his *bruschetta* recipe healthy? Why or why not?

b. Would you eat your classmate's *bruschetta*?

LIVEWORKSHEETS

Reading and Vocabulary

1. Get together in pairs and talk about different food that can be classified in the following food groups: healthy food, fast food and junk food.

2. Copy and fill in the chart below in your notebooks.

Healthy food	Fast food	Junk food
Tomato, carrot...	Pizza, burgers...	Chocolate, ice cream...

3. Copy the sentences below **in your notebook** and complete them with the food groups from activity 2.
   a. ____ receives its name because it is usually prepared and served in a matter of minutes.
   b. Food that has little to no nutritional value and causes negative effects on your health is called ____.
   c. Eating ____ is very important to be in shape and to have better health in general.

4. Complete in your notebook the food you usually eat for the different meals of the day.

Breakfast
Lunch
Dinner

5. Compare your answers with a classmate. Mark the food items your classmate wrote in his/her notebook **H** (*healthy*) or **U** (*unhealthy*).

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