Topic: Recipes and Eating Habits

Task 1: Match each cooking verb in A with its definition in B.

A	B
1. stir-fry	a. place food over boiling water so that it cooks in the steam
2. deep-fry	b. cook something by keeping it at almost at boiling point
3. roast	c. cook food under or over a very strong heat
4. grill	d. cook something slowly in liquid in a closed dish
5. bake	e. cook cakes or bread in an oven
6. steam	f. fry food in oil that covers it completely
7. stew	g. cook thin strips of vegetables or meat quickly by stirring them in very hot oil
8. simmer	h. cook meat or vegetables without liquid in an oven or over a fire

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

whisk	grate	chop	sprinkle	slice	dip	spread	marinate

1. Don't _____ the cucumber into chunks. _____ it thinly.
2. My mother usually _____ some cheese and _____ it over the pasta.
3. _____ the chicken in white wine for one hour before roasting.
4. To make this cake successfully, you should _____ the eggs lightly.
5. _____ the prawns into the batter.
6. Can you _____ the butter on this slice of bread for me?

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Task 3:

Pumpkin Soup

A. Listen and fill each blank with a word / phrase.



Ingredients

- a kilo of pumpkin
- 2 shallots
- 2 sticks of celery
- 2 tablespoons of butter
- 2 tablespoons of fresh cream
- a pinch of salt

Preparation

- (1) _____ the pumpkin and (2) _____ into cubes
- (3) _____ the shallots and (4) _____ them
- wash the celery and remove the (5) _____

B. Rearrange the steps to make the dish into the correct order.

a. Add the cream and simmer for 2 to 3 minutes.
b. Heat the butter in a deep pan, add the shallots and celery and stir fry for a few minutes.
c. Purée the soup in a mixer until it is smooth.
d. For the finishing touch, garnish it with some celery leaves.
e. Add the pumpkin and stir fry for a few more minutes.
f. Add 750ml of water and a pinch of salt and cook until the pumpkin is tender. Cool for 10 minutes.

_____ _____ _____ _____ _____ _____

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Task 4: Match the words in A with their description or definition in B.

A	B
1. garnish	a. drop a few pieces or drops of something over a surface
2. versatile	b. put something quickly into a sauce and take it out again
3. puree	c. pour a mixture, usually containing oil, wine or vinegar and herbs and spices, over meat or fish before it is cooked to add flavour or make it tender
4. dip	d. decorate a dish of food with a small amount of another food
5. sprinkle	e. having many different uses
6. marinate	f. remove the outer layer of food
7. whisk	g. make fruit or vegetables into a thick, smooth sauce, usually in a blender
8. peel	h. beat eggs, cream, etc to add air or make the food light

Task 5: Fill each blank with a word / phrase in the box. There is one extra word.

stew	sushi	grill	steam	hamburger	deep – fry

Well, I think there are some ways to keep fit. Firstly, we should eat healthily. Don't eat too much fast food. Some people have a big (1) _____ and a soft drink for lunch. It isn't a good idea because that meal doesn't include any vegetables. Instead, if they want to have a quick healthy lunch, they should buy some avocado (2) _____. Secondly, we shouldn't (3) _____ food. We should (4) _____ it. Steamed dishes don't use any fat. If you like, you can also (5) _____ lean meat with vegetables. It's healthy and nutritious.

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