


Speaking extra

Giving instructions

- 1 ★  4.3 Complete the sentences with the words in the box.

skip get up vegetarian choose stand dishes

- 1 I'd cook on a Saturday so I wouldn't have to _____ so early.
 - 2 If I could _____ the meal, I'd pick lunch.
 - 3 We did cooking at school last year, so I can think of a lot of _____.
 - 4 I can't _____ cooking, so I'd ask my brother to write a menu.
 - 5 I'd _____ breakfast since I never eat it anyway.
 - 6 I'm a _____, so that would be a problem with my family.
- 2 ★  18 Listen to the conversation. What are the girls making?
- 3 ★★  18 Complete the conversation with the words in the box. Then listen again and check.

stir thing Finally Next Then first

Cerys: So, are you going to help me or not?
Sarah: Yes, of course. What do we need?
Cerys: OK, the first ¹ _____ to do is get the ingredients. We'll need eggs, flour and sugar ...
Sarah: ... and butter and yoghurt from the fridge. Right. What's next?
Cerys: So, ² _____ of all, put the sugar and butter into a bowl and mix them together.
Sarah: OK, that's done. What now?
Cerys: Now break the eggs and mix those in.
Sarah: Yuk, it looks a bit slimy now.
Cerys: Well, you haven't finished yet. ³ _____, you add the yoghurt. You need to ⁴ _____ it a lot.
Sarah: If I had a machine, this would be easier.
Cerys: ⁵ _____ all you do now is start mixing in the flour.
Sarah: Mmm ... that's delicious.
Cerys: ⁶ _____, when you've finished mixing it, put it in here and spread it out.
Sarah: Mmm ... OK, hold on, just a little bit more.
Cerys: Come on. If you don't put it in the oven to bake now, you'll have nothing left!

Pronunciation focus

- 4 ★  19 Listen to the instructions. Do they go up or down? Which instruction goes down? Why? Listen and repeat.
- 1 First of all, mix the ingredients together.
 - 2 Then, put it in the fridge for about 10 minutes.
 - 3 Next, you spread the mix out in here.
 - 4 Finally, put it in the oven for 20 minutes.
- 5 ★  20 Listen to the conversation. What are the boys making?
- 6 ★★★  20 Listen again and complete the conversation.



Jamie: So, do you remember how we made them the last time?
Paolo: Yes, of course I remember. It was really easy.
Jamie: Good, because you're going to make them this time. So what's first?
Paolo: Erm ... the ¹ _____ is to chop some onions and to fry them a little bit.
Jamie: Yes, that's right. Then what?
Paolo: ² _____ is to mix the other ingredients together.
Jamie: OK, so what are the other ingredients?
Paolo: Erm ... minced meat, of course. And ...
Jamie: ... bread. Well, breadcrumbs. And one other thing.
Paolo: Eggs. So, ³ _____ the minced meat, the bread and the eggs together.
Jamie: That's right. You need to ⁴ _____. Use your hands.
Paolo: ⁵ _____ the fried onions.
Jamie: Yes. Don't forget to add salt and pepper.
Paolo: ⁶ _____, when the mix is ready, I make some balls of meat and hit them with my hand to make them flat.

- 7 ★★  20 Listen again and check your answers. Then listen and repeat the conversation.