

**LESSON 24B: RECIPES AND EATING HABITS**

Date: 23/12/2022

I. Match the food preparation verbs with their definitions.

- | | |
|-------------|--|
| 1. chop | a. rub food against a greater in order to cut it into small pieces |
| 2. drain | b. scatter small pieces of something or the liquid on something |
| 3. peel | c. put something quickly into a liquid and take it out again |
| 4. whisk | d. cut something into thin, flat pieces |
| 5. grate | e. soak fish, meat, etc. in a mixture of spices and seasonings before cooking it |
| 6. sprinkle | f. cut something into small pieces |
| 7. slice | g. make fruit or vegetables into a thick, smooth sauce by crushing them |
| 8. dip | h. remove the water from something |
| 9. marinate | i. mix cream, eggs, etc. into a stiff light mass |
| 10. puree | j. take off the skin of fruit and vegetables |

II. Complete the sentences with the words in part I.

1. The deli worker used a butcher knife to _____ the meat into thin pieces.
2. _____ the chicken with curd, chili powder and salt and keep it in the fridge overnight.
3. When the pasta is cooked, _____ it and serve immediately.
4. Pour strawberries into a blender and _____ until smooth.
5. _____ the meat into small cubes, and coat them with flour mixture.
6. First _____ the potatoes and cut them in half.
7. _____ the cheese and scatter it over the pasta.
8. Lightly _____ the eggs and then add them to the mixture.
9. _____ stale bread in egg and milk and fry it in butter to make French Toast.
10. Spread the icing then _____ some chopped walnuts on top of the cake.

III. Complete the sentences with the cooking verbs from the box. Take the picture next to each sentence as a clue.

roast steam stir-fry bake grill stew simmer deep-fry boil toast

1. Add the garlic, ginger and onions and _____ for 30 seconds.



2. _____ the buns over high heat for about 12 -15 minutes.



3. _____ the biscuits until the tops are lightly browned.



4. Lower the heat and _____ the stew for an hour, until the meat is tender.



5. We used to _____ steaks over charcoal in the open air.



6. Heat the oil and _____ the spring rolls until golden.



7. Stir the sauce gently until it begins to _____.



8. Tough pieces of meat needs to _____ slowly for about four hours, with lid very-close.



9. _____ bread lightly on both sides and then butter it thinly.



10. Lower the heat to 400°F and continue to _____ the chicken for 60 minutes.



IV. Complete the sentences with the words from the box.

prawns	celery	staples	shallots	versatile
tender	lasagne	starter	nutritious	recipe

- _____ is an Italian dish made with layers of flat pasta with a sauce, cheese, and meat or vegetables.
- What would you like for a _____ - soup or smoked salmon?
- For this _____ you need 250g of peeled king prawns.
- Potatoes are an extremely _____ vegetable. They can be baked, fried, grilled, boiled, mashed or grated.
- The shops are running out of _____ such as rice and cooking oil.
- Lentil soup is highly _____ and easy to prepare.
- _____ are grey when they're raw, and turn pink when they're cooked.
- Whether diced, minced, or sliced, _____ are used for seasoning dishes.
- Cook the curry for another 40 minutes or until the meat is _____.
- Add carrot and _____ and saute for 3 minutes longer.

V. Match the verbs in A with the phrases in B.

- | A | B |
|-------------|--|
| 1. marinate | a. some spring onions on top of the eggs before serving |
| 2. grate | b. strawberries halfway into melted chocolate, then sprinkle with nuts |
| 3. chop | c. chicken in buttermilk for two hours before frying |
| 4. garnish | d. a thick layer of butter on the flatbread |
| 5. sprinkle | e. the eggs and sugar in a bowl over a pan of hot water |
| 6. slice | f. the celery and cook it in boiling salted water |
| 7. dip | g. the potatoes and slice them thinly with a sharp knife |
| 8. spread | h. some cheese and sprinkle it over the potatoes before serving them |
| 9. whisk | i. the dish with the pine nuts, parsley and lemon slices |
| 10. peel | j. the cucumbers as thinly as possible |

VI. Choose the word in each line that has different stress pattern.

1. A. versatile B. tomato C. marinate D. chocolate
2. A. include B. combine C. balance D. reduce
3. A. cucumber B. ingredient C. opinion D. nutritious
4. A. teaspoon B. cabbage C. pancake D. canteen
5. A. individual B. supermarket C. avocado D. information

VII. Choose the verbs from the box to fill in the spaces with correct definitions.

boil	bread	grill	mince	mix
peel	simmer	stew	stir-fry	toast

1. To stir ingredients together with a spoon, fork, or mixer until well combined.
2. To cook in liquid that is just below the boiling point.
3. To brown with dry heat in an oven or toaster.
4. To cut into very small pieces, smaller than chopped or diced pieces.
5. To simmer slowly in enough liquid to cover.
6. To heat a liquid to the point that bubbles break continuously on the surface.
7. To cook on a rack over hot coals or other direct heat source that simulates coals.
8. To coat with flour, then dip into beaten egg or milk, then coat with crumbs from crushed stale bread, cereal or crackers.
9. To pull away, strip or cut off the outer covering of a fruit or vegetable.
10. To cook in a frying pan or wok over high heat in a small amount of fat, stirring constantly.

VIII. Fill in each blank in the following sentences with a food quantifier from the box.

a bar of	a bowl of	a bunch of	a can of	a carton of
a clove of	a loaf of	a slice of	a stick of	a tablespoon of

1. Addvinegar and 200ml of water into the bowl and mix well.
2. My brother usually hascereal and some milk for breakfast.
3. She bought a grapefruit andbananas at the village market.
4. Mummy, can you give mecelery, please?
5. I have a recipe that calls for onlygarlic.
6. There isbread, some eggs and some salad for dinner.
7. You look thirsty. Would you likesoda?
8. Do you wantchocolate or five chocolate sweets?
9. Please go to the store and buymilk and if they have sugar, get one kilo.
10. He has eatenpizza, two pieces of cake and three eggs.

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IX. Choose the correct option A, B, C, or D to complete each sentences.

1. I didn't eat everything that theyme at the party.
A. cooked B. baked C. served D. shared
2. Perhaps the three most popular ice cream.....are vanilla, chocolate and strawberry.
A. brands B. ingredients C. offers D. flavours
3. Beet greens are the mostpart of the vegetable and can be cooked like any other dark leafy green.
A. colourful B. nutritious C. traditional D. careful
4. Pumpkin soup is a good source of, minerals and vitamins, especially vitamin A.
A. sugars B. solids C. fibres D. fats
5. Youchicken. You cook it in an oven or over a fire without liquid.
A. steam B. boil C. fry D. roast
6. You usuallyvegetables like onion. It means that you cut them into small pieces.
A. chop B. whisk C. grate D. sprinkle
7. Is thereapple juice in the fridge, Quang?
A. an B. a C. any D. some
8. Can I have a pizza, a dozen eggs and aof lemonade, please?
A. bottle B. jar C. piece D. tub
9. I would like aof broccoli and two carrots.
A. bunch B. clove C. slice D. head
10. You should eat more fruits and vegetables if youto lose weight.
A. will want B. want C. would want D. wanted

X. Read the following recipe carefully. Fill in the blanks with suitable words.**Let's make star-shaped chicken nuggets.**

1. Put the following (1)in a food processor.
 - o Skinless chicken breast fillets, (2)into chunks
 - o 1 large onion, diced
 - o 2 tablespoons of chopped fresh parsley
 - o 1 small apple, (3)and grated
 - o Fresh white breadcrumbs
2. (4).....them in the food processor for a few seconds until well combined.
3. Shape the (5).....into a flat disc.
4. Use a biscuit cutter to press (6).....the star shapes.

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5. Mix the breadcrumbs, cheese and onion flavour crisps together. Press the (7).....into the coating.

6. Heat the (8).....for shallow frying in a large frying pan. Add the nuggets five at a time slowly (9).....the frying pan. Cook for about 6 minutes, (10)the nuggets occasionally, until lightly golden and cooked thoroughly.

XI. Read the following passage and answer the questions.

Healthy foods are good for you! They help your body grow. They also give you energy to work and play.

How do you know which foods to eat? Follow the food pyramid. Use it to make good choices.

Grains

The grains group give you energy. Make sure at least half the grains you eat are whole grains. Eat brown rice, oatmeal, and popcorn. Try whole-wheat bread in stead of white bread.

Vegetables

Colour your plate with all kinds of vegetables. They help your heart, eyes, skin and teeth. Experts says to eat a rainbow of colours. Each colour helps the body in a different way. Munch on carrots, corn, and broccoli.

Meat and Beans

The meat and been groups is high in protein. That helps build strong muscles. Eat, fish, chicken, lima beans, and nuts.

Fruits

Fruits are nature's treats. They are sweet and tasty. They help your heart, eyes, skin and teeth too. Eat a variety of colours. Try an apple or a a banana. You can also mix pieces of different fruits to make a salad.

Milk

Have milk and foods made with milk. Those foods are high in calcium. Calcium builds strong bones. Foods made with milk can be high in fat. Try low-fat milk, yogurt, and cheese.

Oils

Your body needs only a little oil to keep it healthy. Some foods that have oils are nuts, tuna fish, and salad dressing.

1.What food group mentioned in the article builds muscles?

A. Meat and beans

C. Grains

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B. Vegetables

D. Fruits and oils

2. Which of the food groups does your body need the least amount of?

A. Grains

B. Vegetables

C. Fruits

D. Oils

3. If your bones are weak, what should you eat or drink more of?

A. whole grains

C. meat and beans

B. milk and milk products

D. nuts and tuna fish

4. What is the passage mainly about?

A. The method of mixing different fruits to make a salad.

B. Vegetables help your heart, eyes, skin and teeth.

C. Eating meat and chicken gives your more protein.

D. The various food groups and the benefits of eating well.

5. Which of the following statements is NOT true?

A. Whole-meal bread is better than white bread.

B. You should eat more broccoli and corn and carrot.

C. Milk products are high in calcium and low in fat.

D. Fruits are important for your heart, eyes, skin and teeth.

XII. Complete the second sentence so that it has similar meaning to the first sentence.

1. Follow these safety instructions or you may get burnt.

If you

2. I suggest having spaghetti and pizza tonight.

Let's

3. My aunt has never tasted sushi before.

This is

4. You need to peel the onion and slice it.

The onion

5. Eating healthy foods is very important.

It is