UNIT 7. RECIPES AND EATING HABITS

SPEAKING

1.

Act as..... ***B:*** ***A:***

A: What do we need to make a pizza? ↘

B: A pizza base, some cheese, some bacon, an onion, and an apple. ↘

A: An apple? ↗

B: Yes, an apple. ↘

2.

Act as..... ***B:*** ***A:***

A: What's for dinner? ↘

B: We're eating out tonight. ↘

A: We're eating out? ↗

B: Right. ↘

3.

Act as..... ***B:*** ***A:***

A: I can't eat this dish. ↘

B: Why not? ↘

A: I'm allergic to prawns. ↘

B: Allergic to prawns? ↗

A: Yes. My skin turns red when I eat them. ↘

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4.

Act as.....	***B:***	***A:***

A: Let's have pasta tonight. ↘

B: I don't like pasta. ↘

A: You don't like pasta? ↗

B: No. It makes me fat. ↘

5.

Act as.....	***B:***	***A:***

A: What should I do next? ↘

B: Add some salt to the salad. ↘

A: Add some salt? ↗ I thought you didn't like salty food. ↘

B: But it's so tasteless. ↘



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6.

Act as.....	***Maya:***	***Tony:***

Tony: Where's mum, Maya?

Maya: I don't know. I think she's gone to grandma's.

Tony: She's gone to grandma's? But grandma goes to her club every Thursday.

Maya: Oh, then I don't know.

Tony: What's for dinner?

Maya: Chicken salad and fried rice.

Tony: Salad and fried rice? It's the second time this week we've had that.

Maya: I can make something more interesting, if you prefer. Do you like green curry?

Tony: Green curry? Sure.

Maya: Go upstairs and do your homework. Your curry will be ready in twenty minutes.

Tony: I'm starving.

7.

Act as.....	***B:***	***A:***

A: What would you like for breakfast, son?

B: Noodles and beef, please.

A: Noodles and beef?

B: Yes, it's my favourite.

8.

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Act as..... ***B:*** ***A:***

A: You should learn how to cook?

B: Learn how to cook? Why?

A: Because you're a girl.

B: I don't think that's a good reason.

9.

Act as..... ***B:*** ***A:***

A: Why do you look so tired?

B: I skipped lunch.

A: You skipped lunch? You should go out and buy something to eat.

B: I will now.

10.

Here are steps to make a pizza:

Firstly, chop the onion, bacon and an apple. Secondly, grate the cheese. Then, spread the tomato sauce on the pizza base. Next, sprinkle the cheese, chopped onion, bacon and apple on top. Finally, bake the pizza in the oven for about 10 minutes.

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11.

Act as..... ***B:*** ***A:***

A: Nina, you're drinking a cola for breakfast?

B: Yes, a glass of Coke and some crisps. That's my favourite.

A: Don't you know that is a very bad way to start your day?

Why is it bad?

A: Breakfast is the first meal of the day, so it's very important to eat nutritious things.

B: Such as?

A: If you can't cook any food yourself, have a bowl of cereal and some milk. Then eat an apple.

B: But there isn't any milk in the fridge.

A: Go out and buy some.

12.

Chicken Salad

Here are steps to make chicken salad:

Boil _____ of lean chicken. While the chicken is cooking, wash two cucumbers, chop them in half and slice them. Then peel _____ onion and slice it. Mix the sliced cucumber and onion in a bowl. Add two _____ of vinegar, a _____ of salt and a _____ of sugar into the bowl and mix well. Leave the mixture to marinate for 10 minutes. Now slice the cooked chicken and combine it with the mixture in the bowl. Before eating, add _____ pepper.

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13.

HOW TO COOK EGG NOODLES



Here are steps to cook egg noodles. Cook the egg noodles in boiling salted water until just _____. Drain, place in a bowl, and set aside. _____ a frying pan until very hot. Add a splash of oil, then _____ the beef slices with the sliced garlic, ginger, and chillies until just cooked. _____ the bean sprouts, a tablespoon of soy sauce, and lime juice for the last 30 seconds of cooking. Put all the cooked contents into a large bowl, including all the juices. Put the pan back on the heat, and add some oil. Then add the cooked noodles and toss well over the heat. _____ the fried noodles between four plates. Return the beef and juices to the pan and _____ until heated through. Arrange the beef on top of the noodles and _____ with a lettuce leaf and some coriander.

14.

Act as..... ***Mi:*** ***Nick:***

Nick: Let's discuss what to prepare for our picnic.

Mi: You and I have been assigned to buy _____ some fruit and drinks.

Nick: I think it would be better to buy fruit which are easy to peel, such as bananas or mandarins.

Mi: _____ kilo of mandarins and _____ a bunch of bananas are enough, I think.

Nick: Should we buy _____ any snacks such as crisps?

Mi: That's fine. Let me write it down: _____ a big packet of potato crisps.

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Nick: What about drinks? Should we buy soft drinks?

Mi: I don't think that's a good idea. Just buy _____ some bottles of mineral water.

Nick: My mother told me that she could bake _____ an apple pie for us.

Mi: Oh, that's great!

15.

Act as..... B: ***A:***

A: Can you go to the supermarket and buy me some things?

B: Ok. What do you want?

A: We've run out of milk, so buy two _____ of milk, please.

B: What about bread? There's only one _____ left in the fridge.

A: Yes, you can buy a _____ of bread. We also need a _____ of cauliflower and a _____ stick of celery. I will make some salad.

B: Do you need some bacon for the salad?

A: Good idea. Just buy 200 _____ grams of bacon.

B: Anything else?

A: That's enough for today.



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16.

My favourite salad

Act as..... ***Mi:*** ***Nick:*** ***Nick's Mum:***

Nick's mum: Today we're making a prawn salad, which is a favourite of mine.

Mi: Fantastic. I love salad.

Nick's mum: This salad is simple but delicious. Here are the ingredients: prawns, celery, spring onions, mayonnaise, lemon juice, salt and pepper.

Nick: What should I do first, Mum?

Nick's mum: Get a big bowl for me. And then can you wash the celery?

Nick Sure.

Mi: I can wash the spring onions if you like, Mrs Warner.

Nick's mum: Please, do. I'll boil the prawns.

Mi: So, do English people eat lots of salad?

Nick's mum: Yes, especially in the summertime. People often serve salad as a starter. But salads also make a healthy lunch or supper.

Mi: You're right, they're so versatile. And you can put anything in a salad.



Nick: Mum, the prawns are pink now.

Nick's mum: They're pink?

Nick: Yes

Nick's mum: Good, they're ready. I'll drain them. Nick, can you peel them? Mi, could you chop the celery and spring onions? You should be careful if you use the red knife – it's sharp.

Right, everything's ready. What do we do next?

Nick's mum: OK, first, combine the prawns and celery in the bowl. Add two tablespoons of mayonnaise, half a teaspoon of salt, half a teaspoon

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of pepper and some lemon juice. Now, mix all the ingredients well.

Nick: OK

Nick's mum: Finally, add the spring onion on top. Now we cover the bowl and leave it in the fridge for an hour. You've done a good job, both of you

Mi I can't wait to try it.

Nick: Yeah, I'm starving! An hour is a long time...

17.

Pumpkin soup is my family's favourite soup. We usually have it for breakfast with some slices of bread. It's quick and simple to cook.

The ingredients are: a kilo of pumpkin, two shallots, two sticks of celery, two tablespoons of butter, two tablespoons of fresh cream, and a pinch of salt.

Before cooking, peel the pumpkin and chop it into cubes. Peel the shallots and slice them. Next, wash the celery and remove the leaves.

Here are the steps to make the soup:

- Heat the butter in a deep pan, add the shallots and celery and stir fry for a few minutes.

- Add the pumpkin and stir fry for a few more minutes.

- Add 750ml of water and a pinch of salt and cook until the pumpkin is tender. Cool for 10 minutes.

- Purée the soup in a mixer until it is smooth.

- Add the cream and simmer for 2 to 3 minutes.

- For the finishing touch, garnish it with some celery leaves.

Pumpkin soup is very healthy. It's a good source of fibre, minerals, and vitamins, especially vitamin A. If you eat this soup regularly, you can improve your eyesight and protect yourself from certain cancers.

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