

## Meals and cooking

### Inside the Kitchen.

#### Talk about food and cooking.

- 1) Write lists of food words under the headings. **Include 5 items** under each category.

Vegetables	Fruit	Meat and fish	Dairy	Other	Drinks

#### 2. Listen and order the photos.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_

#### 3. Find these things in the photos.

- |                 |                      |
|-----------------|----------------------|
| 1. Saucepan     | 4. a chopping board. |
| 2. a frying pan | 5. a knife.          |
| 3. a bowl       |                      |

#### 5. Complete the sentences with some of these words.

**beat chop cut fry heat pour stir**

**Saucepan chopping board frying pan knife bowl**

So first, you beat the eggs in a large (1) \_\_\_\_\_ like this. After that you (2) \_\_\_\_\_ an onion – carefully. Don't forget to do it on a (3) \_\_\_\_\_.

Then you heat some oil in a (4) \_\_\_\_\_ and (5) \_\_\_\_\_ the chicken. You (6) \_\_\_\_\_ the lemon juice into a (7) \_\_\_\_\_ and stir slowly. Now, with a (8) \_\_\_\_\_ you cut the bread.



**6. Answer:**

- a. How often do you cook?
- b. Are there any recipe books in your home?
- c. Do you use recipes? Why /Why not?

**7. Read:**

**A.** Look at the recipe. In which section can you find the following information.

- 1. How do I make it?
- 2. How long does it take?
- 3. What things do I need?
- 4. Is it difficult?



**Zach's Spanish Omelette**

**Level of difficulty**  
Easy

**Time**  
40 minutes

**Serves**  
4 people

**ABOUT THIS RECIPE**  
I love food but I don't have much time to cook. This is one of my favourite recipes because there aren't many ingredients and it doesn't need a lot of preparation. All you need are some potatoes, an onion, a few eggs and some oil. It's easy. Try it and see.

**Ingredients**  
500g potatoes  
1 onion  
150ml oil  
6 eggs

**Method**  
1 Cut the potatoes into small pieces. Chop the onion.  
2 Heat the oil in a large frying pan. Add the potatoes and onion and fry for 20–30 minutes. Stir occasionally until the potatoes are soft.  
3 Beat the eggs in a bowl.  
4 Add the potatoes to the bowl and stir with the eggs. Before you pour the mixture into the frying pan, add some salt and pepper. Then cook on a medium heat.  
5 To cook the top of the omelette, put the frying pan under the grill for a few minutes. Or turn the omelette in the frying pan.

**TIP**  
Don't cut the omelette when it's very hot. Wait for it to cool (about ten minutes).

**ZACH'S FOOD FACTS**  
Many countries have their own types of omelette. The Italian frittata contains cheese, vegetables and sometimes pasta. An Indian omelette has a lot of spices. There are eggs and tomatoes in an Iranian omelette. The classic French omelette has ... eggs! Do you know any egg recipes?

**8) Write C for correct or I for Incorrect.**

1. You can make the omelette in under an hour.
2. Leave the omelette to cool before cutting it.
3. Add salt and pepper when you heat the eggs.
4. You need three different vegetables to make the omelette.
5. An Iranian omelette has vegetables and pasta.
6. The chef likes the recipe because it's quick to make.

**9) Write the recipe for your favourite dish.**