

# English Worksheet: Healthy Cooking

Topic: Healthy Recipes | Level: 2nd Grade Secondary

## Part 1: Vocabulary Match (Word Bank)

Write the correct word from the menu in the spaces below to complete the sequence of the recipe.

First • Then • Next • After that • Finally • Peel • Chop • Pour • Mix • Bake

### Recipe: Healthy Vegetable Salad

1. \_\_\_\_\_ , \_\_\_\_\_ the carrots and the cucumber.
2. \_\_\_\_\_ , \_\_\_\_\_ the vegetables into small cubes.
3. \_\_\_\_\_ , put them in a bowl and \_\_\_\_\_ some olive oil.
4. \_\_\_\_\_ , \_\_\_\_\_ all the ingredients together with a spoon.
5. \_\_\_\_\_ , serve and enjoy your fresh meal!

## Part 2: Match the Units of Measurement

Draw a line or match the letter of the unit with the correct food item.

A. A clove of...

B. A teaspoon of...

C. A liter of...

D. A bunch of...

E. A slice of...

1. ( ) Salt or Sugar

2. ( ) Garlic

3. ( ) Water or Milk

4. ( ) Spinach or Grapes

5. ( ) Whole wheat bread

### Part 3: Short Answer - Your Favorite Snack

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Answer the following questions freely based on a healthy snack you like to prepare.

1. What are the main ingredients of your snack?

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2. Name two cooking verbs you use to prepare it:

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3. Is it healthy? Why?

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### Part 4: Matching Definitions (Boxed)

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Match the cooking verb with its definition by putting the correct number inside the box.

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|-----------------|----------------------------------------------------|
| 1. <b>Boil</b>  | [ ] To cut something into very small pieces.       |
| 2. <b>Grill</b> | [ ] To cook food in water at 100°C.                |
| 3. <b>Steam</b> | [ ] To cook food over a fire or hot coals.         |
| 4. <b>Mince</b> | [ ] To cook food using the vapor of boiling water. |