Let's Change Our Lifestyle

Name:

LET'S PRACTICE!

LISTENING COMPRENHENSION

PRACTISE-EXERCISE 1

Listen to and complete the recipe

Hello, people! Today, in our blog we are going to make a delicious and nutritious dish.

Cebiche is healthy, juicy, delicious, and nutritious. It's one of the most popular dishes in Peru. In fact, to eat this unique dish you can go to an exclusive restaurant or enjoy it at home by making your own cebiche. Today we will show you how to prepare this delightful dish. These are the ingredients:

CEBICHE

INGREDIENTS

- One kilo of fish
- One red onion
- ½ kilo of lemon
- One chili pepper
- One kilo of sweet potatoes
- Salt to taste

Are you ready? Let's cook our delicious cebiche.

First, (1) _____ the fish and (2)_____ it into small squares. After that, (3) _____ the fish in a glass bowl.

Next, cut the onions and chili pepper. (6) _____ the fish, onions and hot pepper in a glass bowl, ***and then,*** pour the lime juice in the bowl and (7) _____ in the lime juice for 20 minutes. While the fish is cooking, (8) _____ the sweet potatoes until they are soft.

Finally, remove the fish from the bowl and add some salt. Slice the sweet potatoes and serve with the fish.

LIVEWORKSHEETS

You can see the video here

PRACTISE-EXERCISE 2

Complete the steps of a recipe.

Finally	Then	And then	Next	First

1. First, beat the eggs. Use two or three eggs per omelette.
2. _____, melt a piece of butter in a pan for each omelette.
3. _____, add the eggs to the pan.
4. _____, cook them for a couple of minutes.
5. _____, fold it and serve it in a plate.

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