

Answer 5 questions about the recipe comparison

1

SHORTBREAD

Ingredients:

150g plain flour
100g butter or margarine
50g caster sugar



Method:

- A. Put it on the baking tray
- B. Put the flour, sugar and butter into the bowl
- C. Remove from oven and let it cool down
- D. Rub together firmly until it is mixed well
- E. Bake it for 10 – 15 minutes or until it is golden brown
- F. Place the dough on a floured work surface and roll out to form a flat circle
- G. Place the baking tray into a hot oven
- H. Preheat oven to 170°C

2

GREEK SALAD

Ingredients:

250g cherry tomatoes
1 medium onion
1 medium cucumber
150g Feta cheese
3 tablespoons of olive oil
1 tablespoon of vinegar
1 chopped clove of garlic
salt and pepper



Method:

- a) Mix oil, vinegar, garlic, salt and pepper, pour it over the vegetables
- b) Add crushed feta cheese on top. Your salad is ready to serve
- c) Cut tomatoes in halves, peel and dice the cucumber and slice the onion and place them in a bowl

1. Which of the recipes is healthier? -----
2. For which one do you not have to cook anything? -----
3. Which one will take more time to do? -----
4. Where do you use more ingredients? -----
5. For which recipe do you have to use oven? -----