

NAME : _____ CLASS : _____

1 Listen and complete.

Ingredients: _____

TRUDY



Ingredients: _____

JAMES



Ingredients: _____

CASSIE



Ingredients: _____

ANDREW



Ingredients: _____

LAUREN

2 Look and complete.

1) _____

2) _____

3) _____

4) _____

5) _____

3 Read and complete with some or any.



Mum: Hi, I'm in the supermarket and I want to make a cake later this afternoon. Are there ¹ _____ eggs at home?

Jack: Mmm, I love cake. Yes, there are ² _____ eggs.

Mum: Is there ³ _____ butter?

Jack: No, there isn't.

Mum: And is there ⁴ _____ flour?

Jack: There's ⁵ _____ flour and we've also got ⁶ _____ nuts.

Mum: What about sugar? Is there ⁷ _____ sugar?

Jack: There isn't ⁸ _____ sugar, but there's ⁹ _____ honey.



4 Look and complete.

- 1) There _____ milk.
- 2) _____ bananas?
_____, there _____.
- 3) There _____ carrots.
- 4) _____ water?
_____, there _____.
- 5) There _____ olive oil.



5 Read and answer the questions

You probably know that to be healthy you have to eat a balanced diet to make sure you get all the vitamins and minerals your body needs. Three of our subscribers share their favourite healthy dishes with us.

Ella, Brighton NUT ROAST

I'm vegetarian, so I don't eat any meat or fish. My favourite dish is nut roast. It's made with lots of nuts, onions, eggs, herbs and breadcrumbs. You cook it in the oven for about an hour. It's delicious served with lots of vegetables.



James, Glasgow PORRIDGE

I love porridge for breakfast, especially in winter. Porridge is made with a cereal called oats. It's really quick and easy. I put the oats in water and cook them for about two minutes. Then I add some honey, banana and berries. Mmmmm!

Alesha, Manchester GREEN PASTA

Green pasta is a delicious, healthy meal. You cook pasta, spinach, peas, green beans and broccoli all together. Then, in a frying pan you gently cook olive oil, garlic and chilli. You drain the pasta and veg and pour the oil over the top. Delicious!



- 1) Whose dish uses honey? _____
- 2) Which dish hasn't got any vegetables? _____
- 3) Whose dish is cooked in the oven? _____
- 4) What do vegetarians not eat? _____
- 5) Which dish is spicy? _____