

Name:

Date:

1. Watch the video and answer the questions.

1. What are the ingredients needed to make 12 English pancakes according to the video? Match.

plain flour	2
eggs	1 tablespoon
milk	300 milliliters
sunflower oil	100 gr.

2. The recipe requires 200 grams of plain flour.

True

False

3. How long should you ideally let the batter rest before cooking the pancakes?

- a. 10 minutes
- b. 60 minutes
- c. 45 minutes

4. What is the first step in making the pancakes according to the video?

- a. Mixing the ingredients in a bowl
- b. Putting the batter in the pan
- c. Cooking the pancakes for one minute

5. How should you cook the pancakes according to the video?

- a. Cook for 30 seconds
- b. Cook for one minute on each side
- c. Cook without flipping



2. Drag and drop with the words from the box:

important habits fruit vitamins two vegetables
cereals eggs carrots important

Hey there, foodies! I'm Sammy the Salad, and I'm here to talk about the importance of eating healthy _____. Let's talk about food items and taking care about what we eat!

Do you know why I always look so fresh and vibrant? It's because I eat plenty of colorful veggies every day. Crunchy _____, juicy tomatoes, and leafy greens are my favourite _____. They give me the energy I need to stay fresh and energetic!

Oh, and don't forget about _____. Bananas, apples, and berries are like the superheroes of the food kingdom. They are plenty of _____ and minerals that make me feel super healthy! I always try to have at least _____ pieces of fruit every day.

But healthy eating isn't just about fruits and vegetables. I also need grains and _____ like oat, wheat or rice. They help me stay strong.

And of course, we can't ignore the power of protein. Delicious _____, yogurt, meat and beans are my protein dishes. They help me build muscles.

Now, I know what you're thinking - "Sammy, how much food do you really need to eat to stay healthy?" The secret is balance! I listen to my stomach and stop eating when I feel full. I also try to drink plenty of _____ to keep hydrated and happy.

So remember, colorful veggies, fruity delights, whole grains, and protein power are very _____. Stay crunchy, stay juicy, and most importantly, stay healthy!

3. Read the text and answer the questions.

Exploring New Cooking Methods

In the kitchen, people are using new ways to cook food.

Let's see some ways to make delicious dishes!

One fun way to cook is by using an air fryer. An air fryer is a cooking robot that uses hot air to cook. It uses less oil, which helps make the food healthier. You can make delicious chips, chicken wings, and vegetables with it.



Another good way to cook is sous vide. This method involves putting food in a bag and cooking it in water at the right temperature for a long time. People love using this to cook meats like steak, chicken, and fish.

People are also enjoying cooking with plants instead of meat. Tofu, tempeh, and seitan are some meat substitutes. This kind of cooking helps the environment by using less meat.



These new ways of cooking and eating are bringing lots of exciting possibilities to the world of food.



1. What is an air fryer?

- a. A type of robot
- b. A cooking robot that uses hot air to cook food fast
- c. An outdoor grill
- d. A type of blender

2. How does an air fryer cook food?

- a. Using water
- b. Using hot air
- c. Using lots of oil
- d. Using electricity

3. What is one food you can make in an air fryer?

- a. Boiled eggs
- b. French fries
- c. Ice cream
- d. Salad

4. What is sous vide?

- a. Cooking in a bag in water at just the right temperature for a long time
- b. Boiling food in a pot
- c. Frying food in a pan
- d. Baking food in an oven

5. Which food can be cooked using sous vide?

- a. Pizza
- b. Steak
- c. Ice cream
- d. Chips

6. How does cooking with plants help the environment?

- a. It uses more meat
- b. It increases pollution
- c. It uses less meat
- d. It wastes food

7. What is one meat substitute?

- a. Chicken
- b. Tofu
- c. Bacon
- d. Ham

8. Which of the following is NOT a meat substitute?

- a. Seitan
- b. Tempeh
- c. Chicken wings
- d. Tofu

9. What do people love using sous vide to cook?

- a. Vegetables
- b. Steak, chicken, and fish
- c. Cakes
- d. Soup

10. How are these new methods described?

- a. Boring
- b. Delicious
- c. Unhealthy
- d. Exciting



4. Complete with a or an:

SLIME

Slime making is _____ popular activity that combines science with creativity!

To make your own slime, you will need _____ cup of glue, _____ glass of water, some shaving foam, some food coloring, and some glitter. First, mix the white school glue with water in _____ bowl until well combined. Add some drops of food coloring and _____ little glitter if desired, and mix again. Slowly pour the liquid starch while stirring the mixture continuously. Stir until you get _____ homogeneous mixture and pull away from the sides of the bowl. You have _____ amazing slime! Just remember to store it in _____ airtight container when you're done.

5. Order the words to make sentences. Be careful with capital letters and full stops!

1. needs / He / chop / to / the / onions.

2. don't / to / You / add / need / any / salt.

3. 3. to / Does / he / need / blend / the / soup?

4. 4. to / They / stir / need / the / pasta / sauce.

5. 5. don't / to / I / grill / need / the / tomatoes.

6. Write a 60-80 words recipe for a magical potion. Include the following elements in your recipe:

Name of the Potion: Give your potion a unique name.

Ingredients: List the magical ingredients needed. They can be anything from dragon scales to moon dust. Be creative!

Preparation Steps: Describe the steps to prepare the potion. Remember, magic potions often require specific preparation methods like stirring counterclockwise under a full moon. Use quantifiers, cooking verbs and adverbs: first, then, next, then, after that and finally.

Effects: What happens when someone drinks or uses the potion?
Invisibility, transform the drinker into an animal...

Recommendations: be careful, enjoy the potion...

7. Record the correct words:



