

Name :

Class :

# My Favorite Food

Let's watch the video below!



**Are you familiar with these kinds of foods and drinks?  
Circle kinds of food that you have ever eaten and drunk!**



Water



Noodle



Pudding



Tea



Fried rice



Pizza



Juice



Cake

# Task 1

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## Describe your favorite food!

**Write a short paragraph in the box below describing your favorite food or drink. Use the following questions to help you:**

1. What is your favorite food or drink?
2. What ingredients are used in this food or drink?
3. How is it cooked or prepared?



# Ask and Give Information About Food

## Drag-and-drop

### Instructions:

Match the questions about food with the correct answers.

|                                                                   |                                                                |                                                      |
|-------------------------------------------------------------------|----------------------------------------------------------------|------------------------------------------------------|
| You need eggs, salt, and oil.                                     | You need flour, eggs, milk, and some sugar, then fry on a pan. | You mix eggs and vegetables, then fry them in a pan. |
| Blend fruits like bananas, strawberries, and some yogurt or milk. | I love pizza!                                                  | You need chicken, spices, and a grill.               |

What's your favorite food?

How do you make an omelet?

What ingredients do you need for a fruit smoothie?

What do you need to make pancakes?

Can you tell me how to fry an egg?

How do you grill chicken?



# My Favorite Fruits



Listen to the monologue to fill the blanks!

Every morning I have to eat at least one (1).....  
Usually, my mother also brings me (2)..... with  
at least one kind of fruit. I like to make fruit-based  
foods, such as rujak or (3)..... I like all kinds of  
fruit, but there are some fruits that I can't eat  
because of (4)..... like longan. In fact, at my  
house, I'm the only one who likes (5)..... All my  
family members don't like it because it (6).....  
very strong. Fruits have very good (7)..... for the  
body in addition to their delicious taste. (8).....  
are an excellent source of essential vitamins and  
minerals, and they are high in (9)..... Fruits also  
provide a wide range of health-boosting  
(10)..... including flavonoids. Eating a diet high  
in fruits and (11)..... can reduce a person's risk  
of developing heart disease, (12).....  
inflammation, and diabetes.

# MY FAVORITE FOOD:

## — RENDANG —



My favorite food is rendang. Rendang is a traditional dish from Indonesia, made with beef, coconut milk, and a mix of spices. It is cooked slowly for several hours until the beef becomes tender and absorbs all the rich flavors. The spices used in rendang include garlic, ginger, turmeric, and chili, giving it a delicious, slightly spicy taste. I love eating rendang with steamed rice, and it's usually served during special occasions or family gatherings. The best part about rendang is its rich flavor and how the meat melts in your mouth.



What is writer's favorite food?

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What ingredients are used to make rendang?

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How is rendang cooked?

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How the writer describe the taste of the rendang?

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When do people usually eat rendang?

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NAME: \_\_\_\_\_ Class: \_\_\_\_\_

# TOOLS AND INGREDIENTS

Match the words in the box with pictures.

knife- bowl - oil - salt  
spatula - eggs - blender - vegetables - apron - cutting board  
sugar - kettle - flour - pan - spices



# TOOLS AND INGREDIENTS

Create a simple step from the previous or others tools and ingredients!

1. Mix one spoon of flour and egg in the bowl

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_





# Sequence the steps for cooking

Read the instructions below and put the steps in the correct order by writing the numbers (1-5) next to each step:

Add chopped garlic to the pan and stir until it smells good, then add the egg and scramble it.

Prepare cooked rice, an egg, soy sauce, garlic, and oil.

Add the cooked rice to the pan and mix with the egg and garlic.

Add soy sauce and a little salt, then cook everything until it's hot and well mixed.

Heat some oil in a pan on the stove.

# Speaking Practice

Pair up with a classmate and perform the dialogue in front of the class!

Hanna: "Hey, do you know how to make simple fried rice?"

Windu: "Yeah, it's really easy! First, you need cooked rice, an egg, soy sauce, garlic, and some oil."

Hanna: "Okay, what do I do next?"

Windu: "Start by heating a little oil in a pan on the stove."

Hanna: "Alright, then what?"

Windu: "Once the oil is hot, add chopped garlic and stir until it smells good. Then crack an egg and scramble it in the pan."

Hanna: "That sounds easy. What about the rice?"

Windu: "After the egg is scrambled, add the cooked rice to the pan and mix it with the egg and garlic."

Hanna: "Got it! How do I finish it off?"

Windu: "Just stir in some soy sauce and a little salt, then cook everything together for a few minutes."

Hanna: "Nice! I can't wait to try it."

