

Mastering English vocabulary in the kitchen

🔦 B1+ Level

🔦 Duration: 1 h

🔦 Group lesson

🔦 Age: Adults

🔦 Lesson goals

Students can follow simple instructions given on packaging, e.g. cooking instructions; can describe how to do something, giving detailed instructions.

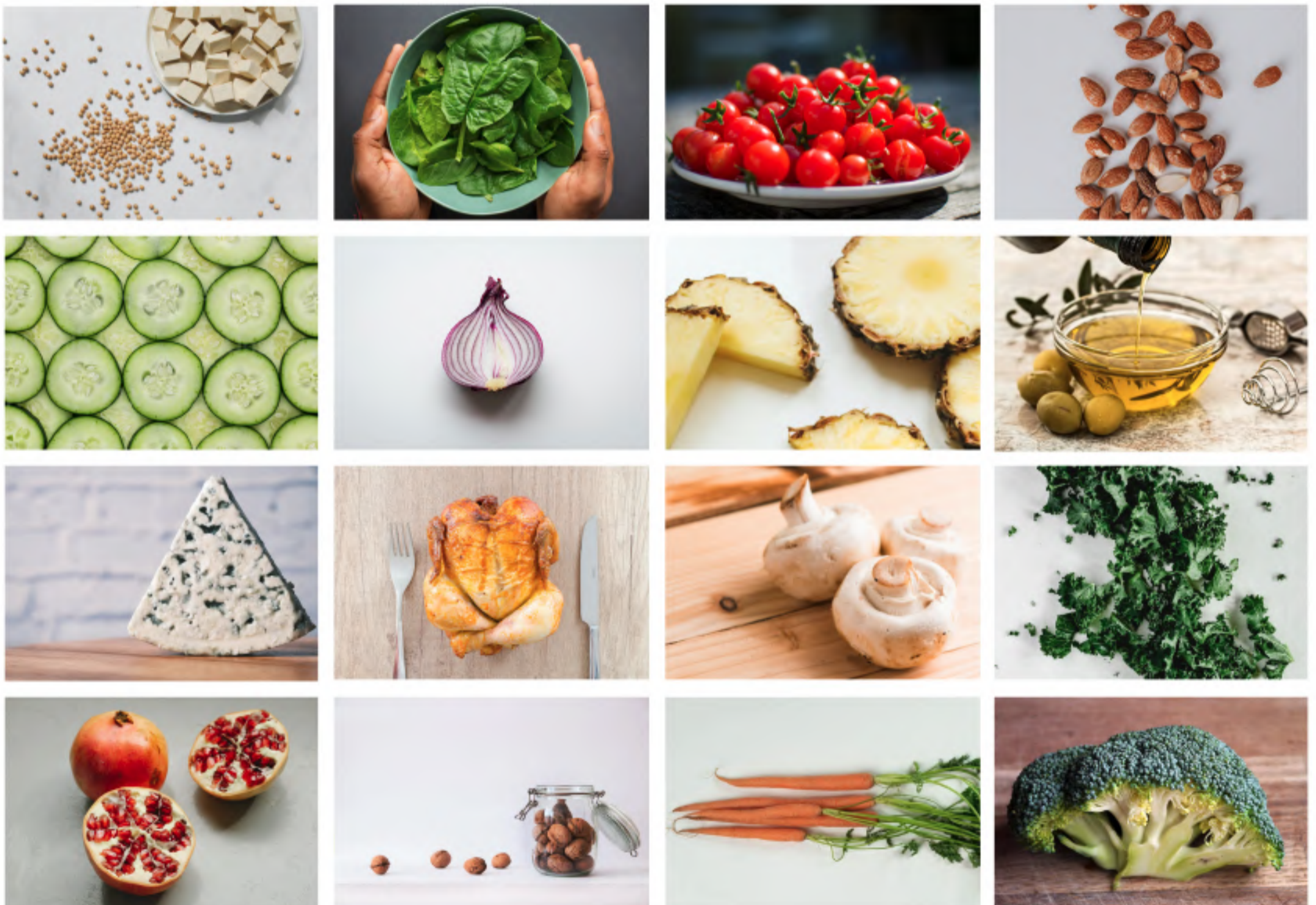
🔦 Necessary background

Students are familiar with the words for basic flavours and foods, imperative mood and sequence words.

1

Warm-up

Exercise 1: What do you see in the pictures? Work in groups of 2-3 and make a salad with some of these ingredients, you can add any dressings. Come up with an interesting name for your salad and present it to the rest of the class.



2**Pre-reading****Exercise 2. Match the words with their definitions:**

- a. to divide something into two equal parts
- b. to cut food into small cubes
- c. to cut food into thin, flat pieces
- d. to scatter a small amount of something over food
- e. broken into small pieces
- f. cut into small irregular pieces
- g. filled with a large quantity of something
- h. a sauce used to flavor salads or other dishes
- i. to modify something according to personal preferences
- j. replacing one ingredient with another
- k. adding seasoning or spices until the desired flavor is achieved
- l. gently pressing down on food to flatten it
- m. to mix ingredients by lightly lifting and dropping them
- n. to pour a thin stream of liquid over food
- o. a unit of measurement for cooking equivalent to 3 teaspoons
- p. to add salt, pepper, herbs, or spices to enhance the flavor of food

customize

substituting

patting

add to taste

drizzle

packed with

sprinkle

cut in halves

season

tablespoon

slice

chopped

dice

crumbled

toss

3**Reading****Exercise 3. Look through the text on the next page and choose the correct title for it.**A nutritious salad recipe
for a healthy dietHow to make an avocado salad
in 5 easy stepsSalads are Boring – Jazz up Your Meals
with These Tips!**Exercise 4. Read the text and answer the questions.**

1. Would you like to try making this salad? Why/why not?
2. How do you prepare the mixed greens for the salad?
3. Does the author provide any tips for making the dressing?
4. What are some other vegetables or proteins that could be added to customize the salad recipe?
5. Why is balsamic vinegar and olive oil dressing a healthier alternative to creamy dressings?

Eating healthy is important for our overall well-being. One way to include more nutritious foods into our diet is by making salads. Salads are a great way to get a variety of vitamins and minerals in one meal. Here's a recipe for a healthy salad that you can easily make at home.

2 SERVINGS · 15 MIN

Ingredients

- 2 cups mixed greens (spinach, kale)
 - 1/2 cup cherry tomatoes, halved
 - 1/4 cup sliced cucumber
 - 1/4 cup sliced red onion
 - 1/4 cup crumbled feta cheese
 - 1 avocado, diced
 - 1/4 cup chopped walnuts
 - 1 tablespoon olive oil
 - 1 tablespoon balsamic vinegar
- Add salt and pepper to taste



Process

1. Start by washing the mixed greens and patting them dry with a paper towel.
2. In a large bowl, combine the mixed greens, cherry tomatoes, sliced cucumber, and red onion.
3. Sprinkle the crumbled feta cheese and chopped walnuts over the top of the salad.
4. Drizzle the olive oil and balsamic vinegar over the salad, then season with salt and pepper to taste.
5. Finally, toss the salad until all ingredients are evenly distributed.

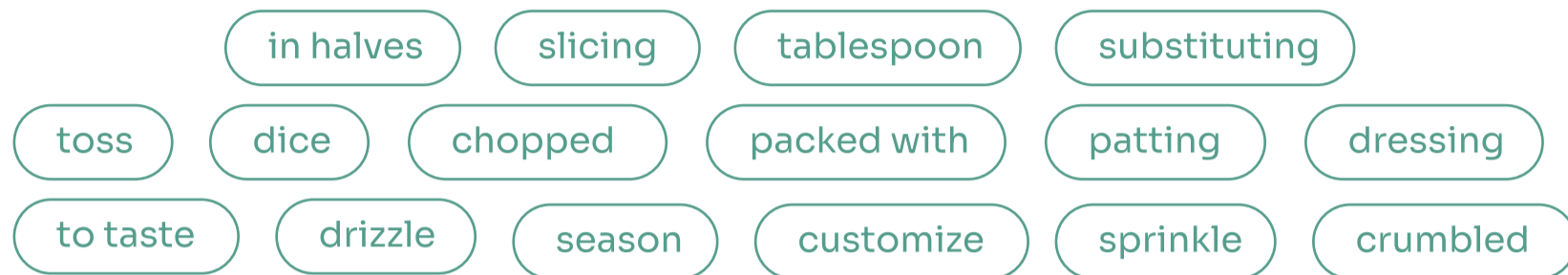
This salad is not only delicious but also packed with nutrients. The mixed greens provide vitamin A, C, and K, while the walnuts are a great source of omega-3. The feta cheese adds protein and calcium to the salad. The balsamic vinegar and olive oil dressing is a healthier alternative to creamy dressings that are high in calories and fat.

You can customize this recipe by adding or substituting different vegetables or proteins. For example, you could add grilled chicken or tofu for extra protein.

4

Vocabulary practice

Exercise 5. Read a few cooking tips and fill in the gaps with these words.



1. ____ (1) mayonnaise with Greek yogurt makes a healthier dip.
2. ____ (2) can make or break a salad. Try making your own vinaigrette by mixing olive oil and vinegar.
3. Use a ____ (3) to measure dry ingredients and a measuring cup for liquids.
4. ____ (4) your recipe by adding your favorite ingredients. For example, if you love mushrooms, add them to your salad.
5. ____ (5) olive oil over your salad for added richness and then ____ (6) the salad until all the ingredients are mixed well.
6. ____ (7) herbs and spices over your dish to add flavor. You can also use ____ (8) cheese or ____ (9) nuts for added texture.
7. ____ (10) vitamins and minerals, vegetables are a great addition to any meal.
8. After shaping the dough, start ____ (11) it gently.
9. You must ____ (12) the onion and carrot into small pieces.
10. I always cut tomatoes ____ (13) before adding them to a salad.
11. ____ (14) is best done with a sharp knife. Try to keep your slices even so they cook evenly.
12. ____ (15) dishes with salt and pepper ____ (16).

4

Homework

Write a recipe for your favourite dish. Pay attention to the following instructions (and use the text of the recipe from the lesson as an example):

- Think about the ingredients you will need and how much of each one you will require;
- Write down the steps required to prepare your dish;
- Use such words as "chop," "mix," "toss," and "season" to give clear instructions;
- Don't forget to use "start by," "then," "until," and "finally" to help organize your recipe.
- You can also include a picture of your finished dish to make it even more appealing.

Correct answers and teaching tips

Exercise 1: What do you see in the pictures? Work in groups of 2-3 and make a salad with some of these ingredients, you can add any dressings. Come up with an interesting name for your salad and present it to the rest of the class.

1. Show students pictures of the ingredients listed in the recipe and a couple of extra ones, but cover the names of each item. Have students guess what each ingredient is, and then reveal the name of the item.
2. You can print out the pictures or create an online game on Miro board (you need 2-3 sets of these pictures). Divide your students into two-three groups and provide them with all the pictures. Ask each group to make a salad with some of these ingredients, they can add dressings of their choice. Ask them to come up with a name for their salad and present it to the rest of the group.

Created in the "Lead-ins" tool

Exercise 2. Match the words with their definitions:

- | | |
|------------------|-----------------|
| a. cut in halves | i. customize |
| b. dice | j. substituting |
| c. slice | k. add to taste |
| d. sprinkle | l. patting |
| e. crumbled | m. toss |
| f. chopped | n. drizzle |
| g. packed with | o. tablespoon |
| h. dressing | p. season |

Exercise 3. Look through the text on the next page and choose the correct title for it.

Correct title: A Nutritious Salad Recipe for a Healthy Diet

Created in the "Titles for a text" tool

Exercise 4. Read the text and answer the questions.

Correct answers:

1. Student's opinion
2. To prepare the mixed greens for the salad, wash them and pat them dry with a paper towel.
3. The author suggests using balsamic vinegar and olive oil dressing.
4. Other proteins that could be added to customize the salad recipe include grilled chicken or tofu.
5. It is lower in calories and fat.

*The text and the questions are created on Twee

Exercise 5. Read a few cooking tips and fill in the gaps with these words.

- | | |
|-----------------|-----------------|
| 1. substituting | 9. chopped |
| 2. dressing | 10. packed with |
| 3. tablespoon | 11. patting |
| 4. customize | 12. dice |
| 5. drizzle | 13. in halves |
| 6. toss | 14. slicing |
| 7. sprinkle | 15. season |
| 8. crumbled | 16. to taste |

The tips are created in the "Create a text" tool (Text, B1-B2 level, input: "16 tips on how to cook something" + target vocabulary);

The task itself is created in the "Fill in the Gap" tool.

