

EVERYDAY LIFE

IN THE KITCHEN

TEACHER'S NOTES

Age: Teenager/Adult

Level: Intermediate (B1)

Time: 45 minutes +

Activity: In this lesson, students will:

1. guess the most popular UK breakfast and do a class survey about breakfasts;
2. describe how to boil an egg;
3. write a recipe;
4. revise vocabulary related to cooking.

Language focus: vocabulary related to breakfast, cooking verbs, cooking actions

Materials: one copy of the worksheet per student; plain paper for the survey

PROCEDURE

Ask students what they know about typical food in the UK. Tell students there was a recent poll in the UK in which people voted for their favourite breakfast. Write the following nine breakfasts on the board:

yoghurt
fruit
porridge
scrambled egg
cereal & milk
bacon sandwich
coffee
toast
croissants

Tell students that this represents the top ten breakfasts, but the number one breakfast is missing. They have to try to put them in order from two to ten, and then to imagine what the number one breakfast is.

Hand out copies of the worksheet. Students look at the list in exercise 1 to find the answers. Are they surprised? Ask them to read the paragraph, which is about breakfast habits. Is the situation the same or different in their country? What is their favourite breakfast? What do they normally have for breakfast? Ask them to discuss in pairs.

Give each student a piece of blank paper, and ask them to write down the names of the class members. Students should then interview each other, using the question *What do you usually have for breakfast?* and make a note of the answers. If you have a large class, students could work in

pairs, one interviewing and the other taking notes. What are the top 10 breakfasts in the class? Discuss the answers with the whole group.

Next, ask students if they like cooking and if they know how to cook. Can they boil an egg? Ask students to work in pairs to describe the process, without referring to their worksheets. Check as a whole class and feed in any vocabulary they didn't know, e.g. *saucepan*, *simmer*, *yolk*, etc. Students should then do the first part of exercise 2, putting the verbs in the spaces. Check answers as a class.

Key:

put, cover, place, boils, reduce, start

Students then work in pairs to write a recipe for a dish they know. Encourage each pair to write something different. First they list their ingredients, and then they write the instructions using verbs from the first part of exercise 2. You could collect the recipes and compile them in a class recipe book, or ask students to upload them to a class blog.

Next, students look at exercise 3, part a. They work in pairs and name the objects in the pictures. If they find this difficult, you could write the words on the board for students to match with the object. Check answers and practise the pronunciation.

Key:

1. frying pan
2. saucepan
3. knife
4. fork
5. (mixing) bowl
6. coffee grinder
7. corkscrew
8. spoon
9. potato peeler
10. glass
11. lemon squeezer
12. chopping board

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Students then do part b. They match the two halves of each description.

Key:

sharpening a knife

chopping onions

breaking eggs

frying meat

slicing bread

washing dishes

grinding coffee

beating eggs

opening a bottle of wine

pouring wine

peeling potatoes

lighting the gas

taking cutlery from a drawer

squeezing a lemon

laying the table

draining potatoes

seasoning with pepper

using an electric mixer

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WORKSHEET

EXERCISE 1: WHAT'S FOR BREAKFAST?

What do you have for breakfast? In a recent UK poll people voted for their favourite breakfast. Here's the list of the top 10. Can you guess what was voted number one?

The Nation's Top 10 Breakfasts:

1. the 'full English'
2. cereal & milk
3. toast
4. coffee
5. fruit
6. bacon sandwich
7. scrambled egg
8. croissants
9. porridge
10. yoghurt



A 'full English' breakfast is a cooked breakfast that is also known as a 'fry up'. It often includes eggs (fried or scrambled), mushrooms, tomatoes, baked beans, bacon, sausages, hash browns, and toast or fried bread. Although this famous breakfast is Britain's favourite breakfast, very few people actually eat it. Today breakfast is a rushed, solitary activity. Only one in four people has breakfast with another member of the family, and many of today's young people go to school without breakfast.

What do you usually have for breakfast?

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WORKSHEET

EXERCISE 2: HOW TO COOK

a. Read the instructions on how to boil an egg and put these verbs into the spaces.

reduce start cover put boils place

_____ the eggs into a saucepan and _____ them with cold water by about 1 cm. _____ the saucepan on a high heat. As soon as the water _____, _____ the heat to a gentle simmer and _____ timing (three minutes if you like a really soft-boiled egg; four minutes for a white that is firm and a yolk that is creamy; five minutes for a white and yolk perfectly set).

b. Write a simple recipe for something you know how to cook.

Ingredients:

Instructions:

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EXERCISE 3: KITCHEN UTENSILS

a. Name the pictures.



1. _____



2. _____



3. _____



4. _____



5. _____



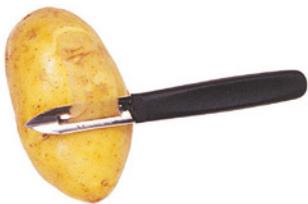
6. _____



7. _____



8. _____



9. _____



10. _____



11. _____



12. _____

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WORKSHEET

b. Match the words.

lighting

slicing

pouring

squeezing

sharpening

using

frying

breaking

chopping

peeling

seasoning

beating

washing

grinding

taking

laying

draining

opening

onions

a bottle of wine

a knife

cutlery from a drawer

potatoes

bread

eggs

with pepper

meat

potatoes

the gas

dishes

a lemon

coffee

eggs

an electric mixer

wine

the table