

# Cooking

## Teacher's notes

<b>Level:</b>	pre-intermediate
<b>Topic:</b>	Cooking
<b>Subject(s):</b>	Food
<b>Time (approx):</b>	Activity 1: 10 – 15 minutes. Activity 2: 15 – 30 minutes
<b>Preparation:</b>	Activity 1: One photocopy for each student. Activity 2: One photocopy for each pair/group of students (cut up as indicated).

## Procedure

### Activity 1

- Hand out a copy of the text to students.
- Ask students to read through the text and then answer question 1.
- Put students in pairs and get them to check their answers together.
- Ask students to work with their partner and discuss question 2.
- Pair the pairs to make groups of four and get them to discuss their answers.
- Check and discuss as a class.

### Answers

1 Different ways of cooking : baking, roasting, boiling and frying

2 Ways of changing the size/shape of ingredients : peel(ing), cut, slice and mash

Other suggestions: 1 steaming, stir frying, deep frying, grilling, poaching  
2 dice, grate, chop, whisk, melt, mince

### Activity 2

- On the board write up the following ingredients:
  - 6 eggs
  - 1 kilo potatoes
  - Small onion
  - Red pepper (optional)
  - Oil
  - Salt and pepper
- Ask students what they think you could cook using these ingredients. See if anyone comes up with Spanish omelette.
- Put students in pairs or small groups.
- Explain that you will give each group the recipe for Spanish omelette, but the order in which things are done is mixed up. Their task is to put the instructions in the correct order.
- Cut up and hand out one set of instructions to each pair/group.
- Monitor and help where necessary.
- Check as a class.

### Answers

8, 11, 4, 13, 6, 2, 7, 1, 9, 5, 12, 3 and 10

**Follow-up activity:** Ask students to think of a recipe and write down the ingredients and the recipe/instructions.

## Worksheets

### Activity 1

Cooking is quite a complex task. When you cook something you don't just put it in a pan on the top of a cooker or put in inside the oven. You have to choose the right ingredients, prepare these ingredients properly and choose the correct way to cook the dish. For example, take something as basic as a potato. On its own a potato is rather boring. But you can do lots of different things with a potato. You can cook it by baking it whole in the oven (without peeling it or cutting it to start with), roasting it in the oven (this time you peel it and cut it into smaller pieces), boiling it in hot water in a saucepan on top of the cooker or frying it in oil. You can slice it into pieces and make it into chips or even into crisps. And, after boiling potatoes you can mash them up. So, from something as simple as a potato you can do lots of different things and this is before you even add extra ingredients like salt and pepper.

1. Read through the text about potatoes. How many words can you find about:
  - different ways of cooking?
  - different ways you can change the size or shape of ingredients?
2. Can you add any more words to these two categories?

### Activity 2

1. Add salt and pepper to the eggs (to taste).  
✂-----
2. After a few minutes, drain the potatoes and add them to the frying pan.  
✂-----
3. After cooking, leave to cool and then put the omelette in the fridge.  
✂-----
4. Boil the potatoes for about 5 minutes.  
✂-----
5. Heat a small amount of oil in a frying pan and then pour in the mixture.  
✂-----
6. Lightly fry the onion and red pepper.  
✂-----
7. After frying the onion, red pepper and potatoes, mix six eggs together.

✂-----

8. Start by peeling about 1 kilo of potatoes.

✂-----

9. Put the fried onion, red pepper and potatoes into the eggs and stir well.

✂-----

10. Serve cold with some salad.

✂-----

11. Slice the potatoes thinly and put the slices into a saucepan with some water.

✂-----

12. Slowly fry and turn the omelette over after about five minutes.

✂-----

13. While the potatoes boil, chop some onion and red pepper.

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