









Can you name these beans? How often do you eat them?





Read with the teacher and then answer the question below.

Did you know that tofu has served as one of the main sources of **protein** for Asian diets as far back as 2,000 years ago? The popularity of this soft white food is growing rapidly all over the world now.











Read with the teacher and then move to the Word Focus.

Can you guess what tofu is made of? Its **ingredients** are quite common. They are soybeans, water, and coagulant.







Word Focus

- Flour, eggs, and sugar are the main ingredients in the cake.
- What are the ingredients of tofu?







Read with the teacher and then move to the Word Focus.

There are five steps in making tofu. First, **soak** the soybeans in water. Second, **blend** the soybeans. Next, **separate** the solids and boil the soy milk. Then, add the coagulant to make the soy milk solid. Finally, press the remaining water out of the tofu.



Word Focus

- The wet soybeans are blended into soy milk.
- What can you use to blend a milkshake?







Read with the teacher and then answer the question below.

Tofu came into being in China some 2,000 years ago. Tofu is rich in protein. It can be used to make many **delicious** dishes, such as mapo tofu.









Which tofu dish have you already eaten?







Solve the quiz.

HINT: Match the text boxes.

First

Press out the remaining water.

Second

Soak the soybeans in water.

Next

Seperate the solids and boil the soy milk.

Then

Blend the soybeans.

Lastly

Add the coagulant.



How is tofu made?









Discuss with the teacher.

Q1. Do you like to eat tofu? Why? I like/don't like ... because ...

Q2. Which tofu dish do you like best?

n soybeans?

Q3. Do you know any other food made from soybeans? Yes/No. I ...





In this lesson, we...



learned how tofu is made.







