

ENGLISH

Chapter 9
Session A

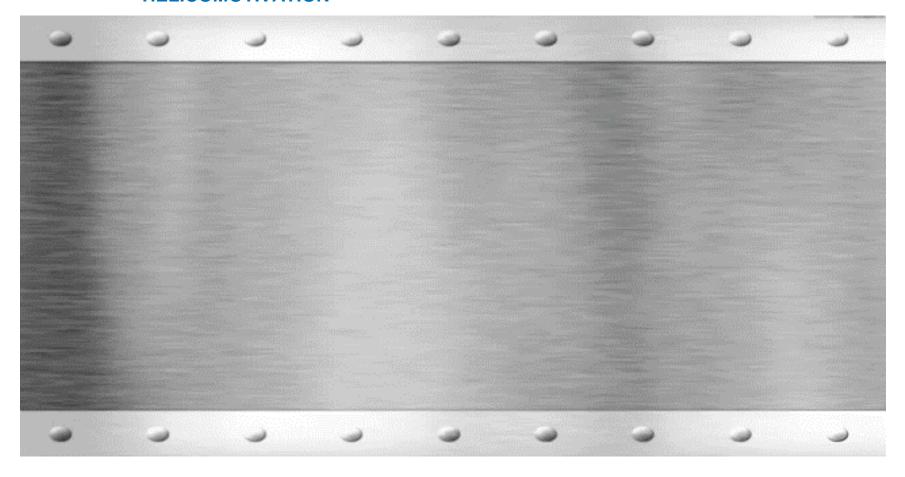




LOOK AFTER YOURSELF



HELICOMOTIVATION



Giving instructions



Watch the video. In what order does Malik mention the ingredients?



strawberries peaches

bananas

milk

honey

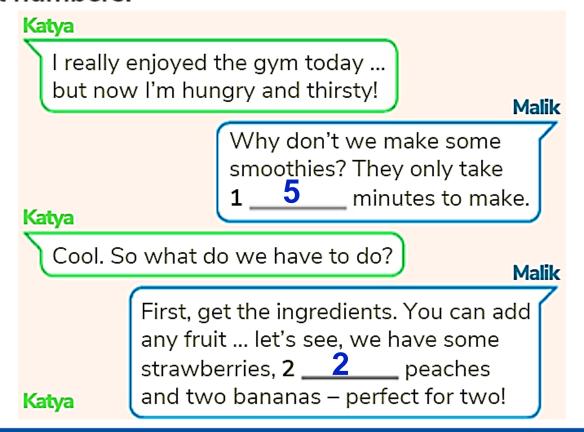
oats

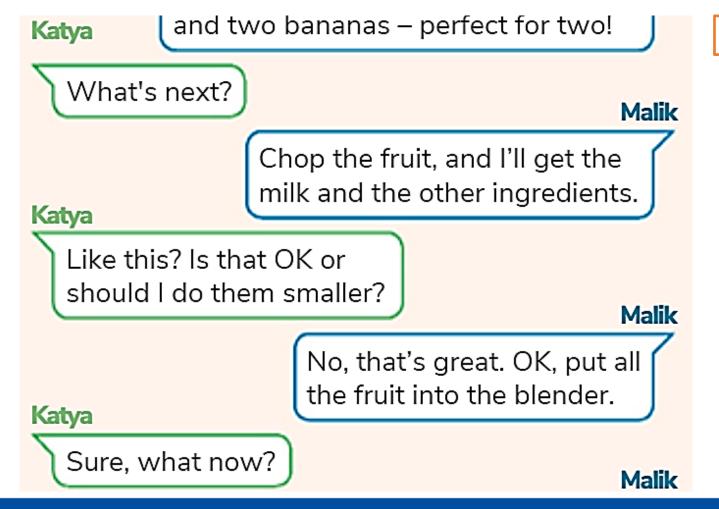
cinnamon



Watch again and complete the dialogue with the correct numbers.

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Suic, What how: Malik Then add $3 ___ 2 __$ cups of milk, tablespoon of honey, and half a cup of oats. I add the oats if I'm hungry. And last, one teaspoon of cinnamon ... that's for flavor. Katya OK, I've done that. Shall I mix it now? Malik Yeah, but you have to put the lid on! OK, turn on the blender now **30** seconds or so. Katya I nearly forgot the lid! And now? Malik Pour it into two glasses. Then all you have to do is drink it!

3 Read the Key phrases. Which preparing food verbs are in the dialogue?

get

add

chop

put

mix

pour

4 Create your own dialogue. Follow the steps in the Skills boost.

SKILLS BOOST

THINK

Choose a healthy recipe. Make notes of the ingredients and instructions. Find a photo or photos.

PREPARE

Prepare a dialogue. Remember to include phrases for preparing food and sequencing.

Key phrases

Sequencing

First ... Next ... Then ... Finally

Preparing food

Get/Measure/Add the ingredients.

Cut/Chop (it/them/the fruit) into pieces.

Mix/Cook (it/them/the dish) for (2 minutes).

Pour (it/the mix/the liquid) into (a glass/a pan).

A/One cup/teaspoon/tablespoon/handful of (fruit).



flavor (US) -> flavour (UK)



Short /a/ and long /ɔ/

1 (1) 68 Listen to the two sounds /α/ and /ɔ/. The first sound is short and the second sound is long.



2 ♦ Which sound do the words have, /α/ or /ɔ/? Listen, check and repeat.



body four morning often outdoors sport stop water

/c/ \psi /p/

body

often

stop

four sports morning water outdoors

