



ENGLISH

Chapter 9 Session A

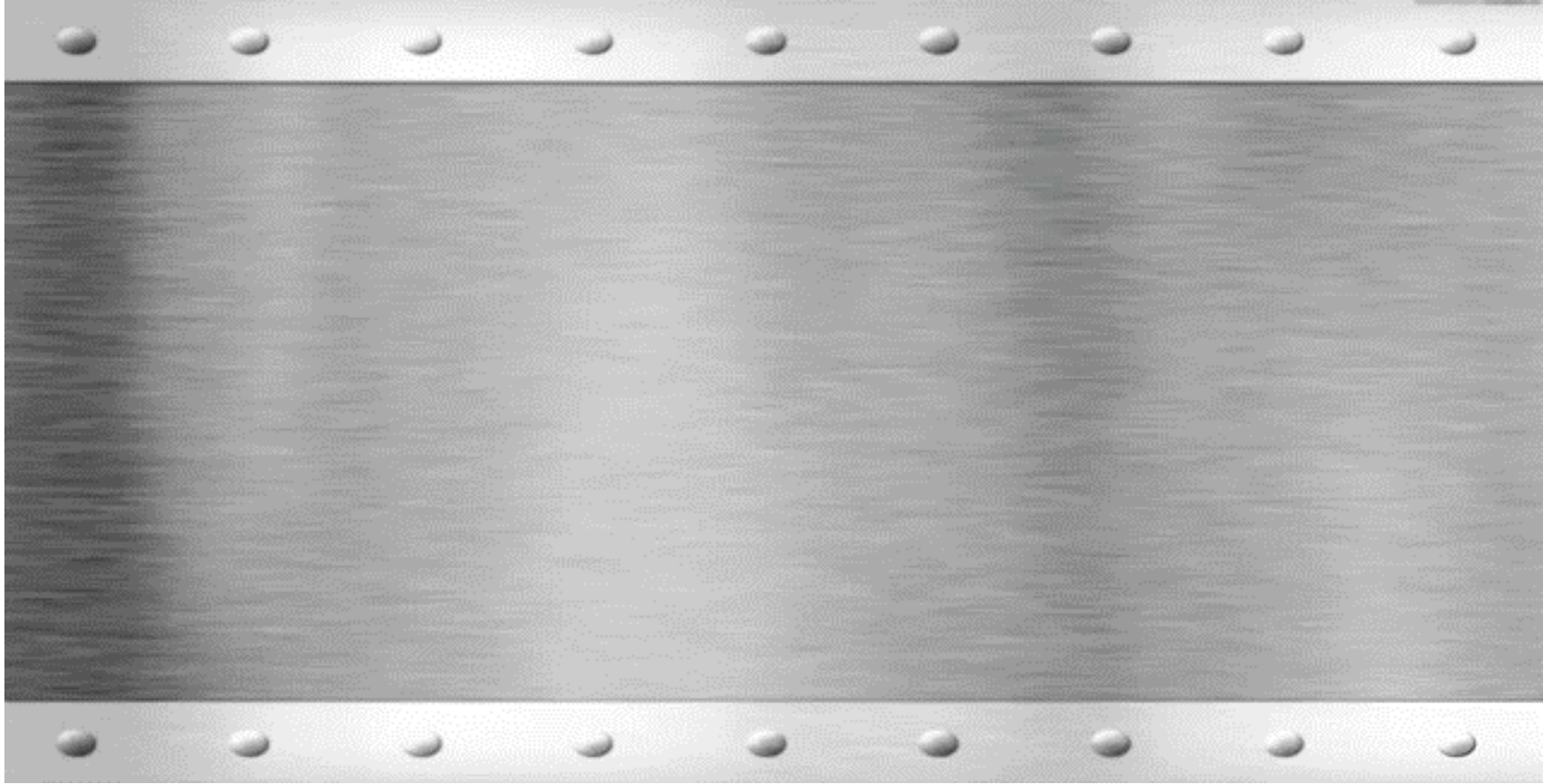
3rd
SECONDARY

LOOK AFTER YOURSELF



 **SACO OLIVEROS**

HELICOMOTIVATION




Giving instructions



Real-world speaking

Page 43

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



strawberries

peaches

bananas

milk

honey

oats

cinnamon



2 Watch again and complete the dialogue with the correct numbers.

Katya

I really enjoyed the gym today ...
but now I'm hungry and thirsty!

Malik

Why don't we make some
smoothies? They only take
1 5 minutes to make.

Katya

Cool. So what do we have to do?

Malik

First, get the ingredients. You can add
any fruit ... let's see, we have some
strawberries, 2 2 peaches
and two bananas – perfect for two!

Katya

Katya

and two bananas – perfect for two!

What's next?

Malik

Chop the fruit, and I'll get the milk and the other ingredients.

Katya

Like this? Is that OK or should I do them smaller?

Malik

No, that's great. OK, put all the fruit into the blender.

Katya

Sure, what now?

Malik

Sure, what now?

Malik

Then add 3 **2** cups of milk,
4 **1** 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
for 5 **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).




US → UK

flavor (US) → flavour (UK)




Short /a/ and long /ɔ/

- 1**  68 Listen to the two sounds /a/ and /ɔ/. The first sound is short and the second sound is long.





2  69 Which sound do the words have, /ɑ/ or /ɔ/? Listen, check and repeat.



body four morning often
outdoors sport stop water

/ɑ/

body
often
stop

/ɔ/

four sports
morning water
outdoors

Graphic organizer



How to plan and create a fitness diary

- List the fitness activities you can do.
 - Evaluate the advantages and disadvantages of each idea.
 - Plan the number of activities you want to do.
 - Decide when you will do the activities.
 - Take photos or make a video while you do the activities.
 - Review your plan and evaluate how successful you were and why.
-