



Healthy and Nutritious Food

CHAPTER 8

Match the Names with the Pictures by Writing the Letters.



(.....)



(.....)



(.....)



(.....)



(.....)



(.....)



(.....)



(.....)



(.....)



(.....)



(.....)



(.....)



(.....)

- A. Ginger
- B. Garlic
- C. Turmeric
- D. Galangal
- E. Coriander seeds
- F. Palm Sugar
- G. Tamarind
- H. Onion
- I. Lemon Grass
- J. Basil leaves
- K. Celery
- L. White pepper
- M. Shallot
- N. Sesame seeds



(.....)

Match the Names with the Pictures by Writing the Letters.



(.....)



(.....)



(.....)



(.....)



(.....)



(.....)



(.....)



(.....)



(.....)



(.....)



(.....)



(.....)



(.....)

- A. Pound
- B. Peel
- C. Squeeze
- D. Fry
- E. Bake
- F. Grate
- G. Spread
- H. Steam
- I. Boil
- J. Grill
- K. Pour
- L. Blend
- M. Stir
- N. Cut



(.....)

Arrange the Sentences into a Proper Recipe.

Sunny Side Egg

Ingredients:

- An egg
- A pinch of salt
- A spoon of vegetable oil
- A piece of bread

Procedure:

- Beat the egg.
- Serve the sunny side egg into a plate.
- Turn on the stove.
- Sprinkle the salt.
- Heat the frying pan.
- Serve it with bread.
- Wait for a second.



1



2



3



4



5



6



7

Procedure:

1.

2.

3.

4.

5.

6.

7.

Answer the Questions Correctly Based on the Following Recipe.



Egg Fried Rice

Ingredients:

- 1 plate of rice overnight
- 2 cloves of garlic
- 4 cloves of shallot
- Pinch of salt and pepper
- 2 eggs
- 4 spoons of vegetable oil



Procedure:

1. Pound the garlic and shallot using mortar and pestle.
2. Beat the eggs on a bowl. Stir it. Set aside.
3. Heat the frying pan. Put the vegetable oil on the frying pan.
4. Pour the garlic and shallot that was pounded. Stir it until it has nice fragrance.
5. Put the eggs that was stirred.
6. Pour the rice. Mix it well.
7. Serve the egg fried rice in a nice plate. Give garnish like tomato and lettuce.

QUESTIONS:

1. How many eggs do we need to make the egg fried rice?

.....

2. How many shallots do we need to make the egg fried rice?

.....

3. What tools do we use to pound the garlic and shallot?

.....

4. Do we need turmeric to make an egg fried rice?

.....

5. Do we need rice to make an egg fried rice?

.....

Complete the Following Recipe.

Avocado Juice

Ingredients:

Half of a ripe _____

2 tablespoon of sugar

1 glass of _____

Some chocolate sauce



Procedure:

1. _____ the avocado. Throw away the seed. Cut the avocado flesh into some smaller parts.
2. _____ the avocado flesh into the _____.
3. _____ the _____ into the blender.
4. Pour the _____ into the blender.
5. Turn on the blender. Wait for a minute then turn it off.
6. Decorate the inner wall of the glass by _____.
7. _____ the avocado juice into the _____.
8. The _____ ready to serve.

Recipes

