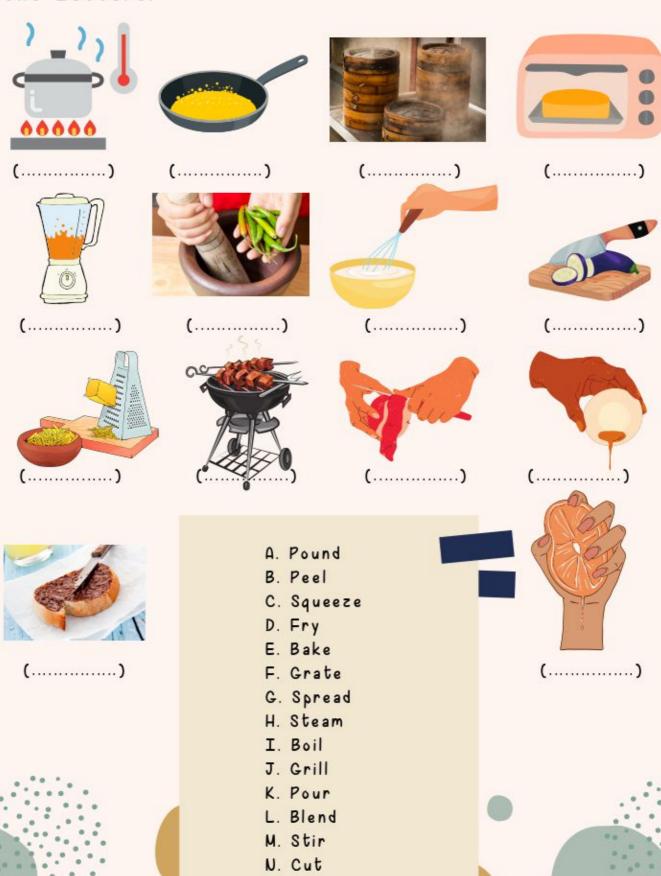
Healthy and Nutritious Food

CHAPTER 8

Match the Names with the Pictures by Writing the Letters.



Match the Names with the Pictures by Writing the Letters.



Arrange the Sentences into a Proper Recipe.

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.



=	Procedure:
$=$ \equiv	1.
王	2.
=	3.
王	4.
=	
=	5.
	6.
\equiv	7.
=	

Gunny Side Egg





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.

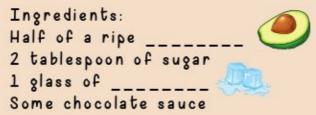
QUESTIONS:

- 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





Procedure:

1.		the	avocado.	Throw	away the	seed.	Cut	the
	avocado fl	esh in	to 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.



