

Grade 3
Reading - Cooking Itinerary

“A Day in the Kitchen”

Hey there, young chefs! My name is Alex, and I am excited to take you on a fun-filled cooking adventure today. Cooking is not just about mixing ingredients; it's a magical process where we transform simple items into delicious dishes.

First, we start our day at 8:00 AM with a little prep work. We'll wash our hands, put on our aprons, and gather all the ingredients and tools we need. Safety is our number one priority, so make sure to be careful with sharp objects and hot surfaces.

At 8:30 AM, we kick off our cooking spree by making a healthy breakfast. Today, we're preparing scrumptious scrambled eggs with veggies. We'll chop tomatoes, bell peppers, and onions, and then mix them with beaten eggs. A sprinkle of salt and pepper, and voila! Breakfast is served.

By 10:00 AM, it's snack time! We will make a quick and easy fruit salad. Choose your favorite fruits, chop them into bite-sized pieces, and mix them in a large bowl. A drizzle of honey will add the perfect touch of sweetness.

Lunch is up next at 12:00 PM. We are making a classic - grilled cheese sandwiches. We'll butter the bread, place a cheese slice in between, and grill it until it's golden brown and crispy. Don't forget to flip it to cook both sides evenly.

After a short break, we return to the kitchen at 2:00 PM to start prepping for dinner. We're making spaghetti Bolognese. We'll brown the ground meat, add tomato sauce, and let it simmer. Meanwhile, we boil the spaghetti until it's al dente.

Finally, at 5:00 PM, we set the table and enjoy the fruits of our labor. Cooking is not just about the food; it's about the joy of creating something with your own hands and sharing it with others.

Multiple Choice Questions:

Q1. What is the first thing we do before starting to cook?

- A) Put on the apron
- B) Gather ingredients
- C) Wash hands
- D) Start cooking

Q2. What are we making for breakfast?

- A) Fruit salad
- B) Scrambled eggs with veggies
- C) Grilled cheese sandwich
- D) Spaghetti Bolognese

Q3. What do we add to the scrambled eggs for extra flavor?

- A) Honey
- B) Tomato sauce
- C) Salt and pepper
- D) Cheese

Q4. At what time do we make a snack?

- A) 8:00 AM
- B) 8:30 AM
- C) 10:00 AM

D) 12:00 PM

Q5. What is the main ingredient in our lunch?

A) Eggs

B) Fruit

C) Cheese

D) Meat

Q6. At what time do we start preparing for dinner?

A) 8:30 AM

B) 10:00 AM

C) 12:00 PM

D) 2:00 PM

Q7. What are we making for dinner?

A) Fruit salad

B) Scrambled eggs

C) Grilled cheese sandwich

D) Spaghetti Bolognese

Q8. What do we add to the ground meat for the spaghetti Bolognese?

A) Eggs

B) Cheese

C) Tomato sauce

D) Honey

Q9 What is important to be careful with while cooking?

A) Fruits

B) Sharp objects and hot surfaces

C) Bread

D) Cheese

Q10. What is cooking about according to the passage?

A) Just mixing ingredients

B) The joy of creating and sharing

C) Eating delicious food

D) Following recipes

Answers:

1. C) Wash hands. The passage mentions that the first thing to do is to wash hands, put on aprons, and then gather all the needed ingredients and tools.
2. B) Scrambled eggs with veggies. The passage states that for breakfast, we are preparing scrambled eggs with vegetables.
3. C) Salt and pepper. The passage mentions adding a sprinkle of salt and pepper to the scrambled eggs for extra flavor.
4. C) 10:00 AM. According to the passage, snack time, where we make a fruit salad, is at 10:00 AM.
5. C) Cheese. The passage indicates that we are making grilled cheese sandwiches for lunch, making cheese the main ingredient.
6. D) 2:00 PM. The passage mentions that we return to the kitchen at 2:00 PM to start prepping for dinner.
7. D) Spaghetti Bolognese. According to the passage, we are making spaghetti Bolognese for dinner.
8. C) Tomato sauce. The passage states that we add tomato sauce to the browned ground meat for the spaghetti Bolognese.
9. B) Sharp objects and hot surfaces. The passage emphasizes that safety is the number one priority and advises being careful with sharp objects and hot surfaces.
10. B) The joy of creating and sharing. The passage concludes by expressing that cooking is about the joy of creating something with your own hands and sharing it with others.

