

GRADE 5

Reading Cooking

Title: Cooking Up a Tasty Adventure

Do you ever wonder how to create a delicious dish from scratch? Cooking can be a fun and rewarding activity that allows you to explore your creativity while satisfying your taste buds. In this passage, we'll take a journey through the process of cooking a simple and scrumptious dish that you can try at home!

Pasta Primavera Recipe

Ingredients:

- 2 cups of your favorite pasta
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 cup cherry tomatoes, halved
- 1 cup broccoli florets
- 1 cup sliced bell peppers (red, yellow, or green)
- 1/2 cup sliced carrots
- 1/2 cup fresh basil leaves, torn
- 1/2 cup grated Parmesan cheese
- Salt and pepper to taste

Instructions:

Boil the Pasta:

Start by bringing a large pot of salted water to a boil.

Add the pasta and cook it according to the package instructions until it's al dente (firm but not too soft).

Drain the pasta and set it aside.

Sauté the Veggies:

In a large skillet, heat the olive oil over medium heat.

Add the minced garlic and sauté for about 30 seconds until fragrant.

Add the cherry tomatoes, broccoli, bell peppers, and carrots. Cook for 5-7 minutes, stirring occasionally until the vegetables are tender but still vibrant.

Combine Pasta and Veggies:

Add the cooked pasta to the skillet with the sautéed vegetables.

Toss everything together gently.

Season with salt and pepper to taste.

Add Fresh Basil and Cheese:

Remove the skillet from the heat.

Sprinkle torn basil leaves and grated Parmesan cheese over the pasta.

Toss again to combine all the ingredients.

Now that you've followed these simple steps, your Pasta Primavera is ready to enjoy! This colorful and flavorful dish is packed with nutrients and tastes even better when shared with family and friends.

Multiple Choice Questions:

1. What is the first step in cooking Pasta Primavera?

- a) Sautéing the vegetables
- b) Boiling the pasta
- c) Adding cheese
- d) Chopping basil

2. Which ingredient should you sauté first in the skillet?

- a) Broccoli
- b) Garlic
- c) Carrots
- d) Bell peppers

3. How long should you cook the vegetables in the skillet?

- a) 1-2 minutes
- b) 5-7 minutes
- c) 15-20 minutes
- d) 30-45 minutes

4. What adds a fresh and aromatic touch to the Pasta Primavera?

- a) Grated Parmesan cheese
- b) Cherry tomatoes
- c) Bell peppers
- d) Fresh basil leaves

5. Why is it important to season the dish with salt and pepper?

- a) To make it colorful
- b) To make it spicy
- c) To enhance the flavors
- d) To add sweetness

Answers and Explanations:

1. b Boiling the pasta

Boiling the pasta is the first step in this recipe.

2. b Garlic

Garlic is sautéed first to release its aroma.

3. b 5-7 minutes

The vegetables should be cooked for 5-7 minutes until they are tender.

4. d Fresh basil leaves

Fresh basil leaves provide a fresh and aromatic flavor.

5. c To enhance the flavors

Salt and pepper enhance the overall taste of the dish.