

**Grade 4**  
**Reading - Cooking Itinerary**

**“Cooking Adventure: Sweet and Sour Chicken”**

Hello young chefs! Today, we are going on a cooking adventure to make one of the most famous Chinese dishes – Sweet and Sour Chicken! This dish is a delightful combination of crispy chicken pieces coated in a tangy and sweet sauce, and it’s a favorite for people of all ages.

First, let’s gather our ingredients. You will need:

- 1 pound of boneless chicken breasts, cut into bite-sized pieces
- 1 cup of all-purpose flour
- 2 eggs
- 1 cup of pineapple chunks
- 1 bell pepper, chopped
- 1 onion, chopped
- 1 cup of ketchup
- $\frac{3}{4}$  cup of white sugar
- $\frac{1}{2}$  cup of vinegar
- 1 tablespoon of soy sauce
- Oil for frying
- Salt and pepper to taste

Now, follow these steps to create your culinary masterpiece:

Start by seasoning your chicken pieces with salt and pepper.

Beat the eggs in a bowl, and place the flour in another bowl.

Dip each piece of chicken into the egg, and then coat it with the flour.

Heat oil in a frying pan over medium heat, and fry the chicken pieces until they are golden brown and cooked through. This should take about 5 minutes.

Remove the chicken from the pan and set it aside.

In the same pan, add the chopped bell pepper, onion, and pineapple. Stir-fry for 2-3 minutes until they are tender.

In a separate bowl, mix together the ketchup, sugar, vinegar, and soy sauce.

Add the sauce to the vegetables in the pan, and bring it to a boil.

Once the sauce is boiling, add the cooked chicken pieces back into the pan.

Stir everything together and let it cook for another 2-3 minutes, until the chicken is coated with the sauce and everything is heated through.

And there you have it, a delicious plate of Sweet and Sour Chicken! Now, it's time for a quiz to test your knowledge.

What is the main protein used in Sweet and Sour Chicken?

- a) Beef
- b) Pork
- c) Chicken
- d) Tofu

How long should you cook the chicken pieces in the pan?

- a) 1-2 minutes
- b) 2-3 minutes
- c) 5 minutes
- d) 10 minutes

What vegetables are used in this recipe?

- a) Carrots and peas
- b) Broccoli and cauliflower
- c) Bell pepper and onion
- d) Spinach and kale

Which of the following is NOT an ingredient in the sauce?

- a) Ketchup
- b) Sugar
- c) Mustard
- d) Vinegar

How should you prepare the chicken before frying it?

- a) Boil it
- b) Grill it
- c) Dip it in egg and flour
- d) Marinate it

What do you do after frying the chicken?

- a) Serve it immediately
- b) Set it aside
- c) Put it in the oven
- d) Add sauce to it

What should you do with the vegetables in the pan?

- a) Remove them
- b) Mash them
- c) Stir-fry them
- d) Blend them

What do you add to the vegetables in the pan to create the sauce?

- a) Water
- b) Milk
- c) The sauce mixture
- d) Cream

After adding the sauce to the vegetables, what should you do next?

- a) Serve it
- b) Let it cool
- c) Add the chicken back into the pan
- d) Put it in the oven

How should you serve the Sweet and Sour Chicken?

- a) Cold
- b) Hot
- c) At room temperature
- d) Frozen

**Answers:**

1. c) Chicken. The recipe calls for 1 pound of boneless chicken breasts.
2. c) 5 minutes. The passage mentions that you should fry the chicken pieces until they are golden brown and cooked through, which takes about 5 minutes.
3. c) Bell pepper and onion. The recipe includes 1 bell pepper and 1 onion, chopped.
4. c) Mustard. Mustard is not listed as an ingredient in the sauce; ketchup, sugar, vinegar, and soy sauce are used instead.
5. c) Dip it in egg and flour. The recipe instructs to dip each piece of chicken into beaten eggs, and then coat it with flour before frying.
6. b) Set it aside. After frying, you should remove the chicken from the pan and set it aside.
7. c) Stir-fry them. The recipe states that you should stir-fry the bell pepper, onion, and pineapple for 2-3 minutes until they are tender.
8. c) The sauce mixture. You need to add the mixture of ketchup, sugar, vinegar, and soy sauce to the vegetables in the pan to create the sauce.
9. c) Add the chicken back into the pan. After the sauce is boiling, you should add the cooked chicken pieces back into the pan.
10. b) Hot. You should serve the Sweet and Sour Chicken hot, after the chicken is coated with the sauce and everything is heated through.