Spelling.

Dishes in the kitchen

**Here are words but the letters are mixed up. Write the correct word.**

|  |  |
| --- | --- |
| *Example 0.*    eetsw | *Answer 0.*    sweet |
| 1. otp eeffco |  |
| 2. assgl |  |
| 3. ettlek |  |
| 4. ckerycro |  |
| 5. wareearthen |  |
| 6. upc |  |
| 7. letgob |  |
| 8. oonsp |  |
| 9. tlerycu |  |
| 10. atepl nnerdi |  |
| 11. oonspeat |  |
| 12. ishd utterb |  |

Vocabulary.

Eating habits (definitions)

**Сhoose the right word for each definition.**

1. To eat something very quickly:

* to bolt something down
* to be starving hungry

2. To eat a lot:

* to eat like a horse
* to follow a recipe

3. To eat something quickly (when you’re in a rush):

* to have a sweet tooth
* to grab a bite to eat

4. To eat the correct types and amounts of food:

* to be starving hungry
* to eat a balanced diet

5. Somebody who has their own very high standards about what to eat:

* a fuel eater
* a fussy eater

6. To enjoy sugary food:

* to grab a bite to eat
* to have a sweet tooth

7. To cook a meal using instructions:

* to eat like a horse
* to follow a recipe

8. An exaggerated way of saying you are very hungry:

* to be full up
* to be starving hungry

9. To pay the bill:

* a fussy eater
* to foot the bill

10. Food cooked at home from individual ingredients:

* fast food
* home-cooked food

Food (definitions)Начало формы  
**Choose the right word for each definitions.**

1. Vegetable or animal substances are decaying

* Rotten
* Raw

2. Not yet ready to be eaten or collected; not yet ripe

* Unripe
* Undercooced

3. To cook food slowly in liquid

* Stew
* Fry

4. Not cooked

* Sour
* Raw

5. Not easily damaged, cut, etc

* Undercooced
* Tough

6. To cook something, especially an egg without its shell, by putting it into liquid that is gently boiling

* Fry
* Poach

7. Developed enough and ready to be eaten

* Ripe
* Raw

8. If you roast food, you cook it in an oven or over a fire, and if food roasts, it is cooked in an oven or over a fire

* Roast
* Boil

9. The date printed on a food or drink container after which it should not be sold

* Sell
* Sell-by date

10. To not cook something enough

* Undercooced
* Tough

Taste (definitions)

**Write the word for each definition.**

1. Like cream or containing cream

2. Tasting of or containing salt  
3. Food is heavy and unhealthy, sometimes in an unpleasant way

4. Containing strong flavours from spice

5. Having no flavour

6. Food contains strong spices which cause a burning feeling in your mouth

7. Not having a strong effect

8. Unpleasant and making you feel slightly ill

9. With a taste like sugar

10. If food is bland, it does not have much taste

Types of food. Definitions

**Write the word for each definition.**

1. The eggs of a large fish, eaten as a food and usually very expensive

2. A mixture of meat or spices that has a special taste by hanging it over burning wood

3. A cold mixture of vegetables that have not been cooked, usually eaten with meat, cheese, etc

4. A soft, pale yellow food made from cream that you put on bread and use in cooking

5. Meat from a pig's back or upper leg

6. A breakfast food of small, dry pieces of crushed corn, often served with milk and sugar

7. A food made with eggs that have been mixed and fried, often with other foods added

8. Cream made sour by adding special bacteria

9. A mixture of meat and spices pressed into a long tube

10. A mixture of meat and spices cooked in a boiling water

Desserts (definitions)  
**Write the word for each definition.**

1. A sweet food made from flour, butter, sugar, and eggs mixed together and baked

2. A sweet, cold Italian dish, consisting of soft cheese, cake, coffee, and sometimes alcohol

3. A sweet cake made with soft, white cheese on a biscuit base

4. A small piece of sweet food made from sugar, chocolate, etc

5. In the US, a soft, sweet food made from milk, sugar, eggs, and sometimes flour

6. A sweet food made from frozen milk or cream and sugar

Reading.

Food  
**Read the text "Food". Marion shares he thoughts about food.**

I was browsing through a bookshop today and I picked up a book on food, which is quite usual for me cause I love food, em, but this book was a bit different, em, it tried to make the connection between the kind of food you eat and how it makes you feel so, for example, sometimes if I'm, if I'm a bit sad, we’ll say, I think to myself, oh, I’d love some chocolate and that will make me feel better, and sometimes it does, or it feels like it does anyway. I’m not sure if that really works, but the author of this book seemed to think that there’s a definite link between, what you, you know, what you eat and how you feel, or how it makes you feel. She talks about things like, em, yeah, things like chocolate and other sweet things. She says that it releases endorphins, so that, you know endorphins are chemicals, they kind of, they make you feel good, I think is the idea. They help you deal with stress as well as she says, so yeah, that seems to, that seems to work, I think. One of my friends told me recently that when she feels a bit, a bit sluggish as if she doesn’t have much energy, she’ll go to a restaurant or go home and cook some meat cause she feels that that gives her, gives her energy, so I was interested to read today that this author, she mentions how sometimes the body will feel a need to, I don’t know, to be more sharp, or to have energy and that sometimes that means that you need protein and protein obviously would comes from meat. It seems to work for my friend anyway, but I haven’t tried it myself anyway.

**Write 3 words into each gap.**

1. She says that it releases endorphins, so that, you know   , they kind of, they make you feel good, I think is the idea.

2. She’ll go to a   home and cook some meat cause she feels that that gives her, gives her energy, so I was interested to read today that this author.

3. It seems to work for   , but I haven’t tried it myself anyway.

4. I was browsing through a bookshop today and I picked up a   , which is quite usual for me cause I love food, em, but this book was a bit different, em, it tried to make the connection between the kind of food you eat and how it makes you feel so.

Начало формы

5. It seems   my friend anyway, but I haven’t tried it myself anyway.

6. I’m not sure if that really works, but the author of this book seemed to think that there’s a definite link between, what you, you know, what you eat and   , or how it makes you feel.

7. She mentions how sometimes the body will feel a need to, I don’t know, to be more sharp, or to   that sometimes that means that you need protein and protein obviously would comes from meat.

8. It seems to work for my friend anyway, but I haven’t tried   .

9. She says that it   , so that, you know endorphins are chemicals, they kind of, they make you feel good, I think is the idea.

10. She’ll go to a restaurant or go home and cook   she feels that that gives her, gives her energy, so I was interested to read today that this author.

Mushrooms

**Read the text "Mushrooms". Marion talks about a story she read about mushrooms.**

One of my friends told me she read a story in the paper today about a man who died from eating mushrooms, which I thought was quite strange because this old man lived in the mountains I think, or lived in a country area where he would have eaten mushrooms almost every day, I think, or while they were in season at least, so it made me think of when I was younger and I used to go out picking mushrooms with my granddad, so sometimes, around now, around autumn time, when it had been a very, very wet night, maybe especially that would be good for finding mushrooms the next day, so we'd go out maybe, maybe three or four of us, my brother and I, and my granddad, sometimes other members of the family would come to or other children who are around to play, and we go picking mushrooms, but I don't think I ever, well, I suppose I did pick up mushrooms, but most of them, most of them were the same type so we didn't have to worry to much about poisonous mushrooms where we were cause I think there mostly they were, they were OK, but my granddad would have told us anyway which ones we could pick and which ones we couldn't, so it seems strange to me that a man who, who you know would have been really familiar with these mushrooms would actually die from it, but I haven't read the whole story, so I'm not really sure what happened but my friend seems to think that he ate these mushrooms a lot and then it was just a gradual build up of the poison in his system, which is kind of an awful way to die really, especially when you are, when you live that close to nature and you're eating all the food that nature offers you, that nature always offered us.

It does seem a bit unfair really, but yeah, there are lots of foods I suppose that can do you more harm in the long run, but in Ireland as well, my mother was really surprised that I started eating raw mushrooms, so while I was in Australia we used to have raw mushrooms and sandwiches, which I never had before, but I thought was quite tasty, so when I went home I'd made some sandwiches with raw mushrooms but my mother was really surprised and was wondering what the hell I was doing eating raw mushrooms because we never ate them, unless they were cooked so I suppose that was one way as well as insuring that they were safe to eat, that maybe well my mother seemed to think anyway that raw mushrooms were, would be quite dangerous, also one of my colleagues this morning asked me if I'd ever eaten a pine mushroom, so I'd never heard of before but, he was telling me that, that they're a delicacy here in Japan and that I should really try one, even though they are very expensive, he said between 3 and 5 thousand yen, I think they cost, so I'm not really sure, what the taste is but maybe they're something like I don't know. I think, he said something like that there was a really strong smell, so maybe a similar smell to truffles in France or Italy maybe. I'm not so sure, but sounds interesting anyway.

**Write 4 words into each gap.**

1. Maybe especially that would be good for finding mushrooms the next day, so we'd go out maybe, maybe three or four of us, my brother and I, and my granddad, sometimes other members of the family would come to or other children who are around to play, and   .

2. I was in Australia we used to have raw mushrooms and sandwiches, which I never had before, but I   .

3. I think, he said something like that there was   , so maybe a similar smell to truffles in France or Italy maybe. I'm not to sure, but sounds interesting anyway.

4. One of my friends told me she read a story in the paper today about a man who died from eating mushrooms, which I thought was quite strange because this old man lived in the mountains I think, or lived in a country area where he would   every day.

5. I was in Australia we used   and sandwiches, which I never had before, but I thought was quite tasty.

6. I think, he said something like that there was a really strong smell, so maybe a similar smell to truffles in France or Italy maybe. I'm not so sure,   .

Soup for supper

**Read the text "Soup for Supper". Sarah talks with Todd about how she loves making soup and the what she does with the extras.**

Todd: Okay. So Sarah, I see you eat soup every day at work. Why are you eating soup every day?

Sarah: That’s because I love to cook soup.

Todd: So you make the soup?

Sarah: Yes, it’s very easy to make.

Todd: So you cook it and then you just bring it to work everyday?

Sarah: Yeah. I just make a lot on Monday and then I bring it to work everyday of the week.

Todd: Oh nice. So how do you make the soup? What’s your secret?

Sarah: Well, I like to cook very easy. So I buy meat that’s already cut up, usually, chicken and then some rice, usually brown rice and then I buy some vegetables. So after I bought the ingredients, I chop them up and I put them all together in water until boils and add some seasoning.

Todd: Okay. So you say the water boils, so as soon as the water boils that’s when you put in all the ingredients?

Sarah: Yes, that’s right.

Todd: So you don’t put in the ingredients before the water boils.

Sarah: No. I guess, it’s just easier for the water to be hot because then the vegetables and the meat cook a little faster.

Todd: So how do you give the soup flavoring?

Sarah: I usually add salt and pepper, maybe some garlic. And depending on the type of soup, either maybe some soy sauce or lemon juice.

Todd: Okay. Do you put in the flavoring after you put in the ingredients or before you put in the ingredients?

Sarah: Maybe after but usually, right about all at the same time.

Todd: Okay.

Sarah: So I just put everything in at one time.

Todd: And then after you cook the soup, do you put the soup in the refrigerator? Do you let it sit outside?

Sarah: I usually eat some right then, and I also put it in containers for the week. But I let it sit in the containers out on the counter for a while for it to cool before I put in the refrigerator.

Todd: All right. And so, you don’t put it in the refrigerator until it is cool?

Sarah: Until it’s about room temperature.

Todd: Okay, nice. And then how do you heat it up? Do you heat it up in a pot or do you heat it up in the microwave?

Sarah: In the microwave. It’s the easiest.

Todd: Yeah. Nice. So you make enough for five meals?

Sarah: Maybe, sometimes. If I think I will get tired of eating it during the week then maybe I’ll just make enough for three or four meals. But if it’s some kind that I think is really delicious and I know I want to eat it everyday, then I’ll make a lot.

Todd: Well, if that happens, when you make the soup, you can make it for six or seven and give me a bowl.

Sarah: Okay. I’ll do that next time.

Todd: Oh great. Thanks.

**Write only *one word* into each gap.**

1. Todd: So you \_\_\_\_\_\_ it and then you just bring it to work everyday?

2. Sarah: No. I guess, it’s just easier for the water to be \_\_\_\_\_ because then the vegetables and the meat cook a little faster.

3. Sarah: I usually eat some right then, and I also put it in containers for the week. But I let it sit in the containers out on the counter for a while for it to cool before I put in the \_\_\_\_\_\_\_\_ .

4. Sarah: Well, I like to cook very easy. So I buy meat that’s already cut up, usually, chicken and then some rice, usually brown rice and then I buy some \_\_\_\_\_\_\_ .

5. Sarah: Maybe, sometimes. If I think I will get tired of \_\_\_\_\_\_ it during the week then maybe I’ll just make enough for three or four meals.

Supper in Sri Lanka

**Read the text "Supper in Sri Lanka". Danu talks about about the foods people eat for breakfast, lunch and dinner in his country.**

Waduri: Okay, Danu. Now, let's talk about what do you have in Sri Lanka for breakfast, lunch and dinner.

Danu: Sure Widuri. So in Sri Lanka, I will talk about my breakfast first.

Waduri: Okay. Breakfast.

Danu: So in Sri Lanka, there are different kinds of breakfast menus for Sri Lankans. For example, we eat so much grains, nuts, and we eat rice as well. But for rice, the special thing in Sri Lanka is we cook milk rice.

Waduri: Milk rice.

Danu: Do you know how do we cook milk rice?

Waduri: No, but it sounds interesting.

Danu: Yes. We put coconut oil and coconut milk in the cooked rice and we make it milk rice. And we eat that milk rice with a special paste of chilies and dried fish. It's really delicious and really healthy.

And apart from that, we have fruits and salads as well. For example, Sri Lanka is a tropical country and we have many kinds of different fruits all around the area. So for example, oranges, star fruits, mangosteen, bananas, are the most popular fruits for breakfast menu.

Waduri: Oh, interesting. So that chili paste, it means spicy? That milk rice will be spicy?

Danu: Yes, because of the coconut milk, it's a bit sweet but at the same time because of the chili paste, it's hot.

Waduri: Wow.

Danu: So you can adjust your spiciness as you wish.

Waduri: Oh so, you eat spicy food in the morning. Then what about lunch?

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Danu: Oh for the lunch, it's usually everybody eats rice and curry. But in Sri Lanka, rice and curry doesn't mean just rice and one dish of curry. We usually make three to four dishes. And it might be fish curry, some vegetables, and another vegetable salad. For example, the other vegetable curry might be cabbage while the salad might be some homegrown leaves. Very healthy food.

Waduri: Wow. Another healthy food. So you have salad for both breakfast and lunch.

Danu: Yes, it depends. So you can – some people have both for breakfast and lunch. But usually, it's for lunch, we have a salad of leaves.

Waduri: Is that what you always have at your school and home?

Danu: Usually, my mom makes my food for me to take to school. So my parents, they don't like – they don't want me to eat from outside because it's healthier to eat home. So my mom makes sure that I take proper food to school. So basically, yes, I eat my home made food.

Waduri: So she makes sure you eat your salad, right?

Danu: Yes. She makes sure I eat my salad.

Waduri: Nice. Then what about dinner?

Danu: For dinner. For dinner, it's a very simple dish. In Sri Lanka, in our culture, we say that you should eat like a king for breakfast. Eat like a prince for the lunch. And eat like a beggar for the dinner. That's because of the healthy lifestyle we follow. So for dinner, it might be a simple dish like bread and some gravy or another dish called pittu.

Waduri: Pittu?

Danu: Yes.

Waduri: What is that?

Danu: Pittu is made with grounded coconuts and flour. You mix it. And you boil it. You steam it. Steam-boil it. So it becomes a very simple food, and you put some coconut milk on it, and you'll eat it.

Waduri: Is it sweet?

Danu: You can make it sweet and you can make it hot depending on what ingredients do you use. So in Sri Lanka, we use lots of different spices, so depending on what spices you use, you can change the flavor as well.

Waduri: Wow. Interesting. It seems like you have a lot spices in Sri Lanka. And then what about snack time. Do you have snack time?

Danu: Yes, definitely. We have a snack time in the evening. For example, from 4:00 to 6:00 PM, we usually have tea.

Waduri: Tea?

Danu: Milk tea with some cookies.

Waduri: Oh nice.

Danu: That's like family tea time. So we sit together. We have some cookies, maybe some bananas, and we drink milk tea. Have you tried Sri Lanka's tea?

Waduri: I think I remember—what is it again? Ceylon tea.

Danu: Yes, it is Ceylon tea.

Waduri: Ceylon tea.

Danu: Ceylon tea.

Waduri: Ceylon tea.

Danu: Yes.

Waduri: So you mix the milk with that Ceylon tea.

Danu: That's right. We mix the milk with Ceylon tea.

Waduri: Interesting. I want to try it.

Danu: You should try it. It's very delicious.

Waduri: Okay. Thank you, Danu.

Danu: Thank you, Waduri.

**Write true or false:**

1. Danu eats home made food.

2. Danu says that Pittu is made with meat.

3. Danu mixes milk with coffee.

4. In Sri Lanka they cook milk rice.

5. Danu has a snack time.

6. Danu says that they have only one kind of breakfast.

Конец формы

Конец формы