

Food

Discuss:

What was your favourite food as a child?

What is your favourite food now?

Where do you go shopping for food?

Which foods do you buy?



peel

chop

grate

slice

fry

beat

blend



grill

boil

bake

roast

stir

mash

Name: _____

Date: _____

Write the actions under the pictures.

			
_____	_____	_____	_____
			
_____	_____	_____	_____
			
_____	_____	_____	_____

Answer key

Write the actions under the pictures.

			
stir	chop	boil	peel
			
roast	grate	fry	mash
			
beat	slice	bake	grill

litre	L
pint	pt
millilitre	ml
kilogram	kg
pound	lb
ounce	oz
gram	g
teaspoon	tsp
tablespoon	tbsp

Spicy Lentil Soup



Name:

Date:

Spicy Lentil Soup

Ingredients

1 onion
1 garlic clove
2 celery stalks
2 carrots
1 tsp ground cumin
2 tsps fresh thyme
175 g (6 oz) dried red lentils
1.2 L (2 pts) water
1 x 400 g can chopped tomatoes
salt and pepper

Match the ingredients to the items in the picture.



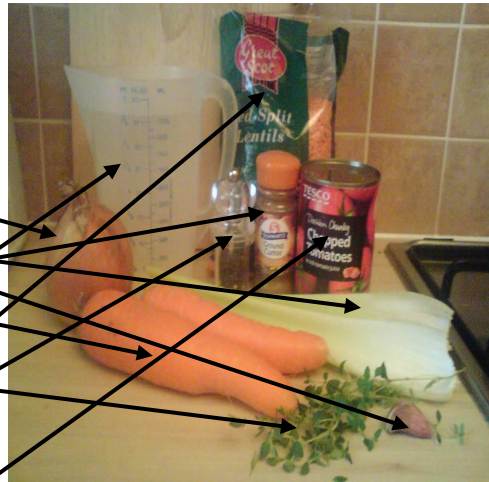
Answer key

Date:

Spicy Lentil Soup

Ingredients

- 1 onion
- 1 garlic clove
- 2 celery stalks
- 2 carrots
- 1 tsp ground cumin
- 2 tsps fresh thyme
- 175 g (6 oz) dried red lentils
- 1.2 L (2 pts) water
- 1 x 400 g can chopped tomatoes
- salt and pepper



tsp = teaspoon



Match the ingredients to the items in the picture.

Put the instructions in order and match them to the pictures

Chop the onion, garlic, carrots and
celery.

Fry the onion in a
non-stick pan.

Add all the ingredients and stir.

Boil the soup and
turn down the heat.

Cover and simmer for 25 minutes.

Blend the soup.

Serve with crusty bread.

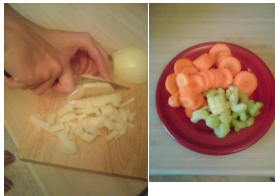


Name:

Date:

Read the instructions and number the pictures.

- 1 Chop the onion, garlic, carrots and celery.
- 2 Dry-fry the onion in a large non-stick pan.
- 3 Add all the ingredients and stir.
- 4 When the soup begins to boil turn down the heat.
- 5 Cover and simmer for 25 minutes.
- 6 Blend the soup.
- 7 Serve with crusty bread.



Answer key

Read the instructions and number the pictures.

- 1 Chop the onion, garlic, carrots and celery.
- 2 Dry-fry the onion in a large non-stick pan.
- 3 Add all the ingredients and stir.
- 4 When the soup begins to boil turn down the heat.
- 5 Cover and simmer for 25 minutes.
- 6 Blend the soup.
- 7 Serve with crusty bread.



3



7



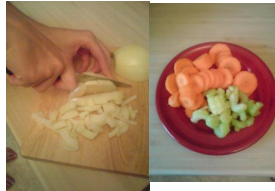
2



4



6



1

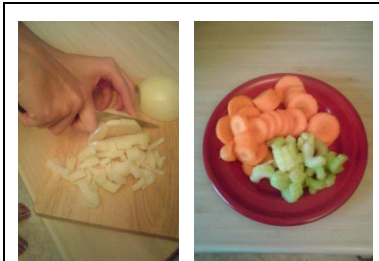
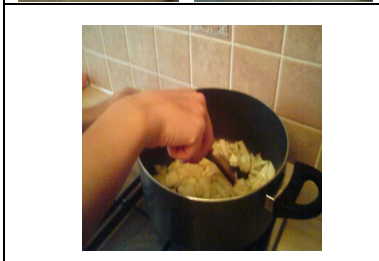




5

Name:

Date:

Write the instructions next to the pictures.

	<hr/> <hr/>
	<hr/> <hr/>
	<hr/> <hr/>
	<hr/> <hr/>

Name:




Date:

Write the instructions next to the pictures.

	<hr/> <hr/> <hr/>
	<hr/> <hr/> <hr/>
	<hr/> <hr/> <hr/>




Answer key

Write the instructions next to the pictures.

	<p>Chop the onion, garlic, carrots and celery.</p>
	<p>Dry-fry the onion in a large non-stick pan.</p>
	<p>Add all the ingredients and stir.</p>
	<p>When the soup begins to boil turn down the heat.</p>

Answer key

Write the instructions next to the pictures.

	<p>Cover and simmer for 25 minutes.</p>
	<p>Blend the soup.</p>
	<p>Serve with crusty bread.</p>

Now think of a healthy dish and write the name and its ingredients below

Name:	Date:
--------------	--------------

Name of dish: _____

Ingredients

Match the ingredients to the items in the picture.

--

Name:

Date:

Draw a picture of the procedure and write the instructions next to the pictures.

	<hr/> <hr/>
	<hr/> <hr/>
	<hr/> <hr/>
	<hr/> <hr/>

Name:

Date:

Write the instructions next to the pictures.

	<hr/> <hr/>
	<hr/> <hr/>
	<hr/> <hr/>

