

Preparing food

Before watching

- 1 Try and complete the tasks in the Three-Minute Cooking Challenge.

THE THREE-MINUTE COOKING CHALLENGE

- Complete the cooking verbs.
a) c__ (up) b) ch__ (up) c) f__ d) h__ (up)
- Complete the things you use to prepare food.
a) k____ b) f____ c) s____ d) b____
- Complete two typical ingredients in a salad. Then add two more.
a) t____ b) l____ c) _____ d) _____
- Complete four types of meat and fish.
a) c____ b) l____ c) t____ d) s____
- Complete the three typical courses of a meal.
a) s____ b) m____ c) _____ d) _____

While watching

- 2a 22 You're going to watch a video called *Superchef competition*. Look at the photos and the words in the box. What do you think you'll see in the video? Write a short description.



Georgia/Jasmine



Harry/Ben

chef • competition • judge • time limit • winner

Watch the video and see if your predictions were correct. What three things are the judges evaluating?

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- 2b 22 Watch again. Make a note of the dishes the two chefs are preparing and of the ingredients in each one.

Jasmine	Dishes	Ingredients

Ben	Dishes	Ingredients

VIDEO SKILLS: Understanding talk about risks

Talking about risks:

Remember that ... It's impossible to ... properly.
What if ...? Someone could ... There could be ...

Taking action to prevent risks:

Remember to ... It's important to ... You need to ...
Make sure you always ...

- 3a 22 VIDEO SKILLS Read the video skills box. Try and remember the problems the chefs have. Write them down using the words in the box to help you. Then watch again and check your answers.

apron • bacteria • food poisoning • hair •
jewellery • slippery

Jasmine

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-
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Ben

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-

- 3b Who do you think will win the competition? Why?

After watching

- 4a Think about how food is prepared in your house. Are you careful to avoid the safety and hygiene mistakes that Jasmine and Ben make? What could you do to make your cooking safe and hygienic?

- 4b SKILLS 4 LIFE Start a class cookbook with a general introduction on hygiene in the kitchen. Follow these steps.

- Do some research online about hygiene issues in the kitchen. Then write a list of kitchen hygiene tips – yours and the ones in the video.
- Write down how to prepare a simple meal that you can make, or get someone at home to teach you to make one. Make a list of the ingredients and write instructions for how to make it.
- Take your hygiene tips and recipe to class. Add other students' tips to your hygiene tips, and then ask your teacher for a folder. Put the tips, your recipe and other students' recipes in the folder so that everyone can read and learn from them.

REFLECT ON IT



Cooking programmes are very popular on TV these days. Why do you think that is? Do they help us to cook more dishes and to cook better, or are they just for entertainment?