

# Home Tutor Scheme

## Lesson Plan

### Topic: COOKING



everyone's family

INTRODUCTION	1. Warm up questions 2. Vocabulary + activity
COMPREHENSION	1. Cooking desserts
GRAMMAR	1. Adjectives 2. Present Simple Negative

### Warm up questions

#### *Beginners:*

What food do you like to eat?

Do you enjoy cooking? Why or why not?

Who does the cooking in your house? What is their best dish?

What is your main meal of the day?

What do you usually eat for your main meal?

What do you usually drink with your main meal?

#### *Intermediate - Advanced*

What types of fruit and vegetables do you like to eat? Which are your favourite?

Which don't you like?

Are you a good cook? What is your specialty?

How does food in Australia differ from what you ate in your country of birth?

Do you eat at set times? What times do you normally eat?

Do you like foods from other countries? If so, which is your favourite?

Do you usually cook to a recipe? What kinds of recipe books do you have?

How different are Australian kitchens from those in your country of origin? Which do you prefer?

What is the difference between baking, boiling, steaming and frying?

What is something you might cook using each of these methods?

### Vocabulary

Breakfast	Main course	Frying	Afternoon tea
Delicious	Lunch	Menu	Recipe
Supper	Utensils	Dinner	Baking
Specialty	Chef	Crockery	Dessert
Boiling	Delicacy	Bakery	Entree
Steaming	Morning tea	Butcher	Cutlery
Ingredients			

Activity: Breakfast

What do you eat for breakfast?

Many Australians eat the following breakfast foods and the following are commonly available in cafes at breakfast time:

Additional vocabulary:

**Food:** peanut butter, bacon, eggs, tea, vegemite, sausages, coffee, toast, bread, fruit, milk, butter, margarine, cereal, baked beans, muffins, orange juice, omelet, eggs, yoghurt

**Taste:** salty, sweet, sour, sugary, bitter, spicy

**Texture:** soft, hard, rough, chewy

Complete the table:

<b>Food</b>	<b>Taste</b>	<b>Texture</b>
<i>eg. banana</i>	<i>sweet</i>	<i>Soft</i>

**Reading Comprehension:**

Australia's favourite dessert – Pavlova

In 1935, the chef of the Hotel Esplanade in Perth, Western Australia, Herbert Sachse, created the pavlova to celebrate the visit of the great Russian ballerina, Anna Pavlova. Ever since, pavlova has become recognized as a popular Australian dessert.

Pavlova is crispy on the outside but light and fluffy inside. Many Australian families have their own pavlova recipe. Pavlova can be difficult to cook as the meringue needs a short period of high heat to set and crisp the exterior and then a long period of cooling heat to set but not dry out the marshmallowy interior. Experiment with your own oven. If syrup droplets form on the surface of the meringue, you'll know you've overcooked it, liquid oozing from the meringue is a sign of undercooking.

Pavlova is made by beating egg whites (and sometimes salt) to a very stiff consistency before folding in caster sugar, white vinegar, corn flour plus vanilla, and slow-baking the mixture to create the meringue. This makes the outside of the pavlova a crisp crunchy shell, while the interior remains soft and moist. Pavlova is traditionally decorated with topping of whipped cream and fresh fruit of sweet flavours, such as strawberries, kiwifruit, passionfruit, banana or berries.

Factory-made pavlovas can be purchased at supermarkets and decorated as desired. A commercial product is available that includes pre-mixed ingredients for baking the meringue shell, requiring only the addition of water and sugar. Leftover decorated pavlova can be refrigerated overnight, but the dessert will absorb moisture from the air and lose its crispness. Undecorated pavlova can safely be left overnight in the oven in which it was baked, to be decorated in the morning.

## Comprehension Questions:

*Beginners:*

a. (True/ False)

	<i>True</i>	<i>False</i>
1. Pavlova is a dessert named after a famous dancer	<input type="checkbox"/>	<input type="checkbox"/>
2. Pavlova is an Australian dessert	<input type="checkbox"/>	<input type="checkbox"/>
3. Pavlova is soft on the outside	<input type="checkbox"/>	<input type="checkbox"/>
4. Pavlova is an easy dessert to make	<input type="checkbox"/>	<input type="checkbox"/>
5. Pavlova is usually decorated	<input type="checkbox"/>	<input type="checkbox"/>

b. *Fill in the blanks*

Pavlova can be \_\_\_\_\_ to cook as the meringue needs a short period of high heat to set and crisp the exterior and then a long period of cooling heat to set but not dry out the marshmallowy interior. \_\_\_\_\_ with your own oven.

Pavlova is traditionally \_\_\_\_\_ with topping of whipped cream and fresh fruit of sweet flavours, such as strawberries, kiwifruit, passionfruit, banana or berries.

Factory-made pavlovas can be purchased at \_\_\_\_\_ and decorated as desired.

*Intermediate/ Advanced*

1. Do you have a traditional dessert that is famous in your culture? How often do you eat it?
2. Is it easy to make or does it require lots of attempts to perfect it? What is the recipe?
3. Have you ever tasted a pavlova?
4. Have you ever tried to make a pavlova?
5. Where did the pavlova originate?
6. Give examples of ways in which a pavlova may be decorated. What decorations are your favourite? Have you tried different combinations?
7. Are there different ways of making a pavlova?
8. Do you have all the ingredients necessary to make a pavlova? If not can you write a shopping list for the items missing?

## Grammar

*Adjectives* – describing words. Ask your student to give examples of foods they like and dislike by describing them with an adjective

*Present Simple Negative* : The present simple negative is don't/ doesn't + verb  
eg. She doesn't drink tea; He doesn't like his shirt

Negative

I We You They	Do not (don't)	Eat Like Have Cook
He She It	Does not (doesn't)	Drink Like Have

Examples:

- "I drink orange juice but I don't drink coke";
- "Susan drinks coffee but she doesn't drink tea"
- "I don't cook eggs regularly";
- "We don't have afternoon tea very often"
- "It is usually warm in summer. It doesn't rain very often";
- "Tim and Donna don't know many recipes"

Activities:

a. *Write the negative*

eg. *I cook pavlova very well. → I don't cook pavlova very well.*

1. Jane cooks chicken curry very well

.....

2. They know where to find all the ingredients

.....

3. He has breakfast everyday.....

4. You have the same meals every day.....

b. *Write about yourself using I never....or I often.... or I don't....very often*

eg. *(eat desserts) → I don't eat desserts very often*

1. Go out for dinner.....

2. Eat in restaurants.....

3. Have take away.....

4. Use recipes.....

c. *Complete the sentences. All of them are negative. Use don't/ doesn't + one of these verbs (drink, eat, cook, read, write, use)*

eg. *I watch cooking shows all the time but sometimes don't write down the recipes*

1. Katy has lots of recipe books but she.....them very often.

2. Paul is a great chef but he .....at home very often.

3. Carolina remembers a lot of great recipes but she .....them down.

4. Anna makes afternoon tea for her children every day but they .....all of it.

Further conversation questions:

Get a world map or globe and discuss different regions of the world. Ask your student if they know what foods are commonly eaten in these countries for breakfast/lunch/dinner.