

COOKING: PRESENT CONTINUOUS

1 WARM UP

Match the words to the pictures and then answer the questions.

dessert	main course	starter
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a. **Starter**

b. **Main Course**

c. **Dessert**

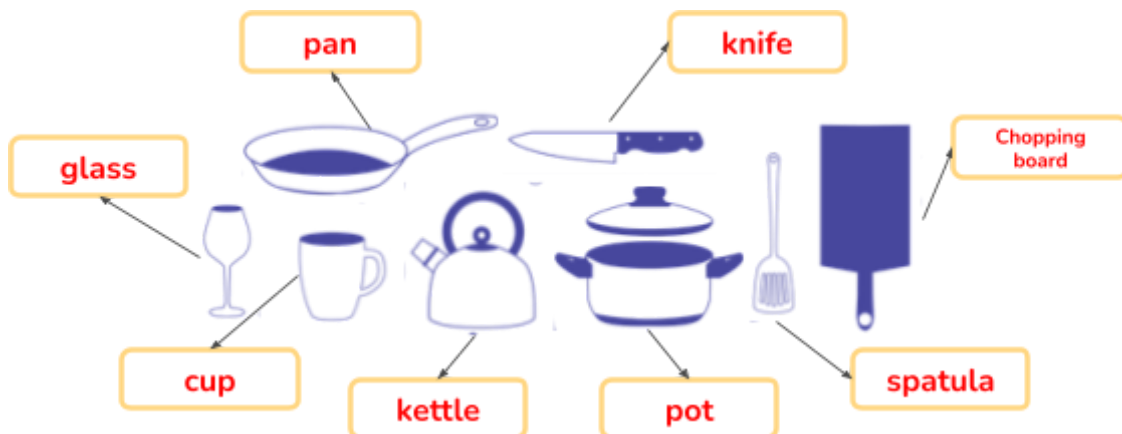
1. Which one is sweet?
2. Which one contains meat?
3. Which one is your favourite?



2 VOCABULARY: COOKING UTENSILS

Label all the items in the picture below, using the words from the box.

pan	glass	cup	knife	kettle	chopping board	pot	spatula
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3 COOKING VERBS

Match the verbs to the pictures and then complete the exercises.

fry	bake	boil	whisk
mix	pour	grill	chop



1. **boil**



2. **bake**



3. **fry**



4. **Pour**



5. **whisk**



6. **chop**



7. **grill**



8. **mix**

Task 1: Read the sentences and complete the missing part of the word.

1. They are boiling vegetables in a pot.
2. She is baking cookies.
3. He is frying steak in a pan.
4. He is pouring coffee into a cup.
5. She is whisking the cake batter.
6. She is chopping vegetables.
7. He is grilling vegetables.
8. She is mixing the ingredients.



Task 2: Decide which tense is being used and say why do we use it?

Task 3: Answer the questions.

1. Do you think it is healthier to boil or fry vegetables?
2. In your country - is it popular to grill meat and have a BBQ?
3. Do you think that baking is difficult?

4 PRESENT CONTINUOUS

Read the theory about the present continuous tense and then complete the exercises.

Structure: to be + present participle*

Use: We use the Present Continuous Tense to show an action is happening right now.

Time Words: Now, At the moment

Examples		eating sleeping reading walking
I	Am	
He, She, It	Is	
You, We, They	Are	

*Word that ends in -ing

Exercise 1: Complete the sentences with the word in brackets.

1. He (sleep) **is sleeping** in his bed at the moment.
2. She (watch) **is watching** TV in the living room.
3. The kids (play) **are playing** in the garden.
4. The dog (eat) **is eating** its food.
5. The bird (fly) **is flying** in the sky.
6. They (drive) **are driving** to the ocean.
7. We (read) **are reading** the same book.
8. You (walk) **are walking** to the supermarket now.



Exercise 2: Look at the picture and make sentences using the present continuous tense.



The bird is flying in the sky.

The mother is reading to her daughter. Etc.

Exercise 3: Correct the mistakes in the paragraph.

I love baking! Let me explain how I make my favourite chocolate cake. First, I **am** mixing the cake ingredients. I need eggs, flour, milk, butter and cocoa powder to make this cake. Now, I am whisk**ing** all the ingredients together. The batter needs to be smooth with no bubbles. At the moment, I **am** pouring the batter into a cake tin. The oven needs to be heated at 180°C. Now, I ~~is~~ **am** bak**ing** the cake in the oven. It needs to bake for 30 minutes. Now for my favourite part - I ~~are~~ **am** eating the delicious chocolate cake!

5 READING AND COMPREHENSION

Task 1: Read the recipes and complete the tasks.

Recipe 1: Pomodoro Pasta

In this recipe, you are going to learn to make Pomodoro pasta. It is a vegetarian dish as it contains no meat. Pomodoro is a tomato based sauce for pasta, usually served with spaghetti.

1. **Chop** 10 large **tomatoes** on a **chopping board** into small cubes and set aside. Then, chop 2 large **onions** and set aside.
2. Take a large **pan** and **add** olive oil over medium heat. **Fry** the onion until soft. Then, add 1 teaspoon of crushed **garlic**. Fry the garlic for 2 minutes using a **spatula**.
3. Add the chopped tomatoes and 1 cup of water. Bring sauce to the boil and stir regularly.
4. Fill a large **pot** with water and **boil** over high heat. When the water is boiling, add 2 teaspoons of salt.
5. Add **pasta** to the boiled water and **cook** until ready.
6. Serve the cooked pasta with the sauce. Add basil leaves for garnishing.





Recipe 2: Cinnamon Pancakes

This recipe for sweet, cinnamon pancakes is great for a rainy day! The recipe is very easy and quick - we are sure that everyone in the family will love it!

1. **Mix** 1 cup of **flour**, 1 cup of **milk** and $\frac{1}{2}$ cup sunflower **oil** in a bowl.
2. **Crack** two **eggs** in a bowl and whisk. Add 1 teaspoon of vanilla essence and mix well. Add this mixture to the flour mixture and **whisk** until smooth with no bubbles.
3. Let the mixture rest in a cool place for 30 minutes.
4. Heat a frying pan and add 1 teaspoon of sunflower oil.
5. **Pour** $\frac{1}{4}$ cup of the mixture into the pan so that it covers the whole pan.
6. Fry the pancake for 1 minute and flip over. Fry the pancake for another 1 minute.
7. Put the pancake on a **plate** and **sprinkle** it with cinnamon **sugar**.
8. Repeat until the mixture is finished.
9. **Serve** the pancakes with a slice of **lemon** and a **cup** of tea.

Task 2: Add the words in bold to the correct category.

Verbs	Cooking Utensils	Ingredients
chop, add, fry, boil, cook, mix, crack, whisk, pour, sprinkle, serve.	chopping board, pan, spatula, pot, plate, cup.	tomatoes, garlic, pasta, flour, milk, oil, eggs, sugar, lemon.

Task 3: Use the verb to write sentences with the present continuous tense.

Task 4: Use the verbs, cooking utensils and ingredients to come up with a recipe. Tell the class how to make the dish. Give step by step instructions.

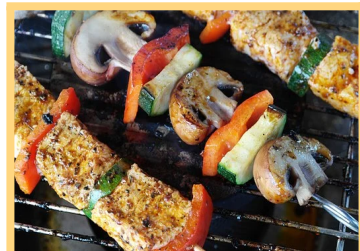
6 SPEAKING ACTIVITY

Look at the pictures below and describe each step of the cooking process. Use the vocabulary from the lesson in your answers. The first step is done as an example.

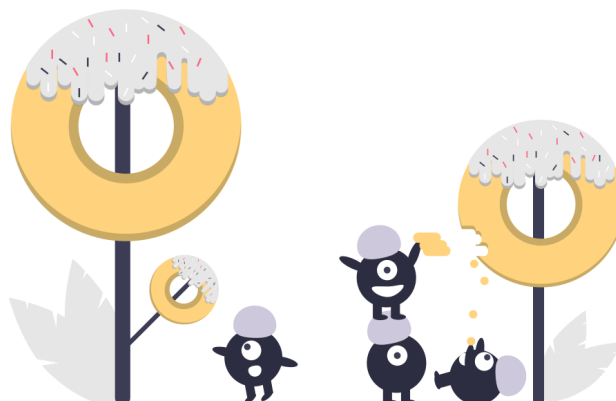


1. She is mixing all the ingredients together. She is using flour, butter, eggs and cocoa powder to bake this chocolate cake!

2. _____
3. _____
4. _____



1. _____
2. _____
3. _____





1. _____
2. _____
3. _____

7 DEBATE

Look at the benefits of cooking in the box and discuss each one. Tell the class if you agree / disagree with the statement and explain your answer.

cooking is healthier than eating out
cooking is relaxing

cooking is cheaper than eating out
cooking is a fun social activity with friends

8 DISCUSSION QUESTIONS

Discuss the following questions as a class.

1. Do you like to cook or bake?
2. Do you ever watch cooking shows on TV?
3. Describe how to make a cup of tea.
4. How often do you use the microwave oven?
5. What do you usually cook for dinner during the week?
6. Who is the best cook in your family?
7. What are you planning to eat tomorrow for each meal?
8. Can anyone learn to be a professional chef or is it a natural talent?
9. What is your favourite meal to cook?
10. Would you like to be a chef in the future? Explain.



HOMework

1 SPELLING

Task 1: Read the theory about spelling and then complete the tasks.

Spelling Rules: Words with one syllable		
Words that end in -e → take away the -e and add -ing		
bake → baking	drive → driving	wake → waking
Words that end in a vowel + a consonant → double the consonant + -ing		
swim → swimming	get → getting	run → running
Words that end in a consonant + a consonant → do NOT double the letter + -ing		
help → helping	work → working	spell → spelling
Words that end in two vowels + a consonant → do NOT double the letter + -ing		
look → looking	cook → cooking	speak → speaking
Words that end in -w, -x, -y → do NOT double the letter + -ing		
snow → snowing	mix → mixing	play → playing

Task 2: Write the present participles (-ing form of the word) for the verbs.

Word	Present Participle	Word	Present Participle
begin	beginning	win	winning
fry	frying	have	having
buy	buying	plan	planning
fix	fixing	talk	talking
meet	meeting	pay	paying
swim	swimming	stop	stopping



