

DAILY SYLLABUS:

- **Day 5. Let's start writing recipes** (empezamos a escribir recetas). Leemos una ficha de explicación sobre las partes que debe contener una receta. Esa ficha nos servirá como ejemplo para otros días cuando escribamos recetas más adelante.

COOKING TIME!

Are you a master chef? Do you want to be one? If you want to start on cooking, you must know about RECIPES!

A recipe is an instructional text which explains the process to cook a specific dish. Recipes have some common parts. They are:

- Name
- Ingredients
- Cooking time
- Directions (steps or method)
- Yield / serves (number of servings)
- Nutritional analysis (optional)

OVEN "FRIES" - Recipe Name _____

Cook Time: 20 Minutes - YIELD: 4 SERVINGS

INGREDIENTS

- 1 Large baking potatoes, cut into 1/4 inch-thick matchsticks
- 2 Tablespoons canola oil
- 1 Teaspoon of salt
- Cooking spray

DIRECTIONS

- Preheat the Oven to 450 degrees.
- In a large bowl, toss the potatoes with oil and 1/2 teaspoon salt.
- Coat a baking sheet with cooking spray and spread the potatoes in a single layer.
- Bake until golden and crisp, about 20 minutes
- Remove fries with a spatula and season with salt.

Per Serving: Calories: 280; Total Fat: 7 g; Sodium: 300 mg; Carbohydrate: 50 g; Fiber: 3 g; Protein: 6 g

Nutritional Analysis

Después, leemos el reading de **toasted tuna sandwich** y resolvemos las actividades que van a continuación de la lectura.

✓ Read an example of another recipe:


Toasted Tuna Sandwich

Ingredients

- 4 Slices of tuna
- 4 Tbsp. Mayonnaise
- 1 Tbsp. Minced Onion
- 2 Slices Whole Bread
- 4 Sliced Cucumbers
- 2 Sliced Tomatoes

Procedure



First, wash the tuna in the sink. Second, chop the celery into little pieces. Then, peel and chop the onion. Later, take a medium bowl and mix the tuna, celery, onion. Next, add some mayonnaise, lemon juice, salt and pepper to the mixture. After that, spread tuna mixture on a bread. Finally, top with remaining bread slices.



✓ Answer to the following questions:

1. Do you like the recipe? Why?
2. What parts are included?
3. What parts are missing?
4. What would you write in those parts? Write an example.

✓ OPTIONAL TASK: Prepare the recipe with the help of an adult! You invite to the rest of your family and change it according to your preferences! Enjoy! ☺


- **Day 6. My own recipe** (mi receta personal). En primer lugar, leemos un ejemplo de otra receta. De este modo nos vamos quedando mejor con las partes y los pasos a seguir de las recetas. Después escribimos una receta propia siguiendo los pasos trabajados.

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Cooking time: 20 mins
Yield: 2/3 servings

Creamy courgette & bacon pasta

Procedure/method



1. First, slice the courgette and the garlic.
2. Second, pre-heat the olive oil in a large frying pan and fry the bacon for 5-6 mins until starting to crisp.
3. Third, turn up the heat and add the grated courgette to the pan. Cook it for 6 mins or until soft and starting to brown then add the garlic and cook for a minute longer. Taste it with salt.
4. Then, boil the tagliatelle in a pot full of water for 10 mins or less. Drain the tagliatelle and put it into the frying pan with the bacon and courgette. Mix everything together and deglaze the pan.
5. Later, add the Parmesan cheese to the rest of the mixture.
6. Finally, season the pasta with salt and pepper and serve it into bowls with the remaining Parmesan cheese on.

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✓ Follow the previous model to write your own recipe.

Recipe for _____

NAME OF DISH _____


FROM THE CHEF:

SERVED: _____

PREP TIME: _____

INGREDIENTS:

STEPS:



- **Day 7. Orality** oralidad, realizamos las actividades propuestas en el segundo dinantia de oralidad.
- **Day 8. Cooking time!** (Hora de cocinar, taller de cocina). Taller de cocina. Proponemos realizar un taller de pancakes/crepes en inglés. Si no tenemos los ingredientes podemos realizar cualquier otra receta. Para ello, primero buscamos la receta en internet y la escribimos en la ficha propuesta (o en cualquier otra si no se dispone de impresora).

Os adjunto varias webs donde encontrar recetas de pancakes

NO SE TRATA DE COPIARLAS SINO DE COGER IDEAS.

<https://www.thespruceeats.com/kids-can-cook-pancakes-recipe-3542699>

<https://www.kidspot.com.au/kitchen/recipes/basic-pancakes-recipe/ss561z69>

<https://www.bbcgoodfood.com/howto/guide/pancake-recipes-kids>



Más tarde pasamos a realizarla como un taller. Podemos invitar al resto de la familia. También se puede realizar en otro momento o día según la organización familiar.