

FUMC ESL Low Intermediate Lesson

Look at the OPD page 76. The title of this page is “Food Preparation and Safety”. Students take turns reading the paragraphs below and answering the questions.

1-If you prepare food, you make it ready to eat. For example, this is how you prepare baked fish.

Wash the fish and pat it dry with paper towels. Season it with salt and pepper. Top it with bread crumbs mixed with olive oil and pistachio nuts. Place it on a pan coated with olive oil and put it in the oven. Bake the fish for 20 minutes at 400 degrees.

Question: Demonstrate the meaning of the underlined verbs. Do you eat fish? Tell how you prepare fish.

2-This page shows several ways to prepare food: fried, barbecued, grilled, broiled, boiled, roasted, stir-fried. You can also bake food in an oven.

Question: Explain how 1-6 in the OPD are prepared. What is your favorite way to prepare meat? What is your favorite kind of meat?

3-Read this conversation with a partner, then answer the questions:

Jan: I don't know how to use an oven. In Japan, my apartment did not have an oven. Can you help me learn how to cook in an oven.

Sam: Sure. The oven has two settings. You can bake or broil. On the bake setting, all the burners are on. On the broil setting, only the top burner is on. If you broil something, you should set your oven rack at the top of the oven. If you bake, you should set your oven rack in the middle.

Jan: What kind of foods can I broil?

Sam: You usually broil meat, either steaks or fish. When you set the oven on “broil”, the temperature will be 500 degrees. It will be very hot. Don't put any pan with plastic or wood handles in the oven.

Question: Do you use your oven to bake or broil food? The appliance with burners is called a cooktop. Do you have a gas or electric cooktop? Do you prefer to cook with gas or electricity? Do you use your oven or your cooktop more?

4-Look at the “Ways to Serve Eggs” at the bottom of page 76. Read the names of the different egg dishes. Tell how each one is made.

Question: Have you eaten eggs in all of these ways? How often do you eat eggs? How do you like your eggs prepared? Do your family like to eat eggs? In your country, do people eat eggs a lot?

5-In English, verbs can sometimes have noun or adjective forms. For example, refrigerate is a verb, and refrigerator is the noun form. Prepare is the verb and preparation is the noun form. Boil is a verb and boiled can be an adjective, as in “boiled eggs”. Scramble is a verb, but scrambled can be an adjective, as in “scrambled eggs”.

Separate is an adjective and a verb. The word is pronounced differently in each case. Listen to the teacher read these sentences. Notice the difference in pronunciation. Tell if separate is an adjective or verb.

1. Don't separate the twins. They are happy together.
2. I want a separate plate for my salad.
3. The children are in separate rooms.
4. Separate the egg white from the yolk.

NOTE: If a married couple are separated, they don't live together any more. They may still be legally married. If they are divorced, they are not legally married.

6-Several other vocabulary words on this page can be both nouns, adjective or verbs. Read these examples and decide if the underlined word is a noun, verb or adjective.

- A. Wash your hands before you eat. Put the dirty clothes in the wash. Is this dress washable?
- B. I like chilled soup. Chill the salad in the refrigerator for a few minutes. There is a chill in the air today. Fall is coming. I love chilly weather. Chill out! You're getting excited over nothing.
- C. The refrigerator is full of food. All the food must be refrigerated overnight. The food is shipped in refrigerated trucks to prevent it from spoiling.
- D. We roast the meat in the oven, then grill it. The roast beef is on the table. The students roasted a lamb to celebrate the holiday.
- E. We grilled the steaks on our outdoor grill. Put the steaks on the grill. I love grilled meat.

7-Read this conversation:

Dana: Come to my house tomorrow around 6 PM. I'm going to barbecue some ribs.

Jill: That would be great. I'll bring some boiled corn on the cob.

Dana: I love corn on the cob. That sounds wonderful. My husband will steam some broccoli from our garden.

Jill: Yum! I baked some cookies last night. I'll bring some for dessert.

Dana: We have a complete meal. I can't wait.

Question: Do you have friends over to eat? What do you like to cook for your friends?

8-Read these sayings and idioms and match them with their meaning.

Too many cooks spoil the broth.	You have to do unpleasant things to complete a job.
My goose is cooked.	Don't ruin something that brings you wealth.
This cake is made from scratch.	I'm in big trouble.
Don't put all your eggs in one basket.	When too many people try to control something, it turns out badly.
Don't kill the goose that lays the golden egg.	cooked from the raw ingredients without a mix or any shortcuts
You can't make an omelet without breaking eggs.	Don't put all your attention on one thing.

