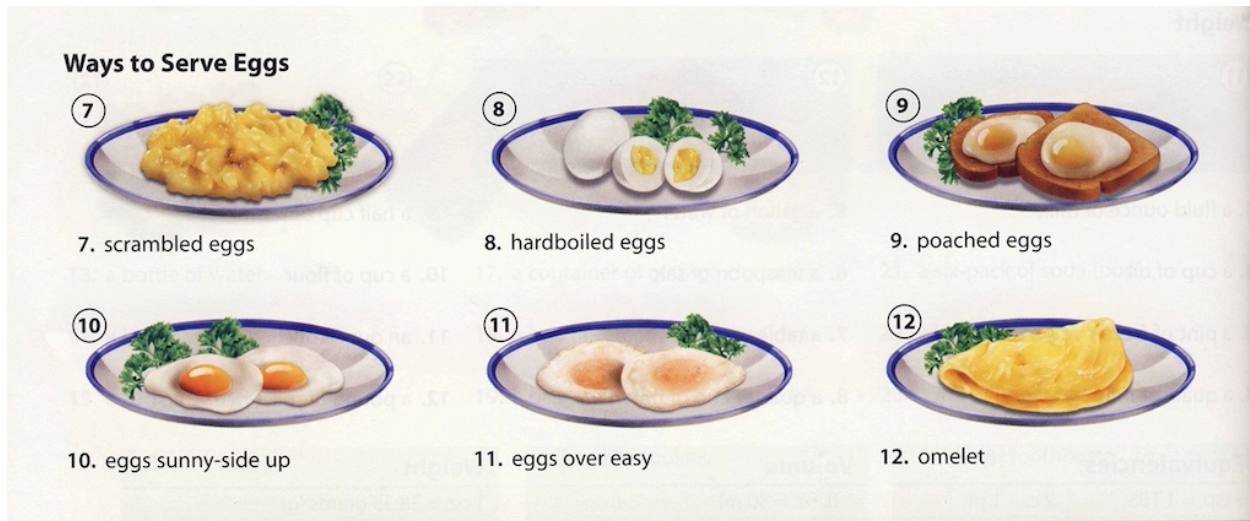


FUC ESL 3-21-2024 High Beginning and Low Intermediate Lesson

Introduce yourself. Tell where you are from and where you live now. Are you hungry in the morning? Do you eat a big breakfast? What do you usually eat for breakfast. What do your children like to eat for breakfast?

Most cultures eat eggs. Eggs are an easy and cheap way to get protein. This picture shows six ways to prepare eggs. We are going to read a story about a woman's breakfast. In the story, she chooses muffins, not eggs. But let's look at some ways to prepare eggs.



Scrambled eggs: Whip the eggs, milk and any other desired ingredients together and cook in an oiled pan on top of the stove.

Hardboiled eggs: Boil them in a pan for 8 to 10 minutes, peel and eat.

Poached Eggs: Open the shells and carefully drop eggs into water with vinegar. Carefully swirl them around then scoop the out.

Fried eggs: Melt oil in a skillet. Break the eggs into the pan. Cook the eggs until the white is done. If you flip the eggs, they are called "over easy". If you don't flip the eggs, they are sunny side up.

Questions:

Do you like to eat eggs? How do you prepare them?

Is it common, in your country, for people to eat eggs for breakfast?

One of our students from Spain often brought tortilla de patatas to share with us. It has eggs, cheese, potatoes and sausage. It is delicious. You can look it up and watch a video online. Do you have any special egg dishes you can make? Tell us about them.

LIFE GOES ON, LESSON 4: Hungry in the Morning

It's morning. Rose is very hungry. She walks into the kitchen. She opens her kitchen cabinet. There isn't any bread. There isn't any cereal. There aren't any bananas.

Rose opens her refrigerator. There aren't any eggs. There isn't any milk. There isn't any yogurt. There isn't any orange juice. There aren't any oranges.

Rose decides to go out. She picks up her purse. She walks to the bakery. She goes inside. It smells good. The muffins look delicious.

Rose orders a muffin and some coffee. It costs five dollars. She opens her purse. But there isn't any money.

1. What is Rose out of?
2. What does Rose decide to do?
3. What does Rose order?
4. What is the problem at the bakery?
5. Is Rose forgetful?
6. Are you forgetful sometimes? I often forget where I put my cell phone. What do you often forget?

Talking at a bakery:

Baker: May I help you?

Customer: Yes, please. May I have a muffin and some coffee?

Baker: That's a good choice. Our muffins are fresh. They just came out of the oven. Do you want banana nut or blueberry?



Customer: I'll have the blueberry, please. How much is that?

Baker: That will be five dollars.

Customer: Oh no! There isn't any money in my purse.

Baker: There's an ATM across the street. You can get some cash there.

Customer: That's great. I'll be right back.

1. What does the baker say about the muffins?
2. What kind of muffin does the customer want?
3. Why does the customer say, "Oh, no?"
4. Would you choose banana or blueberry muffins?
5. Do you always have bread in your kitchen cabinet?

6. Do you always keep milk at your house? Does everyone at your house drink milk or just the children?
7. Do you ever go to a bakery? What do you order?

Discussion:

1-Describe how you prepare one of your favorite foods. Use verbs like stir, whisk, peel, season, fry, grease, boil, roast, bake.

2-Do you bake in your oven often or do you usually cook on top of the burners.

3-Your oven has two settings, bake and broil. Which setting do you use most often?

4-What seasonings do you add to your eggs when you cook them?

5-Some recipes tell you to separate the yolks from the whites of the eggs. Separate is a verb. Separate can also be an adjective, but it is pronounced differently. In the verb form, we emphasize the "ate". In the adjective form, we emphasize the "sep".

Practice saying these sentences. Tell whether separate is an adjective or a verb in this sentence.

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.

Let's look at some other verbs that have a noun or adjective form. Read the sentences and tell if the underlined word is a verb, noun 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. Let's chill the wine in the refrigerator. 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.

Idioms:

1-If you bake a cake **from scratch**, you add all the ingredients yourself. If you buy a cake mix at the store and just add a few ingredients, it isn't made from scratch. EX: I made a pie from scratch today. I usually just buy a prepared pie crust and add the filling. I haven't made a pie from scratch in a long time.

Do you bake from scratch or do you use a mix?

2-There is a saying, "**Too many cooks spoil the broth.**" What do you think this means? Do you like to cook with friends or family or do you prefer to prepare the dishes by yourself.

NOTE: If you do something "by yourself", you do it without help. I have a friend who is from Mexico. When she decides to make tamales, she invites all her sisters and her mother to help. They have a good time in the kitchen talking and making the tamales. That sounds fun. Do you have anything that you always invite friends to help cook?