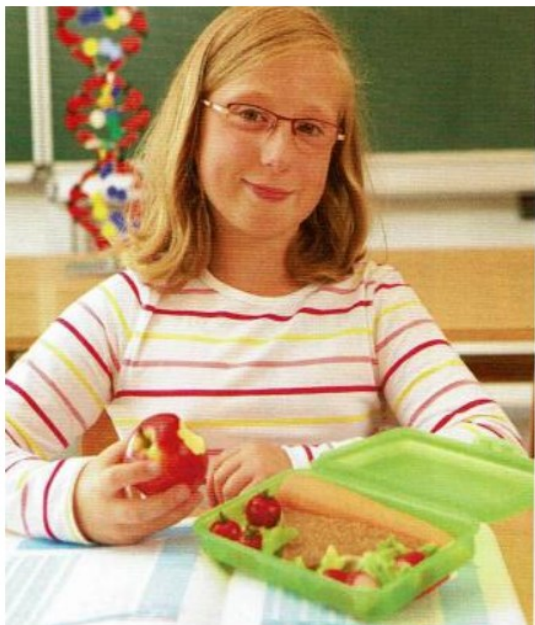


Parcours éducatif de santé.**Objectif culturel:** Comparer les repas scolaires au Royaume-Uni et aux Etats-Unis.**Tâche:** Lire et comprendre une recette authentique.**Grammaire:** Some/any, les quantifieurs, l'impératif.**SCHOOL LUNCHES**

Look at the document and answer the questions.

1. Who can you see on the photo?

.....

2. What has she got on her school desk?

a) She has got.... a video-game. a lunchbox. a cat

b) What time do you think it is?

It is... midnight. midday. 6 pm.

3. What is the young girl doing?

a) She is... doing her homework.

reading a book.

having lunch.

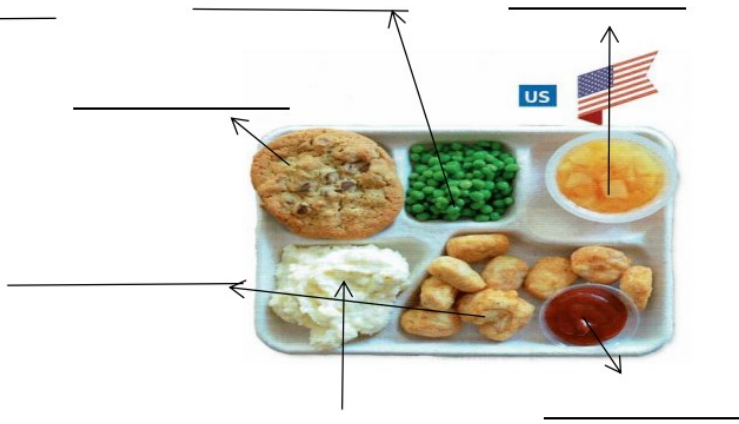
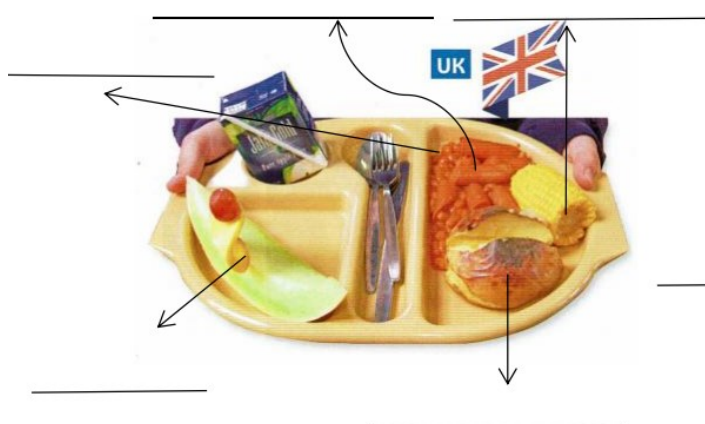
b) Where do you think she is?

She is... at school. at home. at the beach.

1. What food do you identify?

a) Connect each word to the corresponding image.

nuggets / ketchup / a cookie / fruit / peas / mashed potatoes / melon / baked beans / sausages / sweetcorn / baked potato



2. What countries are these lunches from?

a) They are from

b) Complete the sentence : they look very...

similar different strange-looking unhealthy

Vocabulary

-food

-dish (dishes): un plat

-unhealthy: malsain/mauvais pour la santé

-healthy: sain

-sweetcorn: maïs

-mashed potatoes: purée

READ AND UNDERSTAND


Tasty chicken wraps

Ingredients:

- 4 soft flour¹ tortillas
- 4 tbsp lower fat soft cheese²
- 4 tbsp low-fat natural yoghurt
- 120g boneless³ roast chicken breasts⁴ chopped⁵
- 100g sweetcorn
- ¼ cucumber
- 1 pinch⁶ black pepper
- 2 handfuls⁷ lettuce leaves

Serves: 4 adults

Preparation time: 15 mins



What to do:

1. Lay out the tortillas on a clean work surface.
2. Put the soft cheese and yoghurt in a bowl and mix together until smooth.
3. Add the chicken, sweetcorn and cucumber. Add some pepper, mix well. Spread some mix over each tortilla and top with lettuce.
4. Roll up each wrap, slice in half, then wrap it in cellophane and keep in the fridge before serving.

www.change4lifewales.org.uk

First reading

- a) What recipe is it? It is a... chicken salad recipe.
 chicken couscous recipe.
 chicken wraps recipe.

b) What ingredients do you need?

Tick the correct ingredients.

- chicken tomato salad soft
 cheese fish sweetcorn yoghurt
 cucumber tortilla pepper

Second reading

c) How much of these ingredients do you need? Tick the correct answers.

Chicken:

- 100g
 120g

Soft cheese:

- 2 tbsp (table spoon)
 4 tbsp

Salad:

- 2 handfuls
 3 handfuls

Sweetcorn

- 100g
 300g

Yoghurt:

- 4 tbsp
 1 tbsp

Cucumber:

- 1/4
 2

Tortilla:

- 5
 4

Pepper:

- 1 pinch
 4 pinch

Third reading

d) How many people does this recipe serve?

- 3 6 4

e) How long does it take to prepare it?

- 1 hour 15 minutes 50 minutes

SOME/ANY

Pour exprimer une quantité, j'utilise :

- **some** + nom indénombrable / dénombrable pluriel dans les phrases **affirmatives**
- **any** dans les phrases **interrogatives** et **négatives**.

Exception : Do you want some ... ? / Can I have some ... ?

Ex. : There is **some** butter / milk / water in the fridge.

Ex. : There are **some** apples / tomatoes / strawberries on the table.

Complète avec some, any, not any.

- a. Is there ... tea in the Korean breakfast?
- b. Do you want ... chocolate?
- c. I can eat ... fish in the breakfast from Finland.
- d. There are not ... cereals in the Brazilian breakfast.
- e. Are there ... vegetables in an English breakfast?

L'impératif

Pour donner un ordre / une injonction, j'utilise : BV!

Ex. : *Measure 250g of sugar!*

Pour donner un ordre négatif / une interdiction, j'utilise : **Don't** + BV!

Ex. : *Don't use the oven alone!*

Complète avec cette recette en mettant les verbes à l'impératif au bon endroit.

add / cut / mix / put / drink / pour / don't cut / pour

To make a banana milkshake:

- a. Peel the banana!
- b. ... the banana into slices! Be careful! ... your fingers!
- c. ... the slices into the mixer!
- d. ... the glass of milk into the mixer!
- e. ... a little sugar!
- f. ... everything!
- g. ... into a glass!
- h. ... it!

Les quantifieurs

Pour indiquer une quantité en anglais, on utilise aussi les expressions suivantes :
a pinch of, a handful of, a tablespoon of / a teaspoon of, 250g of, a cup of.



a pinch of



a handful of



a tablespoon of



a teaspoon of



a cup of

Complète cette recette en y rajoutant les quantités manquantes. Utilise les propositions ci-dessous.

a pinch of / 100g of / some / a packet of / 3 / a cup of / 1 teaspoon of / 250g of.

Heat the oven 100°.

Mix ... eggs with ... sugar. Put in ... vanilla extract. Measure ... milk and pour it into the mixture. Mix everything. Add ... flour, ... yeast (*levure*) and ... salt.

Mix again.

Pour in a tin and bake for 35 min.