

1 Ideas for vegan recipes

SPEAKING OUTPUT | An informal explanation

GOAL | Explain a recipe to a friend

MEDIATION SKILL | Taking notes

WARM-UP

1 Work in pairs and discuss the questions.

- 1 Who usually cooks in your home?
- 2 How often do you cook?

PREPARE

2 Read the Scenario. What does Sara ask for?

SCENARIO

You receive this message from your friend, Sara.

Hello everyone,
My mum and dad usually cook at home, but next weekend I want to surprise them with a delicious dinner! They like pasta, but my dad is a vegan, so he doesn't eat animal products. I also want to make a nice dessert. Have you got any ideas for recipes?
Thanks!
Sara

3 1 Watch the teenage chef, Omari McQueen. Answer the questions.

- 1 What are the main ingredients?
- 2 Is this a good recipe for Sara? Why?

4 2 Watch another video by Omari. Answer the questions.

- 1 What is Omari making in this video?
- 2 Does the recipe look easy?



5 Read the Mediation Skill box. What do you think are the 'important words' in the recipes you watched?

MEDIATION SKILL



Taking notes

When you take notes, only write down the important words and phrases. To save time, use abbreviations and symbols. Look at the notes for the example below.

Omari: 'Today, we're going to be making lentil bolognese. So first, we add two tablespoons of oil into this pot, three crushed garlics, two chopped onions and two chopped sweet peppers ...'

Notes:

Lentil bolognese

Step 1 - Ingredients

- 2 spns oil → pot
- + garlic (3, crushed)
- + onions (2, chopped)
- + sweet peppers (2, chopped)

When you finish, check your notes:

- Are they clear?
- Do they include all the important information?
- Do they include any non-important information?

6 1 & 2 Work in pairs. Watch the recipes again and take notes.

MEDIATE

7 Work in pairs. Look at the Scenario again.

Student A: You are Sara.

Student B: Explain the recipe for lentil bolognese using your notes from Exercise 6. Remember to use sequence words to order instructions (*First, Then, Next, After that, Finally*).

8 Swap roles.

Student B: You are Sara.

Student A: Explain the recipe for banana bread using your notes from Exercise 6. Remember to use sequence words to order instructions (*First, Then, Next, After that, Finally*).

9 Think about the task and discuss the questions.

- 1 Which recipe is the easiest? Why?
- 2 Which dish would you like to eat?

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CEFR mediation descriptor: Can relay the point made in short, clear, simple messages, instructions and announcements, provided these are expressed slowly and clearly in simple language.

TIMING | 40 minutes

LESSON OVERVIEW

The goal of this lesson is for students to convey the main points of a recipe from a video tutorial.

WARM-UP

1

- Put students into pairs to discuss the questions. Monitor as students are talking and help them with any vocabulary they might need.

PREPARE

2

- Focus students on the task. Give them time to read the Scenario and then elicit the answer from the class.
- Make sure students know what vegan is. Ask: *Is cheese vegan? Or chocolate?* (No, because these things contain milk, which is an animal product.)
- Ask: *Do you sometimes eat vegan food? Do you know any vegan recipes?*

Answer:

Sara wants some ideas for what she can cook for her parents at the weekend. Her father is vegan, so the recipes can't use any animal products.

3  1 [videoscript page 3](#)

- Focus students on the photo and remind them that they read about Omari McQueen in Unit 2.
- The first video can be found at www.youtube.com/watch?v=s4QQYiVsB74. Students watch the video and answer the questions.
- You may need to explain some of the ingredients. For example, *all-purpose seasoning* (a mix of salt, pepper and herbs); *paprika* (a spice powder that can be sweet or hot); *thyme* (a herb). You may wish to just translate them.

Answers:

- all-purpose seasoning, black pepper, garlic, lentils, oil, onions, paprika, spaghetti, sweet peppers, thyme, tomatoes, water*
- Yes, because it is a pasta dish and contains no meat or other animal products.

4  2 [videoscript page 3](#)

- The next video can be found at www.youtube.com/watch?v=2N6iQSH3q80. Students watch the video and answer the questions.
- Explain that *baking powder* and *baking soda* help the cake rise and expand while it is cooking.

Answer:

- He's making a dessert called bread banana.

5

- Give students time to read the Mediation Skill box. Ask: *Which are the important words in recipes?*

Answer:

Words for the ingredients (e.g. *flour, onions*), adjectives (e.g. *chopped*), cooking verbs (e.g. *mix, fry*) and utensils (e.g. *bowl, oven*), numbers and quantities.

6  1 & 2 [videoscript page 3](#)

- Play the videos again. Students take notes while they watch.

MEDIATE

7

- Put students into pairs and refer them back to the Scenario.
- Focus students on the sequence words. Refer them to the Language box on page 33 of the Students' Book if necessary.
- Give students time to practise describing the lentil bolognese recipe. Monitor and assist as necessary.

8

- Students swap roles and explain the banana bread recipe.

9

- Read through the questions with the whole class and elicit answers from as many students as possible.

The key mediation criteria to evaluate this activity are:

- learner listens to understand the spoken text that needs to be summarised.
- learner takes notes on the most important information and the sequences of the spoken text.
- learner considers the effectiveness of their notes.
- learner uses their notes to create their own spoken explanation of a sequence of instructions.
- learner makes sure that the explanation is suitable for a friend to understand.

The following examples show the kind of student output that can be expected. Marks awarded are based on the key mediation criteria above.

EXAMPLE OUTPUT A

Student A: I found an interesting recipe online. It's vegan, and I think it's also easy to make. It's a recipe for spaghetti with lentil bolognese. I know your family likes pasta and it's also vegan! First, you need to get three pieces of garlic, two onions and two red peppers. Chop them into small pieces and fry them in oil for three minutes. After that, get two cups of lentils and wash them. Add them to the pan with a tin of tomatoes. Mix everything together with some water. Cook that for 30 minutes to make a sauce. Then, cook the spaghetti – just boil it in some water for ten minutes. Finally, add the sauce to the cooked spaghetti. I think it looks delicious! What do you think?

Student B: Here's a delicious recipe for banana bread by Omari McQueen the famous teenage chef. I think it sounds like a great dessert and it's vegan! First, mash four ripe bananas in a bowl. Next, add some coconut oil and a little bit of vanilla extract. Mix it all together. Put two cups of flour in another bowl. Then, add a cup of brown sugar, some baking powder and a little bit of baking soda. Mix it all together. After that, add the bowl of wet ingredients to the bowl of dry ingredients. Put it all in a pan and put the pan in the oven. Cook at 180 degrees for 60 minutes. Finally, take the banana bread out of the oven and wait for it to get cool!

Teacher's comments

These both summarise all the main points from the original recipes and explain all the steps in the correct order using sequence words. The explanations are clear and friendly. They also explain where the recipes are from and say why they might be good for Sara.

Marks: 5/5

EXAMPLE OUTPUT B

Student A: You need some spaghetti, some oil, garlic, peppers and tomatoes. You put some tomatoes in a pot. You also need to add lentils. You need to cook the garlic and peppers together. I think it takes about 30 minutes to make this.

Student B: To make banana bread, you need some coconut oil, bananas and vanilla extract. You mix everything together and put it in the oven for about 60 minutes. You need to add brown sugar as well, and some flour. You need to use two different bowls.

Teacher's comments

These include some, but not all of the main information from the original recipe. The sequence and steps for making the recipes aren't clear. They don't explain where the recipes are from or why they might be good for Sara's surprise meal.

Marks: 2/5

VIDEOSCRIPTS

1 How to make lentil bolognese

Hi everyone. Today we're going to be making lentil bolognese. So first, we add two tablespoons of oil into this pot, three crushed garlics, two chopped onions and two chopped sweet peppers. And we leave that to cook down and see you after it's done.

Now this is cooked, we're going to add in one cup of washed green lentils, one tin of tomato and one cup of water. You stir that in and then you add a tablespoon of all-purpose seasoning and paprika and a teaspoon of black pepper and thyme. And then you stir this in, and you leave that to cook for 30 minutes. See you after it's done.

Now the lentils are finished, it's time to play. Thank you for watching and see you next time. I'm going to dig in!

2 Taste vegan banana bread

Hello everyone. Today I'm going to be showing you guys how to make a quick and easy delicious vegan banana bread. Let's get into it.

First of all, we're going to start off by mashing four ripe bananas. Now, I'm going to put in one third of a cup of coconut oil. And a teaspoon of vanilla extract. Give it a good mix. Now I'm going to put this to the side and start on my dry ingredients. Now, with two cups of plain flour I'm going to put in one cup of brown sugar, two teaspoons of baking powder and half a teaspoon of baking soda. And give it a good mix. And now for the fun part – mixing my wet with my dry. Smells amazing.

Now, I'm going to place this in my ready-greased loaf pan and I'm going to place this in the oven on 180 degrees for 60 minutes. See you after it's done.

Now it's done, and it's cooled down, it's time to tuck in. Mmm. That is delicious. Mmm. Thank you for watching. Hope you enjoyed it and see you next time.