

# Home Economics

## Cooking Methods

It is not necessary to carry out all the activities contained in this unit. Please see *Teachers' Notes* for explanations, additional activities, and tips and suggestions.

Theme	Cooking Methods	
<b>All students:</b>  Activities that are suitable for <b>Learning Support, Language Support</b> and the <b>Mainstream Subject Class</b> include:	Keywords	3
	Vocabulary File	4-5
	Activating Students' Existing Knowledge	6
	Completing Sentences	12
	Multiple Choice	13
	Wordsearch	16
<b>Learning support and Language support:</b>  Activities suitable for students receiving Learning or Language Support include:	Working with words	7
	Picture Sentences	8
	Odd One Out	9
	Home Economics Keywords	10
	Unscramble the letters	11
	Alphaboxes	15
<b>Language support:</b>  Additional activities for Language Support:	Play Snap	17-20
	Grammar points	14
<b>Levels for Language Support</b>	<b>A1 – B1</b> The language level of each activity is indicated in an information box.	
<b>Learning focus</b>	Using Home Economics textbooks and accessing curriculum content and learning activities.	
<b>Acknowledgement</b>	The <i>English Language Support Programme</i> acknowledges the permission of Gill and Macmillan to reproduce excerpts from <i>Home Economics Revision Notes for Junior Certificate</i> by Mary Anne Halton.	

**Note:** The categorisation of activities is indicative only and should not prevent teachers from using any activities that are considered suitable for a particular group of students.

## Making the best use of these units

### Learning Record

A copy of the Learning Record should be distributed to each learning support and language support student.

Students should:

1. Write the subject and topic on the record.
2. Tick off/date the different statements as they complete activities.
3. Keep the record in their files along with the work produced for this unit.
4. Use this material to support mainstream subject learning.

**Introduction** of a topic or activity should ensure that students understand **what** they are doing and **why**. Many students will have some difficulty in understanding both the language in the activity and the instructions/purpose for carrying out the activity.

You can create your **personal teaching resource** by printing these units in full and filing them by subject in a large ring binder.

### Encourage students to:

- Bring the relevant **subject textbooks** to learning/language support class. It does not matter if they have different textbooks as the activities in these units refer to vocabulary and other items that will be found in all subject textbooks. These units are based on curriculum materials.
- Take some **responsibility for their own learning** programmes by:



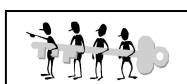
Developing a **personal dictionary** for different subjects, topics, and other categories of language, on an on-going basis. This prompt is a reminder.



Recording what they have learnt on the **Learning Record**, which should be distributed at the start of each unit.



Keeping their own **files** with good examples of the work produced for different subjects and topics. This file will be an invaluable **learning resource** in supporting mainstream learning.



Indicates that answers may be found at the end of the unit.

Don't forget that many of the activities in these units are also suitable as **homework** tasks or for **self-study**.

## **Keywords**

The list of keywords for this unit is as follows:

### **Nouns**

baking  
boiling  
casserole  
conduction  
convection  
cooker  
cooking  
dish  
fat  
fish  
food  
fruit  
frying  
gloves  
grilling  
guidelines  
hob  
juices  
liquid  
meat  
method  
oil  
oven  
pan  
pieces  
poaching  
potatoes  
poultry

rashers  
rice  
roasting  
saucepan  
steaming  
stewing  
temperature  
vegetables

### **adjectives**

shallow  
hot  
cooked  
slotted  
deep  
suitable

### **Verbs**

allow  
bake  
boil  
drain  
remove  
grill  
choose  
steam  
cook  
pre-heat  
roast

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### Vocabulary file 1

Word	Meaning	Note or example*
poultry		
vegetables		
casserole		
method		
temperature		
guidelines		

\* You may wish to write a sentence or phrase, make a note of the page in your textbook where this word appears or, if English is not your first language, provide a translation into your language.



Get your teacher to check this and then file it in your folder so you can use it in the future.

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### Vocabulary file 2

Word	Meaning	Note or example
boil		
drain		
steam		
grill		
roast		
pre-heat		



Get your teacher to check this and then file it in your folder so you can use it in the future.

Language Level: all  
Type of activity: whole class  
Suggested time: 10 minutes

## Activating students' existing knowledge

Use a spidergram to activate students' ideas and knowledge on the key points in this chapter. See **Teachers' Notes** for suggestions.

Possible key terms for the spidergram:

**Cooking**

**Baking**

## Different ways of cooking

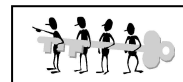
- Invite newcomer students to provide key words in their own languages.
- Encourage dictionary use.
- Encourage all students to organise their vocabulary into relevant categories (e.g. meaning, nouns, keywords, verbs etc.).



All students should record vocabulary and terms from the spidergram in their personal dictionaries.

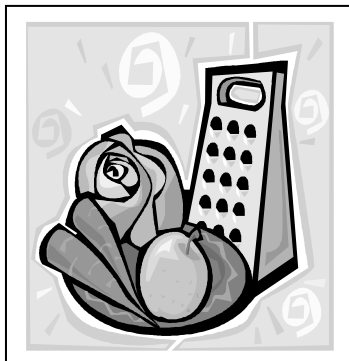
NAME: \_\_\_\_\_ DATE: \_\_\_\_\_  
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Language Level: A1  
 Type of activity: pairs or individual  
 Suggested time: 20 minutes



### Working with words

1. How many parts of this cooker can you name?  
 Circle the hob, oven, knobs, handle.



a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_

2. Which is which? Place the correct name under each picture  
blender, pots and pans, grater

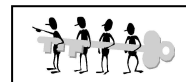
3. Find these words in your textbook.

Write your own explanation for these words. Then write a note or example to help you remember the word. Use your dictionary if necessary.

Word	Page in textbook	Explanation	Note or example
steam			
roast			
fry			

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Language Level: A1  
Type of activity: pairs or individual  
Suggested time: 30 minutes



## Picture Sentences

### 1. Tick the correct answer

- a) This is frying food.
- b) This is baking.
- c) This is a barbeque.



- a) This is frying food.
- b) This is baking.
- c) This is a barbeque.



- a) This is frying food.
- b) This is baking.
- c) This is a barbeque.



### 2. Put these words in the correct order to form sentences about the reasons for cooking.

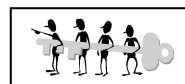
better/food/tastes

appetising/ food/ more/ looks

becomes/ food/ digestible/ more



Language Level: A1/A2  
Type of activity: pairs or individual  
Suggested time: 20 minutes



### Odd One Out

1. Circle the word which does not fit with the other words in each line.

Example: *apple orange banana taxi*

boiling                  saucepan                  heat                  CD

oven                  photo                  gloves                  roasting

bedroom                  fish                  grill                  hot

slotted spoon          poaching                  book                  hob

2. Find these words in your textbook. Then put them in short sentences in your own words. Use a dictionary if necessary.

to boil \_\_\_\_\_

to grill \_\_\_\_\_

to roast \_\_\_\_\_

to steam \_\_\_\_\_

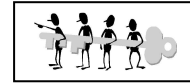
to pre-heat \_\_\_\_\_



Check that these key words are in your personal dictionary.

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Language Level: all  
Type of activity: individual  
Suggested time: 20 minutes



### Keywords

1. Fill in the missing letters of the keywords listed below.  
On the line beside each word, write whether the word is a noun, an adjective or a verb.

ca\_se\_\_le \_\_\_\_\_

s\_al\_ow \_\_\_\_\_

ba\_\_ng \_\_\_\_\_

sa\_c\_\_an \_\_\_\_\_

2. Write as many words as possible related to **Cooking**. You have 3 minutes!

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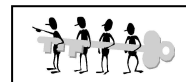
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NAME: \_\_\_\_\_ DATE: \_\_\_\_\_  
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Language Level: A1 / A2  
Type of activity: pairs or individual  
Suggested time: 20 minutes



### Unscramble the letters

1. This is cooking food in liquid at 100°C GOIBLIN

Answer \_\_\_\_\_

2. These help us to cook properly IIDSELGUN

Answer \_\_\_\_\_

3. This is a long, slow method of cooking SENWGTI

Answer \_\_\_\_\_

4. This is the name for how hot the oven, grill or hob is  
EPTEREATMUR

Answer \_\_\_\_\_

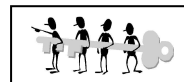
### Solve the secret code

English	C	F	G	I	K	N	O	S	U
Code	X	Y	F	H	Q	R	W	L	E

ex: LER = SUN

XWWQHFR HL YER!

Language Level: A2 / B1  
Type of activity: pairs or individual  
Suggested time: 30 minutes



### Completing sentences

Fill in the blanks in these sentences. Use words from the Word Box below.

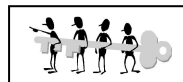
**Cooking guidelines for baking:**

- 1 Pre-heat the oven to the correct \_\_\_\_\_ (this is important when baking breads and cakes which contain a raising agent).
- 2 Do not overfill the oven. Allow space for air currents to circulate.
- 3 Avoid using the oven just for one dish. When \_\_\_\_\_, make maximum use of the oven. This saves energy and is economical.
- 4 Avoid opening the \_\_\_\_\_ door frequently.
- 5 To keep some foods moist, use foil during the cooking process. Remove before \_\_\_\_\_ is completed to crisp up the surface.
- 6 Use oven \_\_\_\_\_ when removing the hot dishes from the oven.

*Word Box:*

cooking	gloves	oven	baking	temperature
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Language Level: A2 / B1  
Type of activity: individual  
Suggested time: 40 minutes



## Multiple choice

*Read the text below and choose the best answers.*

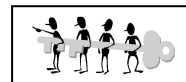
### Cooking guidelines for frying:

1. Never leave frying pans, deep-fat fryers or woks unattended.
2. Prepare the food before heating the oil or fat.
3. Dry food with kitchen paper to remove moisture.
4. Never allow water and hot oil to come into contact with each other.
5. Pre-heat the oil or fat before adding the food.
6. Use clean oil. Choose polyunsaturated oils rather than saturated fats.
7. Be careful as you place the food into the hot oil.
8. Seal both sides of the food to keep in the juices.
9. Remove cooked food carefully with a slotted spoon, drain and keep warm.
10. Turn off cooker switches and unplug deep-fat fryers as soon as cooking is completed.
11. Allow oil to cool, strain and put into suitable containers.

1. When frying, when should you leave the frying pan unattended?  
a) all the time                      b) before lunch  
c) never                              d) when the sun is shining
2. What should you do to remove moisture from the food?  
a) wash your hands              b) put water on it  
c) rub your eyes                  d) dry it with kitchen paper
3. What should you do before you add the food to the oil or fat?  
a) wash your hands              b) spit in the oil  
c) pre-heat the oil or fat        d) smell the oil
4. Should you turn off the cooker and unplug the deep-fat fryer when you finish cooking?  
a) Yes                                b) No
5. Should you pour hot oil or fat into the bin?  
a) Yes                                b) No

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Language Level: B1  
Type of activity: individual  
Suggested time: 30 minutes



### Grammar points

#### Verbs

(verb: a word that refers to an action, for example: arrive, make)

1. Put a circle around the ten verbs in the box below.

fish	poultry	steam	cook	cooker	gloves
	heat	meat	guidelines	heater	saucepan
	choose	grill	hob	knob	dish
	wash	help	add	nutrients	flavour
	texture	melt			

2. Here are sentences from your textbook, but some verbs are missing. See if you can decide what they are. Then check your textbook or the answer key.

- Heat \_\_\_\_\_ harmful bacteria.
- Heat \_\_\_\_\_ preserve food.
- Cooking \_\_\_\_\_ many foods easier to digest.
- Cooking \_\_\_\_\_ the appearance, flavour and colour of many foods.
- Cooking \_\_\_\_\_ variety, by developing new flavours.

3. The verbs above are in the simple present tense. This is because we are talking about facts (things that are true). Search your textbook to find facts about the three types of heating used in cooking.

How heat travels:

Conduction: \_\_\_\_\_

Convection: \_\_\_\_\_

Radiation : \_\_\_\_\_

4. Find 5 more facts about cooking in your textbook and write them out.

## Alphaboxes

Using your textbook, find one word beginning with each of the letters of the alphabet. Write the word in the relevant box. You could also write the word in your own language.

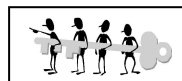
a	b	c
d	e	f
g	h	i
j	k	l
m	n	o
p	q	r
s	t	u
v	w	xyz

Do you understand all these words?



Get your teacher to check this, then file it in your folder so you can use it in the future.

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### Word search

Find the words from the list below.

O Y X H E M  
 J C O V E N T P Q A D K  
 H E A T X Q Y W D C H O O S E O Z R  
 D T V L O Z Z G X E Z G A W W Y U V  
 R O A S T I N G X A G T I B B K T D K I  
 C O O K E R V J S A X G E K F F M W Y C  
 H O B J U K L K P Y B S P O I L I D T I U M  
 R R Q A F O O D O B W S A U C E P A N B R F  
 F R Y I N G E U P L E D C O O K I N G Y  
 K Q X S J M U O A O P I H Z W  
 V B L I Q O B K L  
 L X T J Z P O A C H I N G  
 T K B Y B A K I N G D G X S B  
 V T M S R U W Y W S I S E P E P U P Z  
 Y L Z Q Q H F N V E G E T A B L E S S K Y  
 S T E W I N G C S T E A M I N G V F P S N  
 V G U I D E L I N E S N P O U L T R Y O A W K  
 B T F I V H O E L P K D F L I Q U I D I T  
 T F K R K Q A W V W N M O K F I S H E I G  
 O Q V F Z G R F P S P O B O I L I N G  
 K H Q X H W Z U W Z M E A T B L X  
 M G B M S W A S C U M U N  
 E C G G C Q Z N P  
 G V L  
 Z E D

BAKING	POULTRY
BOILING	ROASTING
CHOOSE	SAUCEPAN
COOKER	STEAMING
COOKING	STEWING
FISH	VEGETABLES
FOOD	HOB
FRYING	LIQUID
GUIDELINES	MEAT
HEAT	OIL
POACHING	OVEN



NAME: \_\_\_\_\_ DATE: \_\_\_\_\_  
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## Play Snap

Make Snap cards with 2 sets of the same keywords. *See Notes for teachers* for ideas about how to use the cards.



roasting	roasting
poaching	poaching
boiling	boiling

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 <p><b>steaming</b></p>	 <p><b>steaming</b></p>
 <p><b>baking</b></p>	 <p><b>baking</b></p>
 <p><b>frying</b></p>	 <p><b>frying</b></p>

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poultry	poultry
juices	juices
hot	hot

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cooker	cooker
oven	oven
saucepan	saucepan

## Answer key

### Working with words, page 7

2. a pots and pans, b. grater, c. blender

### Picture sentences, page 8

1. a, c, b
2. Food tastes better. Food looks more appetising. Food becomes more digestible.

### Odd one out, page 9

CD, photo, bedroom, book

### Keywords, page 10

Casserole, noun, shallow, adjective, baking (verb or adjective), saucepan (noun)

### Unscramble the letters, page 11

Boiling, guidelines, stewing, temperature

Secret Code: cooking is fun.

### Completing Sentences, page 12

Cooking guidelines for baking:

- 1 Pre-heat the oven to the correct **temperature** (this is important when baking breads and cakes which contain a raising agent).
- 2 Do not overfill the oven. Allow space for air currents to circulate.
- 3 Avoid using the oven just for one dish. When **baking**, make maximum use of the oven. This saves energy and is economical.
- 4 Avoid opening the **oven** door frequently.
- 5 To keep some foods moist, use foil during the cooking process. Remove before **cooking** is completed to crisp up the surface.
- 6 Use oven **gloves** when removing the hot dishes from the oven.

### Multiple choice, page 13

1. c, 2. d, 3. c, 4. a, 5. b

### Grammar points, page 14

1. Verbs: wash, flavour, steam, help, cook, add, melt, heat, choose, grill

Note: flavour, grill, steam and cook can all be nouns as well as verbs!

2.

- a. Heat **kills** harmful bacteria.
- b. Heat **helps** preserve food.
- c. Cooking **makes** many foods easier to digest.
- d. Cooking **improves** the appearance, flavour and colour of many foods.
- e. Cooking **adds** variety, by developing new flavours.

3. Conduction: Heat passes from molecule to molecules.

Convection: Heat travels in convection currents through water/air/oil.

Radiation: Heat travels to the food in straight rays.

### Word Search, page 16

O Y X	H E M
J C O V E N	T P Q A D K
H E A T X Q Y W D	C H O O S E O Z R
D T V L O Z Z G X	E Z G A W W Y U V
R O A S T I N G X A	G T I B B K T D K I
C O O K E R V J S A	X G E K F F M W Y C
H O B J U K L K P Y B	S P O I L I D T I U M
R R Q A F O O D O B W S	A U C E P A N B R F
F R Y I N G E U P L E D	C O O K I N G Y
K Q X S J M U O A O P I H Z W	
V B L I Q O B K L	
L X T J Z P O A C H I N G	
T K B Y B A K I N G D G X S B	
V T M S R U W Y W S I S E P E P U P Z	
Y L Z Q Q H F N V E G E T A B L E S S K Y	
S T E W I N G C S T E A M I N G V F P S N	
V G U I D E L I N E S N P O U L T R Y O A W K	
B T F I V H O E L P K D	F L I Q U I D I T
T F K R K Q A W V W N M	O K F I S H E I G
O Q V F Z G R F P S P	O B O I L I N G

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K H Q X H W Z  
M G B M S  
E C G

U W Z  
W A S  
G C Q  
G V L  
Z E D

M E A T B L X  
C U M U N  
Z N P