

Home Economics

Sample Dishes

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	Sample Dishes
Levels	A1 – B1
Language focus	Key vocabulary, word identification, sentence structure, extracting information from text, writing text, grammar.
Learning focus	Using Home Economics textbooks and accessing curriculum content and learning activities.
Activity types	Matching, word identification, structuring sentences and text, cloze, multiple choice, reading comprehension, categorising vocabulary, recording learning, developing a learning resource.
Acknowledgement	<p>Extracts from <i>Home Economics Revision Notes for Junior Certificate</i>. Mary Anne Halton. Gill & Macmillan.</p> <p>We gratefully acknowledge Gill & Macmillan for the right to reproduce text in some of these activities.</p>
Learning Record	<p>A copy of the Learning Record should be distributed to each student.</p> <p>Students should:</p> <ol style="list-style-type: none"> 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.

Making the best use of these units

- **At the beginning of the class**, make sure that students understand **what** they are doing and **why**. *'We are doing the exercise on page (12) to help you to remember key words / to help your writing skills / to help with grammar'* etc.
- 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 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.

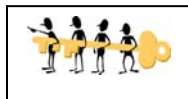


Recording what they have learnt on the **Learning Record**, which should be distributed at the start of each unit.



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

- Don't forget that many of the activities in these units are suitable as **homework** tasks, for **self-study**, or for use in the **subject classroom** with the agreement of the subject teacher.



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

NAME: _____ DATE: _____

Home Economics: Sample Dishes

Keywords

The list of keywords for this unit is as follows:

Nouns

accompaniment
apple
beef
bread rolls
breakfast
bread
bun
carrot
casserole
cheese
chicken
coleslaw
curry
custard
dessert
dinner
dishes
eggs
fish
flan
fruit
garlic
grapefruit
ham
lasagne
melon
mousse
mushrooms
noodles
omelette
orange
pancake
pear
peppers
potato
rice
salad
sauce
scones
steak
tomato
trout

vegetable

yoghurt

Adjectives

baked
boiled
brown
chipped
creamed
fresh
green
grilled
mixed
poached
savoury
stewed
stuffed
vegetarian
wholemeal

Verbs

boil
fry
grill
steam

NAME: _____ DATE: _____
Home Economics: Sample Dishes

Vocabulary file 1

This activity may be done in language support class or in the mainstream subject classroom.

Word	Meaning	Word in my language
starter		
main course		
dessert		
breakfast		
lunch		
supper		



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

NAME: _____ DATE: _____
Home Economics: Sample Dishes

Vocabulary file 2

This activity may be done in language support class or in the mainstream subject classroom.

Word	Meaning	Word in my language
dinner		
vegetarian		
vegetables		
savoury		
sweet		
wholemeal		



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

NAME: _____ **DATE:** _____
Home Economics: Sample Dishes

Level: all
Type of activity: whole class

Focus: vocabulary, spelling,
dictionary, writing
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:

My favourite meal

Meals I like to cook

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

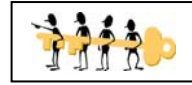


Students should record vocabulary and terms from the spidergram in their personal dictionaries.

Level: A1
Type of activity: pairs or individual

Focus: vocabulary, spelling, dictionary
Suggested time: 20 minutes

Working with words



1. Tick the correct answer



- a) This is a traditional Irish/English breakfast.
- b) This is porridge.
- c) This is a snack.
- d) This is a continental breakfast.



- a) This is a traditional Irish/English breakfast.
- b) This is porridge.
- c) This is a snack.
- d) This is a continental breakfast.

2. Name all the food you see in the two pictures above.

3. Look at all the food and drink in the box. Put a **D** beside a word if it is a drink, and **F** if it is food.

cereal	rice	coffee	milk	juice	croissants	sandwich
milk shake	hot chocolate	fish	chicken	vegetable		

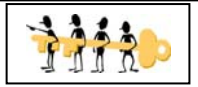


Check that these key words are in your personal dictionary.

NAME: _____ DATE: _____
Home Economics: Sample Dishes

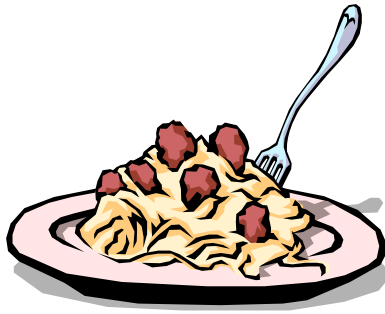
Level: A1/A2
Type of activity: pairs or individual

Focus: vocabulary, basic sentence structure
Suggested time: 30 minutes



Picture Sentences

1. Match the picture to the part of the meal.



a. dessert

b. main course

c. starter

2. List 3 things you like to eat at each meal:

For breakfast I like _____

For lunch I like _____

For dinner I like _____

3. Put these words in the correct order to form sentences about food.
meal / is a / very / breakfast / important

most important / is a / milk / food

is / our / bread / staple foods / one of

cheap / vegetables / nutritious / are / and filling

NAME: _____ DATE: _____

Home Economics: Sample Dishes

Level: A1/A2

Type of activity: pairs or individual

Focus: word identification, vocabulary

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**

garlic newspaper savoury vegetable

fry boiled eggs ring

orange carrot pear apple

purple brown wholemeal bread

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

savoury _____

sweet _____

fresh _____

vegetarian _____

wholemeal _____



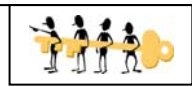
Check that these key words are in your personal dictionary.

NAME: _____ DATE: _____

Home Economics: Sample Dishes

Level: A2 / B1
Type of activity: individual

Focus: key vocabulary, writing
descriptive text
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.

c_l_s_aw _____

ca_s__ole _____

om_l__te _____

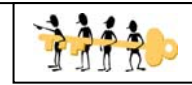
v_get__ian _____

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

NAME: _____ DATE: _____
Home Economics: Sample Dishes

Level: A1 / A2
Type of activity: pairs or individual

Focus: key vocabulary, pronunciation, spelling
Suggested time: 20 minutes



Unscramble the letters

1. This is made from eggs MTOLTEEE

Answer _____

2. These are eaten at the end of dinner SRSDTSE

Answer _____

3. This is the first meal of the day ABTFREKAS

Answer _____

4. This is made from milk and comes in different flavours
RUOHTGY

Answer _____

Solve the secret code

English	A	C	E	G	N	O	R	S	T
Code	B	X	Y	F	G	Q	W	O	L

ex: FWYBL = GREAT

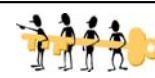
XBWWQLO BWY QWBGFY =

NAME: _____ DATE: _____

Home Economics: Sample Dishes

Level: A2 / B1
Type of activity: pairs or individual

Focus: reading comprehension, extracting meaning from text, vocabulary
Suggested time: 30 minutes



Completing sentences

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

Fruit: _____ (segments or grilled half), melon, mixed fresh fruit salad, stewed prunes, apples

Cereals: Breakfast cereals (Weetabix, porridge, muesli)

Breads: _____ brown bread, toast, croissants, _____, muffins, pancakes

Cooked dishes: Eggs (boiled, scrambled, poached), rashers, sausages, white and black pudding, liver, grilled tomato and mushroom, fish (kippers, trout), kedgeree

Others: _____, cheese, marmalade, jam

Beverages: Juice (orange, grapefruit, apple, pineapple), tea, coffee, milk, smoothies, fresh fruit and _____ juices

Word Box:

yoghurt	wholemeal	vegetable	grapefruit	scones
---------	-----------	-----------	------------	--------

2. Check your understanding by answering the following questions:

- What meal is being described in the passage?
- Choose what you would like to eat from the food listed above.

NAME: _____ DATE: _____

Home Economics: Sample Dishes

Level: A2 / B1
Type of activity: individual

Focus: key vocabulary, topic information, reading comprehension, multiple choice
Suggested time: 40 minutes

Multiple choice



Read the text below and choose the best answers.

Substantial lunch

Soup: Tomato, mushroom, minestrone, chicken broth

Breads: Wholemeal brown rolls and bread, dinner buns, melba toast

Main course:

- Pasta dishes (lasagne, spaghetti bolognese, salad)
- Salads (ham, beef, chicken, turkey, tuna)
- Quiche with salad
- Omelette with salad and baked potato
- Stir-fry (beef, chicken, vegetable)
- Fish chowder, brown rolls / garlic bread
- Stuffed peppers, mixed salads
- Kebabs, green salad
- Grilled chicken, green salad, brown rice salad
- Grilled trout, green salad, brown rice salad
- Savoury stuffed pancakes, mixed salad

Desserts:

- Yoghurt with stewed fruit
- Fresh fruit salad
- Fruit flan
- Piece of fresh fruit (orange, pear)

1. When planning a big lunch, what should you serve with quiche?

- | | |
|--------------------------|------------|
| a) fresh fruit | b) salad |
| c) wholemeal brown rolls | d) nothing |

2. What should you serve with stewed fruit?

- | | |
|----------------|------------|
| a) fresh fruit | b) chicken |
| c) yoghurt | d) nothing |

3. What should you eat after dessert?

- | | |
|--------------------|------------|
| a) bread | b) soup |
| c) the main course | d) nothing |

4. Should you serve green salad with kebabs?

- | | |
|--------|-------|
| a) Yes | b) No |
|--------|-------|

5. Should you eat fresh fruit at the start of your lunch?

- | | |
|--------|-------|
| a) Yes | b) No |
|--------|-------|

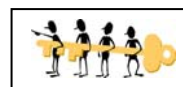
NAME: _____ DATE: _____

Home Economics: Sample Dishes

Level: B1
Type of activity: individual

Focus: countable and uncountable nouns, much/many
Suggested time: 50 minutes

Grammar points



1. Study the following pairs of sentences.

How much yoghurt?
How many cartons of yoghurt?

How much bread?
How many bread rolls?

How much meat?
How many hamburgers?

2. Now study the two types of nouns.

Countable nouns can have a/an before them, and can be singular and plural
(*There's **a plate** on the table and **three spoons***).

Uncountable nouns cannot have a/an before them and cannot be used in the plural.
(*They gave us **some money** to buy dinner*)

3. When do we use how much?, when so we use how many?

We use much with _____ nouns.

We use many with _____ nouns

4. Divide the nouns into two columns: how much? or how many?

rice	pasta	beef	apple	cheese	mushroom
fish	coffee	orange juice	milk	coleslaw	fish fingers
butter	onions	garlic	biscuits	minced beef	

Grammar points

(countable and uncountable nouns continued)

4. How much ? How many?

Work in pairs. Student A and Student B.

Student A: Go to the Answer Key where you will find the ingredients for macaroni cheese. Answer Student B's questions

Student B: You have the ingredients of macaroni cheese on this page, but you don't know the quantities. Ask student A, **how much.... how many...** until you know how much of everything you need.

Macaroni Cheese

- _____ macaroni
- _____ boiling salted water
- _____ clove(s) of garlic
- _____ margarine
- _____ flour
- _____ pepper and salt
- _____ mustard
- _____ milk
- _____ grated cheese

Muffins

- _____ plain flour
- _____ wholemeal flour
- _____ baking powder
- _____ salt
- _____ brown sugar
- _____ egg(s)
- _____ milk
- _____ butter
- _____ raisins

5. Now swap roles to find out the ingredients for muffins.

Student B gets the information in the Answer key, student A asks the questions.

NAME: _____ DATE: _____
Home Economics: Sample Dishes

Levels A1 and A2

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.

NAME: _____ DATE: _____
 Home Economics: Sample Dishes



Word search

Find the words from the list below. When you have found all the words, write each word in your own language.

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

BAKED	DISHES	MIXED	SAVOURY
BEEF	FRUIT	PANCAKES	STUFFED
BOILED	FRY	POTATO	WHOLEMEAL
BREAD	GREEN	POTATOES	YOGHURT
BROWN	GRILLED	RICE	
CHICKEN	LASAGNE	SALAD	

NAME: _____ DATE: _____

Home Economics: Sample Dishes

Play Snap

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



salad	salad
chicken	chicken
wholemeal	wholemeal

NAME: _____ DATE: _____

Home Economics: Sample Dishes

vegetarian	vegetarian
dessert	dessert
brown	brown

NAME: _____ DATE: _____

Home Economics: Sample Dishes

breakfast	breakfast
omelette	omelette
casserole	casserole

NAME: _____ DATE: _____

Home Economics: Sample Dishes

bread	bread
steak	steak
potatoes	potatoes

NAME: _____ DATE: _____

Home Economics: Sample Dishes

Answer key

Working with words, page 7

1. a,d
2. fried egg, bacon (rashers) sausages, tomato, coffee, croissant
3. Drinks: coffee, milk, juice, milk shake, hot chocolate
Food: cereal, rice, croissants, sandwich, fish, chicken, vegetable

Picture sentences, page 8

First picture: main course

Second picture: starter (soup)

Third picture: dessert.

3. Breakfast is a very important meal.
Milk is a most important food.
Bread is one of our staple foods.
Vegetables are cheap, nutritious and filling/nutritious, cheap and filling.
Meat is the flesh of animals and birds.

Odd one out, page 9

Newspaper, ring, carrot, purple

Keywords, page 10

Coleslaw (noun), casserole (noun), omelette (noun), vegetarian (noun)

Unscramble the letters, page 11

Omelette, dessert, breakfast, yoghurt

Secret Code: carrots are orange

Completing Sentences, page 12

Fruit: **Grapefruit** (segments or grilled half), melon, mixed fresh fruit salad, stewed prunes, apples

Cereals: Breakfast cereals (Weetabix, porridge, muesli)

Breads: **Wholemeal** brown bread, toast, croissants, **scones**, muffins, pancakes

Cooked dishes: Eggs (boiled, scrambled, poached), rashers, sausages, white and black pudding, liver, grilled tomato and mushroom, fish (kippers, trout), kedgeree

Others: **Yoghurt**, cheese, marmalade, jam

NAME: _____ DATE: _____

Home Economics: Sample Dishes

Beverages: Juice (orange, grapefruit, apple, pineapple), tea, coffee, milk, smoothies, fresh fruit and **vegetable** juices

2. Breakfast (usually the type of breakfast you would find in a hotel)..

Multiple choice, page 13

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

Grammar points, page 14

3. We use much with uncountable nouns.

We use many with countable nouns.

4. How much?: rice, pasta, beef, cheese, fish, milk, coleslaw, butter, garlic, minced beef, coffee, orange juice

How many: apples, mushrooms, fish fingers, onions, biscuits

5. Macaroni Cheese

150 g macaroni

Boiling slated water

1 clove garlic

25 g margarine

25 g flour

A pinch of Pepper and salt

A pinch of Mustard

400ml milk

150 g grated cheese

(pinch = very small amount)

6. Muffins

100 g plain flour

100g wholemeal flour

1 teaspoon baking powder

Pinch of salt

2 able spoon of brown sugar

1 egg

200ml milk

50g butter

75 g raisins

NAME: _____ DATE: _____

Home Economics: Sample Dishes

Word Search, page 17

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