

Super English



Beginner
Speaking
Lesson 1
Food - Cooking



Baking – Oven Magic

Read the text and discuss the words in bold.

Baking means putting food in the **oven** and letting hot air cook it slowly. Think about bread rising or cookies **turning golden**. You don't need oil, just heat all around. That's why baked food is often soft inside and **crispy** outside.

1. What is your favorite baked food—bread, cake, pizza, or something else? Why do you like it?
2. Would you rather bake food at home or go to the bakery and buy it? Why?



Frying – Sizzle and Pop

Read the text and discuss the words in bold.



Frying means cooking food in hot **oil**. Drop in some potatoes and—**sizzle**!—you get French fries. The oil cooks food quickly, making it **crunchy** on the outside. But be careful, it's very hot, and it can get a bit **greasy**.



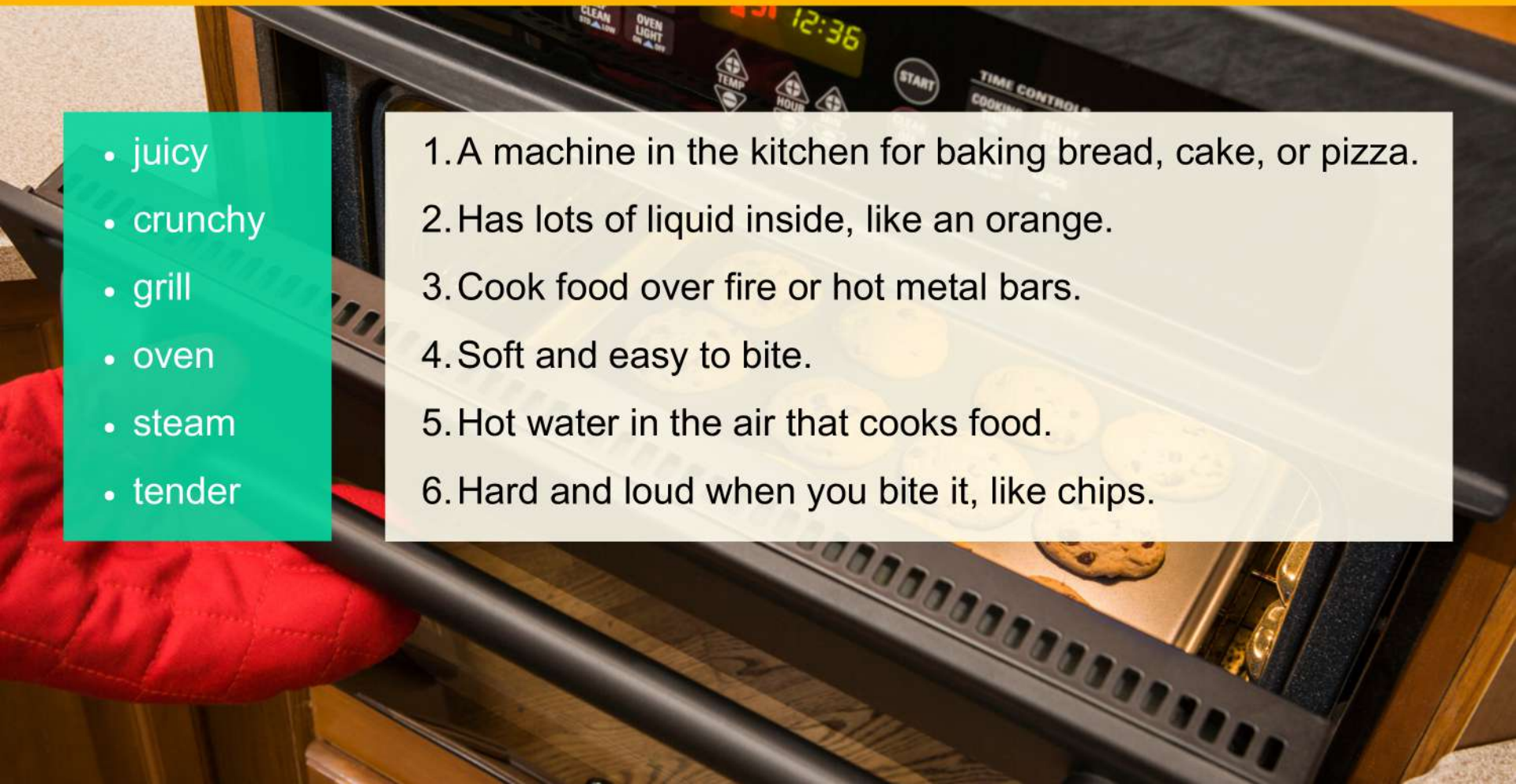
1. How often do you eat fried food?
2. What fried foods do you like?
3. Do you eat fried food at home, at school, or at restaurants?
4. Would you want to try frying food by yourself? Why or why not?

Vocabulary

Match the vocabulary words to their definitions.

- juicy
- crunchy
- grill
- oven
- steam
- tender

1. A machine in the kitchen for baking bread, cake, or pizza.
2. Has lots of liquid inside, like an orange.
3. Cook food over fire or hot metal bars.
4. Soft and easy to bite.
5. Hot water in the air that cooks food.
6. Hard and loud when you bite it, like chips.



Dialogue 1 – Baking

Practice the dialogue and answer the question.

Liam: My mom baked cookies yesterday. The whole house smelled so good!

Sofia: Lucky! Were they soft or crispy?

Liam: Soft in the middle, crispy on the edges. Perfect!

Sofia: I like cookies when the chocolate melts.

Liam: Yeah, warm cookies are the best.

Sofia: Now I really want some with milk!

Question: What baked food would you like to make at home?



See you next time!

