Food and cooking

Picture vocabulary and recipe speaking

A2–B1 • Teens and adults • Vocabulary and speaking • 14-page PDF

1 What could you make?

You have a banana, oats, an egg and some berries. What could you make? Tell a partner what kitchen equipment you would need.

Useful language

Give an instruction. Start with a verb. “Slice the banana.”

Put steps in order. “First, mash the banana. Then add the oats.”

Ask for a detail. “How much do I need?” “What do I do next?”

2 Find the picture

Use the picture sheets. Find a tool you can use to turn a pancake, a verb that means “cut into thin pieces”, and a herb you know.

3 Choose a dish for a class lunch

After you hear your partner’s recipe, choose one dish to make with only a bowl, a knife and a spoon. Say why it works. Name one ingredient you could swap.

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Cooking verbs

Say an ingredient you can use with each action.



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Herbs and spices

Find three herbs or spices you use at home.



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Kitchen equipment

Find a tool for cutting, mixing and draining.



frying pan



saucepan



stockpot



wok



spatula



wooden spoon



whisk



tongs



chef’s knife



chopping board



vegetable peeler



box grater



colander



mixing bowl



measuring jug



kitchen scales



stand mixer



electric hand mixer



jug blender



electric steamer

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Fruit

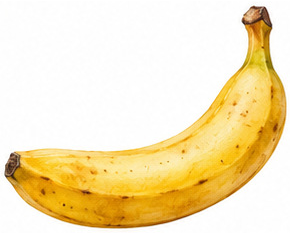
Choose three fruits for a salad.



apple



pear



banana



orange



lemon



lime



peach



plum



mango



pineapple



kiwi fruit



watermelon



strawberries



blueberries



raspberries



grapes

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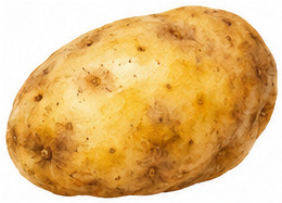
Vegetables and meat

Name two vegetables you could put in a soup.

Vegetables



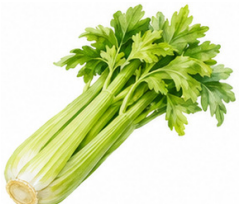
carrot



potato



onion



celery



broccoli



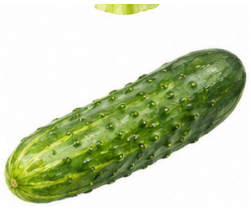
cauliflower



courgette



aubergine



cucumber



red pepper



cabbage



mushrooms

Meat



chicken breast



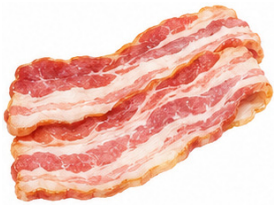
beef steak



pork chop



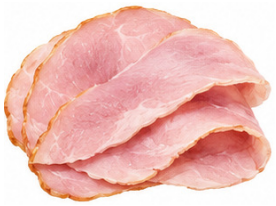
lamb cutlet



bacon



sausages



ham



beef mince

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Berry and banana fruit salad

Keep your card private until you and your partner have finished.

Ingredients for two

1 banana, 6 strawberries, a handful of blueberries and ½ a lime

1. Match the verbs to the pictures. Write one verb below each picture.

add • serve • slice • squeeze • stir • wash



1. _____
the strawberries.



2. _____
the banana.



3. _____
the blueberries to the bowl of fruit.



4. _____
the lime over the fruit.



5. _____
the fruit together.



6. _____
the salad in two bowls.

2. Explain your recipe to your partner.

Explain first. Then listen to Student B. Keep your worksheet to yourself.

First … Then … Next … Finally …

3. While you listen, write down the key steps. Read them back to check.

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Banana oat pancakes

Keep your card private until you and your partner have finished.

Ingredients for two

1 banana, 1 egg, 3 tbsp rolled oats, a little oil and berries

1. Match the verbs to the pictures. Write one verb below each picture.

flip • mash • pour • serve • stir • whisk



1. _____
the banana with a fork.



2. _____
the egg into the banana.



3. _____
in the oats.



4. _____
small circles of batter into a lightly oiled pan.



5. _____
the pancakes when the bottoms are golden.



6. _____
the cooked pancakes with berries.

2. Explain your recipe to your partner.

Listen to Student A first. Then explain your recipe. Keep your worksheet to yourself.

First … Then … Next … Finally …

3. While you listen, write down the key steps. Read them back to check.

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Carrot and onion soup

Keep your card private until you and your partner have finished.

Ingredients for two

2 carrots, 1 onion, 1 tbsp oil and 400 ml vegetable stock

1. Match the verbs to the pictures. Write one verb below each picture.

blend • chop • fry • peel • pour • simmer



1. _____
the carrots.



2. _____
the carrots and onion.



3. _____
the vegetables in a little oil for 5 minutes.



4. _____
the stock into the pan.



5. _____
until the carrots are soft.



6. _____
the soup until smooth.

2. Explain your recipe to your partner.

Explain first. Then listen to Student D. Keep your worksheet to yourself.

First … Then … Next … Finally …

3. While you listen, write down the key steps. Read them back to check.

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Lemon and chickpea salad

Keep your card private until you and your partner have finished.

Ingredients for two

½ a cucumber, 8 cherry tomatoes, 200 g drained chickpeas, 1 tbsp olive oil, ½ a lemon and parsley

1. Match the verbs to the pictures. Write one verb below each picture.

add • chop • pour • slice • sprinkle • whisk



1. _____
the cucumber.



2. _____
the cherry tomatoes in half.



3. _____
the chickpeas to the bowl of cucumber and tomatoes.



4. _____
the olive oil and lemon juice together.



5. _____
the dressing over the salad.



6. _____
chopped parsley over the salad.

2. Explain your recipe to your partner.

Listen to Student C first. Then explain your recipe. Keep your worksheet to yourself.

First … Then … Next … Finally …

3. While you listen, write down the key steps. Read them back to check.

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Steamed broccoli with lemon

Keep your card private until you and your partner have finished.

Ingredients for two

1 small head of broccoli, water and ½ a lemon

1. Match the verbs to the pictures. Write one verb below each picture.

boil • chop • pour • put • squeeze • steam



1. _____
the broccoli into florets.



2. _____
water into the bottom of the steamer.



3. _____
the water.



4. _____
the florets in the steamer basket.



5. _____
the broccoli for 4–5 minutes.



6. _____
the lemon over the broccoli.

2. Explain your recipe to your partner.

Explain first. Then listen to Student F. Keep your worksheet to yourself.

First … Then … Next … Finally …

3. While you listen, write down the key steps. Read them back to check.

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Grilled courgette and hummus wraps

Keep your card private until you and your partner have finished.

Ingredients for two

1 courgette, 1 tbsp olive oil, 2 tortilla wraps, hummus and a handful of spinach

1. Match the verbs to the pictures. Write one verb below each picture.

add • brush • grill • roll • slice • spread



1. _____
the courgette into rounds.



2. _____
olive oil over the slices.



3. _____
the slices until tender and lightly charred.



4. _____
hummus over each wrap.



5. _____
the courgette and spinach.



6. _____
each wrap tightly.

2. Explain your recipe to your partner.

Listen to Student E first. Then explain your recipe. Keep your worksheet to yourself.

First … Then … Next … Finally …

3. While you listen, write down the key steps. Read them back to check.

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Write a recipe

Optional homework

1 Kitchen instructions

Use each verb once.

Word bank

pour • slice • stir • steam

1. _____ the cucumber into thin rounds.
2. _____ the stock from a jug into the pan.
3. _____ the soup with a spoon.
4. _____ the broccoli in a covered basket above boiling water.

2 Write your own recipe

Choose a dish you know. List three ingredients and two things you need. Write four instructions using first, then, next and finally. Use a different cooking verb in each step.

Ingredients _____

Equipment _____

First _____

Then _____

Next _____

Finally _____

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Teacher notes and answers

Food and cooking

1 Set up the lesson

Aim. Learners name ingredients and tools, then give a clear sequence of cooking instructions and ask a follow-up question.

Give everyone pages 1–6. Hand out recipe cards privately. Pair A–B, C–D and E–F. In one-to-one lessons, the teacher takes the other card. No cooking or recording is needed.

Ask listeners to read back one step and check a detail. For the final choice, fruit salad and chickpea salad both work with pre-cooked chickpeas and the three listed tools. Accept other choices if students explain their changes.

2 Answer key

Starter. Banana oat pancakes. A frying pan, bowl and fork are possible tools. Picture hunt: spatula, slice, and any named herb (for example, basil).

A Fruit salad • wash, slice, add, squeeze, stir, serve

B Pancakes • mash, whisk, stir, pour, flip, serve

C Carrot soup • peel, chop, fry, pour, simmer, blend

D Chickpea salad • chop, slice, add, whisk, pour, sprinkle

E Steamed broccoli • chop, pour, boil, put, steam, squeeze

F Courgette wraps • slice, brush, grill, spread, add, roll

3 Optional homework

1. slice, pour, stir, steam.

2. Sample: yoghurt, strawberries and oats. Use a bowl and a knife. First, wash the strawberries. Then slice them. Next, add yoghurt to a bowl. Finally, sprinkle oats on top.

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