

# Unit 11

## Getting started

- Do you like cooking?
- What do you cook a lot?
- What's your best dish?
- Have you learned to cook anything new since you came to the UK? What is it and how do you make it?

## Skills

- Is it possible to be healthy on a low budget? How?
- Have you ever taught anyone how to cook a particular dish? What is the dish, who did you teach and how do you make it?

## The local area

- Where are the best local places for getting the ingredients you need?
- What different cafes, take-away shops and restaurants are there in the area? Have you been to any?

## Around the UK

- What have you tried eating for the first time since you came to the UK? What did you think of it?

## Around the world

- How does food and cooking here compare to other places and cultures you know?
- What's your favourite country or region for food? Why?

## Staying safe

- What advice would you give to someone cooking in your kitchen for the first time?

# Food and cooking



## Useful apps and websites

- Meals and cooking self-access vocabulary materials: <http://learnenglish.britishcouncil.org/vocabulary/beginner-to-pre-intermediate/meals-and-cooking>
- Recipes on a budget: [www.bbcgoodfood.com/recipes/collection/cheap-eat](http://www.bbcgoodfood.com/recipes/collection/cheap-eat)

## Taking the topic further

- Organise a group meal or picnic.

## Social / Community

- Can you plan a group meal or picnic? What would you make or include so that everyone can join in?

## Our rights and responsibilities

- Do governments have a responsibility to enforce healthy eating or it is up to individuals and parents?
- Should school meals be free for all children? Why / why not?

## Personal view

- What's your favourite thing to eat?
- What's your opinion on fast food?

# Food and cooking

## Unit 11

### Introduction to the topic

This topic is generally a very popular one. It is a good way of sharing personal preferences and different cultural traditions and approaches within a group. There are many possible extension activities where you can further develop ideas from the mind map.



### Session ideas at a glance

<b>Welcome</b>	If required, participants sign in or you record attendance on a register.
<b>Opening chat/ circle time</b>	Introductions for anyone new. General chatting. Anything to follow up or report back on from the previous session? Any news from anyone?
<b>Getting started</b>	Remind/tell participants what the topic of the session is: <b>Food and cooking</b> . Choose one or more warm up activities linked to the topic. See next page for ideas on: <b>In my fridge</b> and <b>Favourite food</b> .  Ask some questions to get the conversation started and find out which aspects of the topic participants are most interested in talking about. (See mind map and next page for ideas).
<b>Conversations</b>	Plan to have 2 or 3 main conversations linked to this topic, possibly with supporting activities. See next page for ideas for: <ul style="list-style-type: none"><li>• <b>Skills: How do you make ...?</b></li><li>• <b>Skills: Food and drink – What and how?</b></li><li>• <b>Around the world: Food quiz</b></li><li>• <b>The local area: Buying, eating and growing food</b></li></ul> If you have a large group, and participants divide into small groups or pairs for each activity/conversation, finish each of these with the whole group reporting back and maybe discussing their ideas further together.
<b>Closing chat/ circle time</b>	Feedback about today's topic and conversations. Discuss any ideas for any follow up action or research for taking the topic further, e.g. going out together for a coffee/meal, making and bringing a dish to the next session, creating a group recipe book. Share ideas and agree the main topic for the next session. Any reminders or important dates/events coming up?

**Level of English:** The activities included in this unit are suitable for all levels. Lower levels may need help with practising and using new vocabulary so gestures and pictures will be very helpful.

**Things to consider:** Some participants may be having to manage on a very tight budget and may depend on food banks. If you are planning to cook and share food together, check individual requirements, e.g. allergies, vegetarian, halal, food intolerances.

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### Getting started: In my fridge ....

- Everyone sits or stands in a circle. Show a picture of a fridge and ask one participant: *What's in your fridge?* S/he replies with one item and asks the next person the same question. Continue round the circle.
  - Have a general conversation about staple foods, preferences and where people get these. Participants can help suggest good places to source particular food items, and/or really cheap places to get them.
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### Getting started: Favourite food

- Ask participants to sit in a circle. Go through the alphabet and each participant says a food or drink item, or a dish, that begins with each letter of the alphabet. If helpful for beginners, you can display the alphabet. Encourage participants to help each other.
  - If someone said the name of a dish using its name from a different language, ask them to tell the group more about this dish, e.g. its ingredients, when people usually eat it, etc.
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### Skills: How do you make ...?

**Resources and preparation:** N.B. The **How do you make ...?** activity has three different sets of cards to print /copy and cut up - one set per group: **things**, **actions** and **questions**.

- Before asking each other questions, beginners can use the **things** images to practise saying what the items are and/or matching them with the words (if they have literacy skills). They can do the same with the **actions** cards. These words will be useful for the following questions activity.
  - Each group needs a set of **How do you make ...? (questions)** cards facing down in a pile. Participants take turns to pick up a card and ask everyone in their group the question. The group can compare their answers, ask questions to find out more or explain their preferences and cooking methods. N.B. For beginners, the yellow cards are the easiest questions. Also, some cards have a direct question first, e.g. *Do you eat meat?* If everyone answers No, the person asking picks up another card and asks a different question.
  - Come together as a group to discuss interesting things participants learned or found out about each other.
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### Around the world: Food quiz

**Resources and preparation:** N.B. This activity has three different parts to project, display or print – **Food quiz pictures**, **countries** and **answer sheet**. Print and/or enlarge the **pictures** or select your own and number them. Print out/amend copies/display the list of **countries**. Copy and print out the **answer sheet**, one per pair/small group - or use mini whiteboards or scrap paper for answers.

- Ask participants to look at the food pictures and discuss what food/dish they think it is, if they like it, if they have eaten it and in which country it might be popular, typical or traditional.
  - Give each pair/small group a copy of the **countries** handout and ask them to discuss and match the **pictures** and the **countries**.
  - When they have finished, check the answers together – and discuss when other countries are also correct answers. The pair/group with the most correct answers, wins! Answers: 1. Bangladesh (fish and rice); 2. England (Sunday roast dinner); Eritrea (or Ethiopia) (the bread is called injera or enjera); 4. France (croissants); 5. Ghana (jollof rice), 6. Iran (Jahaver Polow - jewelled rice) 7. Morocco (tagine); 8. Poland (Pierogi – dumplings); 9. Sudan/South Sudan (Ful Medames – fava beans with egg), 10. Turkey (kebab).
  - Finish with a general discussion about food in the UK, what's good/bad, surprises, etc.
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### The local area: Buying, eating and growing food

**Resources and preparation:** Use and adapt some of the questions from the mind map for large or small group discussion, e.g.

- *Where do you buy food?*
- *Where are the best local places for getting the ingredients you need?*
- *What different cafes, take-away shops and restaurants are there in the area?*
- *Do you often eat in cafes or restaurants?*
- *Do you know anyone who grows their own food locally? Are there allotments in your area?*

**Getting started:** In my fridge ....







knife



pan



cooker



oven



baking tray



pie dish

Images 1-5: Unsplash.com



stir/mix



add



boil



fry



bake



chop

**Skills:** How do you make ...? (questions)



How do you  
make tea?



How do you  
make coffee?



How do you  
cook your eggs?



Do you eat chicken?  
What's your favourite  
chicken dish?  
How do you make it?



Do you like salad?  
What's your favourite salad?  
What do you put in it?



**Skills:** How do you make ...? (questions)



What dish would you cook for a vegetarian or vegan?  
How do you make it?



What dish do you like if you are feeling ill?  
How do you make it?



Do you eat meat?  
What's your favourite dish?  
How do you cook it?



Do you bake cakes?  
What do you make?  
How do you make it?



What's your favourite soup?  
How do you make it?





What do you cook for a special occasion?



Do you eat fish?  
What's your favourite fish?  
How do you cook it?



What was your favourite food as a child?  
Do you still eat it?  
How do you make it?



What tasty dish can you cook for very little money?  
How do you make it?





Images 4, 7 and 10: Unsplash.com

**Bangladesh**

**England**

**Eritrea**

**France**

**Ghana**

**Iran**

**Morocco**

**Poland**

**Sudan / South Sudan**

**Turkey**

**Around the world:** Food quiz (answer sheet)

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