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SEMANA 30 DEL 26 al 30 DE OCTUBRE
GUÍA N°22 DE INGLÉS PARA 7° BÁSICO 2020
UNIT 2 Healthy Habits and Recipe – Use of Cooking verbs

Nombres:	Apellidos:	RUN:
Curso: 7th Grade Letra:	Fecha: October 26th, 2020	

OBJETIVO: OA 9: Demostrar comprensión de ideas generales e información explícita en textos adaptados y auténticos simples, en formato impreso o digital, acerca de temas variados (como experiencias personales, temas de otras asignaturas, del contexto inmediato, de actualidad e interés global o de otras culturas) y que contienen las funciones del año.

IE: Identifican información relevante en textos impresos o digitales relacionada con la comida y la salud.

Tiempo asignado: 90 minutos. Esta actividad está basada en el texto del estudiante, material de MINEDUC.

1. Read the texts quickly and answer the questions.

- Lee los textos rápidamente y responde las preguntas.
 - What type of texts are these? _____
 - Which one do you think is a healthy recipe? _____
 - Which one do you think needs more ingredients? _____

My Favorite Burger

Ingredients:

- * 500g of beef
- * 2 tablespoons of mustard
- * 1 tablespoon of onion powder
- * 1 tablespoon of garlic powder
- * 1 tablespoon of salt
- * 1 tablespoon of fresh pepper

Toppings:

- * Mayonnaise
- * Ketchup
- * A slice of cheese
- * Lettuce
- * Tomato
- * Pickles



Preparation:

- Mix all the burger ingredients together just until combined. Don't overwork the meat.
- Shape into 4 patties by creating a ball and then using the bottom of a plate to "squish" it down. Make a thumb print in the middle so the patty keeps its shape when frying.
- Heat a griddle pan, frying pan or BBQ to med-high and place the burger in the pan.
- Cook 4 minutes then flip and place your cheese on top. Cover the pan and cook for another 4 minutes.
- Let the burger rest for 5 minutes before serving. Meanwhile toast only the inside of your bun by placing it on top of the toaster. Once the burger has rested, place on bun with toppings of your choice and enjoy.

Greek Salad

Ingredients:

- * 250g cherry tomatoes
- * 1 medium onion
- * 1 medium cucumber
- * 150g cheese
- * 3 tablespoons of olive oil
- * 1 tablespoon of vinegar
- * 1 chopped clove of garlic
- * Salt and pepper



Preparation:

- Cut tomatoes in halves, peel and dice the cucumber and slice the onion and place them in a bowl.
- Mix oil, vinegar, garlic, salt and pepper, pour it over the vegetables.
- Add crushed cheese on top.
- Serve and enjoy it!

Vocabulary

Tablespoon: cuchara sopera	patties: croquetas	squish: aplastar	bun: bollo
Toppings: aderezos	chopped: cortado en trocitos	crushed: aplastado	clove of garlic: diente de ajo

2. Read the recipe about “My Favorite Burger” and complete the sentences with the corresponding verb.

- Lee la receta sobre “My Favorite Burger” y completa las oraciones con el verbo correspondiente.

Mix - shape - heat - place - cook

1. _____ a griddle pan, frying pan or BBQ to med-high.
2. _____ all the burger ingredients together just until combined.
3. Once the burger has rested _____ on bun with toppings of your choice.
4. Cover the pan and _____ for another 4 minutes.
5. _____ into 4 patties by creating a ball.

3. Observe the images and match them with the corresponding verbs.

- Observa las imágenes y únelas con los verbos correspondientes.

Cut - peel - mix - shape - heat - slice - place - cook - cover - serve

				
				

