

Summary

I- Food 4 thought

II- A second helping

III- Food around the world

I- Food 4 thought

Text

Liz and her family want to try Moroccan couscous. So, I need to write my shopping list. I have some tomatoes, some onions and some carrots. I have some pumpkin, too, but I don't have any turnips. I don't have any courgettes, either. As for meat, there is some chicken in the fridge, but Chris doesn't like chicken. So I need to go to the butcher's to buy some beef.

I also need some spices. I have some cumin and some saffron, but there isn't any pepper in the spice rack.

I think this is all I need for couscous. Oh, wait! I don't have any chickpeas. I love chickpeas in couscous.

Now my shopping list is ready.



Comprehension

- Maria wants to prepare couscous for the Dickens. Read the text and check the items she needs to buy for couscous :

☐pumpkin - ☐saffron - ☐tomatoes - ☐turnips - ☐beef - ☐carrots - ☐chicken - ☐
courgettes - ☐cumin - ☐chickpeas - ☐onions - ☐pepper

II- A second helping

Text

Ingredients

- > 1 kg of aubergines
- > 500 g of tomatoes
- > 5 to 6 cloves of garlic
- > 5 tablespoons of olive oil
- > 1 tablespoon of lemon juice
- > 1 tablespoon of red pepper
- > 1 tablespoon of cumin
- > Salt
- > Half tablespoon of pepper
- > Black olives
- > Preserved lemon



Comprehension

- The steps of the preparation are scrambled. Put them in the correct order. Write 1 to 6 in the boxes :

- a. Leave it to cool and serve in saucers.
- b. Cook them for 5 minutes in a pan with oil, red pepper, cumin, garlic, salt and lemon juice.
- c. Wash the tomatoes and cut them into pieces.
- d. Add them to tomatoes and crush them all while stirring up on a little fire for 15 to 20 minutes.
- e. Cut non-peeled aubergines in big pieces into salty water and cook for 30 minutes.
- f. When the aubergines are almost cooked, drain and press them to extract water.

III- Food around the world

Text



Hi! I'm Jane. This is my diet:
For breakfast, I sometimes have a glass of orange juice with cereal and milk, and a piece of fruit. When I am hungry, I have a piece of toast, with a little butter and jam on it. Sometimes I have scrambled eggs. I usually prepare my omelet with a little cheese and a few mushrooms on it.
I usually have lunch at work. Very often, it is a sandwich with turkey or cheese and lettuce and tomatoes. Sometimes I spread a little mayonnaise on the bread. I rarely have peanut butter and jelly sandwiches. For dessert, I usually take an apple, a few strawberries, or grapes.
Dinner is my big meal. I usually have steaks or hamburgers with a salad, but I sometimes have chicken with a vegetable like broccoli or potatoes. My evening dessert is usually ice-cream. I never drink soda; tea with a little milk is my favourite drink.

Comprehension

- Write "True" or "False" :
- a. Jane sometimes has a toast with a lot of butter and jam : _____
 - b. She never has cheese in the morning : _____
 - c. She never takes lunch at home : _____
 - d. She sometimes puts a lot of mayonnaise in her sandwiches : _____
 - e. For dinner, she usually has a steak and a hamburger : _____