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## The 4 page 60 minute ESL British English lesson – 25/11/16

### Meals children should be able to cook by the time they are 11

Today, let's talk about meals that children should be able to cook by the time they are 11. These include scrambled egg on toast, cheese on toast, sausage and mash, as well as porridge.

There are many other easy meals that kids can prepare. These include roast chicken, meatballs and a stew. By the age of 11 children should also be able to prepare desserts, such as fairy cakes, sponge cakes and apple crumble.

When faced with the challenge of preparing their own meal, most 11 year olds might just head for McDonald's. It could also be a 3 minute ready meal in the microwave or a take away.

Many kids today are fussy eaters. It is sad just how many kids end up eating frozen oven chips or pizza. This could be because of the lack of cooking classes in schools. Teaching kids how to cook, can result in less food been thrown away.

Home appliance manufacturer Samsung recently surveyed 2,000 British parents. They were asked to name the dishes they believed children should be able to cook by the time they are 11. The more complex options suggested included lasagne, chili con carne and cottage pie, as well as those listed in this article.

Easy cooking options included stir fry, pasta with sauce, and omelette. Other suggested choices were jacket potato with baked beans, dippy egg and soldiers, pizza from scratch and pancakes.

Many kids love learning how to cook. It gives them confidence. They learn by watching their parents. It also gives them a sense of pride in their achievements. Cooking is also fun!

TV baking Queen Mary Berry recently said that cookery skills for children should be a bigger priority both in schools and at home. How true!

### SPEAKING – WARM UP

Think of three meals you could cook at the age of 11. Go round the room swapping details with others.

### LISTENING – WRITING - DICTATION

The teacher will read some lines of the article slowly to the class.

### READING

Students should now read the article aloud, swapping readers every paragraph.

### SPEAKING - UNDERSTANDING

**1) The article** – Students check any unknown vocabulary or phrases with the teacher.

**2) The article** - Students should look through the article with the teacher.

- 1) What is the article about?
- 2) What do you think about the article?
- 3) Was this an easy or difficult article to understand?
- 4) Was this a boring or interesting article?
- 5) Discuss the article.

**3) Article quiz** - Students quiz each other in pairs. Score a point for each correct answer. Score half a point each time you have to look at the article for help. See who can get the highest score!

#### Student A questions

- 1) What is McDonald's?
- 2) Who is the home appliance manufacturer?
- 3) Who is Mary Berry?
- 4) How many parents were surveyed?
- 5) What is a take away?

#### Student B questions

- 1) What is a stew?
- 2) What is porridge?
- 3) What is chili con carne?
- 4) What is cottage pie?
- 5) What is a fairy cake?

**Category: Lifestyle / Food / Education**  
**Level: Intermediate / Upper Intermediate**

### WRITING / SPEAKING

*In pairs.* On the board write as many words about **'cooking?'** *One-two minutes.* Compare with other teams. Using your words compile a short dialogue together.

### WRITING / SPEAKING

*In pairs* - choose three meals listed in the article. Write them below. How do you cook them? Talk about them!

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

Add three meals you like to cook. Write them below. How do you cook them? Talk about them!

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

*The teacher* will choose some pairs to discuss their findings to the class.

### SPEAKING / WRITING

*In pairs* – Think of three advantages and three disadvantages of cooking your own food.

### SPEAKING - SURVEY

*In pairs* – Think of five cooked meals you cooked recently. Add two ready meals and two take away meals you also ate recently.

### DISCUSSION

#### Student A questions

- 1) Did the headline make you want to read the article?
- 2) What is your favourite meal?
- 3) What is your favourite meal that you like to cook?
- 4) What don't you like to eat?
- 5) Who cooks your meals?
- 6) Do you eat many take away meals? Explain.
- 7) Do you eat many microwave meals? Explain.
- 8) Are kid's fussy eaters? Explain.
- 9) Are you a fussy eater? Explain.
- 10) Have you had any cooking disasters? Talk about them!

### SPEAKING – ROLEPLAY 1

*In groups.* One of you is the interviewer. The others are one of the following people. You are in the *Discussion FM* radio studio in London. Today's interview is about: *Meals children should be able to cook by the time they are 11.*

- 1) Someone who is 11.
- 2) A parent.
- 3) A teacher.
- 4) Jamie Oliver.

*The teacher* will choose some groups to roleplay their interview in front of the class.

### SPEAKING - ROLEPLAY 2

*In pairs* - *Student A* loves to cook. *Student B* lives on junk food and ready meals. *3 mins.*

### SPEAKING - PRESENTATION

Allow 10-15 minutes – As a class.

*Prepare a 3-5 minute presentation on*

**Meals children should be able to cook by the time they are 11**

*Google it if necessary!*

*The teacher* can moderate the session.

### DISCUSSION

#### Student B questions

- 1) What do you think about what you've read?
- 2) Give an example of what you could cook at the age of 11.
- 3) What did you cook recently?
- 4) Do you eat many of the items listed in the article?
- 5) How did you learn to cook?
- 6) Should there be more cookery lessons in schools?
- 7) Does Jamie Oliver inspire you to cook?
- 8) What cookery TV programmes do you watch?
- 9) Can you name some local meals cooked in your country. How do they differ from those in the article?
- 10) Did you like this discussion?

## **GAP FILL: READING**

### **Meals children should be able to cook by the time they are 11**

Today, let's talk about (1)\_\_\_ that children should be able to cook by the time they are 11. These include scrambled egg on toast, cheese on toast, sausage and mash, as well as (2)\_\_\_.

There are many other easy meals that kids can prepare. These include roast chicken, (3)\_\_\_ and a (4)\_\_\_ . By the age of 11 children should also be able to prepare (5)\_\_\_, such as fairy cakes, sponge cakes and apple crumble.

When faced with the (6)\_\_\_ of preparing their own meal, most 11 year olds might just head for McDonald's. It could also be a 3 minute ready meal in the (7)\_\_\_ or a take away.

Many kids today are (8)\_\_\_ eaters. It is sad just how many kids end up eating frozen oven chips or pizza. This could be because of the lack of cooking classes in schools. Teaching kids how to cook, can result in less food been thrown away.

**challenge / fussy / stew / meatballs / meals / porridge / microwave / desserts**

Home (1)\_\_\_ manufacturer Samsung recently surveyed 2,000 British parents. They were asked to name the (2)\_\_\_ they believed children should be able to cook by the time they are 11. The more (3)\_\_\_ options suggested included lasagne, chili con carne and cottage pie, as well as those listed in this article. Easy cooking (4)\_\_\_ included stir fry, pasta with sauce, and omelette. Other suggested (5)\_\_\_ were jacket potato with baked beans, dippy egg and soldiers, pizza from (6)\_\_\_ and pancakes.

Many kids love learning how to cook. It gives them confidence. They learn by watching their parents. It also gives them a sense of (7)\_\_\_ in their achievements. Cooking is also fun! TV baking Queen Mary Berry recently said that cookery skills for children should be a bigger (8)\_\_\_ both in schools and at home. How true!

**pride / priority / options / complex / appliance / scratch / choices / dishes**

## **GAP FILL: GRAMMAR**

### **Meals children should be able to cook by the time they are 11**

Today, let's talk about meals that children should be able to cook by the time they are 11. These include scrambled egg on toast, cheese on toast, sausage and mash, (1)\_\_\_ porridge.

There are many other easy meals that kids can prepare. These include roast chicken, meatballs and a stew. By the age of 11 children (2)\_\_\_ also be able to prepare desserts, (3)\_\_\_ fairy cakes, sponge cakes and apple crumble.

When faced (4)\_\_\_ the challenge of preparing (5)\_\_\_ own meal, most 11 year olds might just head for McDonald's. It could also be a 3 minute ready meal in the microwave or a take away.

(6)\_\_\_ kids today are fussy eaters. It is sad (7)\_\_\_ how many kids end up eating frozen oven chips or pizza. This could be (8)\_\_\_ of the lack of cooking classes in schools. Teaching kids how to cook, can result in less food been thrown away.

**as well as / many / because / just / such as / should / their / with /**

Home appliance manufacturer Samsung recently surveyed 2,000 British parents. They were asked to name the dishes they believed children should be able to cook (1)\_\_\_ the time they are 11. The more complex options suggested included lasagne, chili con carne (2)\_\_\_ cottage pie, as well as those listed in this article. Easy cooking options included stir fry, pasta with sauce, and omelette. Other suggested choices were jacket potato with baked beans, dippy egg and soldiers, pizza from scratch and pancakes.

Many kids love learning (3)\_\_\_ to cook. It gives them confidence. They learn by watching their parents. (4)\_\_\_ also gives them a sense (5)\_\_\_ pride (6)\_\_\_ their achievements. Cooking is also fun! TV baking Queen Mary Berry recently said that cookery skills (7)\_\_\_ children should be a bigger priority both in schools and (8)\_\_\_ home. How true!

**it / in / by / of / at / how / for / and**

Meals children should be able to cook... – 25<sup>th</sup> November 2016



**GAP FILL: LISTENING**

**WRITING/SPELLING**

**Meals children should be able to cook by the time they are 11**

Today, let's \_\_\_\_\_ children should be able to cook by the time they are 11. These include scrambled egg on toast, cheese on toast, \_\_\_\_\_, as well as porridge.

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Many kids love learning how to cook. It gives them confidence. They learn by watching their parents. It also gives them a sense of pride \_\_\_\_\_. Cooking is also fun! TV baking Queen Mary Berry recently said that cookery skills for children should be a bigger priority both in \_\_\_\_\_. How true!

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**WRITING / SPEAKING**

**1) On the board - In pairs** - list 10 of your favourite meals you can each cook. Try to include some desserts. Talk about each of them. *3-5 minutes.*

**2) Sentence starters** - Finish these sentence starters. Correct your mistakes. Compare what other people have written.

- 1) I like to cook \_\_\_\_\_
- 2) Ready meals \_\_\_\_\_
- 3) When I was 11 \_\_\_\_\_

**3) Write down 50 words about: *Meals children should be able to cook by the time they are 11.*** Your words can be read out in class.

**4) Homework** - Write and send a 200 word email to your teacher about: ***Meals children should be able to cook by the time they are 11.*** Your email can be read out in class.

**SPELLING**

The teacher will ask the class individually to spell the following words that are in the article. Afterwards check your answers.

- 1) fussy
- 2) challenge
- 3) manufacturer
- 4) appliance
- 5) dishes
- 6) should
- 7) article
- 8) options
- 9) omelette
- 10) confidence

**SPELLING**

Use the following ratings:

- Pass = 12**
- Good = 15**
- Very good = 18**
- Excellent = 20**

- 11) sense
- 12) priority
- 13) porridge
- 14) prepare
- 15) microwave
- 16) lack
- 17) complex
- 18) because
- 19) sausage
- 20) crumble

Meals children should be able to cook... – 25<sup>th</sup> November 2016