

Hello Projects!



Let's Cook!

Project:
Make a Cooking Show



Hello Projects! 1

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Project: Make a Cooking Show

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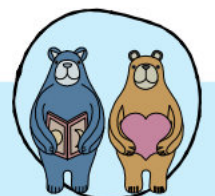
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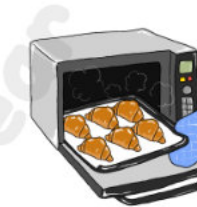
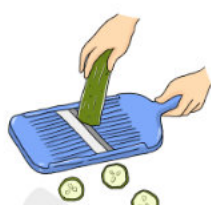


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Let's Cook!!!

wash / slice / add / bake / chop / peel /
drain / grate / boil / sauté / simmer / mix

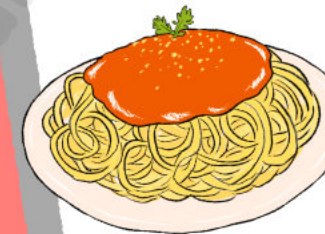
Can you match the cooking words to the pictures below? Read the recipe on page 18 to help you.



What foods do you...

peel :
grate :
slice :
bake :
sauté :

Garlic Tomato Pasta Recipe



Ingredients:

Noodles

3 tbs of olive oil

1 onion

1-2 cloves of garlic

1/2 cup of parsley

1 can of tomatoes

Salt and pepper

Fresh basil

Parmesan cheese



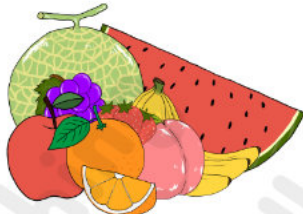
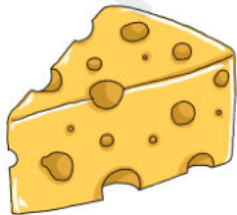
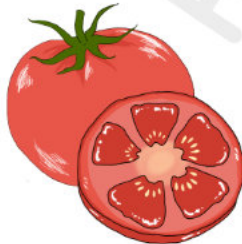
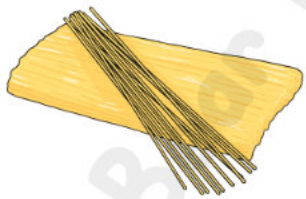
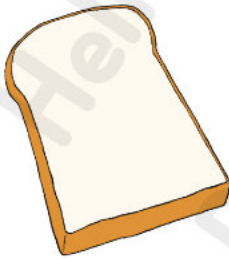
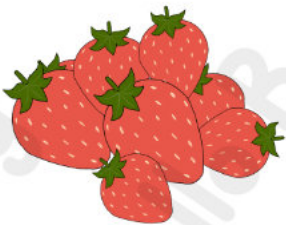
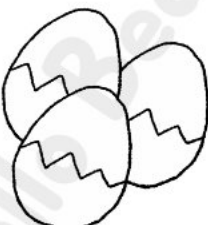
Cooking Instructions:

1. First, **boil** water in a big pot.
2. Next, **add** noodles to the water and cook until soft.
3. Then, **drain** the noodles.

Now, let's make the sauce.

1. First, **wash** the basil in cold water. **Slice** the basil into thin strips.
2. Next, **peel** the onion and garlic. Then, **chop** them into small pieces.
3. Next, **sauté** the onion and garlic in olive oil on medium heat.
4. When the onions are soft, **add** the parsley.
5. Then, **add** a can of tomatoes. **Mix** and **simmer** for 5-7 minutes.
6. Next, **add** salt and pepper.
7. Serve the noodles and sauce in a bowl.
8. **Grate** parmesan cheese and sprinkle on top. Add basil on top.

★ Try to cook the recipe above. Tell your class how it tasted.

			
	Prep It! You could <u>boil</u> potatoes to make <u>potato</u> salad. I usually peel a banana and eat it for		
	  		
	  		
	How to play... 1. Start at the star. 2. Flip a coin and move ahead. 3. Talk about how you could prepare the food. 4. The first player back to the star wins!		
			

Let's Read



Must Try!

Have you ever been to Korea? Have you ever eaten Korean food? Korean food is very healthy. Most meals are served with a lot of vegetables and meat or fish. Korean food is usually spicy too. My country has so many **mouth watering** foods you must try!

The first food you must try if you come to Korea is Bibimbap. Bibimbap is a bowl of **steaming** hot rice topped with sautéed vegetables, kimchi, sliced beef and an egg. The vegetables and meat are very **flavorful** because they are seasoned with sesame oil and soy sauce. The Kimchi is a bit spicy. All of the foods mixed together make the perfect combination for a **satisfying** dinner.

The next food I recommend is a sweet Korean pancake called Hatteok. Korean pancakes are filled with cinnamon, brown sugar and nuts. They are **crispy** on the outside and **chewy** on the inside. You can buy them at street stands anytime for a quick and delicious snack.

Finally, You must try Kimchi Jjigae. It is a spicy stew filled with meat, seafood, tofu and of course kimchi! All of the ingredients simmer in the kimchi broth for a long time, so the final result is an explosion of all my favorite flavors. What do you want to try?

Journal

I'm from

Answer the questions about food from your country.

1. What is food from your country called?
2. What are three adjectives that describe food from your country?
3. What are the most popular foods in your country?
4. How are those foods usually prepared?
 - a.)
 - b.)
 - c.)
5. What other food should people try if they visit your country?

Journal

Foods You Must Try...

Fill in the boxes about the foods you recommend.

You should try

Describe it...

Adjectives

You should try

Describe it...

Adjectives

You should try

Describe it...

Adjectives

Journal

1. Look at what you wrote on pages 6 and 7. 2. Write your journal here.

Journal

Guess What Food

Drinks



\$3 Hot Lemon Tea



\$9 Peach Smoothie



\$8 Strawberry Smoothie



\$4 Grape Soda



\$5 Chocolate Milk



\$5 Orange Juice

Lunch



\$14 Chicken Burger



\$3 Minestrone Soup



\$5 B.L.T. Sandwich



\$20 Fish and Chips



\$18 Chicken Salad



\$12 Fried Noodles

Dinner



\$19 Tomato Pasta



\$9 Cheese Pizza



\$25 Grilled Eel Rice Bowl



\$25 Sushi



\$7 Ramen



\$11 Beef Curry



\$6 Cheeseburger and Fries



\$7 Fried Shrimp



\$11 Cheese Omelette

Dessert



\$12 Fruit Tart



\$3 Ice Cream



\$10 Rainbow Cake



\$5 Chocolate Cake

Is there any (milk/seafood) in it? Are there any (tomatoes/noodles) in it?

Is it (fried, baked, boiled, simmered, fresh...)?

Use cards on pages 41 and 43

Interview Time

Name:	
What did you eat for breakfast today?	
How was it prepared?	
What ingredients were in your breakfast?	
What did you eat for lunch today?	
How was it prepared?	
What ingredients were in your lunch?	
What did you eat for dinner today?	
How was it prepared?	
What ingredients were in your dinner?	

Let's Read



My School Lunch

I go to school in California. At my school lunch is free! The school lunch menu is the same every week. We can choose to eat the school lunch or bring our own. Some students have to bring a lunch because of their religion or because they have allergies. I usually eat the school lunch, but I always bring my lunch on Mondays. On Mondays they serve pizza, but the sauce is too spicy. I will tell you about what's on the menu every other day of the week.

On Tuesdays, we get beef tacos. They are delicious. Soft tortillas are filled with flavorful beef and cheese. We get a small salad and some fruit on the side. On Wednesdays, they serve us a big cheeseburger and a yogurt parfait. The cheeseburger is plain and simple, but the parfait is healthy and sweet. On Thursdays we get a peanut butter and jelly sandwich. It is pretty basic, but it comes with tater tots. I love tater tots. They are the best!

Fridays are my favorite! We get chicken nuggets, mashed potatoes, salad and a dinner roll. I like to dip my nuggets and my roll in the mashed potatoes. The mashed potatoes are so fluffy and the gravy on top is savory and delicious. What is your favorite school lunch?

Journal

My School Lunch

Fill in the boxes about lunch at your school.

Where do you go to school?

How much does your school lunch cost?

Does your school have a lunch menu?

Can you bring a lunch?

Describe your school lunch...

It is ...

It is usually served with...

Do you like your school lunch?

Journal

Lunch Menu

Fill in the table with information about different lunches served at your school.

What's on the menu?	Describe it	Do you like it?

Journal

1. Look at what you wrote on pages 14 and 15. 2. Write your journal here.

Journal

Recipe Cards

Can you finish the recipes below.



Chocolate Milk



Cheese Omelette



Hot Lemon Tea



B.L.T. Sandwich

Recipe Cards

Check your answers on pages 30 and 31.



Beef Curry



Fruit Tart



Chicken Salad



Strawberry Smoothie

1. Chocolate Milk

First, pour milk in a glass.

Next, add two spoons of chocolate sauce.

Then, mix it with a spoon.

Take a sip and enjoy!

2. Strawberry Smoothie

First, add some strawberries in cold water.

Next, put strawberries, a banana, milk, honey and a scoop of ice in a blender.

Then, blend everything together and enjoy!

3. Beef Curry

First, wash the lettuce in cold water.

Next, bake the chicken at 200°C for 20 minutes.

Then, put the lettuce on a plate.

Add the baked chicken, croutons and salad dressing. Enjoy!

4. Fruit Tart

First, wash some berries in cold water.

Next, slice the kiwi and slice it.

Then, squeeze some fresh whipped cream into your pre-made pie crust.

Add fruit and decorate. Enjoy!

5. B.L.T. Sandwich

First, wash the lettuce and tomato in cold water.

Then, slice the tomato into thin slices.

Next, heat a frying pan and add oil.

Then, cook the bacon.

Next, spread mustard and mayonnaise on two slices of bread.

Finally, put the lettuce, tomato slices, bacon and cheese on the bread. Enjoy!

6. B.L.T. Sandwich

First, crack three eggs in a bowl.

Then, beat the eggs together.

Heat a frying pan and add butter.

Next, pour the eggs into the pan and cook on medium heat.

When the eggs are almost cooked, add cheese.

Finally, fold the egg over the cheese.

Enjoy!

7. Strawberry Smoothie

First, add 1 tsp. of ginger.

Then, slice a lemon into thin slices.

Next, add some water in a small pot.

Add the ginger and lemon slices and simmer on low heat for 3 minutes.

Pour the water and pour it into a mug.

Serve with honey and 1 fresh lemon slice.

8. Chicken Salad

First, wash all of the vegetables in cold water.

Next, slice the carrots and potatoes.

Then, chop all of the vegetables into small pieces.

Next, heat a large pot and add oil.

Sauté the onions until soft. Then, add beef and all of the vegetables.

Add water and simmer on low heat for 1 hour.

Finally, add curry roux and enjoy!

How Do You Make...? BATTLE!!!

1. Split into teams. 2. One player from each team chooses a food to describe from round 1.
3. The player describes how to make the food. When they are finished, the team guesses which food they described. If their team is correct, they get one point. 4. Continue to each round. At the end of the game, the team with the most points wins!

First ... Next ... Then ... Finally ...

Round 1



Smoothie

OR



Yogurt Parfait

Round 2



Scrambled Eggs

OR



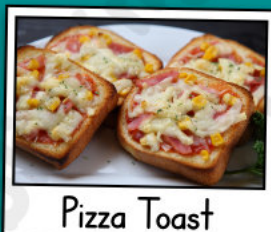
Rolled Omelette

Round 3



Ham Sandwich

OR



Pizza Toast

Round 4



Cold Udon

OR



Tomato Pasta

Round 5



Rice Omelette

OR



Fried Rice

Round 6



Cake

OR



Pancakes

Round 7



Beef Rice Bowl

OR



Beef Curry

Round 8



Miso Soup

OR



Vegetable Soup

Round 9



Potato Salad

OR



Green Salad

Round 10



???

OR



???

Let's Read



My Favorite Food

Tamales

I am from Mexico. There are many kinds of delicious foods in Mexico. Tacos are the most popular, but tamales are my favorite. Tamales are traditional and delicious.

Tamales are made with a **dough** called masa. Masa is made out of corn. We fill the dough with toppings like meat, cheese and vegetables or fruit. Next, we wrap everything together in a corn husk or banana leaf. Finally, we steam the tamales. My favorite tamale is **stuffed** with chicken, vegetables and chilis. It is a little **spicy**. I also like sweet tamales with fruit and raisins.

We usually eat tamales on holidays, but you can buy them from street **vendors** too. My mom always makes tamales for my birthday. I hope you can try tamales one day. They are an **authentic** Mexican specialty!

Journal

Draw or paste a picture of your favorite food.

My Favorite Food is ...

My favorite food is ...

When do you usually eat it?

How often do you eat it?

Who usually prepares your favorite food for you to eat?

Where can you buy your favorite food?

What words describe your favorite food?

Journal

Fill in the boxes with information about your favorite food.

Ingredients

Ingredients

Cooking Instructions

Journal

1. Look at what you wrote on pages 22 and 23. 2. Write your journal here.

Journal

Cooking Show!!!



Choose a dish that you want to teach your class how to make.

I want to make _____

Describe it!

???

What I need...

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Ingredients...

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Cooking Method



Write the cooking instructions below.



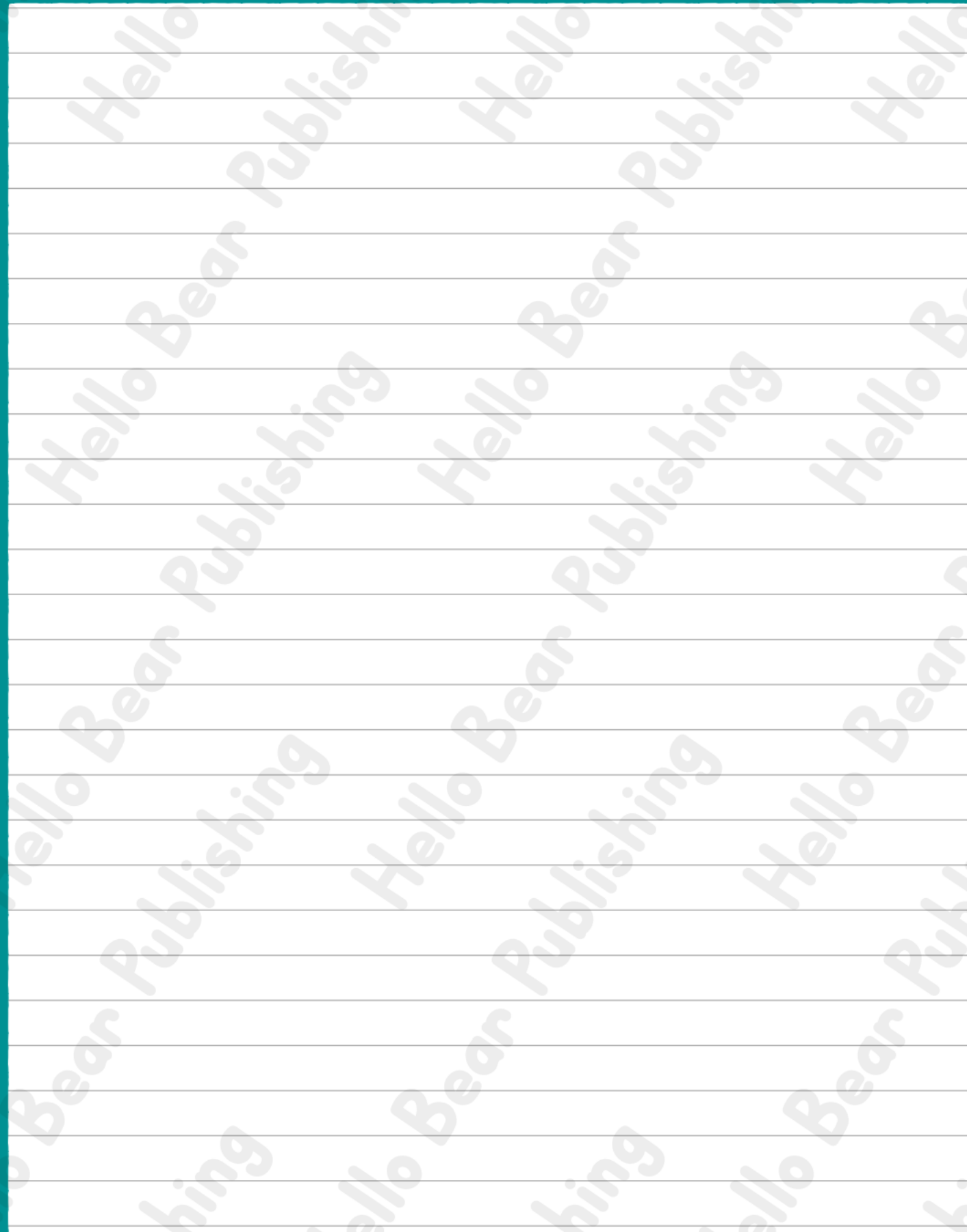
First,

Next,

Then,

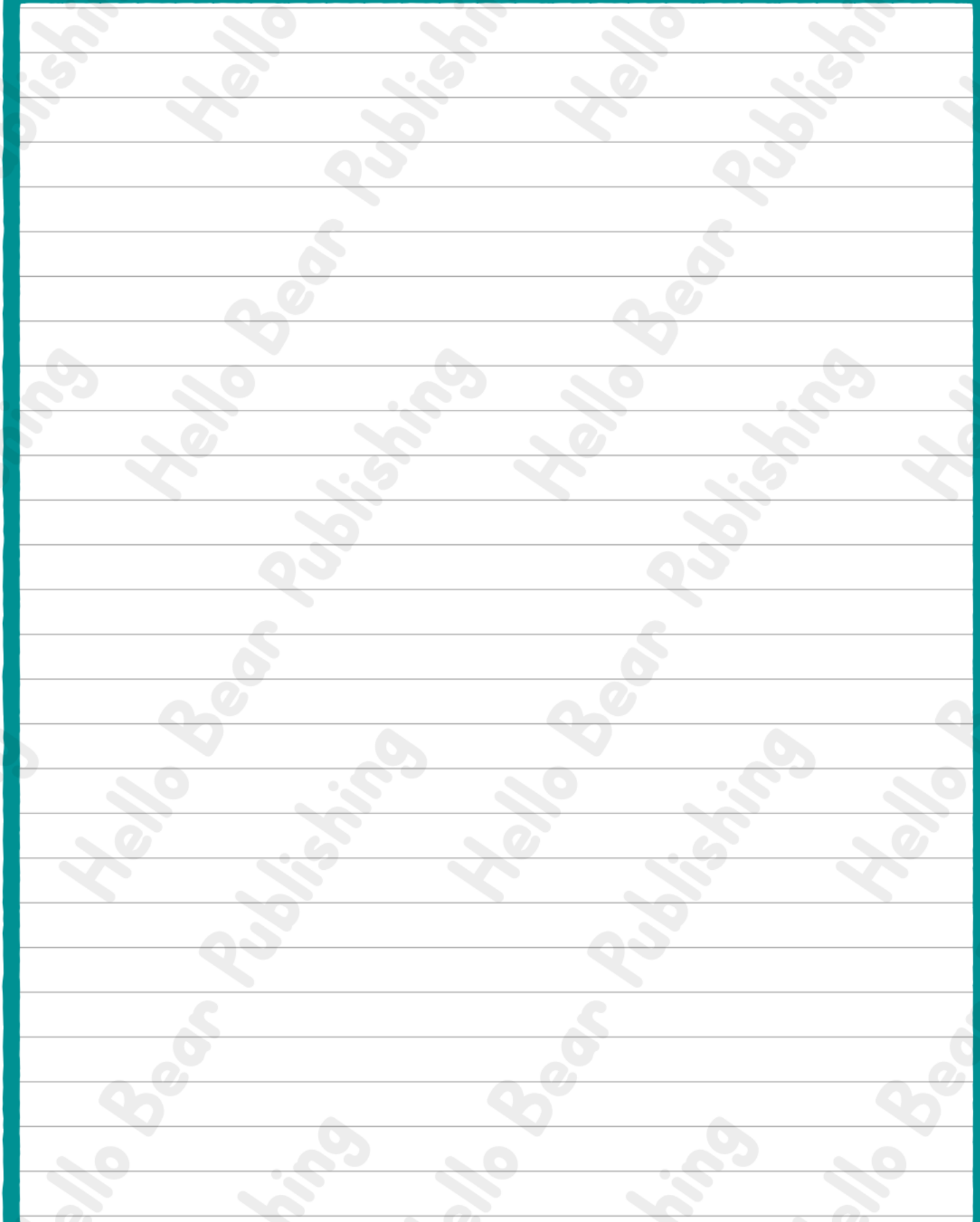
Script

Write a script for your video. Make sure to practice before you record.



Script

Write a script for your video. Make sure to practice before you record.



Recipe Cards

Answer Key



Chocolate Milk



Cheese Omelette



Hot Lemon Tea



B.L.T. Sandwich

1. Chocolate Milk

First, pour milk in a glass.

Next, add two spoons of chocolate sauce.

Then, mix it with a spoon.

Take a sip and enjoy!

2. Strawberry Smoothie

First, wash some strawberries in cold water.

Next, put strawberries, a banana, milk, honey and a scoop of ice in a blender.

Then, mix everything together and enjoy!

5. B.L.T. Sandwich

First, wash the lettuce and tomato in cold water.

Then, slice the tomato into thin slices.

Next, heat a frying pan and add oil.

Then, sauté the bacon.

Next, spread mustard and mayonnaise on two slices of bread.

Finally, put the lettuce, tomato slices, bacon and cheese on the bread. Enjoy!

6. Cheese Omelette

First, crack three eggs in a bowl.

Then, mix the eggs together.

Heat a frying pan and add butter.

Next, pour the eggs into the pan and cook on medium heat.

When the eggs are almost cooked, add cheese.

Finally, fold the egg over the cheese.

Enjoy!

3. Chicken Salad

First, wash the lettuce in cold water.

Next, bake the chicken at 200°C for 20 minutes.

Then, put the lettuce on a plate.

Add the baked chicken, croutons and salad dressing. Enjoy!

7. Hot Lemon Tea

First, grate 1 tsp. of ginger.

Then, slice a lemon into thin slices.

Next, boil some water in a small pot.

Add the ginger and lemon slices and simmer on low heat for 3 minutes.

Drain the water and pour it into a mug.

Serve with honey and 1 fresh lemon slice.

Recipe Cards

Answer Key



Fruit Tart



Chicken Salad



Strawberry Smoothie

4. Fruit Tart

First, wash some berries in cold water.

Next, peel the kiwi and slice it.

Then, squeeze some fresh whipped cream into your pre-made pie crust.

Add fruit and decorate. Enjoy!

8. Beef Curry

First, wash all of the vegetables in cold water.

Next, peel the carrots and potatoes.

Then, chop all of the vegetables into small pieces.

Next, heat a large pot and add oil.

Sauté the onions until soft. Then, add beef and all of the vegetables.

Add water and simmer on low heat for 1 hour.

Finally, add curry roux and enjoy!

[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. A vertical margin line is positioned on the left side, creating a narrow left margin. The paper is set against a solid black background. There are faint, repeating watermarks across the page that read "Hello Bear Publishing".

Aa

allergy a bad reaction to
(noun) something you eat,
smell or touch.

authentic real, genuine, not fake
(adjective)

Bb

basic simple
(adjective)

Ee

Ff

flavorful a lot of flavor
(adjective) tasty, delicious

fluffy soft, light, airy
(adjective)

Cc

chewy a food you have to
(adjective) chew a lot

crispy breaks easily
(adjective) fried or baked food

Dd

dough paste; usually made
(noun) with flour or corn and
water or milk

Gg

Hh

Ii

Jj

Mm

Nn

mouth watering delicious
(adjective)

Kk

Ll

Oo

Pp

plain normal, simple
(adjective)

Qq

Rr

religion belief about how the
(noun) universe was made.

Tt

Uu

Ss

satisfying fulfills your needs
(adjective) enjoyable
savory having a pleasing flavor
(adjective) not sweet
spicy hot and peppery
(adjective)
steaming very hot
(adjective)
stuffed filled with
(adjective)

Ss

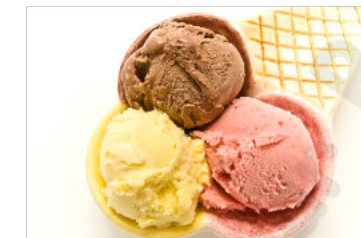
Vv

vendor seller
(noun)

Ww

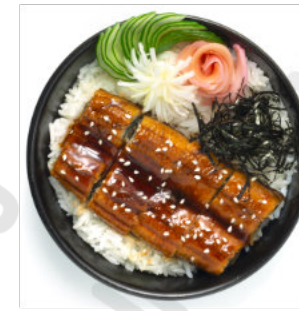
Yy

Zz



How to Play: Cut the cards out. Place them upside down on the table. Choose a card and play 'Guess What Food' on page 10 and 11.

Guess What Food Cards



Another way to play: Choose a card. Describe how to make the food to your team. When your team guesses what food it is, the next player chooses a card. How many foods can your team guess?

Guess What Food Cards

