

# Following a Recipe

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## Lesson Objective

In this lesson, you will learn useful tips for following a recipe. You will learn about the three main parts of a recipe and how to use step-by-step instructions to make a dish. Let's begin!

## Pre-Reading

### A. Warm-Up

The word *recipe* is used in the following idioms:

- **Recipe for disaster**  
"Going to sleep at four in the morning the night before a test is a recipe for disaster."
- **Recipe for success**  
"My sister's recipe for success is to study for one hour a day, exercise three times a week, and get eight hours of sleep every night."

Based on these two idioms, what do you think "recipe" means?

### B. Vocabulary Preview

Match up as many words and meanings as you can.

Check this exercise again after seeing the words in context on page 3.

- |                       |  |
|-----------------------|--|
| _____ 1. instructions | a) to give someone food or beverages               |
| _____ 2. ingredients  | b) tools or machines needed for a specific purpose |
| _____ 3. serve        | c) a list of food items                            |
| _____ 4. double       | d) steps that explain how to do something          |
| _____ 5. combine      | e) to try something new                            |
| _____ 6. temperature  | f) how warm or cold something is                   |
| _____ 7. equipment    | g) to put together                                 |
| _____ 8. experiment   | h) to multiply by two                              |

## Reading

1. A recipe is a set of cooking **instructions**. There are three main components of a recipe: the introduction, the list of **ingredients**, and the step-by-step directions.
2. The introduction often describes the dish and includes information such as the cooking time and yield. The yield tells you the amount of food you can make or the number of people you can **serve** if you follow the recipe. The yield can tell you if you need to adjust the recipe to fit your needs. For example, let's say you are having a party with 20 guests and you want to serve brownies. If you are following a brownie recipe with a yield of 10 brownies, you will need to **double** the recipe.
3. The list of ingredients includes the food items that you will **combine** as you follow the recipe. This list also tells you how much you will need of each ingredient. The ingredients are usually in the order that they will be used.
4. The main part of a recipe is the step-by-step directions that explain how to prepare the dish. These steps include the oven or stove **temperature** if you are making a dish that requires heat. In this section, many recipes also include any **equipment**, such as blenders and containers, that you will need.
5. Recipes are useful both for beginners and for experienced cooks who want to **experiment** with new dishes. Many families have special recipes that have been used for generations. Often these recipes contain "secret" ingredients that make the dish unique.

*"A recipe is a story that ends with a good meal."*

—Pat Conroy, American author

## Identifying the Parts of a Recipe

Now let's review some clues that can help identify the parts of a recipe.

### A. Clues

1. Introduction: description, yield, cooking time
2. Ingredients: food items and amounts
3. Instructions: steps explaining how to make the dish

### B. Sorting

Work with a partner. Read each piece of information.  
Place a check mark (✓) in the correct column.

| #  | Information                                   | Introduction | Ingredients | Instructions |
|----|---|--------------|-------------|--------------|
| 1  | 2 tablespoons milk                            |              | ✓           |              |
| 2  | serves 9 people                               |              |             |              |
| 3  | Preheat oven to 350°.                         |              |             |              |
| 4  | 1 1/2 cups fresh blueberries                  |              |             |              |
| 5  | Mix eggs and sugar together in a large bowl.  |              |             |              |
| 6  | Melt butter in the microwave.                 |              |             |              |
| 7  | 45 minutes                                    |              |             |              |
| 8  | a pinch of salt                               |              |             |              |
| 9  | 1 teaspoon vanilla extract                    |              |             |              |
| 10 | This delicious soup is perfect for cold days. |              |             |              |
| 11 | Boil water in a large pot.                    |              |             |              |
| 12 | 2 cans salmon                                 |              |             |              |

## Guided Practice

### A. Recipe #1

Read the recipe below.

Use the words from the Word List to fill in the blanks.

#### Chef Regina's Vegetarian Spaghetti Sauce

Chef Regina has been serving this sauce for over three decades in her popular London restaurant.

\_\_\_\_\_ : 4 servings

(1)

Cooking time: 20–30 minutes

\_\_\_\_\_ :

(2)

1 large can diced tomatoes

2 tablespoons tomato paste

1 1/2 tablespoons sugar

1/2 teaspoon oregano

1/2 \_\_\_\_\_ basil

(3)

1/2 teaspoon salt

1/2 teaspoon pepper

3 cloves chopped garlic

\_\_\_\_\_ :

(4)

1. Combine all items in a large saucepan.
2. Stir ingredients over medium heat for 10 minutes.
3. Reduce heat. Allow the mixture to simmer for 20 to 30 minutes.
4. Taste and \_\_\_\_\_ more salt and pepper as needed.
5. Serve over warm pasta.

(5)



#### Word List

- add
- yield
- instructions
- teaspoon
- ingredients

**Guided Practice cont.****B. Recipe #2**

Read the recipe below.

Use the words from the Word List to fill in the blanks.

**Mega Chewy  
Chocolate Chip Cookies**

These cookies are the perfect after-school treat for hungry students.

\_\_\_\_\_ : 10 large cookies  
(1)

Cooking time: 1 \_\_\_\_\_  
(2)

**Ingredients:**

3/4 cup brown sugar

1 egg

1/2 cup granulated sugar

1 1/4 cups flour

1 teaspoon salt

1/2 teaspoon baking soda

1/2 cup \_\_\_\_\_ butter  
(3)

8 oz. milk chocolate chips

**Instructions:**

1. \_\_\_\_\_ both types of sugar in a large bowl. Then add salt and butter.  
(4)
2. Whisk in the egg until the mixture is smooth.
3. Add flour and baking soda.
4. Stir in chocolate chips. Chill the dough in the \_\_\_\_\_ for 30 minutes.  
(5)
5. Preheat the oven to 350 degrees and grease a large baking sheet.
6. Drop dough by spoonfuls onto baking sheet.
7. Bake for 15 minutes. Remove from oven and allow cookies to cool before serving.

**Word List**

- melted
- hour
- refrigerator
- mix
- yield

**Guided Practice cont.****C. Recipe #3**

Read the recipe below.

Use the words from the Word List to fill in the blanks.

**Monkey's Choice Banana Bread**

This tasty banana bread has been a tradition in our family for four generations.

Yield: 1 loaf or 12 servings

\_\_\_\_\_ time: 1 hour 20 minutes  
(1)

\_\_\_\_\_ :  
(2)

2 cups all-purpose flour

1 teaspoon baking soda

1/4 teaspoon salt

3/4 cup brown sugar

1/2 cup melted butter

2 \_\_\_\_\_  
(3)

2-3 cups mashed, overripe bananas

**Word List**

- oven
- cooking
- ingredients
- bake
- eggs

**Instructions:**

1. Preheat the \_\_\_\_\_ to 350 degrees.  
(4)
2. Lightly grease a medium loaf pan.
3. In a small bowl, combine the flour, baking soda, and salt.
4. In a large bowl, mix the brown sugar, butter, eggs, and bananas together.
5. Add the dry ingredients to the egg mixture. Stir until blended. Then pour the batter into the pan.
6. \_\_\_\_\_ for 60 minutes.  
(5)
7. Let the bread cool for 10 minutes before serving.

## Vocabulary Review

### A. Complete the Sentences

Complete the sentences using vocabulary from page 2.

1. \_\_\_\_\_ the flour and sugar in a large bowl.
2. I wanted to make cookies for my birthday party. I invited 40 guests, but the recipe was only for 20 servings. I had to \_\_\_\_\_ it!
3. There are many ways to make spaghetti sauce, but the most important \_\_\_\_\_ is always the tomatoes.
4. You don't need any fancy \_\_\_\_\_ to make an omelet. All you need is a pan and a stove.
5. Grandma Hortense loved to \_\_\_\_\_ with new recipes. She rarely made the same dish twice.

### B. Matching

Match the vocabulary to the example.

- |       |                 |  |
|-------|-----------------|--|
| _____ | 1. serve        | a) "Let's put cinnamon in the cookies. It's not in the recipe, but I think it might taste good." |
| _____ | 2. experiment   | b) Preheat the oven to 450 degrees.  |
| _____ | 3. combine      | c) Mix the butter and the flour together in one bowl.  |
| _____ | 4. temperature  | d) "The couscous is ready! Give me your plate."  |
| _____ | 5. instructions | e) First, chop the fruit into small pieces.  |

## More Practice

### A. Reading

Read the recipe and answer the questions.

#### **Amjad’s Savory Shakshuka**

Shakshuka is a popular dish in North Africa and the Middle East. It is typically served with warm pita bread.

Yield: 6 servings  
Cooking time: 12 minutes

#### **Ingredients:**

- 1 tablespoon olive oil
- 1 medium onion, diced
- 1 red bell pepper, seeded and diced
- 2 teaspoons paprika
- 1 teaspoon cumin
- 1/4 teaspoon chili powder
- 4 garlic cloves, chopped
- 1 can whole peeled tomatoes
- 6 eggs
- 1 bunch chopped parsley
- 1 bunch chopped cilantro

#### **Instructions:**

First, heat olive oil in a saucepan. Add onion and bell pepper. Cook for five minutes. Next, add spices and garlic. Cook for one more minute. Pour the can of tomatoes into the saucepan and break tomatoes apart with a spoon. Use the back of the spoon to make imprints in the sauce and crack the eggs into the imprints. Then cover the saucepan and cook six more minutes or until the eggs are done. Finally, garnish with parsley and cilantro.

### B. Comprehension

1. What kind of measuring equipment do you need to make shakshuka?

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2. What kind of cooking equipment do you need to make shakshuka?

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3. How many different ingredients do you need to make shakshuka?

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4. How many onions will you need to make the same recipe for 12 people?

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5. What is the cooking time for shakshuka?

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## Assessment

Read the recipe and answer the questions.

### A. Reading

#### **Tia Antonia's Beef Tacos**

Tacos are a popular Mexican dish. This recipe is for beef tacos, but you can also use chicken, pork, seafood, vegetables, or cheese.

Yield: 12 tacos  
Cooking time: 20 minutes

#### **Ingredients:**

- 1 lb lean ground beef
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 3/4 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/2 teaspoon oregano
- 1/2 cup tomato sauce
- 1/4 cup water
- 12 six-inch soft flour tortillas

#### **Instructions:**

First, put beef in a saucepan and break apart with a spoon. Next, add chili powder, cumin, salt, garlic powder, pepper, and oregano. Cook over medium heat until meat is brown. Then reduce heat. Add tomato sauce and water. Cook until water evaporates. Then remove pan from heat. Finally, warm the tortillas and fill with the mixture.

Optional: add lettuce, sour cream, cheese, or guacamole.

### B. Comprehension

1. Which situation would this recipe be appropriate for?
  - a) breakfast for two people
  - b) lunch for six people
  - c) a quick snack for one person
  
2. What clues in the recipe helped you answer question 1?
 

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3. What kind of measuring equipment do you need to make Tia Antonia's Beef Tacos?
 

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---
  
4. What kind of cooking equipment do you need to make Tia Antonia's Beef Tacos?
 

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5. What spice do you use the most of in this recipe?
 

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## Reading Assessment Tool

Name: \_\_\_\_\_

| Description of Task | Skills           | Date Completed | Score / Success | Level |
|---------------------|------------------|----------------|-----------------|-------|
| Following a Recipe  | Reading, Writing |                |                 |       |

| ✓ | Assessment Criteria                    | Success |        |         |
|---|--|---------|--------|---------|
|   |  | Yes     | Almost | Not Yet |
|   | identify recipe layout                 |         |        |         |
|   | read a simple recipe                   |         |        |         |
|   | follow instructions in a simple recipe |         |        |         |
|   | understand measurement words           |         |        |         |
|   | understand sequencing words            |         |        |         |

**Notes**



# Self-Assessment

## FOLLOWING A RECIPE

Add check marks (✓) to show what you've learned in this lesson.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

| Can I...                           | Yes (very well)<br> | Yes (with help)<br> | Not yet<br> |
|------------------------------------|--|--|--|
| recognize that a text is a recipe? |  |  |  |
| read a simple recipe?              |  |  |  |
| follow a simple recipe?            |  |  |  |
| understand measurement words?      |  |  |  |
| follow sequencing words?           |  |  |  |

**My Notes**

# Answer Key

**LESSON DESCRIPTION:**

In this lesson, students learn how to follow recipes. They learn clues and tips to identify parts of a recipe. This lesson includes idioms, vocabulary practice, comprehension, and assessment.

**LEVEL:** Low Int – Int

**TIME:** 3+ hours

**TAGS:** following a recipe, reading, comprehension, cooking, baking, recipes, vocabulary, food

## Pre-Reading

**A. WARM-UP**

Introduce the two idioms (*recipe for disaster* and *recipe for success*). Ask students what they think the word “recipe” means based on the context of the idioms.

**B. VOCABULARY PREVIEW**

Give students a few minutes to try the vocabulary preview task. Take up the answers to learn how much your students already know about vocabulary related to following a recipe.

- |      |      |      |      |
|------|------|------|------|
| 1. d | 3. a | 5. g | 7. b |
| 2. c | 4. h | 6. f | 8. e |

## Reading

Have students read the instructional text individually or in pairs or groups. Alternatively, you can read the text together as a class. After students have read the text, discuss the quote.

## Identifying the Parts of a Recipe

**A. CLUES**

Have students read through the three clues that can help them identify the parts of a recipe.

**B. SORTING**

- |                 |                 |                  |
|-----------------|-----------------|------------------|
| 1. Ingredients  | 5. Instructions | 9. Ingredients   |
| 2. Introduction | 6. Instructions | 10. Introduction |
| 3. Instructions | 7. Introduction | 11. Instructions |
| 4. Ingredients  | 8. Ingredients  | 12. Ingredients  |

## Guided Practice

Give your students time to fill in the blanks in the three recipes. Help them by explaining that the correct word can be found by using the context.

**A. RECIPE #1**

- |                |                 |
|----------------|-----------------|
| 1. Yield       | 4. Instructions |
| 2. Ingredients | 5. add          |
| 3. teaspoon    |                 |

**B. RECIPE #2**

- |           |                 |
|-----------|-----------------|
| 1. Yield  | 4. Mix          |
| 2. hour   | 5. refrigerator |
| 3. melted |                 |

**C. RECIPE #3**

- |                |         |
|----------------|---------|
| 1. Cooking     | 4. oven |
| 2. Ingredients | 5. Bake |
| 3. eggs        |         |

*(continued on the next page...)*

## Answer Key cont.

### Vocabulary Review

#### A. COMPLETE THE SENTENCES

- |               |               |
|---------------|---------------|
| 1. Combine    | 4. equipment  |
| 2. double     | 5. experiment |
| 3. ingredient |               |

#### B. MATCHING

- |      |      |      |      |      |
|------|------|------|------|------|
| 1. d | 2. a | 3. c | 4. b | 5. e |
|------|------|------|------|------|

### More Practice

#### A. READING

Assign the reading and have students complete the exercise individually.

#### B. COMPREHENSION

Answers will vary. Suggested answers include:

- You need measuring spoons and measuring cups to make shakshuka.
- You need a saucepan, a stove, and a spoon to make shakshuka.
- To make shakshuka, you need 11 different ingredients.
- To make shakshuka for 12 people, you need to double the recipe, so you need two medium onions.
- The cooking time for shakshuka is 12 minutes.

### Assessment

#### A. READING

Use the reading and question set on page 11 to assess your students' abilities to read and follow simple recipes.

#### B. COMPREHENSION

- b
- The yield shows that the recipe can make 12 tacos, which is too many tacos for one or two people.
- To measure ingredients for Tia Antonia's Beef Tacos, you need measuring spoons and measuring cups.
- To make Tia Antonia's Beef Tacos, you need a saucepan, a stove, and a spoon.
- The spice you use the most of is chili powder.

### Self-Assessment

When you are finished with this lesson, have your students reflect on their learning by filling in the chart on page 12.

#### SPELLING NOTE:

This lesson shows the American spelling of the word *Omelet*. Most other English-speaking countries spell this word this way: *Omelette*. Make it a challenge for your students to find this word in the lesson and see if they know the alternate spellings.