



**Topic:** Cooking – Baking a Cake

**Level:** Intermediate

**Vocabulary Focus:** Food Preparation



**Discussion:**

**A.** Look at the picture. What do you see? These words will help you.

man apron mixing food bottle ingredients baking pan dough



**B.** Read and discuss the following questions.

1. Why is the man wearing an apron?
2. What food do you think he is preparing?
3. Do you think he is at home or in a restaurant? Why?
4. The man looks happy. Why?
5. What is the important thing to do with your hands before preparing food?

**C.** General chat about cooking

Do you enjoy cooking? What food do you like to prepare? What are your favourite ingredients? Where do you shop for your food? Do you cook for yourself? Do you cook for other people? Do men or do women spend more time preparing food?

**D.** Word Play

1. Fruit and vegetables are basic foods. Which of these are fruit and which are vegetable:  
apple potato orange lemon tomato pear grape carrot onion lettuce  
pumpkin garlic ginger banana cabbage



**Cake Recipe:** Read through the recipe. Take your time. Try to understand each step.

Before you begin note that all recipes use abbreviations (an 'abbreviation' is a shortened version of a word) so you need to know what the following mean:

$\frac{1}{2}$ ,  $\frac{1}{4}$ ,  $\frac{2}{3}$ , C, tsp, cm, g

**Recipe:**

**Pineapple and Banana Cake**

Ingredients:

2 ripe bananas, mashed	2 tsp ground cinnamon
$\frac{1}{2}$ cup drained crushed pineapple	$\frac{2}{3}$ cup oil
1 $\frac{1}{4}$ cups caster sugar	$\frac{1}{4}$ cup pineapple juice
1 $\frac{2}{3}$ cups self-raising flour	2 eggs

Method:

Preheat the oven to a moderate 180C. Brush a deep, 23 cm round cake tin with melted butter or oil. Line the base and side with baking paper.



Place the bananas, crushed pineapple and caster sugar in a large mixing bowl. Add the sifted flour and cinnamon. Stir to combine using a wooden spoon.

Whisk the oil, pineapple juice and eggs together and add to the banana mixture. Stir until combined and smooth. Pour the mixture into the prepared tin and smooth the surface with a flat knife. Bake for 1 hour or until a skewer comes out clean when inserted in the centre of the cake.

Set aside for 10 minutes before turning onto a wire rack to cool.

This cake is moist and tasty. It can be iced with a plain or flavoured icing.

To make a cream cheese icing you will need:

100g cream cheese at room temperature

$\frac{3}{4}$  cup icing sugar, sifted

2 tsp milk

Beat cream cheese and icing sugar in a small bowl until light and creamy. Add milk and beat well until consistency is right for spreading on top of the cake.



**A. Understanding the Recipe:**

1. Which two fruits are used in this recipe?
2. Which ingredient will make the cake rise during cooking?
3. How can you test that the cake is cooked?
4. Why is the cake tin lined with baking paper?
5. What do the words 'mashed' and 'crushed' have in common? Think of their meanings.

**B. Find the Word:**

The word 'mixture' refers to the ingredients that are 'mixed' together. There are other words that mean 'to mix' in the recipe. What are they? To help you the first letter is given and each dash represents one letter:

s - - - - -    s - - -    w - - - -    b - - -

**C. Kitchen Tools:**

The name for a tool or piece of equipment used in a kitchen is utensil. The following utensils are mentioned in the recipe. Explain what each one looks like and what it is used for:

Sieve

Mixing bowl

Skewer

Wooden spoon

Cake tin

Flat knife

Wire rack



D. Odd Word:

All except one of the following words are utensils and could be found in a kitchen. Which word does not belong in the list?

fork tray plate spatula ladder scales peeler