



Worksheet 7. Reading: A Healthy Dinner

Read the recipe for a healthy dinner. Then complete the Worksheet.

A Healthy Dinner



pan and tablespoon



cup



onions and mushrooms



oil and garlic

INGREDIENTS

1 tablespoon of <b>olive oil</b>	1 cup of brown rice
1 onion	2 packages of frozen broccoli
10 mushrooms	½ pound of cooked chicken
4 cloves of garlic	2 cups of clear chicken soup, or other liquid

PREPARATION

- 1) **Cook** the rice. Use the **microwave** or the stove.
- 2) **Chop** the onion, **garlic** and mushrooms into small pieces. Slice the chicken.
- 3) Heat the oil in a large **pan**. **Cook** the onion and the **garlic** in the oil for 3 minutes.
- 4) **Add** the rice, broccoli, chicken, and mushrooms to the pan. Cover it and cook for 6 to 8 minutes or until it is hot. Stir it a few times. Put it on a plate and serve it.

onions, mushrooms, broccoli = different kinds of vegetables

garlic = a plant like a small onion, used in cooking to give food a strong taste

Circle the correct word.

1. A recipe is a kind of (fact / guide).
2. A pan is a pot with (high / low) sides.
3. Garlic gives food a nice (flavor / color).
4. A microwave is a kind of (pan / stove).
5. Ingredients are (spoons / foods) that you put into a dish.
6. Olive oil is a (solid / liquid).
7. When you cook something, you (heat / hot) it.
8. When you (add / put) 5 and 5, you get 10.
9. When you cover something, you put a top (on / under) it.
10. Chop means (cover / cut up).