

## UNIT 5 TASK

### i) WRITING:

#### RECIPE: A TYPICAL SPANISH / GALICIAN MEAL *2015: Or My favourite Recipe*

1. **READ** [this recipe](#) and answer the questions:

1. **How long does it take?**
2. **What is the recipe?**
3. **What vegetables does it have?**
4. **Where do you cook it?**
5. **What do you whisk?**
6. **What did you use to fold it in half?**
7. **How much cholesterol does this recipe have?**

You can also have a look at [these other recipes](#) for ideas

2. **Your turn:**

**a) Create a Folder called “Recipe” in your computer.**

**b) Inside it, open a DOC and Write your recipe for a meal:**

Look up the vocabulary and information that you need:

Verbs etc (boil, fry, roast, grill, ...) , food & utensils and, IF possible, add some Nutritional Info.

**Follow these steps:**

- 1) **Ingredients, Utensils & Amount**
- 2) **Instructions , how to cook it:**
- 3) **Nutritional Information:**

**Eg:**

Calories 332  
Total Fat 7 g (11% DV)  
Saturated Fat 5g (24% DV)  
Cholesterol 35 mg (12% DV)  
Sodium 318 mg (13% DV)  
Total Carbohydrate 61 g (20% DV)  
Fiber 2g (8% DV)  
Sugars 33 g  
Protein 6 g (12% DV)

Percent daily values are based on a 2,000-calorie diet.

**c) Find photos** to go with every sentence and **Save them** in the same File (“Recipe”).

3. **Write** your recipe on Photopeach or [Glogster](#) or [Prezi](#) and then publish it on your blog

### ii) SPEAKING:

**Describe how to cook:**

**a Spanish/Galician meal or your favourite meal**