

Pomegranate



Task 1

Watch the video and answer the following question.

What are the main topics the video is talking about? Name at least three.

Task 2

Watch 0.00 - 1.25 min and answer the following questions.

1. What do pomegranate's seeds taste like?
2. What is folate important for?
3. How much vitamin C does a half cup of pomegranate seeds contain?
4. Besides maintaining healthy immune system, what is vitamin C important for?

Taks 3 Pomegranate and Grapes - Nutrition facts

Watch from 1.25 - 1.55min and write P or G next to each question as well as the figure where possible.

1. Which fruit is higher in calories?
2. Which is higher in sugar?

Fill in the gaps.

3. Pomegranates are _____ higher in _____ than grapes.
4. Pomegranates are _____ times _____ in _____ than grapes.
5. Pomegranates rank over _____ higher on an ORAC, _____ than grapes.
6. Pomegranates are also higher in _____ .

Task 4 Shopping for the best pomegranate

Watch from 1.55 - 2.15min and write down all the adjectives you hear in this part. Which adjective are in the comparative form (e.g. smaller)?

Task 5 Breaking up a pomegranate (2.15 - 3.00)

*Describe the two methods of breaking up a pomegranate. Use full sentences and **passive voice**.*

1. Water bath method

2. The spoon method

Task 6 Pomegranate recipes (3:15 - 4.35)

There are 1 or 2 ingredients missing in some of the following recipes. Watch the video and find out.

Simple POM yoghurt

honey, yoghurt, arils

Pom meat marinade

chilli flakes, salt, pom vinegar, honey, soya sauce, dijon mustard

Pom orange cocktail

OJ, POM juice, vodka,

Pom goat cheese salad

Onion, goat cheese, pom vinegar, olive oil, egg, pom arils

Wild rice w/Pom

Wild rice, almonds, pom vinegar,,olive oil, pom arils, salt, pepper

Follow up

Discuss with your partner:

1. Which of the above recipes do you like?
2. When could you eat/drink them? Would you add any other ingredient?

Task 7 Your recipe

Design your own recipe with pomegranate seeds or juice. Post the recipe as a comment on the website.