

Berry slush



You will need

frozen blueberries

½ cup (125 mL)

frozen raspberries

½ cup (125 mL)

frozen strawberries

½ cup (125 mL)

apple juice

1 cup (250 mL)

What to do

1 Put the berries and the juice in a blender.

2 Blend until smooth. Serve immediately.

 **Makes two glasses**

The Westcoast Reader 9/2004

Fruit smoothie

You will need

10 to 12 ripe strawberries

2 ripe bananas

soy milk or low-fat milk

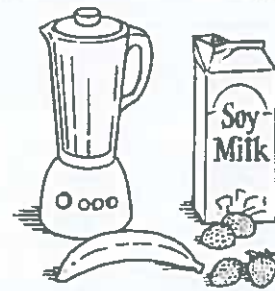
1 cup (125 mL)

honey

1 tbsp (15 mL)

ice cubes

1 cup (250 mL)



What to do

1 Wash the strawberries and take off the green tops. Peel the bananas.

2 Put the fruit, milk, honey, and ice in a blender. Blend well.

3 Pour into a glass.



 **Makes two glasses**

Finish the words

Fill in the missing letters to finish the words.



1. _ t _ _ _ _ _ s



2. _ _ _ p _ _ _ _ _



3. _ _ _ u _ _ _ _ _



Fresh berries at a market

What's the word?

Find these words in the puzzle.
Some words go across and
some go down.

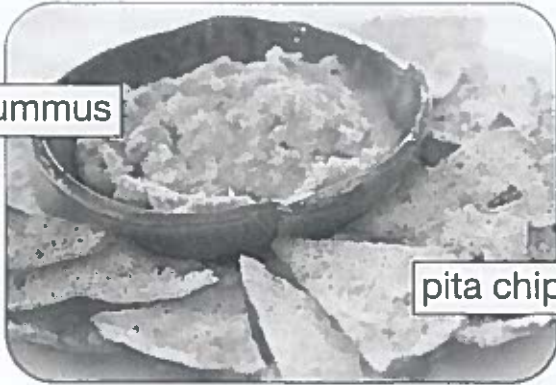
- | | |
|---------|--------|
| banana | juice |
| blender | milk |
| frozen | peel |
| fruit | serve |
| glass | smooth |
| honey | soy |
| ice | wash |

f	r	u	i	t	x	s	e	g	m
l	b	l	e	n	d	e	r	j	w
d	a	k	z	u	h	r	i	f	a
r	n	j	z	j	p	v	c	r	s
p	a	c	i	r	u	e	e	o	h
e	n	s	o	y	y	h	a	z	o
e	a	t	m	i	l	k	v	e	n
l	n	h	j	u	i	c	e	n	e
o	g	s	m	o	o	t	h	y	y
n	j	g	v	g	l	a	s	s	e



Hummus

Hummus is a popular dip. You can serve it with warm pita bread, pita chips, or cut veggies.



hummus

pita chips

You will need

chickpeas (garbanzo beans)
1 can (19 oz or 540 mL)

garlic
1 clove (crushed)

water
2 tbsp (30 mL)

salt
 $\frac{1}{2}$ tsp (2 mL)

cumin
1 tsp (5 mL)

tahini
2 tbsp (30 mL)

olive oil
1 tbsp (15 mL)

lemon juice
3 tbsp (45 mL)

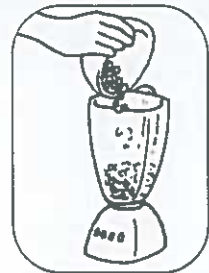
Note: Tahini is made from sesame seeds. You can buy it in many supermarkets.

What to do

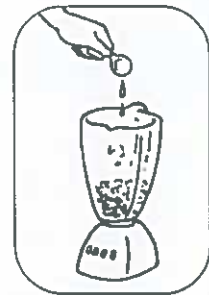
1 Rinse and drain the chickpeas.



2 Put the chickpeas, garlic, water, salt, and cumin in a blender. Blend together.



3 Add the tahini, olive oil, and lemon juice. Blend until the mixture is smooth.



4 Scrape the hummus into a bowl.



Did you know?

Hummus is a popular food in many Middle Eastern countries: for example, Turkey and Egypt.

The Westcoast Reader 5/2008 • Recipe submitted by Halima and Neema

Which comes first?

Put the sentences in the correct order.

- ___ Serve the hummus with pita chips.
- ___ Open a can of chickpeas.
- ___ Add the tahini, olive oil, and lemon juice.
Blend until the mixture is smooth.
- ___ Scrape the hummus into a bowl.
- ___ Rinse and drain the chickpeas.
- ___ Put the chickpeas, garlic, water, salt, and cumin in a blender.
Blend together.

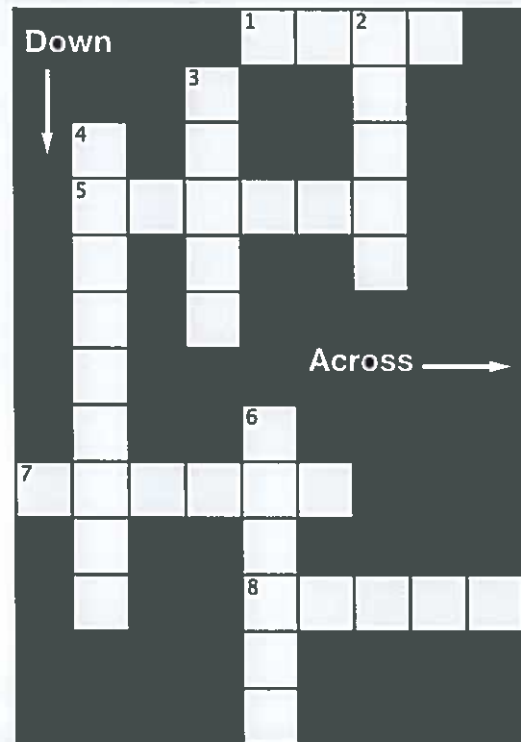
Crossword

Across

1. Opposite of cool
5. A Middle Eastern dip
7. A kind of seed
8. _____ oil

Down

2. Wash lightly
3. A yellow citrus fruit
4. Another name for garbanzo beans
6. Opposite of rough

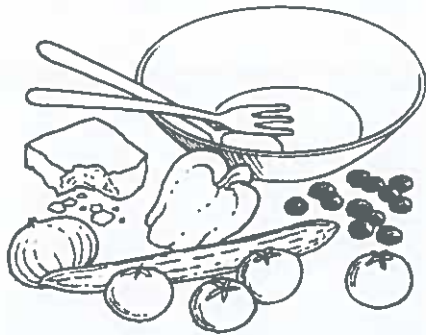


Greek salad



You will need

- 4 tomatoes
- 1 English cucumber
- 1 onion
- 1 green or red bell pepper
- 12 Greek black olives
- ½ cup (125 mL) feta cheese



What to do

- 1 Cut the tomatoes, cucumber, onion, and pepper into bite-size pieces.
- 2 Mix the vegetables together in a large bowl. Add the olives.

Salad dressing

You will need

½ cup	olive oil	125 mL
¼ cup	lemon juice	50 mL
1 tsp	oregano	5 mL



What to do

In a small bowl, whisk together the oil, lemon juice, and oregano. Add salt to taste.

Make and serve

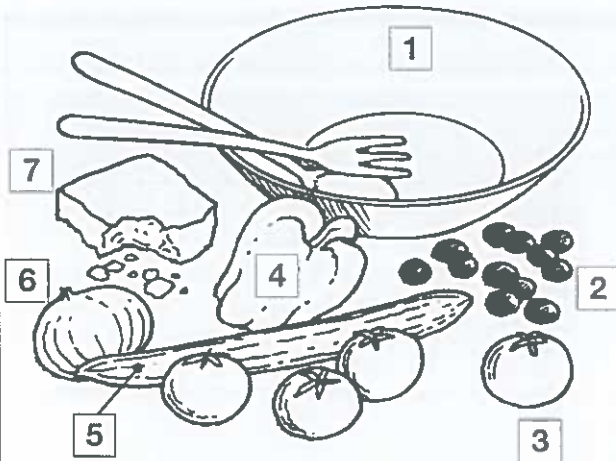
- Crumble the feta cheese over the salad.
- Add the dressing.
- Toss the salad and serve.

👤 Serves 4 people

The Westcoast Reader 5/2003

Unscramble the letters

Unscramble the letters and write the words.



1. owbl _____

2. silevo _____

3. matoot _____

4. eprpep _____

5. rebcmuuc _____

6. noino _____

7. aeft hecees _____

What do you need?

Write the answers on the lines.

1. What kind of cucumber do you need for the Greek salad recipe?

You need _____

2. What kind of cheese do you need?

You need _____

3. What kind of pepper do you need?

You need _____

4. What kind of olives do you need?

You need _____

Countable/uncountable nouns

A In inglese i sostantivi si dividono in due gruppi: sostantivi numerabili (*countable nouns*) e sostantivi non numerabili (*uncountable nouns*).

B I sostantivi numerabili si possono contare singolarmente:

a/one car



two cars



three cars



C I sostantivi non numerabili, invece, non si possono contare singolarmente. Ne fanno parte i nomi di sostanze e alcuni nomi astratti.

Sostanze		Nomi astratti					
<i>rain</i>	pioggia	<i>salt</i>	sale	<i>luck</i>	fortuna	<i>advice</i>	consiglio/i
<i>shampoo</i>	shampoo	<i>bread</i>	pane	<i>happiness</i>	felicità	<i>patience</i>	pazienza
<i>water</i>	acqua	<i>steel</i>	acciaio	<i>excitement</i>	emozione	<i>health</i>	salute

Sostantivi numerabili

- hanno forma sia singolare che plurale:
pen → *pens*
- possono essere preceduti da *a/an*, *the*, *some* o da un numerale:
a pen *the pens* *some pens* *two pens*
- il verbo che li accompagna può essere nella forma singolare o plurale:
The bag is heavy. *The bags are heavy.*
La borsa è pesante. Le borse sono pesanti.

Sostantivi non numerabili

- hanno una sola forma. *bread*
Non hanno forma plurale.
- possono essere preceduti da *the* o *some* ma non da *a/an* o da un numerale:
the bread *some bread* ~~*a bread*~~
- il verbo che li accompagna è sempre al singolare:
Your advice was invaluable.
I tuoi consigli sono stati preziosi.

D Per quantificare un sostantivo non numerabile si può:

1) indicare una quantità indefinita con *some*, *any* o *no* (v. Unit 43):

I need some flour.

Ho bisogno di un po' di farina.

Is there any bread?

C'è del pane?

You've got no patience.

Non hai pazienza.

2) indicare una quantità specifica di una sostanza facendo riferimento alla misura o al contenitore:

a kilo of flour

un chilo di farina

a packet of salt

un pacchetto di sale

a tube of toothpaste

un tubetto di dentifricio

a can of beer

una lattina di birra

a litre of milk

un litro di latte

a bar of soap

una saponetta

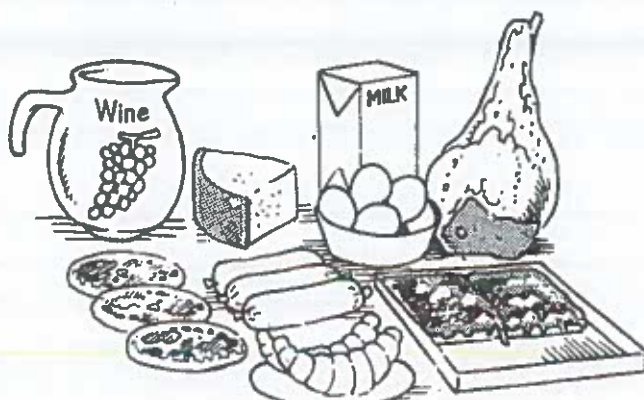
a slice/piece of bread

una fetta/pezzo di pane

a tin of tuna

una scatola di tonno

Osserva la figura e cerchia gli alimenti non numerabili. Poi barra la forma verbale errata.



0 The wine is – ~~are~~ from Sicily.

1 The milk is – are semi-skimmed
(= parzialmente scremato).

2 The croissants has got – have got
marmalade inside.

3 The eggs is – are fresh.

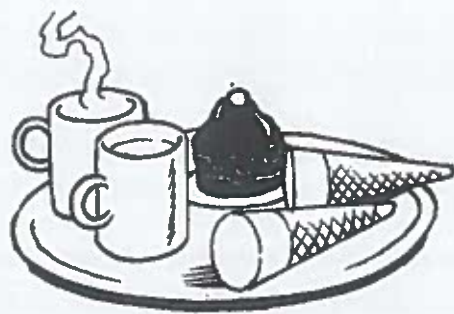
4 The ham is – are Parma ham.

5 The pizzas is – are 1.50 euros each.

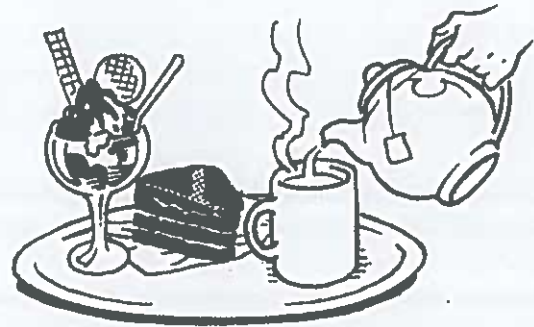
6 The pizza is – are with ham and
mushrooms.

7 The cheese is – are Dutch (= olandese).

Completa le ordinazioni fatte sulla base del contenuto dei vassoi. Ricorda: *a tea* = 'un tè'; *some tea* = 'del tè'.



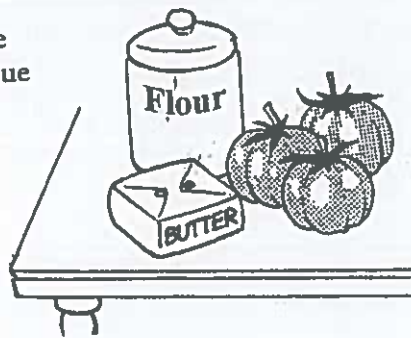
Can I have two teas - some tea (0), some chocolate cake - a chocolate cake (1) and some ice cream - two ice creams (2), please?



Can I have some chocolate cake - a chocolate cake (3), a tea - two teas (4) and an ice cream - some ice cream (5), please?

Ann vorrebbe preparare una torta salata ma non sa se ha tutti gli ingredienti. Usa la lista per formulare le sue domande. Poi osserva la figura e rispondi.

- | | |
|-----------------------|---------|
| Tomatoes? | Onions? |
| Flour? | Bacon? |
| Butter? | Cheese? |
| Mushrooms (= funghi)? | |



Ann: *Have we got any tomatoes?*

Ann: *Have we got any onions?*

Ann:
 Ann:
 Ann:
 Ann:
 Ann:

You: *Yes, we've got some.*

You: *No, we haven't got any. / No, we've got none.*

You:
 You:
 You:
 You:
 You:

Osserva che cosa ha comprato Judy e completa la lista della spesa con le parole date.

a packet a piece a bottle three a tube three cans a a bar two tins a kilo

SHOPPING LIST

- 0 *a piece* of cheese
- 1 bananas
- 2 of Coke
- 3 of tomatoes
- 4 of wine
- 5 of toothpaste
- 6 of potatoes
- 7 pineapple
- 8 of sugar
- 9 of chocolate



A. Inserisci i nomi nel riquadro corretto.

euro • hour • chocolate • box • sugar • Coke • leg • house • wine • instrument • garlic • friend • jam • bread • salt • umbrella • year • ham • computer • rice

Countable nouns

Uncountable nouns

.....
.....
.....
.....
.....

B. Completa le espressioni usando i sostantivi non numerabili dell'esercizio precedente.



1 A slice of

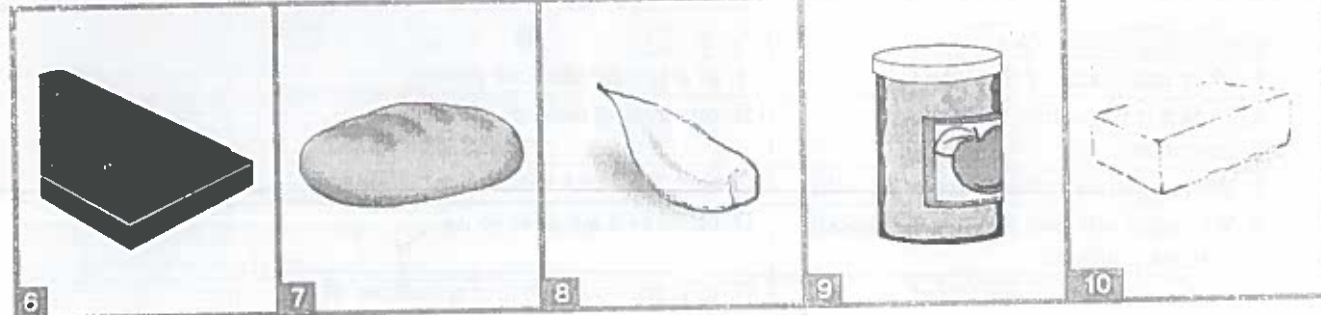
2 A packet of

3 A can of

4 A bottle of

5 A pinch of

.....
.....



6 A bar of

7 A loaf of

8 A clove of

9 A jar of

10 A cube of

.....
.....