Worksheet 7. Reading: A Healthy Dinner

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

A Healthy Dinner

**INGREDIENTS**

<table>
<thead>
<tr>
<th>1 tablespoon of olive oil</th>
<th>1 cup of brown rice</th>
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</thead>
<tbody>
<tr>
<td>1 onion</td>
<td>2 packages of frozen broccoli</td>
</tr>
<tr>
<td>10 mushrooms</td>
<td>½ pound of cooked chicken</td>
</tr>
<tr>
<td>4 cloves of garlic</td>
<td>2 cups of clear chicken soup, or other liquid</td>
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</tbody>
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**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).