



Henry is reading a recipe. Read the recipe.



Dessert Time

Weekly Food Ideas

Issue 237

Strawberry Pudding

Preparation Time: 45 minutes

Servings: 4

Ingredients:

Strawberries	400 g
Coconut milk cream	400 g
Maple syrup	1 tbsp
Dark chocolate	8 pieces



Steps:

1. First, wash the strawberries. Cut the tops off.
2. Blend the strawberries. Stop when you get a **smooth** strawberry paste.
3. Then, cook the paste in a pan for about 10 minutes over a low heat. Let it cool.
4. Use a mixer to whip the coconut milk cream. Stop when the cream is smooth and creamy.
5. After that, pour the maple syrup into the cream. Mix them well.
6. Pour the cream into _____? _____ glasses. Put them in the fridge for 25 minutes. Make sure the cream is set before you add the cool strawberry paste on top.
7. Finally, decorate the puddings with the dark chocolate pieces. You can add any fruit you like, too!

Health Station

- Coconut milk cream is a healthier option because it is low in calories.
- Maple syrup is healthy because it contains **minerals** such as calcium. Calcium makes our teeth and bones strong.



10 mins

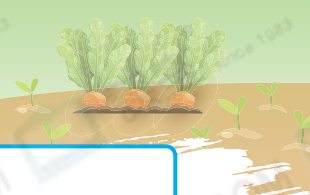


Writing



Write a recipe of your favourite dish.

DATE



Choose the best answers by blackening the circles.



1. Where can Henry find this recipe?

A. in a cookbook

B. in a food magazine

C. in a science magazine

D. in a storybook

2. It is now 1:45 pm. Henry starts to make the strawberry pudding. He can eat it at _____.

A. 2:00 pm

B. 2:15 pm

C. 2:30 pm

D. 2:45 pm

3. What does Henry NOT need to make the strawberry pudding?

A. a fork

B. a knife

C. a fridge

D. a blender

4. Read Step 6. Which of the following best replaces ' _____ ? _____ '?

A. two

B. four

C. six

D. eight

Tip

Q4: How many people is the dish for?

Complete the answers.

5. Why is maple syrup good for our teeth and bones?

Maple syrup is good for our teeth and bones because _____

_____.

6. Henry's mum wants to keep fit. Can she eat the strawberry pudding? Why?

_____, Henry's mum _____ eat the strawberry pudding because

_____.

Arrange the pictures in the correct order. Put 1-4 in the correct boxes.

7.



□ → □ → □ → □

READING