

# HANDOUT 3

## LET'S COOK Passive Voice



### INDICADORES DE LOGRO

- Elabora oraciones utilizando la voz pasiva
- Identifica en textos escritos la voz pasiva
- Asume una actitud crítica frente a las necesidades de su entorno
- Identifica métodos para reconocer problemas y necesidades de su entorno escolar, familiar y social
- Identifica las etapas para plantear una idea de negocio. **(GESTIÓN Y ADMINISTRACIÓN)**
- Plantea acciones para resolver una situación
- Organiza los recursos disponibles para alcanzar los objetivos previamente determinados
- Dirige responsablemente las diferentes acciones involucradas en los procesos
- Evalúa los resultados para mejorar procesos



I read this reflection with my team group:

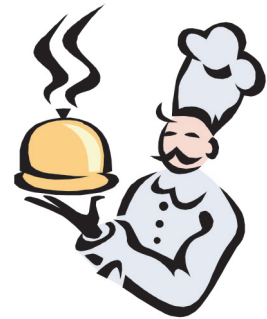
En la búsqueda de alternativas para el desarrollo y crecimiento personal, es necesario revisar las diferentes etapas que conducen a la obtención de resultados, los cuales incluyen la gran mayoría de las veces las instrucciones de tipo secuencial, que conducen al desarrollo del proceso.

En esta guía encontraré una serie de recetas a las cuales les debo seguir un proceso, de lo contrario no obtendré los objetivos propuestos. Además, tendré oportunidad de desarrollar ejercicios que incluyen la voz pasiva, internalizando de esta manera, algunos términos culinarios.

Es de vital importancia precisar el espíritu emprendedor y la formación básica empresarial que se ha adquirido en el desarrollo de las diferentes guías, ya que éstos pueden ser un punto de apoyo muy importante para consolidar algunas ideas de negocios.

I meet with my team group and translate these sentences. Then, we make the difference between the active voice and the passive voice. We meet and discuss with our classmates about this exercise, if we aren't able to solve the activity, we can ask our teacher.

- My mother **makes** an apple pie.
- An apple pie is made by my mother.
- We **prepared** a delicious food.
- A delicious food was prepared by us.





- My friends **are going to prepare** orange cookies.
- Orange cookies are going to be prepared by our friends.
- She will make the green salad.
- The green salad will be made by her.
- The chef is mixing the ingredients for the dessert.
- The ingredients for the dessert are being mixed by the chef.



- We are going to discuss and analyze the following question, we can do this activity in Spanish. We share our opinions with our teacher.

Desde el punto de vista de la GESTIÓN Y LA ADMINISTRACIÓN, ¿Qué se debe tener en cuenta para preparar una buena receta de cocina?



- I meet with my teamgroup and read attentively these ideas referring to the passive voice. Then, I copy the main ideas on my notebook. (If I have some doubts, I can look at English book for 10th, pages 119-125).

## THE PASSIVE VOICE

It is important to take into consideration that passive voice is a very usual structure in English more than in Spanish. It is written with the verb BE and the past participle of the principal verb.

### Remember that

- You use the passive voice to focus on the person or thing affected by an action.
- You form the passive by using a form of “be” and a past participle.

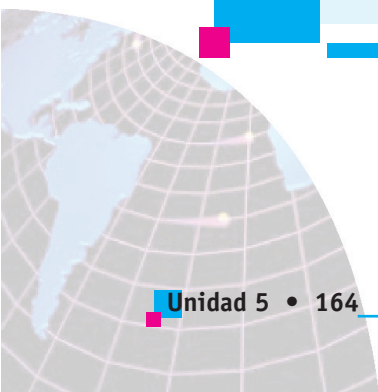


- Only verbs that have an object can have a passive form.
- With verbs that can have two objects, either object can be the subject of the passive.

ACTIVE VOICE	PASSIVE VOICE
• Bakeries sell bread.	• Bread is sold at bakeries.
• She cleaned the hotel.	• The hotel was cleaned by her.
• We are going to use gloves.	• Gloves are going to be used by us.
• Japan will export fish.	• Fish will be exported by Japan
• Bob bought this recipe book.	• This recipe book was bought by Bob.
• My mother can prepare some brownies.	• Some brownies can be prepared by my mother.
• The children should prepare peanut butter cookies.	• Peanut butter cookies should be prepared by the children.

I read this reflection attentively, paying special attention to the different recipes, in order to practice them, at home with my mother or an adult person who can help me.

En mi rutina diaria es muy importante tener buenos hábitos en lo que se relaciona con la manera como yo me alimento; ya que este es un referente muy importante para analizar con todos los miembros de mi familia. Muchas veces se hacen combinaciones de alimentos que no están bien balanceados o abusamos de las comidas rápidas las llamadas “Snacks” o “Comida chatarra”. A través de los ejercicios de esta guía aprenderé como asumir una actitud crítica frente al proceso de nutrición. Además, conoceré algunas recetas que me ayudarán a conocer vocabulario en Inglés y elementos nuevos para elaborar algunas recetas.





## Healthy Food: The importance of a good nutrition.

The food that we eat daily, are composed by elements that our body needs for different purposes, which are named: Substances. These nutritious substances are those ones that determine our nutritious state. They are divided into:

- **Energetic Function:** this kind of substances give material for building up energy. They are potatoes, rice, sugar, panela, oil, butter and so on.
- **Shaper Function:** it leads towards the formation of new tissues. They are: milk, eggs, meat, beans, corn, wheat and so on.
- **Regulator function:** this function is developed by the vitamins and minerals. They are present in vegetables and fruits.

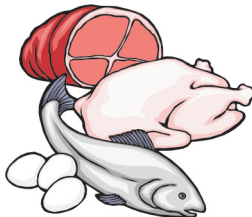
**A healthy diet must include food of the following groups which are classified according to their nutritional facts.**



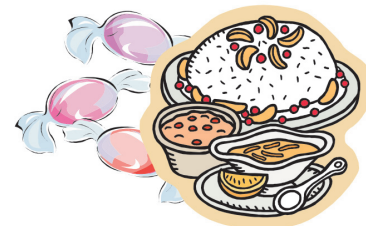
Milk and lacteous products



Cereal, tubers, and bananas



Meat, fish, eggs and poultry



Candies and dessert



Vegetables



Fat



Fruits



De todos es conocido que en la alimentación se enlazan infinidad de comportamientos, hábitos y costumbres que tienen fuertes efectos sobre el bienestar y la calidad de vida del conjunto social.

De una buena gestión y administración de los alimentos depende que tengamos una nutrición saludable y balanceada. Esta actividad se hace necesaria en todos los espacios donde se procesen alimentos.

Desde esa perspectiva, la alimentación significa mucho más que el simple consumo individual de nutrientes; oportunidades para crecer y vivir con calidad de vida, con capacidad para trabajar y estudiar, el disfrutar y gozar colectivamente es posible cuando prevalece una cultura alimentaria equitativa y satisfactoria para todos.



Here I am going to find a balanced menu. I copy the different recipes on my notebook, trying to translate them. If I have some doubts I analyze them with my classmates, and finally, we ask our teacher for help.

### Lynn's Broccoli Salad

#### Ingredients

- 1-2 broccoli heads, cut in small florets
- 1 small red onion, chopped small
- 1 cup Spanish peanuts
- 1/3 cup raisins
- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1 oz. Red wine vinegar
- 1/2 cup sugar

#### Procedure

1. Mix broccoli, red onion, peanuts and raisins.



2. Set aside.
3. Mix mayonnaise, sour cream, red wine vinegar and sugar to make dressing.
4. Toss dressing with salad about 1 hour before serving.

## RICE WITH VEGETABLES

### Ingredients

- 1 ½ cups boiling water
- 1 cup uncooked regular rice
- 1 cup mixed vegetables
- 1 teaspoon of onion and tomato and some allspice
- 1 teaspoon salt
- 2 teaspoons oil

### Procedure

1. Heat water, oil, salt, and teaspoons of spices.
2. Mix the rest of ingredients thoroughly .
3. Cover tightly until liquid is absorbed and rice is tender ( 25-30 minutes).

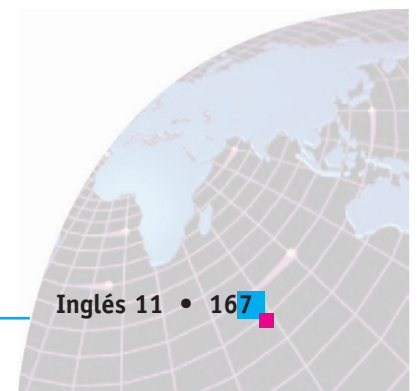
## BROWNIES


### Ingredients

- 2/3 cup flour, sifted
- ¼ tsp. Salt
- ½ cup nuts, chopped
- 4 tbs. Cocoa
- 2 tbs. Vanilla
- ½ tsp baking powder
- 2 eggs
- 1/3 margarine
- 1 cup sugar

### Procedure

1. Sift flour, baking powder and salt.
2. Melt margarine and cocoa over low heat.
3. Beat eggs well, add sugar gradually, beating well.



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4. Add cocoa mixture.
  5. Add flour, then nuts and vanilla.
  6. Bake in greased and floured brownie pan.
  7. Bake at 350 ° for 25 minutes.
  8. Cool in pan.
  9. Cut into squares.

En todas las actividades de mi vida diaria es muy importante analizar los diferentes procesos que se llevan a cabo para obtener buenos resultados. Es por ello básico ser responsables en las diferentes acciones involucradas en los procesos.

Gestionar y administrar los ingredientes e implementos requeridos para el éxito de una receta, se hacen necesarios con el fin de realizar una tarea exitosa que redunde en el bienestar de quienes se benefician de esta actividad.



## LET'S ENJOY BY COOKING EASY RECIPES

Now, I am going to understand this recipe, taking into consideration the ingredients and the process. If I have some doubt I look at the dictionary the new words.

If you want to prepare this recipe, you will get all the ingredients first, in order to be successful.

I copy this recipe on my notebook, writing down the unknown words and their meaning.

### Activity one

As you can see there are some basic verbs referring to the way of preparing some recipes. It's very important to make the difference among them, because in that way I am going to be successful in this process of preparing recipes.

I am going to write these definitions on my notebook, choosing the best definition:





BEAT - SIFT - BAKE - COOL - CUT - ADD - MIX- MEASURE

- To cook or prepare food by subjection to dry heat, as in an oven: .....
- To pass through a sieve so as to separate coarse from fine particles. To separate: .....
- To change from a solid to a liquid state, usually by heat:.....
- To strike with repeated blows:.....
- Slightly or moderately cold :.....

Activity two

According to the procedure of the previous recipe, I am going to complete these sentences taking into consideration the passive voice, using a modal verb:


1. Flour should .....be sifted... with the baking powder and the salt.
2. After that, margarine and cocoa should ..... (melt) over low heat.
3. Next, eggs and sugar ..... (beat) gradually.
4. Then, cocoa mixture, flour, nuts and vanilla ..... (add).
5. Finally, brownies ..... (bake) in greased and floured brownie pan.

Activity three

I meet with my team group and translate this recipe referring to the way I can prepare a special mix in order to make some special cookies.

Now, I am going to copy this recipe referring to the way I can prepare a mix in order to have it in the refrigerator. This mix could be stored no longer than 10 weeks.





Cuando se preparan algunas recetas de cocina es muy importante contar con todos los recursos disponibles, hecho que me permite ser más organizado en el desarrollo del proceso y en la obtención de los objetivos que se han determinado con anterioridad. Para ello es recomendable gestionar la consecución de todos los ingredientes y estar pendientes de los diferentes pasos del proceso, los cuales se deben ejecutar en el orden de prioridad asignado.

### VERSATILE COOKIE MIX

Store no longer than 10 weeks. Makes 9 to 10 cups cookie mix.

#### Ingredients

- 4 cups all purpose flour ( If using self-rising flour, omit baking powder and salt).
- 1  $\frac{1}{4}$  cups granulated sugar.
- 1  $\frac{1}{4}$  cups brown sugar.
- 3 teaspoons baking powder.
- 1  $\frac{1}{2}$  Teaspoon salt.
- 1  $\frac{1}{2}$  cups shortening.



#### Procedure

1. Mix flour, sugar, baking powder and salt in large bowl.
  2. Cut in shortening with pastry blender or with electric mixer on medium speed until mixture looks like coarse meal. Do not overmix.
  3. Measure desired amounts of cookie mix into jars or plastic containers: 2 cups for three dozen Peanut butter cookies; 2  $\frac{1}{2}$  cups each for three dozen Banana Cookies and Spice Cookies. (Can be baked immediately).
  4. Seal tightly, label and refrigerate.
- 30 MINUTES BEFORE SERVING, PREPARE ONE OF THE COOKIE RECIPES AT RIGHT.



Note: Do not use butter or margarine. If dough is dry, stir in 1 to 2 teaspoons cream.

### PEANUT BUTTER COOKIES

1. Heat oven to 375°.
2. Mix 2 cups cookie mix,  $\frac{1}{2}$  cup chunky peanut butter, 1 egg and one teaspoon vanilla.
3. Shape dough by teaspoonfuls into balls.
4. Place about 2 inches apart on ungreased baking sheet.
5. Flatten with tines of fork dipped in flour.
6. Bake until light brown, 12 or 15 minutes ( 3 dozen cookies).

### BANANA COOKIES

1. Heat oven to 375°
2. Mix two cups cookie mix,  $\frac{1}{2}$  cup mashed ripe banana, 1 teaspoon vanilla, 1 egg and  $\frac{1}{2}$  cup chopped nuts.
3. Drop dough by rounded teaspoonfuls 2 inches apart onto ungreased baking sheet.
4. Bake until light brown, 12 to 15 minutes. ( 3 dozen cookies).

### Activity four

Now I am going to organize the different steps in order to make spice cookies. I am going to reorganize them taking into consideration the order given with the previous recipes.

### SPICE COOKIES

- Bake until light brown, 12 to 15 minutes. (3 dozens cookies).
- Drop dough by rounded teaspoonfuls 2 inches apart onto ungreased baking sheet.



- Mix 2 1/2 cups cookie mix, 1 egg, 1/2 teaspoon cinammon, 1/2 lemon extract, 1/2 cup raisins and 1/2 cup chopped nuts.
- Heat oven to 375°.

## SPICE COOKIES

### Procedure

1. ....
2. ....
3. ....
4. ....
5. ....



### Activity one

Now that I have some concepts referring to the procedure of making some recipes, I am going to meet with my team group in order to practice the procedure to make some cookies that I will sell at home, with people from my neighborhood, or even at school.

- We write the steps that we need to follow in order to do a good job as a chef.

Some steps to put into practice:

Firstable, we \_\_\_\_\_

Next, I am \_\_\_\_\_

Then, \_\_\_\_\_

Finally, \_\_\_\_\_

At the present time, it is very important to pay attention to the way we prepare the special dishes; because we don't know how we will be involved in these kind of activities. This activity can represent , a way to begin my own enterprise. That is why, it is very important to be responsible in all the activities that include the fact of preparing some food.



# ESTUDIO Y ADAPTACIÓN DE LA GUÍA

