

How to make the perfect omelette: Video Zone - exercises

Are you a good cook? Do you want to know how to make something simple and delicious to eat? Watch this video and learn the secrets to making a perfect omelette!

Do the preparation task first. Then, watch the video and do the exercises. If you need help, you can read the transcript at any time.

1. Preparation: matching

Match the vocabulary with the correct definition and write a – f next to the number 1 – 6.

- | | | | |
|--------|---------------------|----|---|
| 1..... | to tilt | a. | uncooked |
| 2..... | protein | b. | produced naturally, without chemicals |
| 3..... | raw | c. | soft and smooth |
| 4..... | organic | d. | you'll be doing well; you'll be succeeding |
| 5..... | silky | e. | to hold something at an angle, not flat |
| 6..... | You'll be laughing! | f. | a substance in meat, cheese, egg and other foods which helps our bodies to grow and work properly |

2. Check your understanding: multiple choice

Circle the correct answers.

- Why does Jamie say that omelettes are very 'flexible'?
 - because they are very soft
 - because you can use many different ingredients in them
 - because they are quick to make
- What should a perfect omelette be?
 - raw and cold
 - soft and smooth
 - hard and crispy
- How can you avoid making the omelette crispy?
 - by not adding any milk
 - by cooking it on a medium heat
 - by not using much oil
- When can you bring the egg in from the sides of the pan?
 - for the first 20 seconds
 - when it starts to change colour
 - just before serving
- When should you unstick the omelette from the sides of the pan?
 - for the first 20 seconds
 - when it starts to change colour
 - just before serving
- What does Jamie mean when he says 'Nine out of ten'?
 - That is the ninth omelette he's cooked today.
 - He feels like eating nine more omelettes.
 - He's giving himself a mark for the omelette. It's almost perfect!

3. Check your understanding: ticking

Tick all the answers to the questions.

	1. What foods does Jamie recommend putting in your omelette?	2. What foods does Jamie recommend serving with your omelette?	3. What foods does Jamie not recommend using?
a. mushrooms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. cream	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. salad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. crispy bacon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. tomatoes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. cold meats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. ketchup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. Check your understanding: ordering

Write a number (1-10) to put these sentences in order.

.....	Coat the bottom of the pan with oil and butter.
.....	Add a pinch of salt and pepper, and whisk the eggs.
.....	First of all, crack three eggs into a bowl.
.....	Bring in the egg from the sides of the pan.
.....	Pour the egg into the pan.
.....	Turn it down to a low heat.
.....	Serve it on a plate and enjoy!
.....	Grate cheese over the omelette.
.....	When it starts to change colour, unstick it from the sides of the pan.
.....	Flip over one half of the omelette.

5. Check your vocabulary: gap fill – phrases with ‘of’

Complete the gaps with a phrase from the box.

a tiny bit of	one of	half of	out of	all sorts of	a lot of
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1. You can put _____ food in an omelette, like cheese, meat, mushrooms and tomatoes.
2. Eggs are _____ the best forms of protein.
3. Don't overcook it – _____ colour on the omelette is enough.
4. If there's _____ colour, it means the omelette's gone hard.
5. If you get any pieces of eggshell in the omelette, you can use _____ the shell to scoop them out. Don't use your fingers!
6. It's almost perfect. Nine _____ ten!

6. Check your grammar: multiple choice – countable and uncountable nouns

Some food items can be both countable and uncountable, but with different meanings. Circle the correct answer to fill the gap.

- | | |
|--|---|
| 1. There are _____ in the fridge. | <div style="border-left: 1px solid black; padding-left: 5px;"> some egg
 some eggs </div> |
| 2. Shall we have _____ for dessert? | <div style="border-left: 1px solid black; padding-left: 5px;"> some fruit
 some fruits </div> |
| 3. I usually have my tea with _____ in it. | <div style="border-left: 1px solid black; padding-left: 5px;"> some lemon
 some lemons </div> |
| 4. Would you like _____? I baked it this morning. | <div style="border-left: 1px solid black; padding-left: 5px;"> some cake
 some cakes </div> |
| 5. Are you hungry? There's _____ left over from lunch in the fridge. | <div style="border-left: 1px solid black; padding-left: 5px;"> some chicken
 some chickens </div> |
| 6. Could you pick up _____ for me when you go to the supermarket? | <div style="border-left: 1px solid black; padding-left: 5px;"> some potato
 some potatoes </div> |

What dishes can you cook?

How did you learn how to cook?

Who usually does the cooking in your family? Why?