



Crunch and Munch

Published by Collins
An imprint of HarperCollinsPublishers
77–85 Fulham Palace Road
Hammersmith
London
W6 8JB

Browse the complete Collins catalogue at
www.collinseducation.com

Text © 2007 Nora Sands
Photography and design © HarperCollinsPublishers Limited 2007

Series editor: Cliff Moon

Original ISBN 978-0-00-718665-5

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British Library Cataloguing in Publication Data
A Catalogue record for this publication is available from the British Library.

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Acknowledgements

p183: Alamy/AGENCJA FREE; p193: Corbis/Charles Gupton
Collins would like to thank the teachers and children at the following schools who took part in the development of Collins Big Cat:

Alfred Sutton Primary School	St. John Fisher RC Primary School
St. Anne's Fulshaw C of E Primary School	Killinghall Primary School
Anthony Bek Primary School	Malvern Link C of E Primary School
Biddick Primary School	Margaret Macmillan Primary School
Britannia Primary School	Minet Nursery and Infant School
Christ Church Charnock Richard C of E Primary School	Norbreck Primary School
Cronton C of E Primary School	Offley Endowed Primary School
Cuddington Community School	Portsmouth Primary School
Glory Farm County Primary and Nursery School	St. Margaret's RC Primary School
	Wadebridge Community Primary School

Printed and bound by Printing Express Limited, Hong Kong

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Green
Band 5

Crunch and Munch

Nora Sands

No-cook Cooking!

Here are four recipes for you to make.

They're so easy – you don't even have to cook them!



You will need:



a big mixing bowl



a measuring jug



a grater



a teaspoon



a lemon squeezer



a tablespoon



a jam jar with a lid

Remember!

- * Make sure an adult does the chopping. Don't use a sharp knife by yourself.
- * Always wash your hands before touching food.
- * Don't use nuts in your recipe if anyone is **allergic** to them.



weighing scales



a peeler



a bowl



a cup for measuring



a sharp knife



a chopping board



an airtight container

Morning Munch

Here's a crunchy, munchy breakfast to start off your day.

You will need:

- * 150g porridge oats
- * 150g dried fruit, nuts and seeds
- * some milk
- * a teaspoonful of honey
- * fresh fruit (washed and chopped)

This makes enough for four people.





What to do:

1. Weigh the oats, dried fruit, nuts and seeds.
2. Put them all in a big mixing bowl.
3. Mix with a spoon, or with your hands.
4. Put some of the mixture in a smaller bowl.
5. Pour milk over it.
6. Add some fresh fruit and honey on top.
7. Crunch and munch!





Top Tip

If there's any dry Morning Munch left over, put it in an airtight container. It'll stay fresh for a week.



Carrot Crunch

This recipe is bright, juicy and easy to make.

You will need:

- * 1 lemon, cut in half
- * 1 orange, cut in half
- * 100ml olive oil
- * 3 large carrots (peeled and grated)
- * 100g currants
- * fresh mint leaves (torn)
- * salt and pepper

This makes enough for four people.





What to do:

1. Weigh the currants.
2. Measure the olive oil in the measuring jug.
3. Squeeze the orange and lemon in the lemon squeezer.
4. Pour the juice into a mixing bowl.
5. Tear the mint leaves.
6. Add the olive oil, grated carrots, currants and torn mint.
7. Sprinkle with a bit of salt and pepper.
8. Mix everything together with a spoon.
9. Enjoy!





Top Tip

Eat this straight away
when it's fresh.

Super Salad Dressing

You can make a salad even tastier with this lemon and honey salad dressing.

You will need:

- * juice of 1 lemon
- * 4 tablespoons of honey
- * 1 teaspoon of mustard
- * a pinch of salt and pepper
- * 1 cup of olive oil
- * a clean jam jar with a lid

This makes enough for four people.







What to do:

1. Put everything into the jam jar.
2. Screw the lid on the jar very tightly.
3. Shake, shake, shake!
4. Put some dressing on your salad.
5. Crunch and munch!



Top Tip

Put the jar with any leftover dressing in the fridge. It'll stay fresh for a day or two.

Rainbow Kebabs

Here are some fruit kebabs to make your tastebuds tingle.

What you need:

- * wooden skewers
- * any type of washed fruit, such as:
 - apples
 - raspberries
 - bananas
 - kiwis
 - oranges
 - strawberries
 - grapes
 - grapefruit
- * For a sauce:
 - yoghurt
 - honey

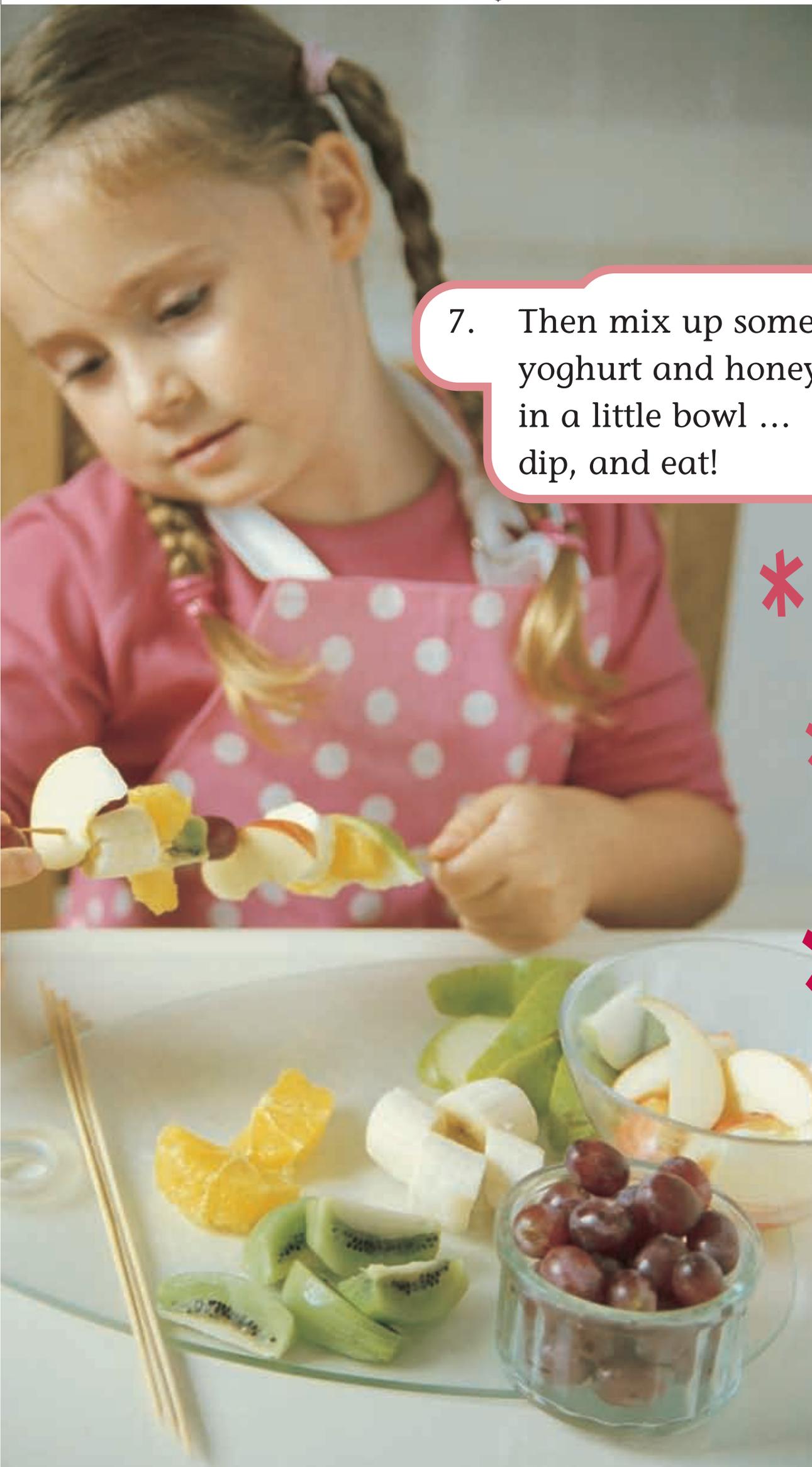




What to do:

1. Choose your fruit.
2. Peel or remove the skin if you need to.
3. Cut the large fruit into bite-sized chunks.
4. If you have chosen oranges or grapefruit, separate the **segments**.
5. Small fruit like strawberries, raspberries and grapes don't need to be cut.
6. Push the fruit chunks carefully onto the wooden skewers, in any order you like.





7. Then mix up some yoghurt and honey in a little bowl ... dip, and eat!



Glossary

airtight container

a plastic box with a lid that won't let the air in

allergic

If you are allergic to something you become ill when you eat or touch it.

recipes

lists of foods and instructions for making things to eat

segments

small pieces of an orange or grapefruit

skewers

thin sticks with pointed ends

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A poster

**Come to the
Crunchy Munchy café
in the school hall.**

Menu

Breakfast **Morning Munch**
a crunchy, munchy breakfast
to start your day

Lunch **Carrot Crunch**
a bright, juicy salad

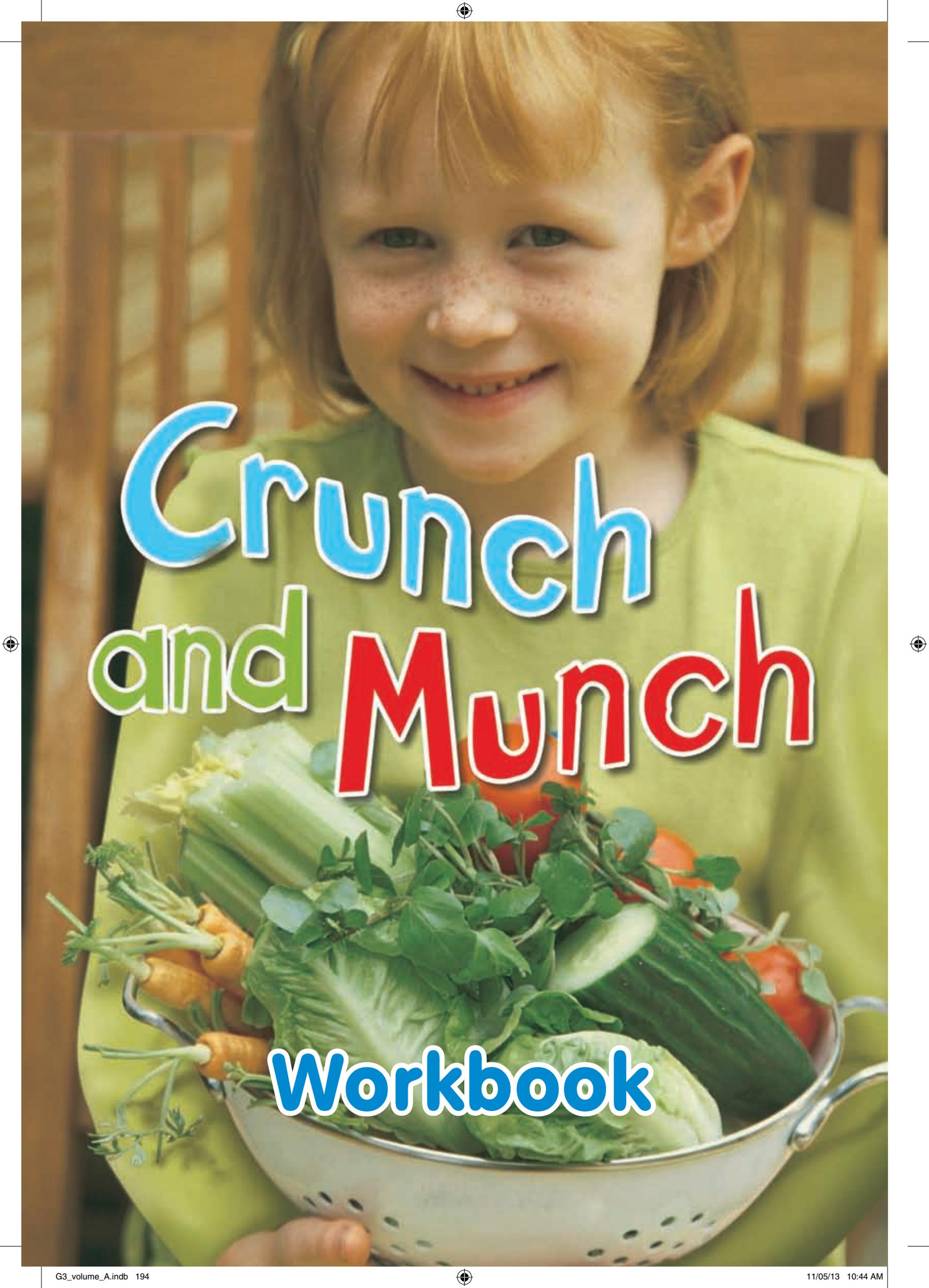
Super Salad Dressing
with lemon and honey to
make a salad even tastier

Dessert **Rainbow Kebabs**
a fruit dessert with a yummy
dipping sauce

Come and munch!

Café open
8.30am - 9.30am
12pm - 1.30pm





Crunch and Munch

Workbook

Before You Read



- 1. Using a complete sentence write the answer to this question.**

What food do you like to eat?



- 2. Draw and colour your favourite food.**



Key Story Words 1



1. Label the kitchen utensils.
Use the words from the box.

grater

measuring jug

teaspoon

bowl

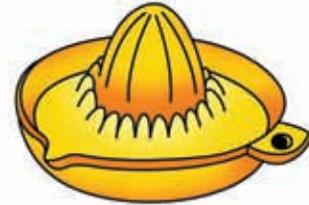
lemon squeezer

jam jar

1



2



3



4



5



6



Key Story Words 2



1. Match each word to the correct picture.

weighing scales

1

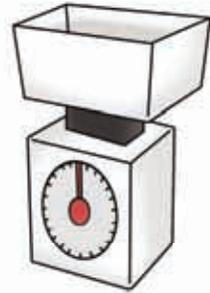
a



bowl

2

b



skewer

3

c



tablespoon

4

d



airtight container

5

e



🐾 Key Story Sentences 1 🐾



1. Fill in the blanks with the correct word to match the picture.

1 Make sure an adult does the _____ (mixing/chopping).



2 Always _____ (weigh/wash) your hands before touching food.

3 _____ (Always/Don't) use nuts in your recipe if anyone is allergic to them.



2. Unscramble the sentences and rewrite them to match the text.

1 even cook You to these recipes! don't have _____.

2 enough for This people. four makes _____.



3. Match the beginning of each sentence to its ending to match the text.

If there is any dry Morning Munch left over,

1

a separate the segments.

If you have chosen oranges or grapefruit,

2

b if you need to.

Peel or remove the skin

3

c put it in an airtight container.

This recipe will make

4

d on your salad.

Put some dressing

5

e four people.

This makes enough for

6

f your tastebuds tingle.



Key Story Sentences 2



1. Number the sentences in the correct order (1-7) to match the recipe.

- Add some fresh fruit and honey on top.
- Put them all in a big mixing bowl.
- Put some of the mixture in a smaller bowl.
- 1 Weigh the oats, dried fruit, nuts and seeds.
- Crunch and munch!
- Pour milk over it.
- Mix with a spoon, or with your hands.

🐾 Reading Comprehension 1 🐾



1. Tick (✓) the correct sentence to match the recipe name.

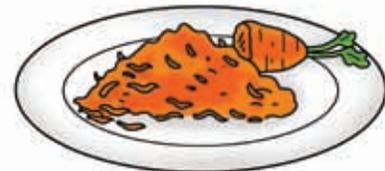
1 Morning Munch

- a. a fruit dessert with a yummy dipping sauce
- b. a crunchy, munchy breakfast to start your day



2 Carrot Crunch

- a. a bright and juicy salad
- b. made with lemon and honey to make a salad even tastier



3 Rainbow Kebabs

- a. a fruit dessert with a yummy dipping sauce
- b. a bright and juicy salad



🐾 Reading Comprehension 2 🐾



1. **Circle** the letter of each ingredient you need for the **Super Salad Dressing**.

For the **Super Salad Dressing** you will need:

- | | |
|--------------------------|-------------------------------|
| a juice of 1 lemon | f a pinch of salt and pepper |
| b 4 tablespoons of honey | g carrots |
| c wooden skewers | h fresh mint leaves |
| d 1 teaspoon of mustard | i dried fruit, nuts and seeds |
| e strawberries | j oats |





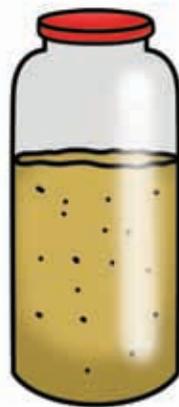
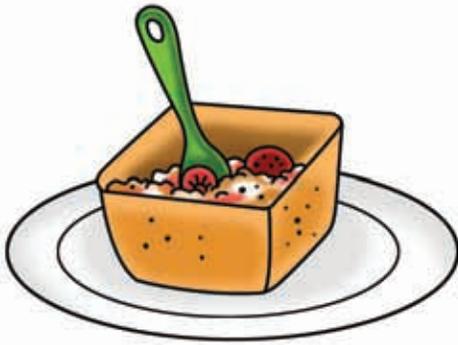
**2. Look at each picture.
Write the correct name
of the recipe from the box.**

Rainbow Kebabs

Carrot Crunch

Morning Munch

Super Salad Dressing



Have Fun with English!



**1. Write about your favourite recipe.
Draw a picture in the box.**

What you need:



What to do:

- 1**

- 2**

- 3**

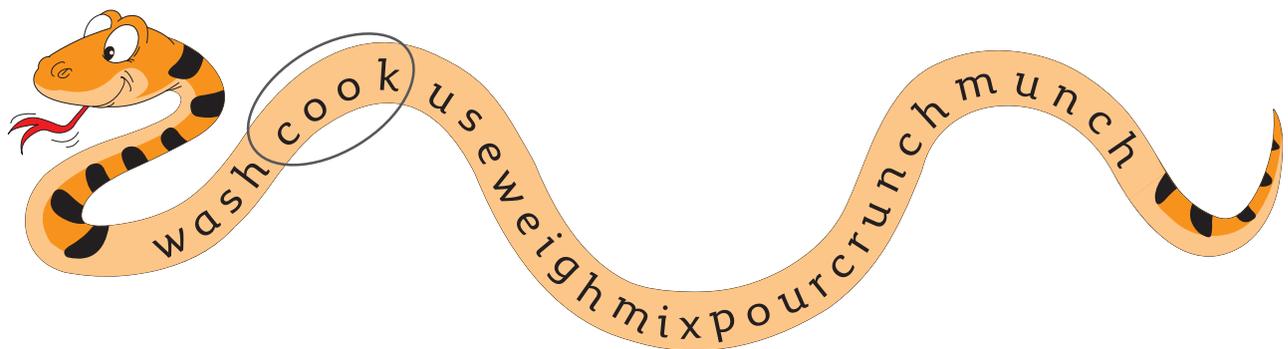
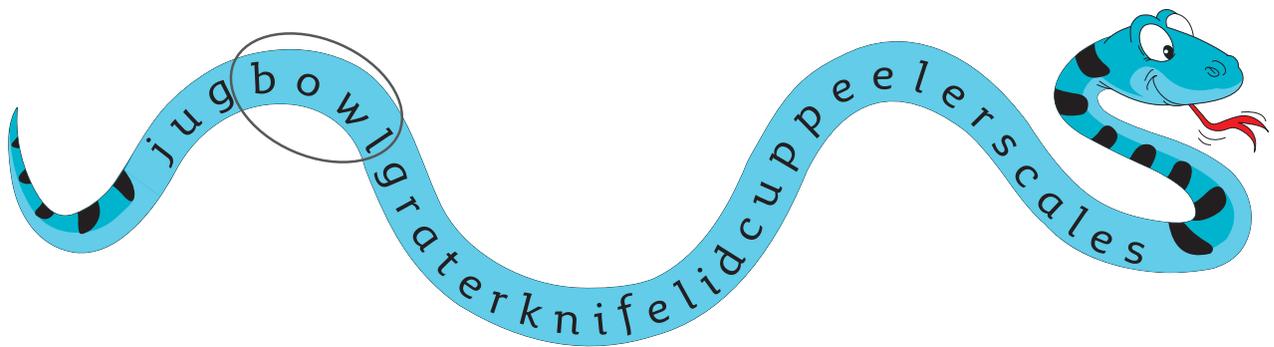
- 4**

- 5**





2. Find and **circle** seven words in each word snake.



3. Which do you like best?
Read the choices and
tick (✓) your answer.

1 bananas

4 nuts

2 fruit

5 currants

3 yogurt



Test Your English

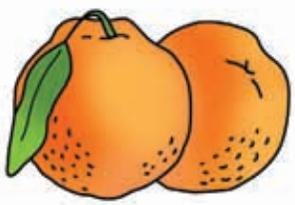
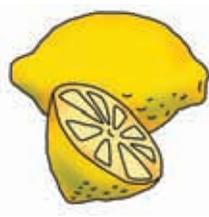


1. True or False? Write "T" for True or "F" for False.

- 1 The title of the book is 'Crunchy Cooking'. _____
- 2 The book has four recipes. _____
- 3 The recipes in the book are all 'no-cook' recipes. _____
- 4 If you are allergic to something, you become ill when you eat or touch it. _____



2. Write the name of the fruit under each picture.

- 1  _____
- 2  _____
- 3  _____





CONGRATULATIONS!

You have completed
Crunch and Munch

Go to page **259** to get your
Reward Certificate.



Ideas for reading

Learning objectives: draw together ideas and information from across a whole text; read simple written instructions, explain organisational features of text, draw on knowledge and experience of texts in deciding and planning what to write; listen to others and follow instructions

Curriculum links: Science: Life Processes and living things; Humans and other animals: know that eating the right types of food helps humans keep healthy

High frequency words: they, little, with, day, can, two, your, then, when, that, on, come, and, put, over, in, what, four, it, some, this, them, your, the, do, to, off, if, don't, with, or, a, by, I, would, have, in, my, been, to, here, are, four, for, this, you, to, make, so, them, will, big, with, an, all, put

Interest words: allergic, kebab, airtight container, kiwis, yoghurt, segments, skewers

Resources: small whiteboards, ingredients for recipes (optional)

Word count: 539

Getting started

- Discuss making meals with the children. Ask: *Who has prepared any? What have you prepared? Have you used a recipe?*
- Explain that you are going to read through some recipes and discuss how they are written.
- Discuss the title. Does this give a clue about the sort of food in the recipes? Are there any clues in the cover picture?
- Ask the children what features would be helpful to the reader in a recipe.
- Give one recipe to each pair of children to read through and decide if the food is interesting, if it is something they might like to eat and if the recipe has helpful features.

Reading and responding

- Hear the children read in turn. Prompt and praise use of phonic strategies to decode unknown words.
- Model the use of the glossary for difficult words.
- Discuss the useful features of recipes e.g. photographs, clearly labelled ingredients, numbered sequenced instructions.

Returning to the book

- Ask the children for key features of the recipes and note the headings on the whiteboard. (*Ingredients, directions, top tips.*)
- Model how to write a recipe for your favourite salad.
- Turn to p192 and discuss the possibility of catering for the class.

Checking and moving on

- Ask them to write a simple recipe for a meal they enjoy. (*This can be as simple as a sandwich.*) Prompt and praise inclusion of the key features of recipes.
- Organise cookery demonstrations where children demonstrate to each other giving oral instructions. In order to do this they need to make lists of the food and utensils they will need. They also need to rehearse so that they include all the relevant information.
- Discuss foods that are good for you and why.
- Make sample menus using ICT and advertise the event beforehand.

Be healthy, eat more fruit!

Come to Class 2 on
Wednesday June 1st at 10:30 for:

Fruit kebabs

Mango

Pineapple

Kiwi

All your favourite fruits and
scrumptious dipping sauces!

