Ready Steady Cook



Activity One : At the center

- **We will watch a cooking demonstration on youtube.**
- **In two teams brainstorm as many words as you can for the following categories based on what you have seen in the film extract :**

Ingredients	Verbs for cooking	Adjectives for food	Utensils

Activity Two: At the center Fun and Games with Food.

Memory Master – You have five seconds to look at the tray and memorise as many of the food items as possible. Whoever remembers the most (in english) wins a yummy prize !

STIR IT UP – Chose one of the verbs ***from activity one*** to **mime**.
Your classmates have to guess what you are doing. The first to guess correctly wins a treat !

Taste Test – guess what the foods are and tick the boxes to describe how they taste.

Adjective	1	2	3	4	5	6	7	8
Bitter								
Sweet								
Sickly								
Sour								
Crunchy								
Hard								
Juicy								
Creamy								
Salty								
Delicious								
Disgusting								

Activity Three : Food I love.

Discussion Points : What is your favorite food ? What does it taste like ? Why do you like it ? Which foods that you love do you eat the most often ? Do you cook ? Do you have a favorite restaurant or menu ?

My Ideal Menu : If you could have any meal you wanted what would it be ? With your partner discuss this and devise your ideal menu. Then create an attractive menu and we can use this in our newsletter. **Present your menu to the class.**



Activity Four: Ready Steady Cook.

Read the article :

Ready Steady Cook is a BBC daytime TV cooking programme first aired in 24 October 1994. The programme was hosted by Fern Britton from 1994 until 2000 when celebrity chef Ainsley Harriott became the new host. The present duration of the programme is 45 minutes.

Since the programme started until the Summer of 2008, the show had been recorded for the BBC in the Capital Studios in London. However the Capital Studios closed down in mid-2008 and so recording of new episodes of Ready Steady Cook will now take place in Studio TC2 in the BBC Television Centre, London.
Contents

Two members of the public, or occasionally sporting or other celebrities, provide two celebrity chefs with a bag of ingredients they have bought, usually to a set budget of £5. The two teams are designated "red tomato" and "green pepper" (referred to as "red kitchen" and "green kitchen" after the August 2007 revamp, though the tomato and pepper motifs still feature on the guests' aprons, and in the show's logo). Occasionally the permitted budget is increased: a so-called Bistro Bag allows for ingredients of up to £7.50, while the Gourmet Bag may have a value of up to £10. On some occasions, they have used a £3.50 Budget Bag. Also on a few shows, a Lucky Dip Bag was used. It contained ten food items. The chef with closed eyes picked out half of the items at the beginning. At the halfway mark, the chef randomly picked a sixth item. The sixth item could help or hinder the chef. It is implied that the chefs have no prior knowledge of the ingredients they will have to prepare, although it is unknown whether this is the case or not.

In more recent times there have been more celebrity guests than members of the general public.

Now we will watch an extract of ready steady cook.

Let's Play : on the veranda with a 'studio audience' on chairs and the two teams of two each time competing we will play the game of Ready Steady Cook just like what we saw on the extract.

As a last activity We will cook some easy goodies –make rice crispy cakes in twos and comment on what you are doing and on the utensils and ingredients you are using. This is a cookery demonstration.

Have a vote about whose is the best. You can chose to add things like smarties, marshmallow sor different types of chocolate. You have to present yours and have everyone in a circle tasting at the end – with drinks as a gouter just before you leave.

Who makes the best cakes ?

