Just Desserts

Activity One - Ask and answer the questions with your partner:

- ☐ What is your favorite dessert?
- ☐ What's it made out of?
- ☐ What's the worst dessert you have ever eaten?
- ☐ What was it made out of?
- ☐ What's your favorite flavor of ice cream?
- ☐ What's your favorite type of chocolate or candy?
- ☐ Do you have a sweet tooth?

Activity Two - With your partner - find desserts which match the adjectives below:

Fruity .....

Acidic .....

Sickly .....

Spicy .....

Creamy .....

Crispy .....

Cold .....

Nutty .....

Crunchy .....

Layered .....

Light .....

Activity Three - Healthy Desserts.

Which ingredients for desserts are HEALTHY and which are UNHEALTHY?

Activity Three - Healthy Desserts.

What are these desserts made out of? Which would you prefer and why?













Your Dessert Menu.



- [ ] Write a recipe for a new type of dessert.
- [ ] Draw a design for it.

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.

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 or cup 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 or 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.

