

LESSON PLAN

Topic: My Polish food diary

Level: beginners

Aims: By the end of the lesson pupils will have been able to:

- ask and answer questions about what other people like
- understand and use vocabulary connected with food (12 items)

Objectives:

- to introduce vocabulary connected with food
- to revise: 'I like ...' and 'Do you like ...?', 'Yes, I do.', 'No, I don't.'
- to listen and choose proper answers
- to make 'My food diary' and describe it
- to do the crossword (homework)

I CZĘŚĆ – QUIZ (brain storm)

Greek guests and polish students try to name the polish traditional food.

II CZĘŚĆ – DESCRIBING DISHES

We show the photos, describe how we make the dishes and we match the picture with the name.

1. Pierogi (Polish dumplings)

Dumplings are made of thinly rolled-out dough filled with a variety of fillings. The most popular fillings are meat, sauerkraut and mushrooms, seasonal fruit (blueberries, strawberries and cherries), sweet cottage cheese or boiled potatoes with fried onions (called Russian dumplings). Pierogi is a Polish food that's always served for Christmas.

Dough- ciasto

sauerkraut – kiszona kapusta



2. Rosół (broth/ chicken soup)

Rosół is the most common soup served in Poland. It tastes best after Sunday's church on cold days. It is very easy and quick to prepare, commonly served with homemade noodles. The ingredients needed for the soup are water, any piece of chicken, onion, small leek, onion, green celery, parsley, cabbage, salt and pepper.

Homemade noodles – domowy makaron



3. Gołąbki (cabbage roll)

Gołąbki is a typical traditional Polish food made of minced pork with some rice, onion, mushrooms, wrapped in white cabbage leaves.

Minced pork with some rice - mielone mięso z wieprzowiny z ryżem



4. Polskie naleśniki (Polish pancakes)

Polish pancakes are very thin and they are served either with cheese, quark previously mixed with sugar, jam, fruits and powdered sugar or with meat and vegetables- all equally tasty.



5. Bigos (Hunter's stew)

It is a very traditional Polish dish and its basic ingredients are sauerkraut, fresh cabbage (sometimes used only sauerkraut), various types of meat and sausages, dried mushrooms, onions and spices.



6. Kotlet schabowy (breaded pork cutlet)

Kotlet schabowy is one of the most delicious and the oldest Polish foods. The pork breaded cutlet coated with breadcrumbs (served with bones or without) can be perfectly served with buttered potatoes and cabbage salad.



7. Dessert – Polish donuts

A donut is a deep-fried piece of dough. A Donut is shaped into a flattened and filled with jam or another sweet filling. A traditional filling is marmalade made from fried rose budsbud.



III CZĘŚĆ – SPEAKING

Exercise1

Have you ever tried Polish food? If so, what was your favourite? Share your food experience with me!

What do you like ? I like

What don't you like? I don't like.....

Do you like pierogi?

Exercise 2 Answer the questions and do the crossword

1. This is the kind of soup
2. This is made from sauerkraut
3. It is the pork cutlet
4. It is filled with sweet cheese or jam

exercise 3 Repeat the polish food.



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