

UNIT 05

AUNT MINOLI'S KITCHEN

Role Play

- Aunt Minoli** : We are making a soup for dinner.
- Himaya** : Oh, wonderful! I love to eat soup.
- Aunt Minoli** : First, let's wash our hands.
- Himaya & Senara:** Alright Aunt.
- Aunt Minoli** : We need leeks, tomatoes, carrots, beans, potatoes Mmmm.....what else? pumpkin, cabbage, dhal and curry leaves. Senara, can you bring me some garlic, curry powder, salt and pepper?
- Senara** : Where are they?
- Aunt Minoli** : They are in the cupboard.
- Senara** : Here they are. Shall I wash the vegetables?
- Aunt Minoli** : Yes please. Himaya, can you peel the potatoes, onions and carrots?
- Himaya** : Yes Aunt. I'll do that.
- Aunt Minoli** : Very good! What are you doing, Lakshitha?
- Lakshitha** : I am washing a pot.
- Aunt Minoli** : Oh good! Wash a spoon too. Now, clean the beans and wash all the vegetables.
- Senara** : Shall I do it?
- Aunt Minoli** : Yes please. Who can cut the vegetables into small pieces?



Senara & Himaya: We'll do it.

Aunt Minoli : I'll dice the tomatoes and chop the garlic.

Lakshitha : Shall I light the fire?

Aunt Minoli : Alright. Now add the vegetables and pour some water into the pot.
Now put the other ingredients and let it boil.

Senara : Mmmmm.....It smells good.

Aunt Minoli : Oh! Himaya, add a pinch of salt and pepper and put off the fire, please.

Himaya : Alright. I'll do it.

Aunt Minoli : Lakshitha, please put the table cloth, Let's have dinner, now.

Read and Match

Activity 1

Here are the steps to make a soup. Read and match the pictures.

- Wash the vegetables.
- Cut the vegetables into small pieces.
- Put them into a pan and add water.
- Add some pepper, salt and then cook.
- Now let's enjoy the soup.



1



2



3



4



5



Activity 2

Here are the steps to make tea. Read and put them in order.

- 1. Pour the boiled water into the teapot.
- 2. Add tea leaves and keep it for a few seconds.
- 3. Stir well.
- 4. Now strain it to a jug, and add sugar and milk to taste.
- 5. Now strain it into a cup.
- 6. Boil some water.

Capital Letters

Activity 3

Read this text.

Hello !

I am Pooni. My birthday falls in December. It's on Christmas day. Last year on my 10th birthday my father and I went to Nicoli bookshop. It was a Wednesday. He bought me two books. They are Madol Duwa and Harry Potter.

Find the words written in capitals. Write them in your book.

Eg: He bought me two books.
 December

Use capital letters correctly.

- national day
- continent of africa
- five great lakes
- good friday
- senarath paranavithana
- razeek
- aloka hospital
- albert einstein
- thursday the 29th may
- sri lanka
- i (to refer to 'self')

Circle the mistakes and rewrite the sentences correctly.

i am raheem adudi. i live in dematagoda.my birthday is in november.
my favourite subject is english. my sister and i like chocolate.i want
to be a manager one day.

Writing

• **We end a question with a question mark.**

eg: She goes to the post office.

Does she go to the post office?

eg: They are at home.

Are they at home?

• **We write full stop,**

✓ *To show that a sentence has ended.*

eg: Geemal is a good boy.

✓ *To show that an abbreviation has ended.*

eg: This is Mr. Siva.

✓ *As a decimal point.*

eg: We went to the canteen at 10.30 a.m.



Activity 4

Use punctuation as necessary.

Example: Are we going to the playground today?

- What's the time
- Do you want another piece of cake
- I need a break
- It is 5:00 p.m. now
- May I come in, teacher
- Did the dairy farmer find his cow
- Mother needs sugar to make tea
- What colour is it
- Was it raining in the morning
- It will be sunny tomorrow

Activity 5

Insert full stops in correct places.

Lakshman Kadirgamar

Lakshman Kadirgamar was a Sri Lankan diplomat, politician and a lawyer. He was born on the 12th of April, 1932 in Colombo. He studied at Trinity College Kandy, University of Ceylon and at Balliol College Kandy. He served as Minister of Foreign Affairs of Sri Lanka from 1994 to 2004. He was a great Son of the Soil. We respect him for his good work.

Gajaman Nona

Gajaman Nona was a famous Sri Lankan poet. Her real name was Dona Isabella Koraneliya. She was born on the 10th of March, 1746 in Colpetty. She was well-known for her ability to write and recite impromptu Sinhala poetry. She learnt Sinhala from Pandit Koratota Thero. Gajaman Nona passed away on the 15th December 1814. She was 56 years old when she died.



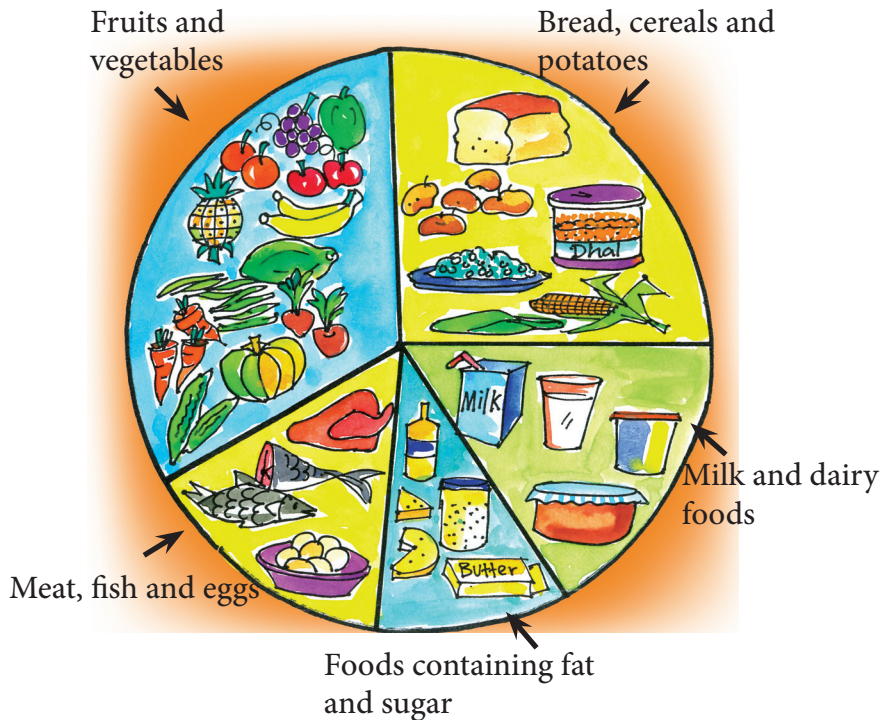
Mohideen Baig

Mohideen Baig was a popular Sri Lankan musician. He was born on the 05th of December, 1919. He came to Sri Lanka from Tamil Nadu, India. Although he was not a Buddhist, most of his songs had Buddhist themes.

Even today after many years of his death we hear his songs. Baig's son, Ishak, is also a singer. Mohideen Baig was the first Sri Lankan to sing with Lata Mangeshkar. He passed away on the 4th of November, 1991.

COMPREHENSION

An apple a day keeps the doctor away!



Food is an important part of our life. There are five main nutrients in the food we eat. They are Carbohydrates, Vitamins and Minerals, Proteins and Fat. Cereals like rice and wheat and yams like sweet potatoes and manioc have Carbohydrates, while foods like milk, fish,



eggs, beans, dhal and gram have Proteins. Milk and dairy foods like cheese, butter and yoghurt have fat while fresh vegetables and fruits as well as green leaves have Vitamins and Minerals. These nutrients are very important for us for many reasons. Carbohydrates and Fat give us energy while Proteins help us grow. Vitamins and Minerals are important to fight diseases and to protect our body. You should drink plenty of clean water because it helps in digesting the food and you should also stay away from fast or junk food because they are harmful to our body. We have to eat healthy food for breakfast, lunch and dinner and as all the Doctors say “To be healthy, we should have our breakfast like a king and dinner like a beggar.”

A secret; The best food is what your mother prepares in her kitchen !

Activity 6

1. Read and fill in the table.

Nutrient	Uses of nutrient	Food items



2. Look at picture A and picture B. Now name the food types you see in the plates.



A



B

3. What food do you think is most healthy ?
4. What food do you think is least healthy?

Let's join these two sentences using '*And*'.

1. i) It was 10 p.m. (sentence one)
- ii) I went to bed. (sentence two)

It was 10 p.m. and I went to bed.

2. i) It was too late.
- ii) Nipun ran to school.

It was too late and Nipun ran to school.

3. i) The dog ran fast.
- ii) The dog jumped over the fence.

The dog ran fast and jumped over the fence.

4. i) Radha opened the book.
- ii) She started reading.

Radha opened the book and started reading.



Activity 7

Join the given sentences using “and”.

1. Poorni is tall. She is fat.
2. Abdul is a good child. Murali is an intelligent child.
3. I went to the canteen. I ate a bun.
4. Darren brushed his teeth. He washed his face.
5. Sherine did her homework. She packed her bag.
6. Aunt cut a cake. She served it to all.
7. Thamal ran in the race. He won the race.
8. Kokila brought flowers. Radha went to the temple.
9. Rahal worshipped his mother. Rahal worshipped his father.
10. Punsara drew a picture. Punsara painted the picture.

Activity 8

Insert “and” where necessary.

1. Raj speaks loudly fast.
2. Shane likes dancing music.
3. Senara fell broke her leg.
4. Please put the milk the eggs in the refrigerator.
5. I have a hat three caps .
6. There are oranges bananas on the table.
7. Vikum likes milk ice cream .
8. Orange juice is sweet sour.
9. The police lights are blue red.
10. Please give me a red pen a blue pen.



Activity 9

Join A and B using the conjunction “ and”.

A

- We will visit Anuradhapura
- The bus stopped
- Pramodi got up in the morning
- Jayana wrote a letter to a friend
- I had chicken for lunch
- Mother bought a new dress
- My grandmother can cook fast
- Himaya washed the cup
- Punsara put a cover to her book
- Poorni likes to dance

B

rice for lunch.
sing.
worship Sri Maha
Bodhi.
her food is tasty too.
the saucer.
pasted a sticker on it.
a bag.
the man got off.
made her bed.
posted it.

