

Unit 4 Side Dishes

【Knowledge Objectives】

1. Master the key words and expressions about seasonings;
2. Master the key words and expressions about side dishes.

【Ability Objectives】

1. Be able to read fluently, recite the words and dialogues;
2. Be able to know how to do the Oriental Steamed Rice Fried





Section I warming up

Study and Sing:

《 Big big world 》

I'm a big big girl! In a big big world!

It's not a big big thing if you leave me.

But I do do feel. That I too too will miss you much. Miss you much!

I can see the first leaf falling. It's all yellow and nice.

It's so very cold outside. Like the way I'm feeling inside.

I'm a big big girl ! In a big big world!

It's not a big big thing if you leave me.

But I do do feel. That I too too will miss you much. Miss you much!

Outside it's now raining. And tears are falling from my eyes.

Why did it have to happen? Why did it all have to end?

I'm a big big girl! In a big big world!

It's not a big big thing if you leave me.

But I do do feel. That I too too will miss you much. Miss you much!

I have your arms around me, oh like fire.

But when I open my eyes. You're gone!

I'm a big big girl! In a big big world!

It's not a big big thing if you leave me.

But I do do feel. That I too too will miss you much. Miss you much!

A light heart lives long. 豁达者长寿。 ---莎士比亚

Section II Task - Oriental Steamed Rice Fried

i . Pre-task: Tasks Assignment

1. The key expressions and sentences in the unit

☆prepare the ingredients

☆wash the rice

☆boil the rice with.....

☆dice the green and red pepper

☆put the butter into the pan

☆drain the raisin well

☆have a taste

★ Would you please tell me how to cook the Oriental Steamed Rice Fried?

★ What shall we need?

★ What kind of vegetables should we need?

★ What seasonings are you going to cook it with?

★ How it tastes?

2. Guess the words and the phrases according to the pictures.



(1). _____ (大米)



(2). _____ (青椒)



(3). _____ (红椒)



(4). _____ (葡萄干)



(5). _____ (黄油) (6). _____ (香叶) ↵

..... ↵



(7). _____ (胡椒粉) (8). _____ (大蒜) ↵

3. Read and match



dice the vegetable

slice the potato

stir the flour into paste



wash the rice

fry the minced garlic



ii .While-task: Tasks Processing

Task One: Learn some new words and phrases.

- ★oriental [ˌɔ:ri'entl] adj.东方的; n. 东方人
- ★seasoning['si:zəniŋ] n.调味料
- ★raisin ['reɪzn] n. 葡萄干
- ★butter ['bʌtə(r)] n. 黄油
- ★bay-leaf 香叶
- ★salt [sɔ:lt] n. 盐
- ★onion ['ʌnjən] n. 洋葱
- ★garlic ['gɑ:lɪk] n. 大蒜
- ★mince[mɪns] n. 碎末; v. 切碎
- ★melt [melt] vt. 融化
- ★drain [dreɪn] v. 沥干水分
- ★bland [blænd] adj. 味道淡的
- ★scale [skeɪl] n. 比例
- ★sausage ['sɒsɪdʒ] n. 香肠
- ★shred [ʃred] v. 切碎
- ★sauté v. 嫩煎, 炒
- ★side dish配菜
- ★have a taste 尝一尝
- ★oriental steamed rice fried炒东方米饭
- ★pepper powder['peɪdə(r)] 胡椒粉
- ★green pepper 青椒
- ★red pepper 红甜椒

Task Two: Dialogue 1

Sam is learning the Oriental Steamed Rice Fried with his master Mr. Smith. Now they are preparing for the ingredients.

Sam: Would you please tell me how to cook the Oriental Steamed Rice Fried?

Mr. Smith: OK. First of all we will prepare the ingredients.

Sam: What shall we need?

Mr. Smith: We get rice and some vegetables ready.

Sam: What kind of vegetables do we need?

Mr. Smith: Green and red pepper and onion.

Sam: What seasonings are you going to cook it with?

Mr. Smith: We also need some raisins, minced garlic and pepper powder.

Sam: OK, I will prepare them. Just a moment, please.



Task Three: Dialogue 2

Now Mr. Smith is showing Sam how to cook the Oriental Steamed Rice Fried.

Mr. Smith: First you wash the rice and then boil it with some salt and bay-leaves.

Sam: Then what shall I do next?

Mr. Smith: You dice the green and red pepper and wash the raisins.

Sam: No problem.

Mr. Smith: Second you put the butter into the pan. Put the minced onion and garlic in when the butter melted.

Sam: Do I use the small fire or the big fire?

Mr. Smith: Medium fire is better. Third you fried the diced green and red pepper. Then drain the raisins well and put them into the pan. At last put the rice with salt and pepper powder.

Sam: It looks nice.

Mr. Smith: well-done. Let's have a taste.



Task Four: Dialogue 3

Mr. Smith are assessing the Oriental Steamed Rice Fried

Sam: how it taste?

Mr. Smith: It's a bit bland.

Sam: I will put more salt next time.

Mr. Smith: Moreover the rice is too soft.

Sam: I should put less water when I boiled the rice.

Mr. Smith: You should pay attention to the scale of the rice and water.

Sam: Yes, I need more practice.

Mr. Smith: No pains, no gains.

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