

## Instructions

1. As we know, we are living a global health emergency, and the best way to prevent coronavirus is by practising good hand hygiene. Here you have a link to a video explaining step by step **how to wash your hands**:

<https://www.youtube.com/watch?v=seA1wbXUQTs>

2. To spend your quarantine or confinement time, I would recommend you trying those recipes you've said you didn't have time to. And here you're going to find an easy one, healthy, and everything-free!  
Try watching and listening to what the speaker says first, then you can read the transcription while you listen.

a) Link to video: [https://youtu.be/xU7\\_uwzzG54](https://youtu.be/xU7_uwzzG54)

b) Link to transcriptions:

[https://learnenglishteens.britishcouncil.org/sites/teens/files/sophias\\_vegan\\_banana\\_pancakes\\_-\\_transcript.pdf](https://learnenglishteens.britishcouncil.org/sites/teens/files/sophias_vegan_banana_pancakes_-_transcript.pdf)

c) Will you try this recipe?

3. Vocabulary. You're going to find attached in the e-mail a document with a vocabulary exercise. Do first the exercises and then look at the answers:

Answers:

- |            |              |          |
|------------|--------------|----------|
| 1. Drain   | 10. Carve    | 19. Fry  |
| 2. Whisk   | 11. Chop     | 20. Pour |
| 3. Squeeze | 12. Break    |          |
| 4. Mash    | 13. Mix      |          |
| 5. Boil    | 14. Knead    |          |
| 6. Grate   | 15. Flatten  |          |
| 7. Spread  | 16. Sprinkle |          |
| 8. Stir    | 17. Slice    |          |
| 9. Roast   | 18. Peel     |          |