

CoP Head Start:
Teacher Alumni Series (2)

‘From Hell to heaven’ –
English activation in Hell’s Kitchen

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AAB206, Hong Kong Baptist University





WELCOME
WE'RE GLAD YOU'RE HERE!

- **Target students:** S1
- **Module:** Teenage life
- **Unit:** Healthy diet
- **Task:** Hell's Kitchen – the 'menu challenge'
- **Language focuses:** Speaking & writing
- **Previous knowledge:**
 1. Students are familiar with some common food items, nutrients in them, and the classification of healthy & unhealthy food.
 2. They are familiar with working & discussing collaboratively in groups and presenting their group products.

- **Learning objectives:**

By the end of the lesson, the students should be able to:

1. state the key components of a menu;
2. differentiate between healthy and unhealthy food items;
3. choose healthy food items for the 'menu challenge'; and
4. create a healthy menu to win a free meal at London House.



Get your students ready for learning

What I did was...



RESPECT
IS THE KEY



- Use **English** only in this lesson.
- Do **not read** the lesson material on your desk yet.



3 SIMPLE
RULES

Battlefield report



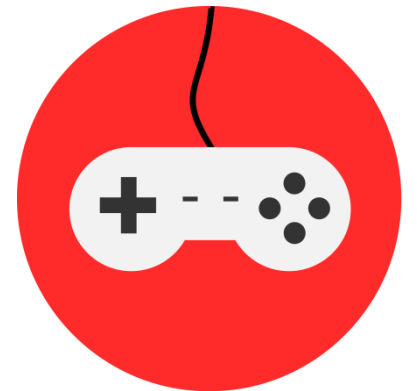
Battlefield report

Group	1	2	3	4	5	6	7
Score	17	12	12	20	7	10	5



Recall what your students have learnt

What I did was...



Food

Food

Food

Food

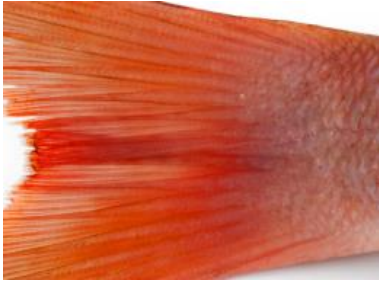
Rainbow eating

Food

Food

Food

What are these in English?





A fish



Eggs



Potatoes



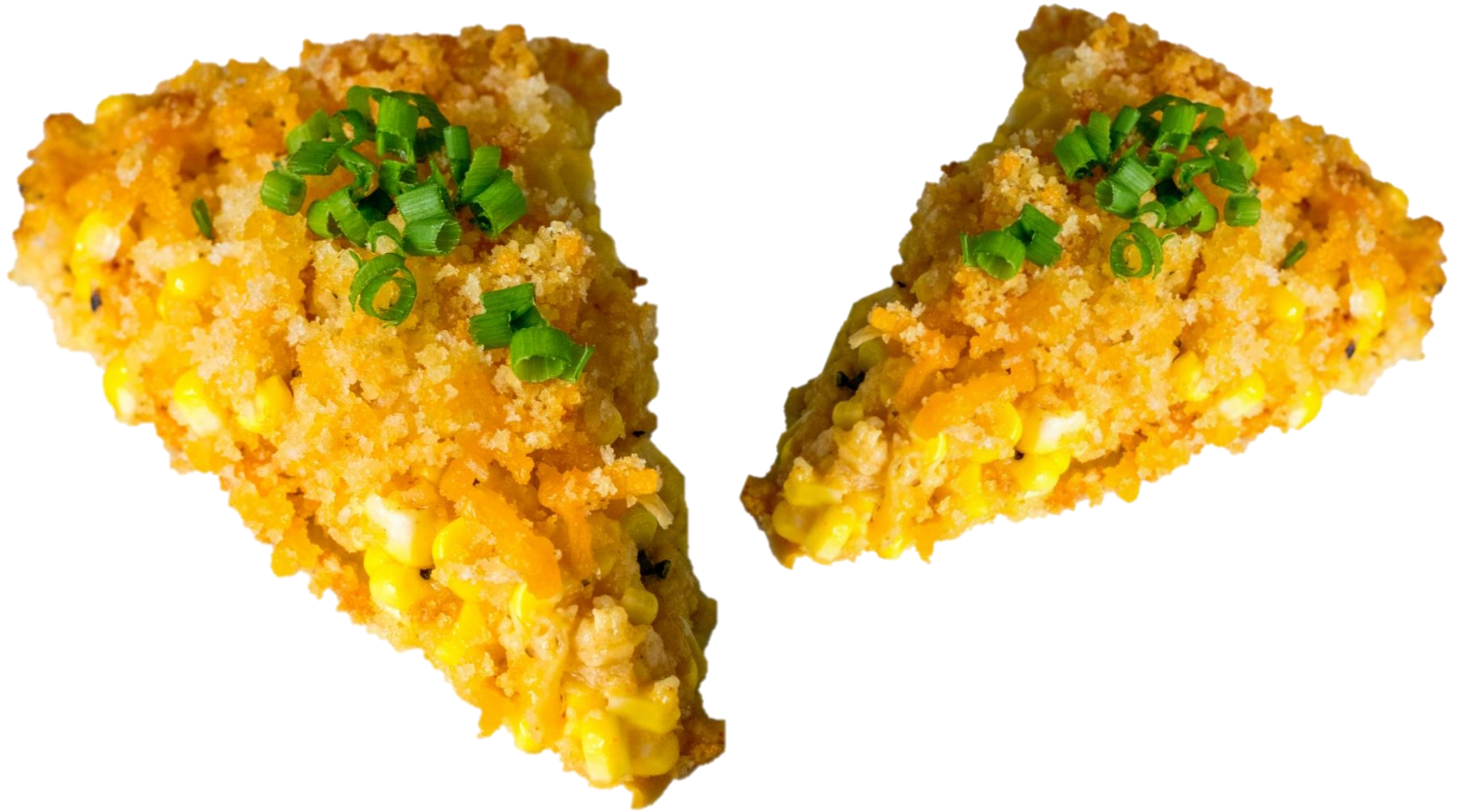
Carrots



Pumpkins



Pok Choi



Sweetcorn pies



Pork Chops



Plums



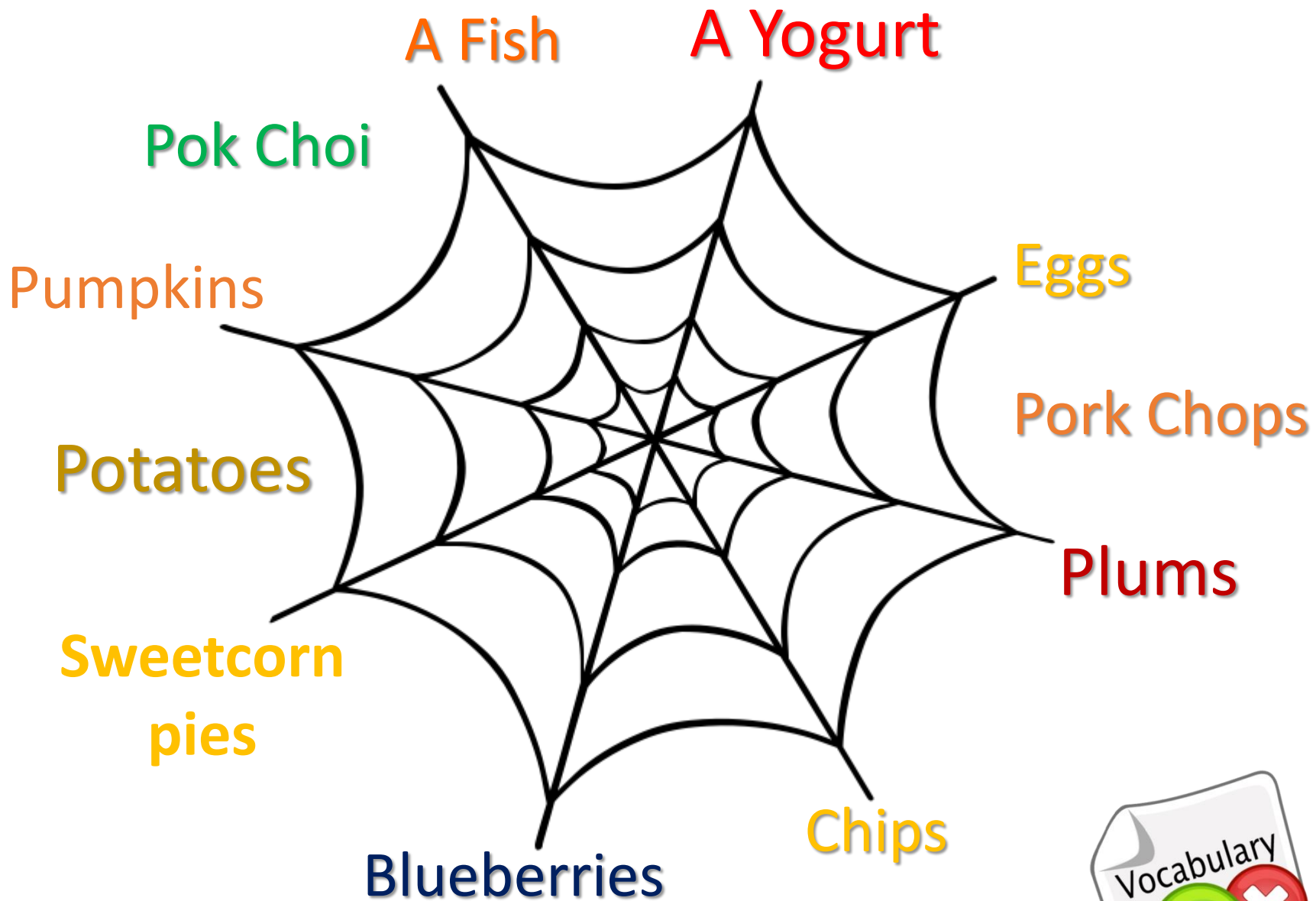
Blueberries



A Yogurt



Chips



What is **in** there?





Carbohydrates
(Carbo/hy/drates)



Carbohydrates gives you energy



Calcium
(Cal/ci/um)



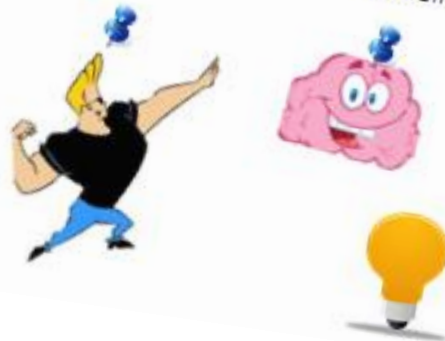
Calcium is good for bones.



Protein
(Pro/tein)



Protein is good for muscles and brain.



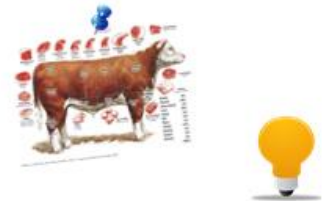
Vitamin C
(Vi/ta/min C)



Vitamin C makes you healthy.



Iron



Blood cells need iron.



Vocabulary



19



20



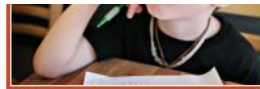
21



22



23



24

Fatty (adj.)



25

Fatty (n.)



26



27



28

Calories (n.)




29



30

Come from (v.)



31

Mineral (n.)



32



33

Cancer (n.)



34

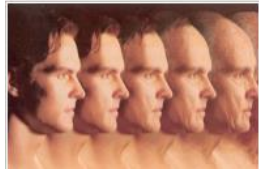


35

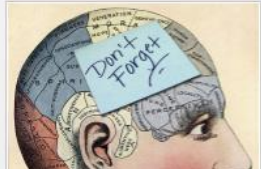
Ageing process (n.)



36



Memory (n.)

Cholesterol (n.)




How to use the Pyramid

The recommended number of servings for children (from 5 years of age*) and adults is highlighted beside each shelf. For example, to get at least 4 servings from the Fruit and Veg shelf you could have:

1/2 a glass of fruit juice = 1

3 dessertspoons of veg = 1

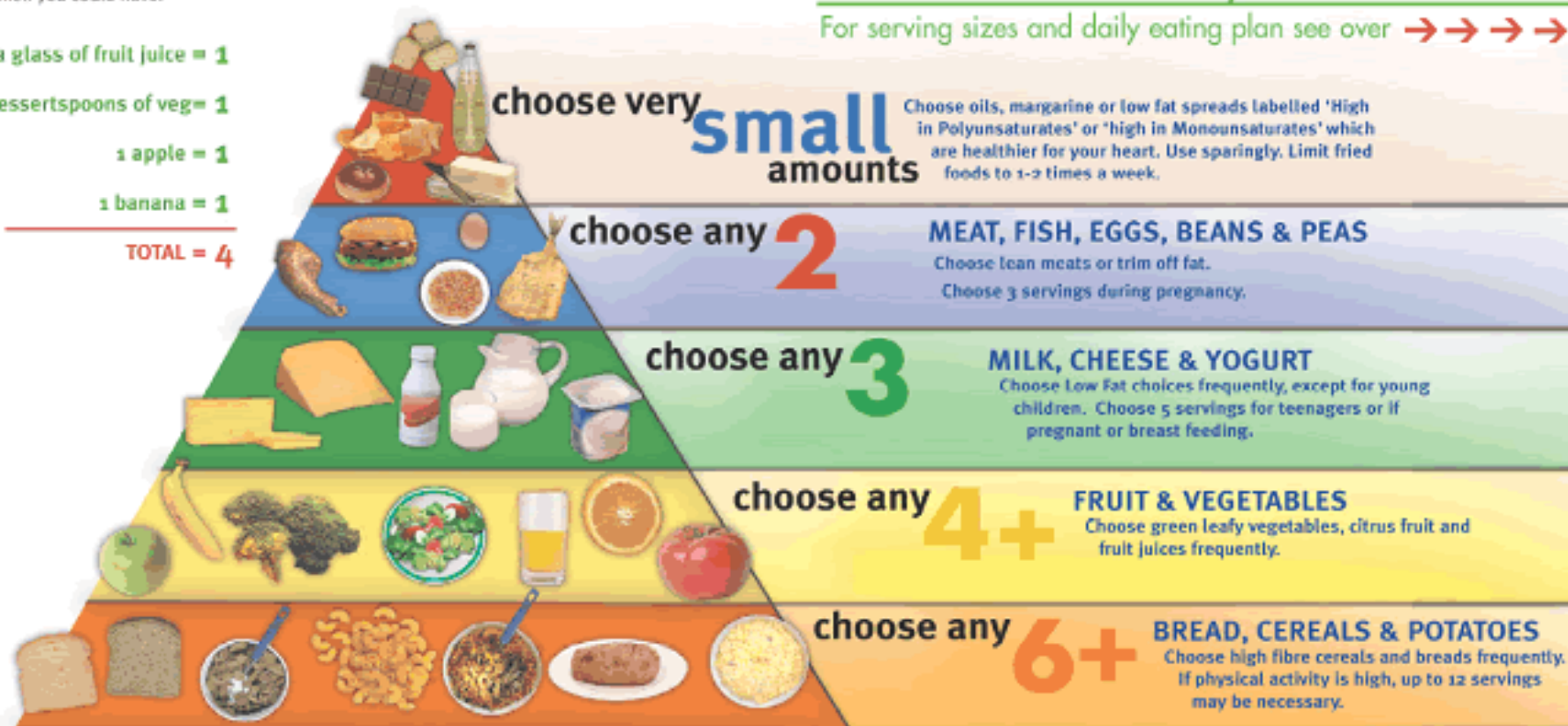
1 apple = 1

1 banana = 1

TOTAL = 4

Use the FOOD PYRAMID to Plan Your Healthy Food Choices

For serving sizes and daily eating plan see over → → → →



DRINK WATER REGULARLY - AT LEAST 8 CUPS OF FLUID PER DAY

Folic Acid - An essential ingredient in making a baby. If there is any possibility that you could become pregnant, then you should be taking a folic acid tablet (400 micrograms a day)

* For younger children, start with smaller and fewer servings and increase up to the guidelines recommended, according to the child's own growth and appetite.

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Work around a theme

What I did was...



Home Insert Design Layout Animation Slideshow Review View Acrobat

Clipboard Paste Copy Paste Special Paste New Paste Paste as Picture Paste as Picture and Text

Font Face Size Bold Italic Underline Text Color Paragraph Direction Text Alignment Bullets Numbering Indentation Text Effects Convert to SmartArt

Background Styles Fill Style Outline Style Effects

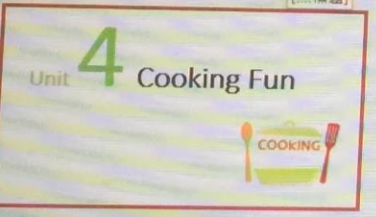
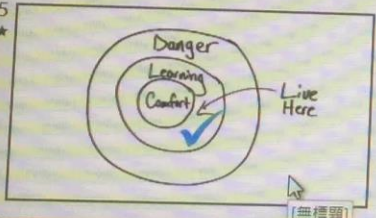
Search Replace Select

Clipboard Paste Paste as Picture Paste as Picture and Text

Font Face Size Bold Italic Underline Text Color Paragraph Direction Text Alignment Bullets Numbering Indentation Text Effects Convert to SmartArt

Background Styles Fill Style Outline Style Effects

Search Replace Select



Unit 4 Cooking Fun

...
You are going to watch an episode
have to answer. You will find
Hints: Always remember for R

1. What is the name of the
2. How many junior chefs

- A. 8
- B. 18
- C. 12

3. How many layers

- A. 17
- B. 7
- C. 6

4. How many

- A. 13
- B. 3
- C. 5

5. Which

Be

Name: Lee Lok Alan
You are going to watch an episode
have to answer. You will find
Hints: Always remember for R

1. What is the name of the

2. How many junior chefs

- A. 8
- B. 18
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Name: Lee Lok Alan
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- A. 13
- B. 3
- C. 5

5.

8. Each person in the team had to make
9. The chefs had to eat ut the corns and
10. What did the children do at the end of the competition?
A. They let the judges try the dish they made.
B. They shared the food.
C. They push the 3 judges face to the dish.

11. What was the test that the teams have to take?

12. How many chefs might be asked to leave the kitchen?

13. Below are some statements. Put a ✓ in the box next to it if it is true.
1. There have been 3 teams going into the MasterChef pantry.
2. The winning team was asked to decide for the other teams.

Source: https://www.youtube.com/watch?v=egC_LZfiXaY
Judge: G ordon R amsay



Assess learning outcomes through selection or supply types:

1. The host in the video is an actor/a chef.
2. Did the host start cooking on TV shows? Yes/No
3. What did the host mean when he said, 'I've mastered my craft'?
4. The host used _____ years to perfect his skills.
5. Why did the host say it is 'easy to cook on TV'?
6. The host thinks that picking up the best cook book is the key to good cooking. True/False
7. Who is teaching the masterclass?
8. This is a trailer of a masterclass that teaches participants how to _____.



YES CHEF!



HELL'S KITCHEN
THURSDAYS FOX

Contextualise the main task

What I did was...



A promotional poster for the TV show 'Hell's Kitchen Fridays' is displayed on a large screen in a theater. The poster features a close-up of Gordon Ramsay in a white chef's uniform, looking directly at the camera with a serious expression. The background of the poster is a solid, vibrant red. To the right of Ramsay's head, the text "Bloody hell. Here we go." is written in a large, white, sans-serif font. Below this, a white trident symbol is centered. To the right of the trident, the text "HELL'S KITCHEN" is written in a bold, white, sans-serif font. Below that, "FRIDAYS" is written in a slightly smaller, bold, white, sans-serif font, and "SEPT 23 FOX" is written in an even smaller, white, sans-serif font at the bottom right of the poster.

**"Bloody hell.
Here we go."**

HELL'S KITCHEN
FRIDAYS
SEPT 23 FOX





DESSERT

Chocolate Truffle Caramel Cake \$1.70
Fruit Topping \$1.10

BEVERAGES

Soft Drink \$1.20
Fruit Juice \$1.50
Iced Tea \$1.50
Coffee \$1.50

DESSERT

Chocolate Truffle Caramel Cake \$1.70
Fruit Topping \$1.10

BEVERAGES

Soft Drink \$1.20
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DESSERT

Chocolate Truffle Caramel Cake \$1.70
Fruit Topping \$1.10

Waka Tea 和菓子

Fresh Juice 鮮果汁

Yoghurt & Co.

Specialties 和菓子

Signature Frappe & B.

Natural Herbal Tea 自然系茶

Topping 和菓子

DESSERT

Chocolate Truffle Caramel Cake \$1.70
Fruit Topping \$1.10

JOE'S LIGHTER SIDE

Lighter Portions. Lighter Price.

DESSERT

Chocolate Truffle Caramel Cake \$1.70
Fruit Topping \$1.10

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Situation

- You are joining **Hell's Kitchen** in small **teams**.
- You are meeting Chef Ramsay for the '**menu challenge**'.
- Each team is going to **design** a **healthy menu** with **starters**, **main courses**, **desserts** and **drinks**.



Situation

- Each team will **present** their menu.
- The class will **vote** for the winning menu.
- The winning team will enjoy a free meal at **London House** in Tsim Sha Tsui.





ENTERTAINMENT

With a custom-built entertainment area, guests can enjoy live music on weekends and public holidays. Performances by in-demand bands, jazz and international DJ's are among the star attractions, and a giant screen displays all the popular sporting events.

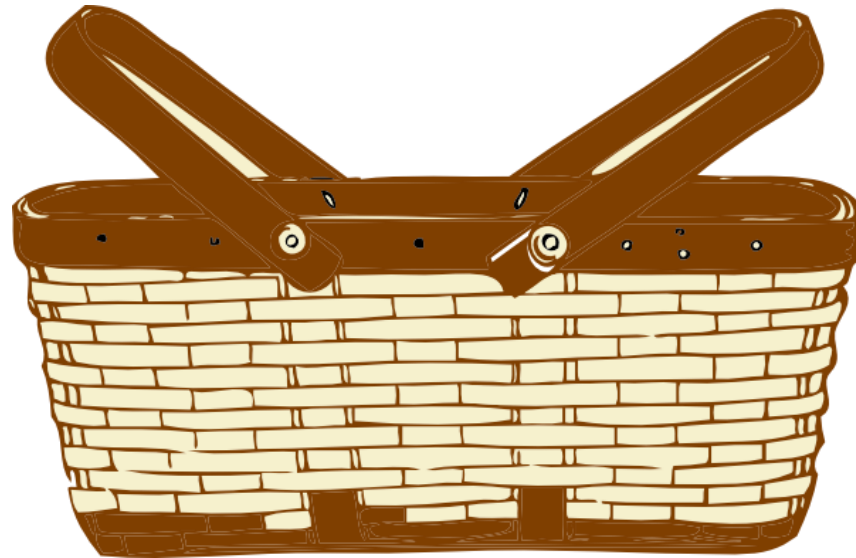


LOCATION

Situated on the waterfront overlooking Victoria Harbour and the city skyline, London House is located in the buzzing tourist district, surrounded by first-class international hotels, shopping and the nearby international cruise terminal.

Task 1

- Look at your team's **basket** on the desk.
- **Check out** the food items in it.



Task 1

- Check the food items.

Are they **healthy** or **unhealthy**?

- **Stick** the food items **on the walls** now.
- You have **2 minutes** for this task.



Task 2

Learn about **menus**
with Mr Au!



Class 1E

Café Restaurant

LUNCH MENU

\$50 per person

Starters

Mini-fish platter or
Potato chips in spicy sauce

Main Courses

Roast chicken pieces or
Stir-fried Chinese noodles with carrot slices

Desserts

Low-fat strawberry yogurt or
Pumpkin pie

Drinks

Fresh pineapple juice or
Hot tea/coffee



- Read the **lunch menu**.

How many **parts** are there?

Four



Café Restaurant

LUNCH MENU

\$50 per person

Starters

Mini-fish platter or
Potato chips in spicy sauce

A starter:

a small dish to start a meal

- Give me an example of **a starter**.

Caesar salad or

Chicken mushroom soup



A close-up photograph of a Caesar salad served on a dark blue plate. The salad consists of green romaine lettuce, several pieces of golden-brown fried chicken, and croutons. Shavings of white parmesan cheese are scattered throughout. The plate is set on a green placemat. A yellow starburst graphic in the upper right corner contains the text "CAESAR SALAD".

CAESAR
SALAD

Creamy Chicken Mushroom Soup



- Check the dish.

Is it **a lot to eat?**



- Check the food pyramid/
the eatwell plate.
Is the dish **healthy** to eat?



Main Courses

Roast chicken pieces or
Stir-fried Chinese noodles with carrot slices

A main course:
the **biggest dish** of a meal

- Give me an example of **a main course**.

Fish-fillet and fries or

Mushroom risotto



Fish-fillet and fries





Mushroom risotto

- Check the dish.

Is it **a lot to eat?**



- Check the food pyramid/
the eatwell plate.
Is the dish **healthy** to eat?



Desserts

Low-fat strawberry yogurt or
Pumpkin pie

A dessert:
a **sweet** course to end a meal

- Give me an example of **a dessert.**

Chocolate ice-cream or

Tiramisu



Chocolate ice-cream



Tiramisu



- Check the dish.

Is it **a lot to eat?**



- Check the food pyramid/
the eatwell plate.
Is the dish **healthy** to eat?



Drinks

Fresh pineapple juice or
Hot tea/coffee

A drink:
soft drink, fruit juice, coffee or tea

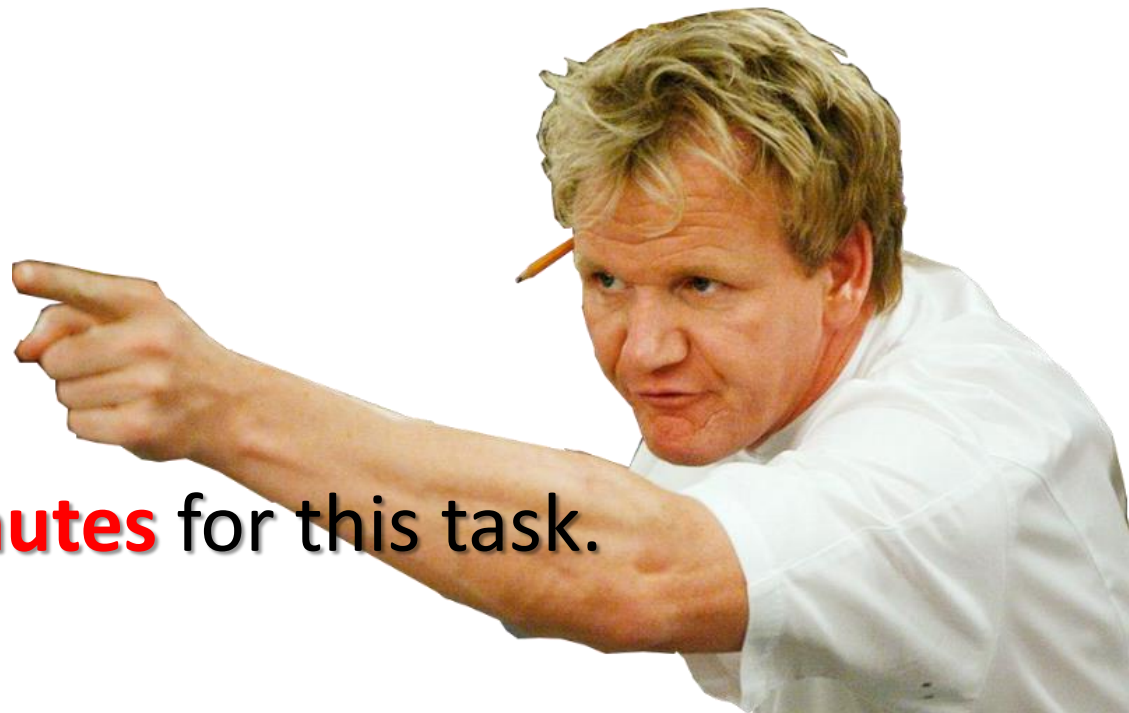
- Give me an example of **a drink**.
- Check the food pyramid/
the eatwell plate.

Is it a **healthy** drink?



Task 3

- In teams, **discuss** and **design** a **healthy menu** with:
 - 2 **starters**
 - 2 **main courses**
 - 2 **desserts**
 - 2 **drinks**
- You have **5 minutes** for this task.





Hell's Kitchen

Which is the winning menu?

Evaluate...

- Is the menu **healthy**?
- Are the dishes **colourful**?
- Are the dishes **tasty**?



What do you say?

- Our team's menu is **the best because** ...
- You may have ... or ... as a **starter**.

You may then have ... or for the **main course**.

You may also have ... or ... for **dessert**.

You may, of course, have ... or ... for your **drink**.

- The menu is **healthy** because it is rich in ...
according to the food pyramid/
the eatwell plate.



Chef Ramsay also looks for ...

- **Loud** voice
- **Confidence**
- **Eye** contact

as you present your menu to the class.



To adopt or adapt?

That is the question...



Discussion

1. Is the learning context **authentic**?
How might you re-contextualise this lesson?
2. What might be useful **visual cues** for struggling learners/ SEN students?
3. What might be useful **strategies** for **preventing discipline problems** in conducting the tasks?
4. How might you make the **input** (e.g. menus) and **tasks** suitably **challenging** for more capable learners?
5. Presentations are mainly monologues.
How might you engage the **audience's attention**?

