

**take
a bowl**

(and a wooden
spoon)

put

the (flour)
in the bowl

add

- 100 g of...
- a tablespoon of...
- a teaspoon of...
- a cup of...
(sugar)

mix

(the ingredients)

melt

(the chocolate)
in a saucepan

beat

(the egg whites)

pour

(the mixture)
in a tin

**put in
the oven**

(/microwave
oven)

bake

(for ... minutes)

**put on
a dish /
plate**

eat

(the cake)!

wash

(the lettuce)

cut

(an apple) /

slice

(a tomato)

peel

(a potato)

fry

(in a pan)

**put in
the fridge**

**leave
to cool**

grate

(the cheese)

squeeze

(a lemon)

crush

(the biscuits)