**Activities to do on your own**

**ESOL Stage 2**

This resource contains different tasks you can do on your own to help you improve your English skills.

There are tasks for:

* Listening
* Speaking
* Writing
* Reading

For each task you can complete a ‘Task Reflection Sheet’ to write what you thought about it, what was easy and what was hard.

**There are 10 different texts to read with different activities.** For each text, you can complete the reading log so you have a record of your reading.

You can complete a reading log page for other reading you do.

If you are not sure what to do, ask your tutor or somebody else who can help you.

# Listening

### 1. Make a listening glossary

Make your own glossary of new and interesting words that you hear.

Find out the meaning and check the spelling in a dictionary.

Make a new page for different sections.

You can include:

* New words you hear spoken around you
* Words from TV programmes or radio broadcasts
* Words from films you watch
* Words and phrases from songs you listen to
* Words from podcasts.

**Listening log**

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| --- | --- | --- |
| **Interesting Words** | | |
| **New word** | **What does it mean?** | **Where did you hear this word?** |
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### 2. Keep a viewing journal

Keep a journal of what you watch and listen to on TV and in films.

You can include:

* The date you watched it
* The title of the film or programme
* What the film or programme was about
* Descriptions of the characters or people
* A description of what happened
* Your own review of the film.

**Viewing log**

|  |  |
| --- | --- |
| **Date:** | **Title of film/programme:** |
| **What was it about?** | |
| **Who was in it?**  **…………………………………………………………………………………………………………………………………………** | |
| **What happened?**  **………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………** | |
| **What did you like?**  **………………………………………………………………………………………………………………………………………………………………** | |
| **What didn’t you like?**  **…………………………………………………………………….…………………………………………………………………….** | |

### 3. What’s in the news?

Listen to or watch the news at least once a week. Make a note of the most interesting news items or summarise what you see/hear in your journal. Items might include:

* Sport
* Politics
* Famous people
* Special events
* Extreme weather
* Environmental issues.

**News log**

|  |  |
| --- | --- |
| **News topic** |  |
| **What was it about?**  ………………………………………………………………….………………………………………………………………….………………………………………………………………….……………….………………………………………………….…………………...….…………………………………………………………………… | |
| **News topic** |  |
| **What was it about?**  ………………………………………………………………….………………………………………………………………….………………………………………………………………….………………………………………………………………….……………………………………………………………………………………………. | |

**Speaking**

You can keep a notebook of what you say or find out to use in class or for your own writing.

### 1. Any questions?

* Design and carry out a survey on something that is important to you, e.g. prison food, facilities, sport etc.
* Make up games and quizzes in English. Start by playing 20 Questions with your fellow learners or other prisoners.

### 2. Say what you think

Have a discussion with people about what you think:

* About a sport
* About a film or TV programme
* About life in prison
* About an event
* About an important issue.

Remember to be positive and polite, even when you don’t agree!

### 3. Have a conversation

Have a conversation when you are with fellow learners or other prisoners. For example:

* Recommend a programme to watch on TV
* Watch a film or TV programme and say what you like or dislike about it
* Talk about the food you are given or have bought
* Play a board game or cards
* Talk about a sports match.

**Writing**

### 1. Keep a journal

Keep a journal - weekly or daily - including what you did and what you thought.

Write the date and decide what you want to include, for example:

* What you did
* What you thought about it
* People you have spoken to
* Problems and how you resolved them
* What went well
* What you want to do better
* Something that made you feel happy or sad
* Anything unusual that happened

**Writing journal**

|  |  |
| --- | --- |
| **Date:** | **What are you writing about?** Example: Learning a new song |
| **What did you do, what are you thinking, or how do you feel?**  **……………………………………………………………………….……………………………………………………………………….……….……………………………………………………………………………………………………………………………………….……………….……………………………………………………………………………………………………………………………….……………………….……………………………………………………………………………………………………………………….……………………………….………………………………………** | |

### 2. Be creative

Make up your own writing from your imagination. Share what you write with friends, fellow learners, family.

* Write a Haiku. "Haiku" is a traditional form of Japanese poetry. Haiku poems consist of 3 lines. The first and last lines of a Haiku have 5 syllables and the middle line has 7 syllables. The lines rarely rhyme. It can be about anything you want – you can choose a theme and write more than one.

Look at the example.

The weather changes

Rain, wind, sun, cloud, snow, hot, cold

Here it stays the same



* Write a longer poem expressing thoughts and feelings.
* Write a short story for adults or for children. You could:
* adapt a story from your home country
* research some English stories first
* base the story on something you have seen, done, or heard.

### 3. Write what you see

* Describe what you see around you in the box below. You could include these words or phrases in a poem or a story.

|  |
| --- |
| **Write what you see:**  **……………………………………………………………………….……………………………………………………………………….……………………………………………………………………….……………………………………………………………………….…………………………………** |

* Write captions for pictures you like. Make an album of pictures and captions.
* Create a storyboard for something you have seen or read – or for your own story.
* Write a note or letter home to a friend about what you have seen.

### 4. Play a game

* Make up quizzes, crosswords and word games. You can start with a word search for somebody else to do. Base it on a theme and find some long words to include.

**Make a word search**

*Example – Colours*

Two words have been found for you. Can you find the rest?

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **a** | **r** | **e** | **o** | **y** | **b** | **l** | **a** | **c** | **k** | **c** | **e** | **u** | **p** | **a** | **y** |
| **g** | **e** | **a** | **w** | **n** | **s** | **k** | **o** | **u** | **g** | **h** | **g** | **p** | **a** | **u** | **o** |
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| **y** | **h** | **j** | **u** | **w** | **b** | **n** | **s** | **j** | **a** | **b** | **f** | **n** | **h** | **l** | **w** |
| **f** | **e** | **k** | **r** | **l** | **s** | **a** | **j** | **b** | **d** | **r** | **c** | **k** | **a** | **e** | **g** |
| **r** | **s** | **d** | **p** | **r** | **j** | **i** | **f** | **l** | **i** | **t** | **p** | **k** | **s** | **b** | **i** |
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| **e** | **y** | **e** | **l** | **l** | **o** | **w** | **f** | **a** | **n** | **h** | **i** | **p** | **c** | **c** | **j** |
| **g** | **p** | **a** | **o** | **b** | **w** | **u** | **c** | **l** | **o** | **r** | **a** | **n** | **g** | **e** | **d** |

Words:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Red |  | **🗸** | Orange |
|  | Yellow |  |  | Purple |
| **🗸** | Pink |  |  | Blue |
|  | Green |  |  | Black |

**Now make your own word search**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **f** | **a** | **j** | **u** | **a** | **n** | **t** | **c** | **p** | **h** | **q** | **e** | **l** | **v** | **p** |
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| **w** | **o** | **w** | **d** | **g** | **c** | **a** | **j** | **b** | **l** | **g** | **d** | **a** | **a** | **d** |
| **e** | **h** | **b** | **b** | **j** | **o** | **a** | **f** | **s** | **v** |  | **b** | **g** | **r** | **f** |
| **r** | **l** | **f** | **p** | **v** | **j** | **d** | **l** | **g** | **c** | **b** |  |  |  | **c** |
|  | **o** | **c** |  | **p** | **t** | **r** | **e** | **e** | **j** | **w** | **r** | **a** | **o** | **j** |
| **p** | **c** | **k** | **p** | **m** | **d** | **z** | **l** | **c** | **k** | **g** | **d** | **a** | **d** | **m** |
| **q** | **f** | **g** | **e** | **e** | **s** | **n** | **a** |  | **l** | **n** |  | **n** | **t** | **j** |
| **a** | **b** | **e** | **e** | **f** | **d** | **l** | **l** | **y** |  | **b** | **h** | **e** | **e** | **c** |
| **p** | **a** | **m** | **a** | **f** | **d** | **a** | **f** | **k** | **k** | **f** | **g** | **r** | **a** | **s** |

Words:

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**Reading**

For any reading you do – don’t forget to complete the reading log!

**1. Practise your dictionary skills.**

* Make a note of words that you come across which you don’t understand.

Write them down and look up the meaning in a dictionary. Find out the meaning in your own language to help you.

Think about how you could use the new words in your own speaking and writing.

**Using a dictionary**

|  |  |  |
| --- | --- | --- |
| **Word:** |  | |
| **Where did you see this word?** | | **What does it mean?** |
|  | |  |
| **Word:** |  | |
| **Where did you see this word?** | | **What does it mean?** |
|  | |  |
| **Word:** |  | |
| **Where did you see this word?** | | **What does it mean?** |
|  | |  |

**2. Read for enjoyment**

* Find a short story and add it to your reading log.
* Find a simple poem and say why you like it. Use the way the poem is set out to write your own poem in your own words.

**3. Read for information**

* Find articles about things that interest you.
* Use information you find in information texts to create posters.
* Follow the instructions you find to make or do things.

**4. Work with texts.**

* There are 10 texts in this resource.

Choose one you like.

Read the text and do the activities that go with it.

Fill in the reading log.

Carry on with the others!

* Choose a text of your own from a book, a newspaper or a magazine.

Read it and fill in the reading log.

Share the texts you find with other people – you could make up some questions to go with them.  You could make up some activities to go with the texts.

**Reading log**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Date completed:** | |  | | | |
| **Title of text:** | |  | | | |
| **What is this text?** (e.g. email, advert, letter, webpage, blog, poster, leaflet) | | | | | |
| **What is this text for?** (e.g.it tells you how to do something; it is a warning; it gives you advice) | | | | | |
| **Key words** Use a dictionary if you don’t know what a word means. Write down these words and what they mean.  **……………………………………………………………………….……………………………………………………………………….……………………………………………………………………….……………………………………………………………………….** | | | | | |
| **Key information** What is the text telling you? Note the main points in bullets. | | | | | |
| **How easy did you find it to read this text?** (Circle one) | | | | | |
| Easy | Quite easy | | OK | Quite hard | Hard |
| **If you found it hard/quite hard,**  - what do you need to practise?  - how could your tutor help?  **Make some notes below.** | | | | | |
| **……………………………………………………………………….……………………………………………………………………….……………………………………………………………………….** | | | | | |

**Reading Texts**

1. Tech Talk

2. Get cycling

3. The importance of exercise

4. Getting over the hurdles (extended text)

5. Home: Inside out

6. Litter

7. Coaches 4U

8. A Strong Black Woman (poem)

9. Baked bananas

10. Aesop’s Fables

# Text 1

**TECH TALK**

**Operating System** This is the software that supports a computer or phone’s basic functions such as memory and gives access to devices including hard drives and keyboards. Plus, it manages all the other programs on the computer.

**Authentication** The process of verifying the identity and legitimacy of a person, object or system.

**Wi-Fi** Allows computers, smart phones or other devices to connect wirelessly to the internet.

**Firewall** System to protect your home computers from security risks on the internet such as hackers and computer viruses.

**Router** Device used to connect computers to the internet.

**FaceTime (Mac), Skype** Video calls made via the internet from your phone, tablet or computer to someone else’s device.

**USB** The connection used to plug in devices such as digital cameras, printers, scanners, and external hard drives to your computer.

**ATM** An automatic teller machine. A self-serve electronic banking outlet that allows customers to complete basic transactions.

**Bluetooth** Wireless technology for exchanging data over short distances.

**Smartphone** A mobile phone that acts like a mini- computer. They usually have touch screens, internet access and an operating system capable of running downloaded apps.

**App** A self-contained program or piece of software designed to fulfil a particular purpose.

**Virus** A piece of programming code designed to damage your computer.

**Search Engine** For example, Google. A program used to search the internet.

**Blog** A website or web page written in an informal or conversational style, usually by an individual.

**YouTube** A video-sharing website.

### Activities

1a Highlight or underline the technical words you have heard of.

1b Make a list of technical terms in your own language plus the English translation.

1c Write a similar guide that gives the meaning of specialist words on a different theme. For example:

* Sports Talk
* Prison Talk
* Film Talk.

|  |  |
| --- | --- |
| **A guide to ­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | |
| **Specialist word** | **Meaning** |
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**Text 2**

Hundreds of people, young and old, were inspired by the 2014 Tour de France cycle race in Britain to take to their bicycles.

Cycling is the ideal activity for everybody.  Apart from the initial cost of the bikes, it is a cheap and fun way to get some exercise and to get around, whether for work or pleasure. However, don’t forget to check your bike regularly and keep it roadworthy and of course always wear a helmet!  Unlike travelling by car or public transport, when you ride a bike you can feel the sun on your face and the wind in your hair. Of course, another advantage is that cycling is environmentally friendly because it does not pollute the atmosphere.

**Cycling in town**

Many people say they are put off cycling because they don’t like the idea of cycling in traffic, but many cyclists use busy roads every day without any problems. Once you know the basics of road cycling, you can start to enjoy these journeys and roads don’t have to be a dangerous place to cycle.

**Tips for cycling safely around town**

* Make sure motorists can see you and ride in a position where you can see and be seen;
* Make eye contact with other road users, especially at junctions, then you know they’ve seen you;
* Use lights and consider wearing bright or reflective clothing, especially in towns, at night and in bad weather.

**Cycle training**

If you are new to cycling or haven't cycled for a while, build up gradually towards longer distance rides. If you want to really improve and make sure you can cycle safely wherever you choose, why not consider cycle training to help you get there faster? It will help you develop skills and increase your confidence to tackle busier routes. To enquire about local courses, phone the [National Cycle Training Helpline](http://www.ctc.org.uk/cycle-training-helpline) on 0844 736 8460/84.

Get Cycling!

**Activities**

2a Highlight or underline in different colours:

* the words you know
* the words you can guess
* the words you need to find out.

2b Write a short article to encourage people to take up a pastime, sport or activity you are interested in.

* Say what you like about it
* Give some tips about how to get started
* Say why you would recommend it.

**Text 3**

**The Importance of Exercise**

When I came inside I got really down, like really depressed. I didn’t want to do anything. I just wanted to be left alone to lay on my bed and stay in my cell. I went to see the doctor because I couldn’t sleep and I didn’t want to eat anything either, so he gave me some pills.

I spoke to a Listener and after a while I started walking around the grounds and that made me feel a bit better. Just getting off the wing and seeing people really helped.

Now I do press ups every morning and night, and I go to the gym three times a week. One day I play 5 a-side, another day I do circuits and the other day I do a work out in the gym. I’d like to go more, but that’s all the regime allows. It’s pretty good though, because at my last prison there was a long waiting list and I couldn’t go at all.

So, all I could do was run around the grounds. I would time myself to make it a challenge - timed laps were fun. I feel so much better when I do exercise. My body’s fit and my head feels clearer so I can think better, calmer. It’s really good, and I recommend exercise to all the new guys.

**Ali**

**Activities**

3a Highlight or underline all the activities that Ali does or has done to exercise.

3b List what he says is good about exercise.

3c Write an exercise plan for yourself.

|  |  |
| --- | --- |
| **My exercise plan** | |
| **Day of the week** | **Exercise** |
| **Monday** |  |
| **Tuesday** |  |
| **Wednesday** |  |
| **Thursday** |  |
| **Friday** |  |
| **Saturday** |  |
| **Sunday** |  |

**Text 4**

**Getting over the hurdles**

**Once an outlaw, Ray’s living the high life after years spent in and out of prison**

Ray Bishop has had varied life, good and bad. After years of crime and punishment, Ray applied for HMP Grendon, and spent 4 years in group therapy. Whilst getting himself clean of drugs and working to change his life, he also learned to box at the age of 36 whilst in prison.

Ray was released in 2008, and whilst working a day-job as a scaffolder he also became the British Middleweight Boxing Champion (unlicensed). He held the title from 2009 until 2011, when he retired from boxing undefeated.

Then Ray decided to write a book about his life. Outlaw, Britain’s most wanted man turned out to be unlucky for Ray. The week before the book came out a national newspaper published an interview with Ray, including his photo. After the article appeared, two people phoned the

police and informed them that they recognised Ray as a man who had

robbed their premises in 1993. Once again, Ray was arrested.

The judge who sentenced Ray considered that these crimes had been committed long before he had been living a straight life. He sentenced Ray to 5-years imprisonment, telling him that it would have been double-figures but for his guilty plea and that the crimes had been committed 20-years before. Ray served that sentence and was released in January 2017.

He immediately set about putting a new life together and today, just over a year after his release, he runs Armour Scaffolding UK, supplying labour and qualified scaffolders in London and Kent.

*I asked Ray, we know it’s hard, but do you think it’s impossible for an ex-prisoner to get a job?*

No, not at all. What I’m saying is that you know you are going to be at a disadvantage, so you will have to be more determined to get that job. You can do it, plenty of ex-prisoners do, but know that you are going to get a few knockbacks along the way. The key is the same as serving a prison sentence, do not give up. The trick is to get your head right while you are still in prison.

*What do you mean by that?*

It’s simple, use prison to your advantage. It’s time to sort your life out. Use whatever facilities are available in there and prepare for your release mentally. Get your head around what you will have to do on release. Understand the steps you need to take in order to get housing and employment. Almost like a business plan, but for your life.

*What are the most important things to take on board?*

I think you have to realise that nobody owes you a living so work on your personal skills and expertise. If you are a good driver or a painter and decorator, or a good salesman or anything really that you are good at, then work on it, read about it, really sell yourself to employers. And if that fails, start your own business; it’s easier than you think.

*How did you start this business?*

I used my past experience. I was a scaffolder in the past, but scaffolding is a young man’s game. You need strength and really good coordination. As you get older it gets harder. I looked at what sort of a business I could do with my experience. I now supply other scaffold firms, some of the biggest in the South-East, with the manpower they need.

*Why do you think so many ex-prisoners fail and end up back in prison?*

I think, and I’ve been guilty of this in the past, a lot of people in prison do not have realistic expectations. They concentrate their minds on that release date and think that everything else will take care of itself. The truth is, it won’t. Most times, the greatest hurdle in your life is yourself and your past, but you should never let your past determine your future. Overcome that and you’ll succeed.

**Activities**

4a From the first part of the article list the key events in Ray’s life in the order that they happened.

4b What could you do to start your own business?

* Look at Ray’s advice and make a plan for your own business.

Start with a mind map for ideas!  Write your business idea in the middle.

**Text 5**

HOME: INSIDE OUT

**Thoughts and poems about what “home” means to them, by women in several of Britain’s female prisons**

Home is wherever my children and family are.

Home to me is safety. I know as soon as I see my mum and my mum’s home, nothing or nobody can hurt me.

Thinking of being at home reminds me of happy memories.

When I am alone, I feel my children around me. I can hear them calling me mummy. Outside in the back garden, my children are playing on the swing, singing, dancing and their dad is also with them. I am laughing because of their antics. My husband often used to buy a bunch of flowers for me.

I miss my home a lot. I love my home and I have never been anywhere else for as long a time, except prison. My home is very bright, colourful, neat and clean. On sunny days, the bright sun comes through into the conservatory. My home gets lighter.

I cook some special food for my family when my husband has a day off and the children have school holidays. We watch TV, even though my home is noisy, there is a lot of love. Home is my life and breath.

Home means being near family. For someone who has been in for seven years and still has six years to go, home keeps that family connection.

**Activities**

5a What is **“home”** for you? Write down your thoughts about what **“home”** means to you. You can write it in your journal.

5b Talk with your fellow learners or other prisoners and ask them what **“home”** means to them.  You could make a big poster with everybody’s ideas.

**Text 6**

**An American comedian said that Britain is “like a trash can” and has a rubbish-dropping problem, saying it’s the ‘worst in the world’. Was he joking, or do you agree?**

I am not sure the problem is the worst in the world, but it seems to be acceptable to some people to drop litter on the streets. The fact that there are not enough litter bins is another story! *Rana, London*

Fifty years ago, when I was a child, an old man swept the streets and cut the grass in our village every week. It now gets an annual clean-up visit from a lorry that sweeps the gutters… unless there are cars parked there. *Ron, Hertford*

I live in Essex and the litter problem is huge. All major roads seem to have grass verges littered with endless plastic bags and food wrapping. It’s hideous. *Anya, Essex*

It’s not pleasant, but at least we have litter bins and street cleaning services, however inadequate they may be. We need a society where littering is frowned upon. People should believe that they absolutely should not litter and stop being so selfish and inconsiderate. Bin it, NOT drop it! *Lucia, Cardiff.*

I always try and find a litter bin – a bit of an issue in some places I visit – but would never drop rubbish if I cannot find one. If everyone else did the same thing, Britain would look much tidier. *Ali, Leeds*

Why should we worry about dropping litter? Councils pay people to pick it up, so we may as well keep them in a job. Ok, it may not look tidy, but the council workers just need to work harder. *Maya, Nottingham.*

**Activities**

6a Highlight or underline in different colours:

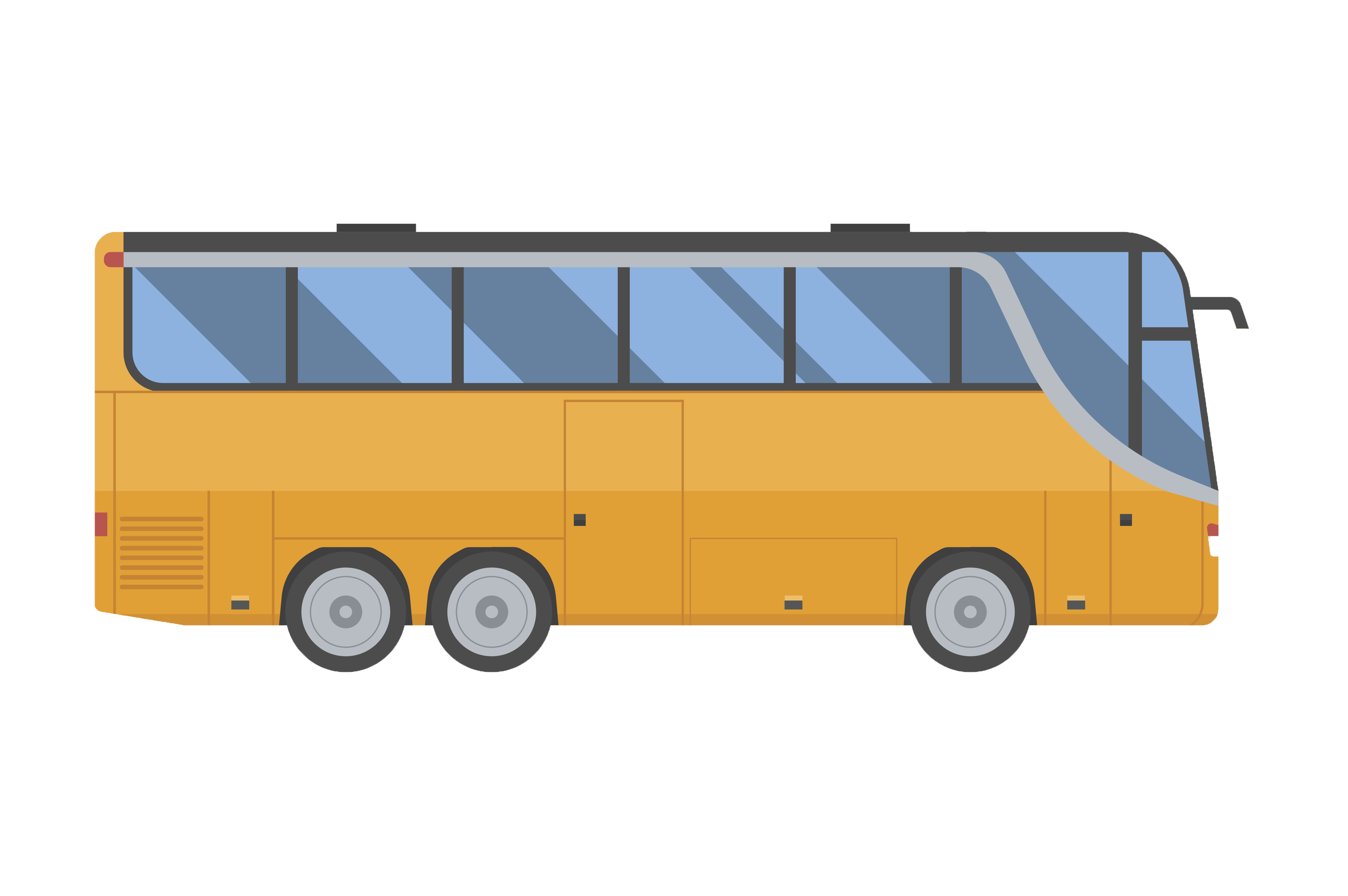
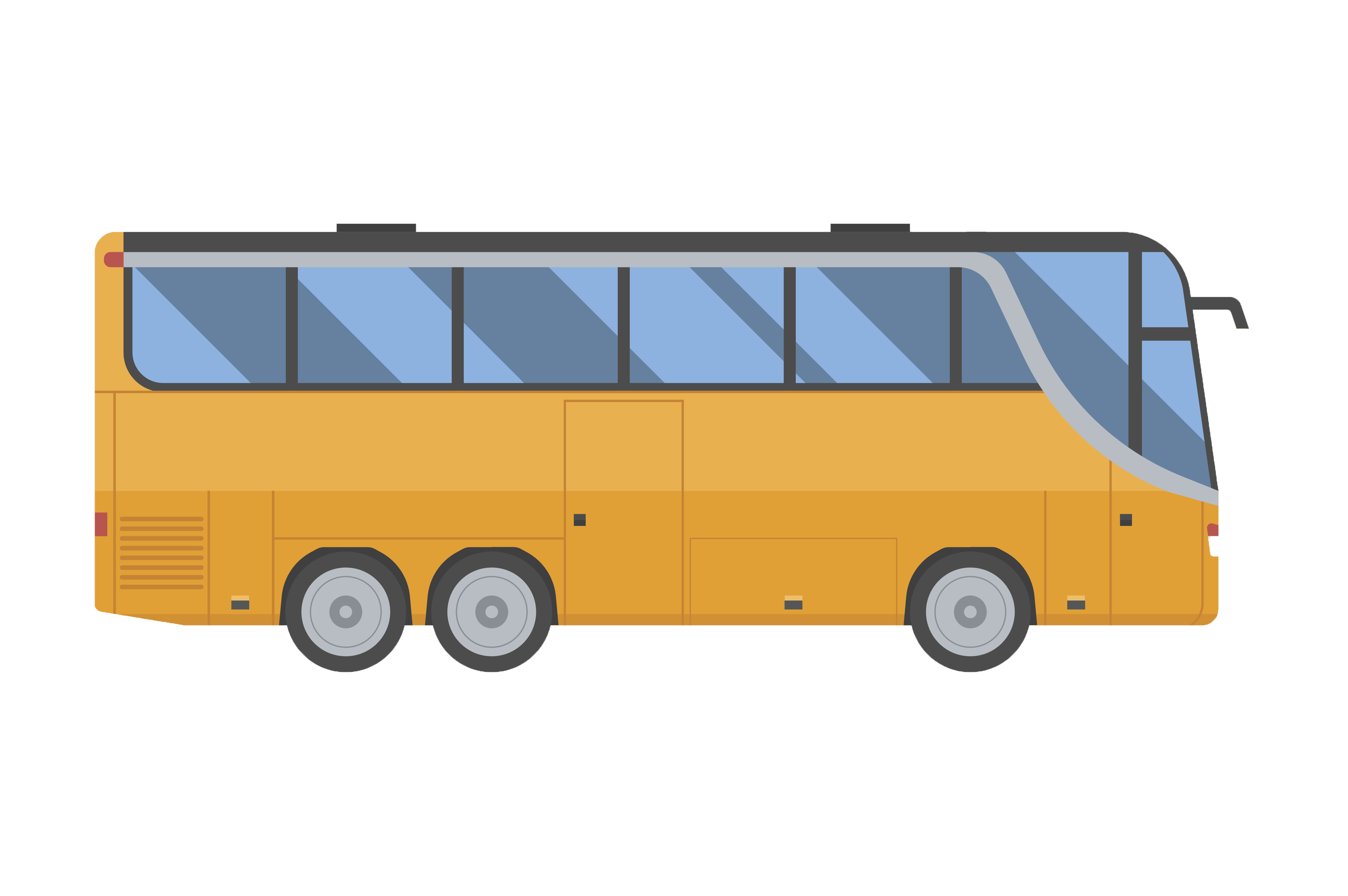
* the words you know
* the words you can guess
* the words you need to find out.

6b Think of an issue that affects you in prison e.g. food, facilities, off-wing time.

Ask other prisoners what they think.

Write down their views to produce an article like this one.

**Text 7**



**Cheap Coach Travel from York To London**

Treat yourself to a visit to London with Coaches4U this winter and feel the lively atmosphere of the UK's most famous city. Our great winter deals mean you can book a cheap coach to London with ease. You will then have more cash in your pocket to spend on a West End Show, seeing the sights or shopping.

**Explore London with Coaches4U**

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**Coaches4U**

**Rely on us to get you from A to B**

**Activities**

7a Highlight or underline all the benefits of using Coaches 4U.

7b There is lots to do in London. Do some research and plan a trip for when you leave – to London or another city.

* Decide where you will go
* Plan how you will travel
* Make a list of what you will see
* Work out where you will stay.

**Text 8**

**A Strong Black Woman *by Llatoya-Jade***

I’m a strong black woman that’s who I am,

Don’t have a need to depend on no man.

Independent that is me.

I speak my own mind that’s the best way to be.

Don’t try & be me, find your own style & grace.

Don’t mistake my kindness for weakness &

don’t take me for no fool.

I’ll just sit back & make you think

everything is cool, ain’t got no time

for silly games especially liars,

I’m all about conquering my dream,

aspirations & desires.

There is no need be hating on me

unless you can explain why.

If not, in the words of Anne Robinson,

*Illistration by Michala*

“You are the Weakest Link. Goodbye”.

**Activities**

8a Write your own poem in a similar style. Carry on from the first line.

I am\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that’s who I am…

**Text 9**

Baked Bananas



**Here’s what you will need:**

50 grams of butter

3 tablespoons of soft brown sugar

2 tablespoons lemon juice

½ teaspoon cinnamon

4 bananas.

***Serves 4***

First put the butter, sugar and lemon juice in a shallow dish.

Then place in a pre-heated moderate oven at 180 degrees centigrade for a few minutes until the butter has melted.

Cut the bananas into large pieces. Arrange them in the dish and turn them to coat with the sauce. Cover the dish and return to the oven for 30 minutes.

Serve piping hot with single cream.

**Activities**

9a Highlight or underline in different colours, all the quantities, temperatures and times.

9b Draw a diagram or flowchart to show what has to be done to make this recipe.

**Flow chart**

Add more steps if you need them.

9c Write some recipes of your own. Ask others if they have any good recipes.

Make a recipe book.

**Text 10**

**Aesop’s Fables**

**What are fables?**   
Fables are short stories with a moral or message which can be used to teach a lesson. The theme and characters appeal to children and the stories are often funny.

A Fox once saw a Crow fly off with a piece of cheese in its beak and settle on a branch of a tree.

*"That's for me, as I am a Fox,"* said Master Reynard, and he walked up to the foot of the tree.

*"Good-day, Mistress Crow,"* he cried. *"How well you are looking to-day: how glossy your feathers; how bright your eye. Your voice must be finer that of other birds, just as your figure is; let me hear but one song from you that I may greet you as the Queen of Birds."*

The Crow lifted up her head and began to caw her best, but the moment she opened her mouth the piece of cheese fell to the ground, only to be snapped up by Master Fox.

*"That will do,"* said he. *"That was all I wanted. In exchange for your cheese I will give you a piece of advice for the future. Do not trust flatterers"*

**The Hare and the Tortoise**

The Hare was once boasting of his speed before the other animals.

*"I have never yet been beaten,"* said he, *"when I put forth my full speed. I challenge any one here to race with me."*   
   
The Tortoise said quietly, *"I accept your challenge."*   
   
*"That is a good joke,"* said the Hare; *"I could dance round you all the way."*   
   
*"Keep your boasting till you've beaten,"* answered the Tortoise. *"Shall we race?"*   
   
So a course was fixed and a start was made.

The Hare darted almost out of sight at once, but soon stopped and, to show his contempt for the Tortoise, lay down to have a nap.

The Tortoise plodded on and plodded on, and when the Hare awoke from his nap, he saw the Tortoise just near the winning-post and could not run up in time to save the race.

Then said the Tortoise: *"Plodding wins the race."*

**Activities**

10a How well do you know your verbs?

* Highlight or underline all the verbs in the present tense in one colour and all the verbs in the past in a different colour.

10b Illustrate the two fables to show what happened. Make it a cartoon if you like.

10c Research and find some more fables.  What is the message of each fable? Use the table below to record what you read.

|  |  |
| --- | --- |
| **Title of fable** | **Message or moral** |
| **The Hare and the Tortoise** | Sometimes you can win by going slowly but steadily. |
|  |  |
|  |  |
|  |  |
|  |  |

10d Write your own fable or story for children. You could use a story from your home country.