

THE BEST SNACK EVER WILL MAKE YOUR CHILDREN WANT TO HELP IN THE KITCHEN.... FRENCH TOAST 😊



Get the kids involved and **introduce** them to new ingredients, equipment and skills. Plus, everyone can **tuck in** straight from the frying pan. You can't beat it!

This recipe shows you how to make French toast with a classic recipe **topped with** yoghurt and fresh berries, but you can mix it up with whatever you fancy. It's totally versatile, so make it yours.

You'll need:

2 large **free-range** eggs
milk
vanilla extract
ground cinnamon
2 slices of bread
unsalted butter or
olive oil
maple syrup, to serve
Greek-style yoghurt, to
serve
1 **handful** of fresh berries (blackberries, blueberries,
strawberries), to serve



introduce = představit

tuck in = vzít si

topped with = ozdobený

free-range eggs = vejce z volného chovu

ground = namletý

unsalted = nesolený

handful = hrst

maple syrup = javorový sirup

Equipment:

shallow, wide
bowl
fork
non-stick
frying pan
spatula









shallow, wide bowl = mělká, široká mísa

fork = vidlička

spatula = obracečka

METHOD

<p>Crack the eggs into a bowl, then add a splash of milk</p>		<p><i>crack = rozklepnout</i> <i>add = přidat</i></p>
<p>Add a few drips of vanilla extract and a pinch of cinnamon (or a bit of salt and pepper if you're going savoury) and whisk the eggs with a fork.</p>		<p><i>pinch of cinnamon = špetka skořice</i> <i>whisk = našlehat</i></p>
<p>Soak slices of bread in the egg mixture for a couple of minutes, turning halfway</p>		<p><i>soak = ponořit</i></p>
<p>Melt a knob of butter in a hot frying pan, then add the bread. Cook for a few minutes, without moving the bread, until golden.</p>		<p><i>melt = rozpustit</i> <i>without moving = bez otáčení</i></p>
<p>Use a spatula to carefully flip the bread over and cook until golden on both sides.</p>		<p><i>flip the bread over = otočit chleba</i></p>
<p>Transfer to a plate and top with yoghurt, fresh berries and a drizzle of maple syrup.</p>		<p><i>Plate = talíř</i> <i>top = nahoře ozdobit</i> <i>drizzle = pokapat</i></p>

Exercise: How do you make your favourite meal? Use the words from the word mat.

Cooking word mat



oven
cooker
whisk
sift
mix
stir

chop
cook
crumble
weigh
sprinkle

grate
heat
slice
knead
pour

blend
microwave
cut
spoon
melt
hob