



APEX ENGLISH

Your voice. Global.

B2 · GENERAL ENGLISH

UNIT 3 · 3B

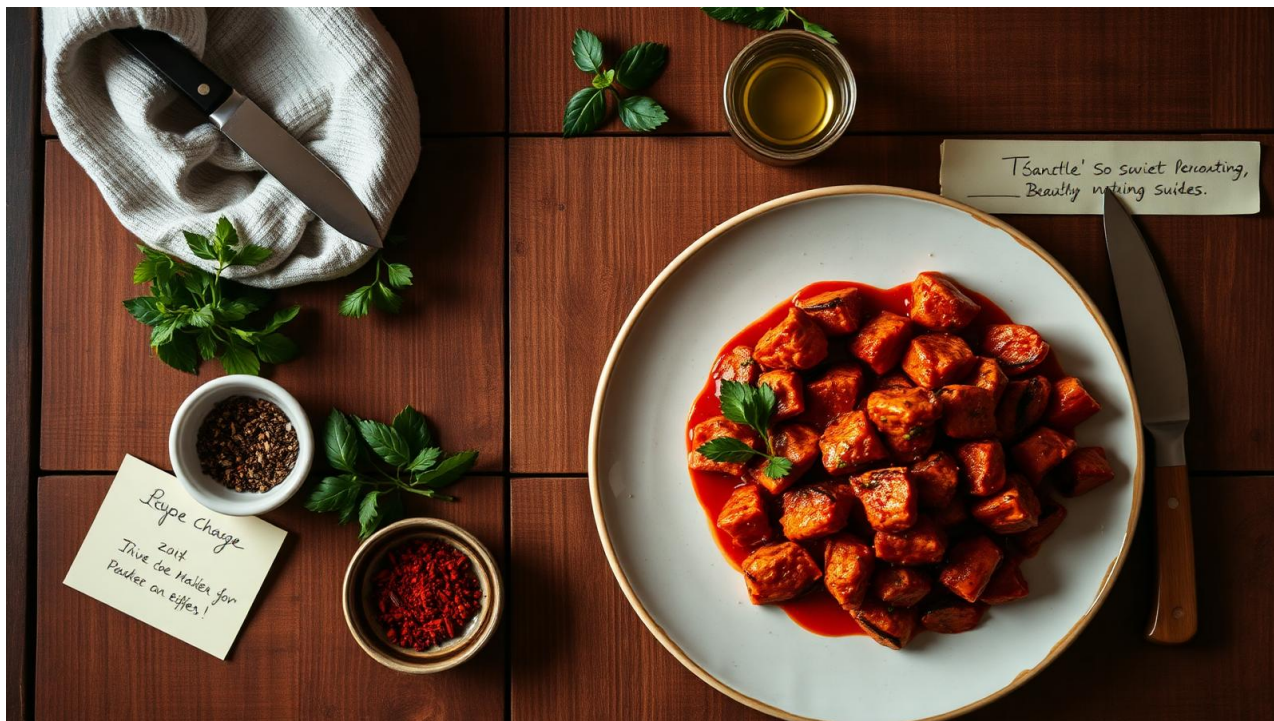
The perfect recipe

Theme · Food for Thought

Unit 3 · 3B

The perfect recipe

Theme: Food for Thought



Learning objectives

- Place adverbs and adverbial phrases correctly in a sentence (manner, place, time, frequency, degree).
- Use a wider range of B2 adverbs to describe how, when, where and how often things happen in the kitchen.
- Distinguish word stress in two- and three-syllable adverbs and use intonation to sound natural, not robotic.
- Follow, explain and 'improve' a recipe in fluent, connected English.

Ask the teacher — notes to bring to class



Class Book

Warm-up · kitchen confessions

Stand up. Imagine a line across the classroom: on the LEFT = 'Absolutely me!', on the RIGHT = 'Not me at all!'. Your teacher will read each confession — walk to the spot on the line that fits YOU. Then look around: who's your kitchen twin?

I secretly enjoy washing up.

I never follow a recipe exactly.

I've genuinely set off a smoke alarm cooking.

I always taste the batter before it goes in the oven.

I completely panic when guests are coming for dinner.

I honestly prefer other people's cooking to my own.

followUp: Look at the underlined words: ALWAYS, SECRETLY, NEVER, GENUINELY, COMPLETELY, HONESTLY — where did they sit in each sentence? That's today's grammar.

Lead-in: recipe autopsy

Below is a recipe for 'The world's most disappointing pasta'. In pairs, read it and diagnose the problem. What's missing? What's in the wrong order? You have three minutes.

1. Boil the water.

2. Add the pasta.

3. Cook the pasta.

4. Drain it.

5. Add sauce.

6. Serve.

Where is the SALT?

Where is the TIME (how long?) — 'for eight minutes', 'until al dente'?

Where is the MANNER — 'gently', 'quickly', 'generously'?

Where is the PLACE — 'in a large pot', 'onto warm plates'?

1. Bring a large pot of water to the boil and salt it GENEROUSLY.

2. Add the pasta CAREFULLY and stir ONCE.

3. Cook UNCOVERED FOR ABOUT EIGHT MINUTES, or UNTIL AL DENTE.

4. Drain QUICKLY, keeping a cup of the cooking water.

5. Toss the pasta GENTLY with the sauce IN THE PAN, adding a little water if needed.

6. Serve IMMEDIATELY on WARM plates, with grated Parmesan ON TOP.

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followUp: What was missing? Adverbs and adverbial phrases — words that answer HOW, WHEN, WHERE, HOW MUCH. Without them, a recipe (and a sentence) is flat.

Reading: is there such a thing as the perfect recipe?

Ask any chef whether there's such a thing as 'the perfect recipe' and you'll get very different answers. For some, perfection is a matter of precision — grams, seconds, temperatures. For others, it's exactly the opposite: cooking, they insist, should be done instinctively, with the hands and the eyes, never with a scale.

Restaurateur Massimo Bottura famously argues that a recipe is only a starting point. "I follow recipes carefully when I'm learning them," he once told a journalist. "But after that, I cook them freely." His now-legendary 'Oops! I dropped the lemon tart' was, quite literally, an accident that his sous-chef eventually turned into a signature dish.

Home cooks tend to be more anxious. A recent survey found that 68% of people under 35 rarely cook without a phone open on the counter. They measure obsessively, they Google frantically, and they secretly worry that everyone else's food tastes better than theirs.

But the science of 'perfect' is surprisingly forgiving. Food writer Samin Nosrat argues that only four elements truly matter: salt, fat, acid and heat. Get those roughly right, and almost anything will taste good. Get one badly wrong, and no recipe on earth will save you.

Maybe, then, the perfect recipe isn't a list of instructions at all. Maybe it's a habit: taste often, adjust bravely, and trust that a dish cooked with attention will always beat a dish cooked with fear.

1. According to the text, chefs disagree about whether cooking should be...
 - (A) cheap or expensive.
 - (B) precise or instinctive.
 - (C) traditional or modern.
2. How does Massimo Bottura say he uses recipes?
 - (A) He follows them exactly every time.
 - (B) He never uses them.
 - (C) He follows them carefully at first, then cooks freely.
3. What is TRUE about home cooks under 35, according to the survey?
 - (A) Most cook without any recipe.
 - (B) Most rarely cook without their phone on the counter.
 - (C) Most cook better than professional chefs.
4. What are Samin Nosrat's four key elements?
 - (A) Salt, sugar, spice and time.
 - (B) Salt, fat, acid and heat.
 - (C) Butter, oil, garlic and lemon.

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5. The writer's final message is that the 'perfect recipe' is really...
- (A) a set of exact instructions.
 - (B) a habit of tasting and adjusting.
 - (C) impossible to achieve at home.

Adverbs in context

Find these adverbs in the text and match them to the closest meaning.

- instinctively** — using feeling, without thinking
- obsessively** — far too much, unable to stop
- frantically** — in a hurried, worried way
- bravely** — with courage, not afraid of getting it wrong
- roughly** — approximately, not exactly
- eventually** — in the end, after some time

Vocabulary: adverbs & adverbial phrases

intro: Adverbs answer HOW, WHERE, WHEN, HOW OFTEN, HOW MUCH. Adverbial phrases do the same job with MORE than one word ('in a hurry', 'on the top shelf', 'once in a while'). At B2, we upgrade from tired ones ('very much', 'really nice') to specific, elegant ones.

1. **label:** Manner (how?)

2. **label:** Time (when? how long?)

3. **label:** Frequency (how often?)

4. **label:** Degree (how much?)

practice

Complete each sentence with ONE adverb or adverbial phrase from above (correct form). More than one answer may be possible.

1. Marinate the beef ____ — at least 8 hours in the fridge.

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2. Salt the water ____ before you add the pasta.

3. Add the eggs ____ so they don't scramble.

4. The bread was ____ delicious — I ate the whole loaf.

5. I ____ cook without watching a YouTube video first.

6. Serve the soup ____, while it's still hot.

7. The sauce was ____ too salty, but still edible.

8. Great cooks work ____ — they don't read every step.

Practice 2 — collocations & rewrite

Rewrite each sentence replacing the underlined phrase with ONE word from this lesson's vocabulary. Keep the meaning identical.

1. She chopped the herbs <u>very carefully and gently</u> so as not to bruise them.

2. He seasoned the fish <u>using a generous, feeling-based instinct</u> rather than a scale.

3. We <u>almost never</u> eat dessert on weekdays.

4. The soup was <u>completely, totally</u> delicious — nothing needed to change.

5. In the end, the cake turned out better than expected.

Practice 3 — discursive writing

prompt: Some people say cooking is a precise science; others say it is an intuitive art. Reflect on your own approach to cooking (or another skill) and which side you lean towards, and why.

Use at least FOUR of the target words from this unit.

Vary sentence length; include one relative clause.

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Aim for a reflective, cohesive C1 register.

sample: I have never been the kind of cook who works intuitively, trusting instinct alone; instead, I measure everything liberally but carefully, thoroughly checking each step before moving on. My mother, by contrast, cooked effortlessly, seasoning delicately by feel and seldom opening a cookbook. For years I envied her confidence, until I realised that precision is simply my own form of intuition, one built through repetition rather than talent. Ultimately, I have come to believe that neither approach is superior; what matters is that the cook, whoever they are, pays attention. A dish made thoroughly and carefully can be every bit as delicious as one made instinctively, provided the person behind it genuinely cares about the result.



Grammar focus: the position of adverbs & adverbial phrases

1. The default order (when several adverbs meet) — When you have MORE than one adverbial in a clause, English usually prefers this order: MANNER → PLACE → TIME • She cooked patiently (manner) in the kitchen (place) all afternoon (time). Not: 'She cooked all afternoon in the kitchen patiently.'

2. Adverbs of frequency (always, often, rarely, never...) — These usually go BEFORE the main verb, but AFTER 'be' and AFTER auxiliaries. • I always taste the sauce. / She rarely cooks meat. • He is often late for dinner. • I have never tried octopus. For emphasis, some (usually, sometimes, occasionally) can go at the start of the sentence: • Occasionally, we order pizza on Fridays.

3. Adverbs of manner (carefully, quickly, gently...) — Usually AFTER the verb (+ object) or at the END: • Stir the sauce gently. / She read the recipe carefully. For dramatic effect, they can go at the START: • Slowly, he opened the oven.

4. Adverbs of degree (very, absolutely, quite, hardly, almost...) — They go BEFORE the adjective, adverb or verb they modify: • The soup was absolutely delicious. • I hardly touched the dessert. • He almost dropped the plate.

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5. Comment adverbs (honestly, luckily, apparently, obviously...) — These give YOUR opinion on the whole sentence. Put them at the START, or between commas: • Honestly, this is the best pizza I've eaten. • The chef, apparently, learned it from his grandmother.

6. Adverbial phrases (in a hurry, on the top shelf...) — Multi-word adverbials usually go at the END, following the same MANNER-PLACE-TIME order. Only put them at the start for emphasis or contrast: • The chef prepared it in a hurry / on the tiny stove / at midnight. • In a hurry, she added far too much salt.

Exercise A — put the adverb in the right place

Rewrite each sentence, inserting the adverb in CAPITALS in the most natural position.

1. I add salt to the water. (ALWAYS)

2. She cooks fish. (RARELY)

3. He stirred the risotto. (PATIENTLY)

4. The steak was overcooked. (SLIGHTLY)

5. We have eaten better tacos. (NEVER)

6. The pasta was ready. (HONESTLY, not)

Exercise B — put the sentence in order

Put the words in the correct order.

1. the oven / carefully / she / opened / at midnight

2. for years / has / cooked / he / in that tiny kitchen / happily

3. occasionally / go / for dinner / we / to their house / on Fridays

4. the sauce / gently / for twenty minutes / simmer / on a low heat

5. absolutely / it / delicious / was

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**Exercise C — one adverb is in the WRONG place. Fix it.**

Find and correct the mistake in each sentence.

1. I go rarely to fast-food restaurants.

2. The chef the soup tasted carefully.

3. She always is late for family lunches.

4. We have eaten never such spicy noodles.

5. He added too much salt slightly.

6. In the kitchen quickly, she made a sandwich.

Exercise D — gap-fill recipe (adverbs & adverbial phrases)

Read the recipe and put ONE adverb or adverbial phrase from the box in each gap. Use each ONCE.

Word bank: gently · generously · immediately · on a low heat · always · for about ten minutes · honestly · roughly · in the fridge · occasionally

This is my grandmother's tomato sauce, and (1) ____, it's the only recipe I'll ever need. It takes twenty minutes, uses five ingredients, and (2) ____ tastes better the next day.

First, chop a large onion (3) ____ — don't worry about being neat. Warm four tablespoons of good olive oil (4) ____, and cook the onion (5) ____, stirring (6) ____, until it's soft and golden.

Add a tin of tomatoes, salt (7) ____, and a pinch of sugar. Let it simmer (8) ____, until the sauce thickens. Toss it (9) ____ with hot pasta, and serve (10) ____ . If there's any left, keep it (11) ____ for two days — it'll be even better tomorrow.

honestly

always

roughly

on a low heat

gently

occasionally

generously

for about ten minutes

gently

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immediately

in the fridge

Listening: the perfect scrambled eggs

Two friends, Aya (a home cook who follows recipes exactly) and Ben (who cooks by feeling), are arguing about the 'right' way to make scrambled eggs. Your teacher will read it aloud twice — first for gist, then for detail.

Before you listen

How do YOU make scrambled eggs? Low heat or high heat? Butter, oil, cream, or nothing?

Predict: do you think Aya and Ben will agree at the end? Why / why not?

First listen — gist

1. What are Aya and Ben arguing about?

2. Who wins the argument?

3. What is the one thing they both agree matters most?

Second listen — detail

1. How long does Aya say she cooks her eggs?

2. What does Ben do differently?

3. What adverb does Aya use for how she stirs?

4. What comment adverb does Ben use to describe his own method?

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5. What do they say about butter?

6. How does the conversation end?

Aya: OK, but you're doing it wrong. Scrambled eggs need low heat — really low — and about eight minutes. You stir them patiently, in figure-eights, and you never walk away.

Ben: Eight minutes? Honestly, mine are better and they take three.

Aya: Three?!

Ben: Hot pan. Butter — generously. In go the eggs, and I move them constantly. Off the heat the moment they're almost set. The pan finishes them.

Aya: That is a completely different dish.

Ben: It is the same dish, cooked instinctively instead of obsessively.

Aya: Obsessively?

Ben: You have a timer. On your phone. For scrambled eggs.

Aya: ...Yes. And they're perfect. Every time.

Ben: 'Perfect' every time is boring. Sometimes mine are slightly runnier, sometimes drier. But they always taste alive.

Aya: Alive.

Ben: Alive. Look, we agree on one thing — low heat, or off the heat before you think, and never, ever walk away.

Aya: And butter. Generously.

Ben: Absolutely. So — Sunday. My kitchen. We cook both. We taste. We decide.

Aya: Deal. And if mine wins, you buy the wine for a month.

Ben: And if mine wins, you throw the timer in the bin.

Speaking: the MasterChef pitch

You have ONE minute to pitch your 'signature dish' to a MasterChef judge. In your pitch, you MUST use at least: (a) TWO adverbs of manner ('gently', 'carefully'...), (b) ONE adverb of frequency ('always', 'occasionally'...), (c) ONE comment adverb ('honestly', 'surprisingly'...), (d) ONE degree adverb ('absolutely', 'slightly'...). Judge listens and gives ■ for each one used naturally.

Ask the teacher — notes to bring to class



1. **label:** Name of the dish · **hint:** Real or invented — make it sound tempting.

2. **label:** The story · **hint:** Where does it come from? Who taught you?

3. **label:** The technique · **hint:** How exactly do you cook it? Use manner adverbs.

4. **label:** The secret · **hint:** What's the ONE thing everyone else gets wrong?

5. **label:** The verdict · **hint:** How does it taste? Use degree + comment adverbs.

example: Honestly, this is the dish I'm most proud of. It's my grandmother's slow-cooked lamb. I always brown the meat quickly on a very high heat, then simmer it patiently for four hours on a low heat. The secret? A slightly bitter square of dark chocolate at the end — surprisingly, it makes the sauce absolutely incredible.

challenge: ■ Extra ■ if you naturally add an adverbial PHRASE ('in a heavy pan', 'once in a while', 'the moment it starts to bubble').

Writing mini-task — 'my perfect recipe' (100–120 words)

Write your own 100–120 word recipe. You **MUST** include: (a) at least 3 adverbs of manner, (b) 1 adverb of frequency, (c) 1 comment adverb, (d) 1 adverbial phrase of time. Underline every adverb / adverbial phrase you use.

Wrap-up · the adverb pyramid

Build your own pyramid of the class. Fill each row with something from today, using the adverb TYPE indicated. Share your pyramid with a partner.

1. **label:** 1 comment adverb · **prompt:** ...about today's class — 'Honestly, ...'

2. **label:** 2 adverbs of manner · **prompt:** ...describing how YOU worked today.

3. **label:** 3 things you'll do this week · **prompt:** ...each with a frequency adverb (always, occasionally, rarely...).

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Workbook — home practice



Ask the teacher — notes to bring to class

The perfect recipe - Workbook

Extra practice for home study · with answer keys

1. Vocabulary - adverb families

Choose the adverb that best fits each sentence.

1. Stir the sauce ____ so the eggs don't scramble.
(A) intuitively
(B) delicately
(C) roughly
2. I ____ ever eat dessert - maybe once a month.
(A) scarcely
(B) always
(C) immediately
3. Serve the soufflé ____ , before it collapses.
(A) periodically
(B) instantly
(C) briefly
4. The bread was ____ delicious - I ate the whole loaf.
(A) marginally
(B) wholly
(C) roughly
5. Great chefs work ____ , with their hands, not their eyes on a book.
(A) intuitively
(B) liberally
(C) seldom

2. Vocabulary - adverbial phrases

Complete each sentence with ONE phrase from the box.

BOX: on a low heat · in the fridge · once in a while · the moment it boils · overnight · with ease

1. Marinate the beef ____ , at least eight hours.
2. Add the pasta ____ - not before.
3. Keep the leftovers ____ for up to three days.
4. Cook the onion ____ until soft and golden.
5. She flips omelettes ____ - I still drop mine.
6. ____ , we treat ourselves to a proper Sunday roast.

3. Vocabulary - discursive writing

Is cooking an exact science that requires strict adherence to recipes, or is it an intuitive art form?

Checklist:

- ☐ Use at least 4 adverbs or adverbial phrases
- ☐ Maintain a formal, discursive register
- ☐ Use cohesive devices to link your arguments

[] Check for varied C1-level grammatical structures

[illegible]

4. Grammar - position of frequency adverbs

Choose the sentence with the adverb in the correct position.

1. Frequency + main verb:
 - (A) I taste always the sauce.
 - (B) I always taste the sauce.
 - (C) Always I taste the sauce.
2. Frequency + be:
 - (A) He often is late for dinner.
 - (B) He is often late for dinner.
 - (C) He is late often for dinner.
3. Frequency + auxiliary + main verb:
 - (A) I never have tried octopus.
 - (B) I have never tried octopus.
 - (C) I have tried never octopus.
4. Front position (emphasis):
 - (A) Occasionally, we order pizza on Fridays.
 - (B) We order occasionally pizza on Fridays.
 - (C) We order pizza on Fridays occasionally sometimes.
5. Frequency in a question:
 - (A) Do you always cook at home?
 - (B) Do always you cook at home?
 - (C) You do always cook at home?

5. Grammar - manner, place, time

Put the words in the correct order.

1. in the kitchen / patiently / she / for hours / cooked
2. carefully / at midnight / he / the oven / opened
3. on the terrace / happily / we / all summer / ate
4. quickly / in the microwave / she / lunch / heated / at 1 p.m.
5. gently / on a low heat / for twenty minutes / the sauce / simmer

6. Grammar - insert the adverb

Rewrite each sentence, inserting the CAPITAL adverb in the most natural position.

1. I add salt to the water. (ALWAYS)
2. The steak was overcooked. (SLIGHTLY)
3. He stirred the risotto. (PATIENTLY)
4. We have eaten better tacos. (NEVER)
5. This is the best pizza I've eaten. (HONESTLY)
6. The chef learned it from his grandmother. (APPARENTLY)

7. Grammar - find and fix the mistake

Each sentence has ONE mistake. Rewrite it correctly.

1. I go rarely to Italian restaurants.
2. She always is late for family lunches.
3. We have eaten never such spicy noodles.
4. He added too much salt slightly.
5. The chef the soup tasted carefully.
6. In the kitchen quickly she made a sandwich.

8. Reading - true / false / not given

Read the short article and mark each statement T, F or NG.

Chef Marta Rivera has run a tiny fifteen-seat restaurant in Bilbao for almost twenty years. She rarely uses recipes. Instead, she walks slowly through the market every morning and buys, quite literally, whatever surprises her. Back in the kitchen, she cooks instinctively - a pinch of this, a squeeze of that - and her only rules are: never rush, taste obsessively, and season generously. Occasionally, she writes down a dish that has worked particularly well, but she rarely repeats it exactly. Her regulars say that is precisely why they keep coming back: they know they will never eat the same meal twice.

1. Marta has cooked in Bilbao for twenty years exactly. [T / F / NG]
2. Marta walks through the market every morning. [T / F / NG]
3. Her kitchen has strict rules. [T / F / NG]
4. She sometimes writes down dishes that worked well. [T / F / NG]
5. She reuses her written recipes exactly next time. [T / F / NG]
6. Her restaurant is the most expensive in Bilbao. [T / F / NG]

9. Writing - guided task

Write 80-100 words describing YOUR perfect way to cook ONE simple dish (eggs, rice, pasta, a sandwich...). Include at least: 3 manner adverbs, 1 frequency adverb, 1 comment adverb, 1 adverbial phrase of time.

Checklist:

- [] 80-100 words
- [] 3 adverbs of manner
- [] 1 frequency adverb
- [] 1 comment adverb (honestly, surprisingly, luckily...)
- [] 1 adverbial phrase of time (for X minutes, overnight, the moment it boils...)

[illegible]

10. Listening - Marta the chef (interview)

Listen to the short interview with Marta, a chef in Bilbao. Answer the questions. Play it twice if you need to.

Audio: Reporter interviews Marta · ~1 min

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

11. Dictation - adverb gap-fill (from the interview)

Listen again to the Marta interview and complete each line with the missing adverb or adverbial phrase.

Audio: Marta interview - key adverbs

Transcript with gaps:

A: Good morning, Marta! Thanks for having me. I've always admired your cooking.

B: My pleasure! So, you want to know my secrets, huh?

A: Absolutely! Let's start with your routine. How do you approach your day?

B: Well, I walk slowly through the market every morning. It's important to choose the freshest ingredients.

A: And in the kitchen?

B: I cook instinctively - a pinch of this, a squeeze of that. Never rush, taste obsessively, and season generously.

A: Do you always stick to the same recipes?

B: Occasionally, when something works particularly well. But I hardly ever repeat it exactly the same way.

A: That's fascinating! So, your dishes are always a bit different?

B: Surprisingly, no. My regulars come back precisely because they know it will always be delicious, even with subtle variations. The key is to cook everything gently, on a low heat.

1. I walk ____ through the market every morning.
2. I cook ____ - a pinch of this, a squeeze of that.
3. Never rush, taste ____, and season ____.
4. ____, when something works particularly well.
5. I ____ repeat it exactly the same way.
6. ____, no. My regulars come back precisely because...
7. Cook everything ____, on a low heat.

12. ■ Challenge - sentence transformation

Rewrite the second sentence to mean the same, using 2-5 words including the KEYWORD.

1. 1. I almost never cook meat. → I ____ meat. (KEYWORD: HARDLY)
2. 2. It's the truth: this cake is terrible. → ____, this cake is terrible. (KEYWORD: HONESTLY)
3. 3. She stirred the risotto in a very patient way. → She stirred the risotto ____ . (KEYWORD: PATIENTLY)
4. 4. In the end, the sauce thickened. → The sauce ____ . (KEYWORD: EVENTUALLY)
5. 5. It surprised me that the dish was good. → ____, the dish was good. (KEYWORD: SURPRISINGLY)

13. ■ Challenge - word stress

Write the STRESSED syllable in CAPITALS.

1. 1. honestly
2. 2. absolutely
3. 3. instinctively
4. 4. occasionally
5. 5. patiently
6. 6. surprisingly
7. 7. dramatically
8. 8. immediately

14. ■ Challenge - odd one out

Three share a category. Pick the ODD ONE OUT.

1. 1. Manner adverbs:

- (A) gently
- (B) generously
- (C) quickly
- (D) occasionally

2. 2. Frequency adverbs:

- (A) always
- (B) rarely
- (C) hardly ever
- (D) utterly

3. 3. Comment adverbs:

- (A) honestly
- (B) obviously
- (C) immediately
- (D) surprisingly

4. 4. Degree adverbs:

- (A) absolutely
- (B) slightly
- (C) utterly
- (D) patiently

15. ■ Challenge - extended writing

Write a 130-160 word review of a meal you had recently - real or invented. Use AT LEAST: 4 different types of adverb (manner, frequency, degree, comment) AND 2 adverbial phrases.

Checklist:

- ☐ 130-160 words
- ☐ At least 4 different adverb types (manner + frequency + degree + comment)
- ☐ At least 2 adverbial phrases (e.g. 'on a low heat', 'once in a while')
- ☐ A clear reviewer's voice

16. Self-check

Tick what you can now do confidently.

- ☐ I can place adverbs of frequency correctly with 'be', main verbs and auxiliaries.
- ☐ I can order adverbials manner-place-time in a sentence.
- ☐ I can use comment adverbs (honestly, surprisingly, luckily...) naturally.
- ☐ I can use degree adverbs (slightly, absolutely, utterly...) with adjectives.
- ☐ I can use at least 4 adverbial phrases from this lesson.
- ☐ I can stress the correct syllable in -ly and -ically adverbs.
- ☐ I can explain a recipe in clear, connected English.

The perfect recipe — Workbook

Extra practice for home study · with answer keys

1. Vocabulary — adverb families

Choose the adverb that best fits each sentence.

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 - (C) Always I taste the sauce.
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 - (B) He is often late for dinner.
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3. Frequency + auxiliary + main verb:
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 - (B) I have never tried octopus.
 - (C) I have tried never octopus.
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6. Grammar — insert the adverb

Rewrite each sentence, inserting the CAPITAL adverb in the most natural position.

1. I add salt to the water. (ALWAYS)
2. The steak was overcooked. (SLIGHTLY)
3. He stirred the risotto. (PATIENTLY)
4. We have eaten better tacos. (NEVER)
5. This is the best pizza I've eaten. (HONESTLY)
6. The chef learned it from his grandmother. (APPARENTLY)

7. Grammar — find and fix the mistake

Each sentence has ONE mistake. Rewrite it correctly.

1. I go rarely to Italian restaurants.
2. She always is late for family lunches.
3. We have eaten never such spicy noodles.
4. He added too much salt slightly.
5. The chef the soup tasted carefully.
6. In the kitchen quickly she made a sandwich.

8. Reading — true / false / not given

Read the short article and mark each statement T, F or NG.

Chef Marta Rivera has run a tiny fifteen-seat restaurant in Bilbao for almost twenty years. She rarely uses recipes. Instead, she walks slowly through the market every morning and buys, quite literally, whatever surprises her. Back in the kitchen, she cooks instinctively — a pinch of this, a squeeze of that — and her only rules are: never rush, taste obsessively, and season generously. Occasionally, she writes down a dish that has worked particularly well, but she rarely repeats it exactly. Her regulars say that is precisely why they keep coming back: they know they will never eat the same meal twice.

1. Marta has cooked in Bilbao for twenty years exactly. [T / F / NG]
2. Marta walks through the market every morning. [T / F / NG]
3. Her kitchen has strict rules. [T / F / NG]
4. She sometimes writes down dishes that worked well. [T / F / NG]
5. She reuses her written recipes exactly next time. [T / F / NG]
6. Her restaurant is the most expensive in Bilbao. [T / F / NG]

9. Writing — guided task

Write 80–100 words describing YOUR perfect way to cook ONE simple dish (eggs, rice, pasta, a sandwich...). Include at least: 3 manner adverbs, 1 frequency adverb, 1 comment adverb, 1 adverbial phrase of time.

Checklist:

- 80–100 words
- 3 adverbs of manner
- 1 frequency adverb
- 1 comment adverb (honestly, surprisingly, luckily...)
- 1 adverbial phrase of time (for X minutes, overnight, the moment it boils...)

[illegible]

10. Listening — Marta the chef (interview)

Listen to the short interview with Marta, a chef in Bilbao. Answer the questions. Play it twice if you need to.

■ **Audio:** Reporter interviews Marta · ~1 min

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

11. Dictation — adverb gap-fill (from the interview)

Listen again to the Marta interview and complete each line with the missing adverb or adverbial phrase.

■ **Audio:** *Marta interview — key adverbs*

Transcript with gaps:

A: Good morning, Marta! Thanks for having me. I've always admired your cooking.

B: My pleasure! So, you want to know my secrets, huh?

A: Absolutely! Let's start with your routine. How do you approach your day?

B: Well, I walk slowly through the market every morning. It's important to choose the freshest ingredients.

A: And in the kitchen?

B: I cook instinctively — a pinch of this, a squeeze of that. Never rush, taste obsessively, and season generously.

A: Do you always stick to the same recipes?

B: Occasionally, when something works particularly well. But I hardly ever repeat it exactly the same way.

A: That's fascinating! So, your dishes are always a bit different?

B: Surprisingly, no. My regulars come back precisely because they know it will always be delicious, even with subtle variations. The key is to cook everything gently, on a low heat.

1. I walk ____ through the market every morning.
2. I cook ____ — a pinch of this, a squeeze of that.
3. Never rush, taste ____, and season ____.
4. ____, when something works particularly well.
5. I ____ repeat it exactly the same way.
6. ____, no. My regulars come back precisely because...
7. Cook everything ____, on a low heat.

12. ■ Challenge — sentence transformation

Rewrite the second sentence to mean the same, using 2–5 words including the KEYWORD.

1. 1. I almost never cook meat. → I ____ meat. (KEYWORD: HARDLY)
2. 2. It's the truth: this cake is terrible. → ____, this cake is terrible. (KEYWORD: HONESTLY)
3. 3. She stirred the risotto in a very patient way. → She stirred the risotto ____ . (KEYWORD: PATIENTLY)
4. 4. In the end, the sauce thickened. → The sauce ____ . (KEYWORD: EVENTUALLY)
5. 5. It surprised me that the dish was good. → ____, the dish was good. (KEYWORD: SURPRISINGLY)

13. ■ Challenge — word stress

Write the STRESSED syllable in CAPITALS.

1. 1. honestly
2. 2. absolutely
3. 3. instinctively
4. 4. occasionally
5. 5. patiently
6. 6. surprisingly
7. 7. dramatically
8. 8. immediately

14. ■ Challenge — odd one out

Ask the teacher — notes to bring to class

Three share a category. Pick the **ODD ONE OUT**.

1. 1. Manner adverbs:

- (A) gently
- (B) generously
- (C) quickly
- (D) occasionally

2. 2. Frequency adverbs:

- (A) always
- (B) rarely
- (C) hardly ever
- (D) utterly

3. 3. Comment adverbs:

- (A) honestly
- (B) obviously
- (C) immediately
- (D) surprisingly

4. 4. Degree adverbs:

- (A) absolutely
- (B) slightly
- (C) utterly
- (D) patiently

15. ■ Challenge — extended writing

Write a 130–160 word review of a meal you had recently — real or invented. Use **AT LEAST**: 4 different types of adverb (manner, frequency, degree, comment) **AND** 2 adverbial phrases.

Checklist:

- 130–160 words
- At least 4 different adverb types (manner + frequency + degree + comment)
- At least 2 adverbial phrases (e.g. 'on a low heat', 'once in a while')
- A clear reviewer's voice

16. Self-check

Tick what you can now do confidently.

- I can place adverbs of frequency correctly with 'be', main verbs and auxiliaries.
- I can order adverbials manner–place–time in a sentence.
- I can use comment adverbs (honestly, surprisingly, luckily...) naturally.
- I can use degree adverbs (slightly, absolutely, utterly...) with adjectives.
- I can use at least 4 adverbial phrases from this lesson.
- I can stress the correct syllable in -ly and -ically adverbs.
- I can explain a recipe in clear, connected English.



Answer key — Class Book

Reading: is there such a thing as the perfect recipe?

1. (B) precise or instinctive.
2. (C) He follows them carefully at first, then cooks freely.
3. (B) Most rarely cook without their phone on the counter.
4. (B) Salt, fat, acid and heat.
5. (B) a habit of tasting and adjusting.

Vocabulary: adverbs & adverbial phrases

1. overnight
 2. liberally
 3. delicately
 4. wholly / thoroughly
 5. seldom / scarcely ever
 6. instantly
 7. marginally / moderately
 8. intuitively / effortlessly
1. She chopped the herbs delicately so as not to bruise them.
 2. He seasoned the fish intuitively rather than a scale.
 3. We seldom eat dessert on weekdays.
 4. The soup was thoroughly delicious — nothing needed to change.
 5. Ultimately, the cake turned out better than expected.

Grammar focus: the position of adverbs & adverbial phrases

1. I always add salt to the water.
 2. She rarely cooks fish.
 3. He stirred the risotto patiently. (or: Patiently, he stirred the risotto.)
 4. The steak was slightly overcooked.
 5. We have never eaten better tacos.
 6. Honestly, the pasta wasn't ready.
1. She opened the oven carefully at midnight.
 2. He has cooked happily in that tiny kitchen for years.
 3. We occasionally go to their house for dinner on Fridays. (or: Occasionally, we go to their house for dinner on Fridays.)
 4. Simmer the sauce gently on a low heat for twenty minutes.
 5. It was absolutely delicious.
1. I rarely go to fast-food restaurants.
 2. The chef tasted the soup carefully.
 3. She is always late for family lunches.
 4. We have never eaten such spicy noodles.
 5. He added slightly too much salt.
 6. She quickly made a sandwich in the kitchen. (manner → place → time)

Listening: the perfect scrambled eggs

1. The correct way to make scrambled eggs — Aya wants precision, Ben wants instinct.
 2. Neither, really — they agree that both methods can work if you pay attention.
 3. Low heat, patience and never walking away from the pan.
1. For about eight minutes on a very low heat.
 2. He uses a hot pan, moves them constantly, and takes them off the heat before they're fully set.
 3. 'Patiently' — she stirs patiently, in figure-eights.
 4. 'Honestly' — 'Honestly, mine are better.'
 5. Both agree: generously — never be shy with butter.
 6. They plan to cook both versions next Sunday and compare — a friendly draw.

Ask the teacher — notes to bring to class



Answer key — Workbook

Ask the teacher — notes to bring to class

The perfect recipe - Workbook — Answer Key

1. Vocabulary - adverb families

1. **(B)** *delicately*
2. **(A)** *scarcely*
3. **(B)** *instantly*
4. **(B)** *wholly*
5. **(A)** *intuitively*

2. Vocabulary - adverbial phrases

1. **overnight**
2. **the moment it boils**
3. **in the fridge**
4. **on a low heat**
5. **with ease**
6. **once in a while**

3. Vocabulary - discursive writing

Sample answer

The debate between those who view cooking as a science and those who see it as an art is as old as the kitchen itself. While beginners may rely heavily on recipes, a master chef often works intuitively, adjusting flavours by taste rather than measurement. There is a certain beauty in watching someone handle ingredients delicately, knowing exactly when to increase the heat or when to let a sauce simmer gently on a low heat. This level of skill allows a cook to navigate complex dishes with ease, reacting to the subtle changes in texture and aroma. However, this does not mean that precision is wholly unnecessary; indeed, many great dishes require an almost obsessive attention to detail. Ultimately, the best results are achieved when one combines the rigour of technique with the freedom of intuition, creating something that is more than the sum of its parts.

4. Grammar - position of frequency adverbs

1. **(B)** *I always taste the sauce.*
2. **(B)** *He is often late for dinner.*
3. **(B)** *I have never tried octopus.*
4. **(A)** *Occasionally, we order pizza on Fridays.*
5. **(A)** *Do you always cook at home?*

5. Grammar - manner, place, time

1. *She cooked patiently in the kitchen for hours.*
2. *He opened the oven carefully at midnight.*
3. *We ate happily on the terrace all summer.*
4. *She heated lunch quickly in the microwave at 1 p.m.*
5. *Simmer the sauce gently on a low heat for twenty minutes.*

6. Grammar - insert the adverb

- 1. I always add salt to the water.*
- 2. The steak was slightly overcooked.*
- 3. He stirred the risotto patiently.*
- 4. We have never eaten better tacos.*
- 5. Honestly, this is the best pizza I've eaten.*
- 6. Apparently, the chef learned it from his grandmother. (or: The chef, apparently, learned it from his grandmother.)*

7. Grammar - find and fix the mistake

- 1. I rarely go to Italian restaurants.*
- 2. She is always late for family lunches.*
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- 6. She quickly made a sandwich in the kitchen.*

8. Reading - true / false / not given

- 1. F**
- 2. T**
- 3. F**
- 4. T**
- 5. F**
- 6. NG**

9. Writing - guided task

Sample answer

Honestly, the only rice I trust is the one my father taught me. I always rinse it three times, quite thoroughly, until the water runs clear. Then I add it to a heavy pan with one and a half times its volume of cold water and a generous pinch of salt. I bring it slowly to a boil, cover it tightly, and cook it patiently on a very low heat for eighteen minutes. I never lift the lid. Surprisingly, the rice finishes itself, off the heat, in the last five minutes.

10. Listening - Marta the chef (interview)

- 1. Twenty years.*
- 2. She walks slowly through the market and buys whatever surprises her.*
- 3. Never rush, taste obsessively, and season generously.*
- 4. Occasionally, when something works particularly well - but she hardly ever repeats it exactly.*
- 5. Because they know they will never eat the same dish twice.*
- 6. Patience - cook everything gently, on a low heat.*

11. Dictation - adverb gap-fill (from the interview)

1. *slowly*
2. *instinctively*
3. *obsessively / generously*
4. *Occasionally*
5. *hardly ever*
6. *Surprisingly*
7. *gently*

12. ■ Challenge - sentence transformation

1. *hardly ever cook*
2. *Honestly*
3. *patiently*
4. *eventually thickened*
5. *Surprisingly*

13. ■ Challenge - word stress

1. *HON-est-ly*
2. *AB-so-LUTE-ly* (main stress on LUTE, secondary on AB)
3. *in-STINC-tive-ly*
4. *oc-CA-sion-al-ly*
5. *PA-tient-ly*
6. *sur-PRIS-ing-ly*
7. *dra-MAT-i-cal-ly*
8. *im-ME-di-ate-ly*

14. ■ Challenge - odd one out

1. **(D)** *occasionally*
2. **(D)** *utterly*
3. **(C)** *immediately*
4. **(D)** *patiently*

15. ■ Challenge - extended writing

Sample answer

Honestly, I wasn't expecting much from a tiny place tucked behind the bus station, but the food was surprisingly good. The waiter greeted us warmly, showed us to a corner table, and quietly recommended the octopus. It arrived on a warm plate, dressed generously with olive oil and a slightly smoky paprika. The meat was absolutely tender - clearly, someone had cooked it patiently on a low heat for hours. Between courses, the chef came out briefly, smiled shyly, and disappeared. I rarely leave a restaurant feeling that everything, from bread to bill, was cared for; here I did. Occasionally, a meal reminds you why you fell in love with food in the first place. This was one of those meals. I'll be back soon - probably next week, honestly, if I can get a table.

16. Self-check

Self-assessment — no fixed answers.

The perfect recipe — Workbook — Answer Key

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2. **(A)** *scarcely*
3. **(B)** *instantly*
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