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With No Grammar and No Textbooks!

Episode #262

Food vocabulary

How to prepare a smoothie?

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Hi, everybody! I am Georgiana, your English teacher and founder of SpeakEnglishPodcast.com. My mission is to help you speak English fluently.

In this episode, I'd like to include some **food and cooking vocabulary**.

And with a mini-story, you will **improve** your **English fluency**.

You'll see, it's like having a conversation with another person.

You know, when I enter the kitchen, the first thought that I have is... Why am I here? Yeah. I'm hungry. That's why. Now I remember. :)

I open the refrigerator and start scanning for some delicious **food**.

Since I don't buy **ready-made food**, I usually stare at the fridge for some minutes until it starts beeping. Then I close it and open it again to continue scanning.

And I'm not saying my refrigerator isn't well organized; it's just that I'm looking for something that I can prepare in 1 minute, or preferably even less.

Many times, I end up making a **green smoothie**. That's a fast and easy way of getting all the needed nutrients. And plus, **smoothies** are delicious.

By the way, a **smoothie** is a thick drink that you can make using fruits, vegetables, greens, seeds, milk, ice, etc.

Like I said earlier, I usually end up making a **green smoothie**. Don't panic. It's green but really yummy.

I add some water or milk, one avocado, 1/2 cup of pineapple, 1/2 frozen banana, 2 cups of spinach, and 1/2 cup of ice cubes. I put it at speed 10 for 45 seconds, and the smoothie is ready. Delicious!

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By the way, in case you were wondering, I use a Vitamix **blender** to prepare my **smoothies**.

And I don't use it only for that. I also make **frozen desserts** with it, **soups**, I can make **flours** with it, almond milk, **batters, dough, nut butter, juices, dips**, etc. It's very versatile.

Whenever I'm not in the mood for a smoothie, and I want to eat healthy and fast, I use a **pressure cooker or a frying pan**.

A **frying pan** is simply a metal **pan** with a handle that we use for **frying** foods.

A **pressure cooker** is an airtight **pot** where the food is cooked quickly under **steam pressure**.

I love using a **pressure cooker** because whatever I throw into the **pot** comes out delicious. I'm not here to promote any brands, but I'm really happy with my Instant pot **cooker**.

The Instant Pot is not only a **pressure cooker**. It's multi-functional, and I use it all the time. I even bought one for my mom, and she loves it!

And you know what I like using it for? For making **yogurt**. Yes! I started making **yogurt**, and it was super simple and just delightful.

I also use this machine for **cooking rice, pasta, potatoes; you can steam with it, and keep food warm** after cooking.

I usually **steam** vegetables like broccoli, cauliflower, green beans, etc.

So, how do I **steam** with the Instant Pot?

I place some water in the pot, and then I add a basket where I put the veggies. Make sure you don't add any salt into the water while you are steaming, because it delays the evaporation. I just add the salt once it's cooked.

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Mini-Story

(Improve your Fluency)

Now let's continue with a **mini-story**.

How does it work?

I give you the information, and I ask you simple questions. After each question, there is a pause where you can answer. After the pause, I give you a correct answer for you to compare.

Easy, right? Well, at first, it may be a little more complicated. I recommend that you listen several times until it's easy to answer.

Sometimes I call it a **conversation simulator** because you practice your English like in a **real conversation**.

Let's start!

Shawn is twenty-five years old and lives in New York.

Is Shawn old?

No. He's not old. He's twenty-five.

How old is Shawn?

Twenty-five. He's twenty-five years old. Less than thirty. He's still young.

Does he live in San Francisco?

No. He doesn't live in San Francisco. He lives in New York.

Where does Shawn live? Where?

In New York. He lives in New York. He doesn't live in San Francisco.

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Shawn has a problem. He doesn't have a job.

Who has a problem?

Shawn. Shawn has a problem. His problem is he doesn't have a job.

Who doesn't have a job?

Shawn. He doesn't have a job.

Shawn is an accountant, but he doesn't want to work as an accountant. He wants to be a chef.

Is Shawn an accountant?

Yes, he is. He's an accountant.

Does he want to work as an accountant?

No, he doesn't want to work as an accountant. He wants to do something different.

Does Shawn want to do something different?

Yes. He wants to do something different. He wants a change in his life. He wants to work on something different.

Shawn wants to become a chef, but he's never cooked anything in his life.

What does Shawn want? Does he want to go to an island?

No. No. He doesn't want to go to an island.

Does he want to become a chef?

Yes. Shawn wants to become a chef.

Has he ever cooked anything before?

No. No. Shawn has never cooked anything before in his life.

Does he really want to become a chef?

Yes. He wants to become a chef. Shawn wants to work on something different.

The next day Shawn enters a restaurant to ask if they need a chef. After 20 minutes, he's hired.

Did Shawn walk into a bar?

No. No. He didn't walk into a bar. He entered a restaurant.

Did Shawn ask if they needed a waiter?

No. No. He asked if they needed a chef.

Did Shawn get the job?

Yes. Surprisingly, Shawn got the job. He got hired.

After how many minutes was he fired? After 10 minutes?

No. No. He wasn't fired. He got hired after 20 minutes.

It turned out to be a creative cuisine restaurant, so Shawn made some very original dishes with an amazing flavor.

What kind of restaurant did it turn out to be? A Japanese restaurant?

No. No. It turned out to be a creative cuisine restaurant.

Was Shawn creative?

Yes. Apparently, he was creative because he got hired.

How were his dishes? Were they traditional?

No. No. They were not traditional. They were creative.

Did they taste bad?

No. They tasted very good. They tasted amazing.

Perfect! It's the end of this mini-story. And as you can see, through questions and answers, you can practice and improve your speech just like in a **real conversation**.

Let me ask you something. **Is my podcast helping you** with your English?

Though the podcast is a useful resource, I can hardly develop these lessons because of time limitations, although they allow you to try out my method.

So, If you are **serious** about **learning English**, I recommend my premium [English courses](#).

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That's all for today.

Take care!

Bye! Bye!



Georgiana

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