



Let's learn about the food and eating habits of people in Macao.

### Developing Readers



T#: MAR20FNF4



ISBN 978-988-74012-7-8



# Food in Macao



By Barbara Lowe



## Dear Parents,

Reading plays a very important role in second-language learning. It helps young learners build the basic foundations for learning the English language. It opens up the imagination and creates new possibilities.

Reading helps our children to relate to and understand the world around us. Reading teaches us to empathise with others and enhances our character.

We hope that, through reading, our children will discover the light that comes with us on life's journey.

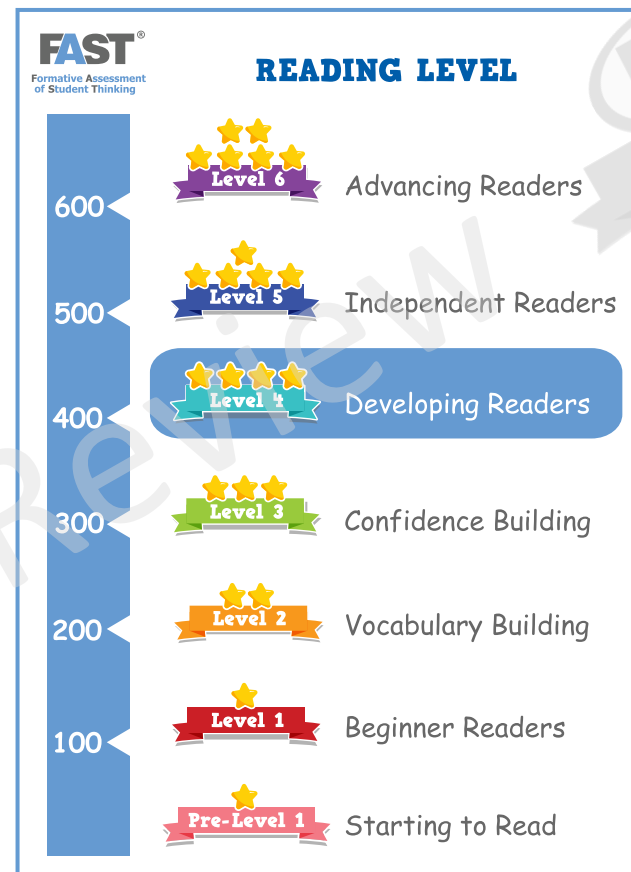
The Curriculum Team

Written by Barbara Lowe

Edited by Frances Strachan

Designed by Fred Aulas

Fun and Friends® is a registered trademark of Fun Learning Education Inc.  
FAST® is a registered trademark of Wiseman Education Limited.  
All rights reserved. Copyright © 2020 Fun Learning Education Inc.  
Published in Hong Kong. Published by Wiseman Education Limited.



**FAST**® Level : 400  
Word Count : 665  
Text Types : Informational Reports



**FnF Book Club** is available on smartphone & tablet



**To install the app:**  
① Scan the QR code into your device

② or Search 'Fun and Friends Book Club' on Google Play or App Store



**Confidential**

**All rights reserved. Copyright © 2020 Fun Learning Education Inc.**



# Food in Macao



## The History of Macao

Macao was once a small fishing village at the mouth of the Pearl River. About 400 years ago, some travellers from Portugal arrived there by sea and began trading goods. **Merchants**<sup>1</sup> **settled**<sup>2</sup> in the area and Macao became an important trading post. For many years, Macao was a Portuguese **colony**<sup>3</sup> until it was **returned to**<sup>4</sup> China in December 1999.

- <sup>1</sup> **Merchants** are people who buy and sell goods.
- <sup>2</sup> Someone who **settled** in an area started to live there.
- <sup>3</sup> A **colony** is a territory or country that is ruled by another country.
- <sup>4</sup> When you **return to** a place, you go back there after you have been away.

Today, Macao is a mix of Chinese and Portuguese **cultures**<sup>5</sup>. There are still many old Portuguese and Chinese buildings. There are Chinese temples and Christian churches, and many people speak Portuguese as well as Chinese. Macao has its own **cuisine**<sup>6</sup> - a mix of popular Chinese and Portuguese dishes.

Tommy is visiting Macao. He wants to try some typical food. Let's go with him and learn about some of those tasty dishes!

<sup>5</sup> A **culture** is the way of doing things and the customs that are accepted in a country.

<sup>6</sup> A **cuisine** is a particular style of cooking.



## Bacalhau

Tommy is in a Portuguese restaurant. He sees bacalhau on the menu, but he doesn't know what it is.

He asks the waiter, 'What is bacalhau?'

The waiter replies, 'It is salted cod fish. It's very good. It's usually served with mashed potatoes. You should try some.'

Tommy orders a dish of bacalhau. He eats the fried balls of salted cod fish with mashed potatoes.

'Yum!' says Tommy. 'This is very tasty. Thank you!'





## Portuguese Egg Tart

Next, Tommy goes into a bakery. He buys a Portuguese egg tart. Portuguese egg tarts are very popular in Macao. They are baked in the oven and are **crispy**<sup>7</sup> on the outside. In the middle, they have a **creamy**<sup>8</sup> egg custard with caramel on top. They are very sweet.

Tommy's tart is hot. He eats it quickly. It is delicious.

<sup>7</sup> Something that is **crispy** is hard and crunches when you eat it.

<sup>8</sup> Something that is **creamy** is soft and thick.

# Almond Cookies

Tommy also eats an almond cookie from the bakery. These are easy to make at home. Do you want to try? Here is the recipe!

## Ingredients:

- 1 cup flour
- 1 cup powdered sugar
- 1/2 cup ground almonds
- 2 tablespoons milk powder
- 6 tablespoons coconut oil
- 1 tablespoon peanut butter

## Steps:

1. Prepare some small cookie tins.
2. Put the flour, sugar, ground almonds and milk powder into a bowl.
3. Add the peanut butter and oil.
4. Mix all the ingredients together with a spoon.
5. Squeeze the mixture together with your hands.
6. Press a large spoonful of the mixture into each cookie tin.
7. Bake in a cool oven for 15 minutes.
8. Leave them to cool, then turn them out onto a plate.

*Enjoy!*



## Serradura (Sawdust Pudding)

There is one more sweet dish Tommy wants to try. It is called Sawdust pudding or Serradura – the Portuguese word for sawdust! It doesn't sound very tasty, but it is.

This is a cold dessert that comes in a glass. It has **layers**<sup>9</sup> of sweet cream and **crushed**<sup>10</sup> biscuits.

You can buy it in a café or at an outdoor dessert stall. Lots of people enjoy eating this delicious dessert.

<sup>9</sup> Something with **layers** has different things on top of each other.

<sup>10</sup> **Crushed** biscuits are small broken pieces of biscuit.





## Crab Congee

Later, Tommy talks to a man in a queue outside a restaurant.

‘Why are you **queueing**<sup>11</sup>?’ he asks.

‘The chef in this restaurant makes amazing crab congee,’ explains the man. ‘It is a mixture of creamy congee and delicious crab meat. I always eat it when I am in Macao.’

Tommy goes inside and orders a bowl. It comes with fried crabs and duck eggs.

What a treat!

<sup>11</sup> **Queueing** means waiting in a line for, for example, a bus or a table in a restaurant.

## Pork Chop Bun

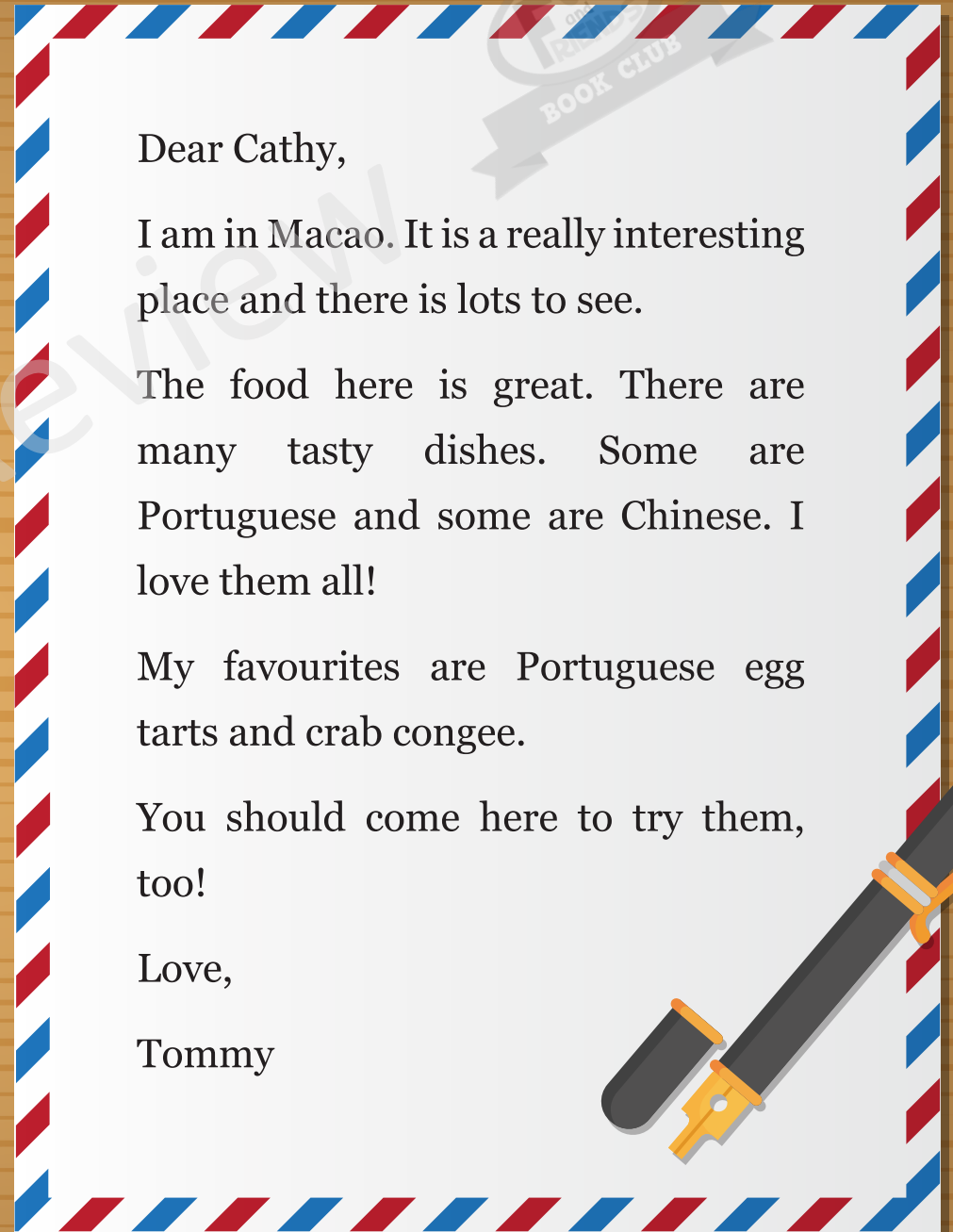
It is Tommy's last day in Macao. He wants to eat a pork chop bun before he leaves. He goes to a local café (Cha Chaan Teng) and orders one. The bun is delicious. It is a **juicy**<sup>12</sup> pork chop, in a crispy bun.

What a great way to end his trip to Macao!

<sup>12</sup> **Juicy** describes food which is not dry.



Tommy sends a letter to his friend Cathy.



Dear Cathy,

I am in Macao. It is a really interesting place and there is lots to see.

The food here is great. There are many tasty dishes. Some are Portuguese and some are Chinese. I love them all!

My favourites are Portuguese egg tarts and crab congee.

You should come here to try them, too!

Love,

Tommy

# Activities

## A. How to make almond cookies

Put the steps in the correct order. Write a number from 1-6 in each box.

Order	Steps
	Bake in the oven.
	Mix all the ingredients together.
	Prepare the cookie tins.
	Add the peanut butter and oil to the bowl.
	Squeeze the mixture together.
	Put the mixture into the cookie tins.



## B. Invent a new dish

Cuisine is a particular style of cooking. Macao's cuisine is a mix of popular Chinese and Portuguese dishes. Chef often mix different dishes together to invent a new dish. It's your turn to invent a new dish!

What is its name?

---

What dishes are mixed together to invent this new dish?

---

What does it taste like?

---

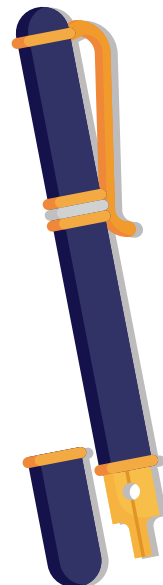
What texture is it?

---

### C. Letter

Cathy goes to Macao. She replies to Tommy's letter. Help her to label the envelope below by filling in the address and the recipient's name. Then complete her reply, using vocabulary items from the table. Each item can be used only once.

crab congee		recipe		
favourite		juicy		thank you
like		sweet		hot



Dear Tommy,

\_\_\_\_\_ for your letter.

I \_\_\_\_\_ Portuguese egg tarts too.

But I don't like \_\_\_\_\_ very much.

My \_\_\_\_\_ dishes are pork chop buns and Serradura. I like pork chop buns because they are \_\_\_\_\_ and \_\_\_\_\_.

\_\_\_\_\_ Serradura is \_\_\_\_\_ and yummy! I have the \_\_\_\_\_ so I can make it at home!

Love,  
Cathy

# Language Functions and Focus

<ul style="list-style-type: none"><li>• Use the simple present tense to talk about current states.</li></ul>	Today, Macao <b>is</b> a mix of Chinese and Portuguese cultures.
<ul style="list-style-type: none"><li>• Use adjectives to describe food.</li></ul>	It is a mixture of <b>creamy</b> congee and <b>delicious</b> crab meat.
<ul style="list-style-type: none"><li>• Use the modal 'should' to make suggestions.</li></ul>	You <b>should</b> come here to try them, too!

## Target Vocabulary

- creamy

- cultures

- colony

- crispy

- returned to

- queueing

- crushed

- juicy

- settled

- cuisine

- layers

- merchants