



## Meals Transcript

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**0'00**

Good morning everyone, this is Hannah here from Virtually Fluent and it's a very early morning on Saturday. You can see it's still dark outside and that's because we're in the very short days at the moment in winter. So this weekend you are going to join me on an account of my food and drink, my meals - breakfast, lunch, dinner, on Sundays brunch, so you can learn some vocabulary for food and drink.

**0'28**

So as I said we're on Saturday morning right now very early. I get up quite early on Saturdays to get some work done and this morning I'm just going to have some cereal with milk. Now, I usually have cereal every single morning. My favourite cereal is Rice Krispies so I'm going to have some Rice Krispies with some milk. Sometimes I don't have cereal, I would have a breakfast biscuit instead, which is normally some sort of oats. Sometimes some natural yoghurt, some Greek yoghurt with some fruit but today I'm going to have some cereal with some milk.

**1'25**

So, it's currently lunchtime on Saturday afternoon and I'm going to make an omelette for lunch today. So in my omelette, I will need some eggs and a little bit of semi-skimmed milk, salt and pepper and today I'm going to add some tomatoes, some coriander and sweetcorn and, of course, some grated cheese to my omelette too. Now typically I don't really have omelettes for lunch. Just because it's the weekend, I have a little bit more time. So, let's get started!

**2'17**

So I've just prepared all the ingredients for my omelette. I have cut my coriander, I have drained my sweetcorn, grated the cheese, just about to start frying, decided I want some chips as well so I'm just going to pop those in the oven too.

**2'44**

So I've finished cooking all of my lunch now. I've got some french fries and a cheese, sweetcorn, coriander, tomato omelette. Really excited about eating it because I'm super hungry. I'm just going to squeeze a bit of mayonnaise on here, add some salt and pepper over the top and I'm ready to have my lunch.

**3'02**

So we are into Saturday evening now and it's time for dinner. I'm going a little bit Mexican tonight, having some quesadillas. So we've got the tortillas, we've got a bean mixture with some chorizo inside, some melted cheese and I'm also having it with a fresh salad- some rocket, avocado and tomatoes with a balsamic vinegar and olive oil dressing. Super hungry! Really excited to eat dinner tonight.

**3'35**

Good morning everyone, it's now Sunday morning and we're having brunch right now. So a little bit later than breakfast time and not quite as late as lunch - brunch. Now on Sundays in my household, without fail, we have the same brunch every single week, which is pancakes. So I've already made my batter, super simple - flour, eggs and milk and I'm currently just frying the pancakes ready to eat.

**4'01**

So on my pancakes today I'm going to have some forest fruits. Now forest fruits are blueberries, blackberries, strawberries, raspberries and I'm just washing some, cutting some up and putting them in a bowl ready to have on top of my pancakes. Now we also have honey, a drizzle of honey, just to add something a little bit sweet on top and then they will be ready to eat.

**4'27**

So I've just finished frying my pancakes and everything is now ready. Take a look here - pancakes, fresh fruit and honey. So now I'm off to have my brunch.

**4'38**

So it's Sunday evening, time for dinner and I've more or less finished my cooking. Tonight I'm going to have some minced beef, bolognese-type mixture with some sweet potato wedges. So I've just finished cooking my sauce and in here we have some bacon lardons, we have some minced beef, some tomato passata, kidney beans and a few other bits in there too and I'm just waiting for my sweet potato wedges to finish roasting. So I'll put these together, have, of course, some melted cheese, sour cream and a little bit of lime zest and juice too. Super excited, I'm so hungry! I only had brunch today so it was quite a long time ago that we ate.

**5'25**

So all of my dinner is now ready and cooked. I've put it all together and I'm super hungry so I'm going to dig in now.

**5'35**

So that is my food diary of the weekend. Hopefully you've learnt a little bit of vocabulary for food and drink, cooking verbs and techniques in English too. Don't forget to subscribe to my YouTube channel and turn notifications on to see lots more videos of using English in everyday situations and English grammar, pronunciation and vocabulary explanations too. This is Hannah at Virtually Fluent, bringing English to life.