

Do you have a sweet tooth*? Jump tells you why you should¹ make waffles. Enjoy!

WAFFLES

1600

The Swedes start making waffles. They quickly get popular in Finland and Norway, too.

1700

There is more² sugar and butter in waffles.

1839

Belgians make a new design of waffles. They look the same³ as they do today.

Today

Waffle day is celebrated on March 25th all over the world. People make waffles and share pictures on social media. Are you ready to make some waffles, too?

How to make waffles

1. Get the waffle maker ready. (You can use a sandwich maker, too.)
2. Make the dough⁴. It's thicker⁵ than pancake dough.
3. Put two tablespoons⁶ of the dough in each side of the waffle maker. (Two spoons for one waffle.)
4. Close the waffle maker and cook for about 5 minutes. Check the colour!

Waffles have lots of unhealthy things in them, for example wheat⁷ flour⁸, sugar and butter. But you can make them healthy, too.

Try our healthy recipe!



A healthy waffle

Traditional recipe	Healthy recipe
For six big waffles (10 x 10 cm), you need:	
First mix all the dry⁹ ingredients:	
250g wheat flour	270g oat ¹⁰ flour
100g sugar	100g honey
1 packet of vanilla sugar	vanilla
½ packet of baking powder ¹¹	½ packet of baking powder
Then mix in:	
100ml cows milk	90ml lactose-free cows milk
100ml water	90ml water
100g butter	90g healthy oil
2 eggs	2 eggs

MATCH

Match the instructions (A – F) to the pictures (1 – 6).

- A. Check the colour.
- B. Add butter.
- C. First mix all the dry ingredients.
- D. Add milk.
- E. Add eggs.
- F. Make the dough.



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LANGUAGE NOTE

* I have a sweet tooth. – I like eating sweet things.

WRITE

Compare the traditional and healthy recipes and complete the sentences.

For healthy waffles,...

- a. change the wheat flour to _____.
- b. change the sugar to _____.
- c. change the butter to _____.

TASK 2 jump

VOCABULARY

- ¹ should [ʃəd] – měl(a) bys
- ² more [mɔ:] – víc
- ³ to look the same [lʊk ðə seɪm] – vypadat stejně
- ⁴ dough [dəʊ] – těsto
- ⁵ thicker [θɪkə] – hustší
- ⁶ tablespoon ['teɪblspu:n] – polévková lžice
- ⁷ wheat [wi:t] – pšenice
- ⁸ flour ['flaʊə] – mouka
- ⁹ dry [draɪ] – suchý
- ¹⁰ oat [əʊt] – oves
- ¹¹ baking powder ['beɪkɪŋ 'paʊdə] – kypřicí prášek do pečiva

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