

1. **Guess and match the words with their definitions.**

a) whisk: the outer coloured part of the peel of citrus fruit, used as flavouring

b) zest: an amount squeezed between two fingers

c) pinch: to make less in amount or size

d) reduce: to beat or stir with a light, rapid movement

2. **Now, go to your kitchen and open the fridge. Do you have the ingredients for Vitamin-C popsicles? List the ones that you have and haven't got.**

I have got

I haven't got

3. **Prepare Vitamin-C popsicles and take a video of yourself. Show your video to your friends in class.**



OPTIONAL