



Northern Ireland  
Curriculum

Reading Scheme to Support the  
Learning for Life and Work Thematic Units (SLD)

# Breakfast: Porridge

Level 3

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To make a bowl of porridge for one person, you will need these ingredients:

- 1 cup of porridge oats
- 2 cups of milk.



You will also need this equipment:

- a saucepan
- a dessert spoon
- a ladle
- a wooden spoon
- a bowl
- a cup.



## Step 1

Put one cup of porridge oats in a saucepan.



## Step 2

Pour two cups of milk into the saucepan.



### **Step 3**

Put the saucepan on the ring. Turn the ring on to a medium heat.





## Step 4

Stir the porridge mixture with a wooden spoon until it bubbles.



## Step 5

Carefully use a ladle to transfer the porridge from the saucepan to the bowl.



## Step 6

Add a spoonful of jam, sugar or honey to your porridge (optional).



**Enjoy your breakfast!**

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## Test your knowledge

Answer the following questions.

1. What equipment do you need to make porridge?
2. What heat should you turn the ring to?
3. What do you stir the porridge with?
4. What can you add to your porridge?

# Match the words to the pictures



Add two cups of milk.

Ladle the porridge  
into a bowl.

Enjoy your breakfast!

Turn the ring on.

Stir with a wooden spoon.

Pour a cup of oats into  
the saucepan.



Do you eat porridge for breakfast?

Do you think porridge is good for you?

What other breakfasts are good for you?

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