



# Welcome to the U.S.!

You will need to learn how to make food so that you can survive and stay healthy ... getting take out every day is expensive!

This PSA will feature how to make **chicken pot pie**, a classic American meal that is nutritious and delicious! The longer you live on Earth, the better you will get at making food, but this is an excellent meal to start off with.



# Ingredients:

**Ingredients** are the types of foods you will use to make chicken pot pie:

- $\frac{1}{3}$  cup of butter.
- $\frac{1}{3}$  cup of flour.
- $\frac{1}{3}$  cup of chopped onion.
- $\frac{1}{2}$  teaspoon of salt.
- $\frac{1}{4}$  teaspoon of pepper.
- 1  $\frac{3}{4}$  cups of chicken broth.
- $\frac{2}{3}$  cup of milk.
- 3 cups of **cut-up cooked** chicken.
- 1 box of frozen peas and carrots.
- 1 package of refrigerated pie crusts.

Tips:

- Get a piece of paper to write all of these down for when you go to the store.
- The **measurements** ( $\frac{1}{3}$  cup,  $\frac{1}{2}$  teaspoon, etc.), might be a little bit confusing ... but we will cover that when we start cooking the meal!
- I got this recipe off of **bettycrocker.com** --feel free to check it out for more cooking tips.



# Going to the Store



I recommend going to a Whole Foods Market. You can pull up Google Maps to get directions, or you can ask someone for directions to this address: **3201 N Ashland Avenue.**

Money:

Bring around \$50. If you don't have American Currency, take whatever money you have to a **currency exchange.**

Once you are at the store, look for the **aisle signs** that tell you where ingredients are. Pull out your list and collect them all. Then go to a **check-out** counter and buy your stuff.

Tip:

If you can't find something, ask an employee or a knowledgeable-looking customer!

# Making Your Meal!

This is the hardest part ... but if you concentrate, you'll make a delicious chicken pot pie! Click on **this link:** <https://www.bettycrocker.com/recipes/classic-chicken-pot-pie/60237278-5f5b-4658-a583-8d085fea6dba> Which will take you to the Betty Crocker Website, where the list of ingredients are and a recipe. Follow it very carefully!

Tips:

1. Read through the recipe before doing anything. That way none of the instructions are huge surprises.
2. When your food is cooking, make sure to **set a timer** so you don't undercook or burn your food.

