

Министерство образования Республики Беларусь
Учреждение образования «Витебский государственный
университет имени П.М. Машерова»
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MEALS

Методические рекомендации по теме

Витебск
ВГУ имени П.М. Машерова
2018

УДК 811.111(075.8)

ББК 81.432.1я73

Б48

Печатается по решению научно-методического совета учреждения образования «Витебский государственный университет имени П.М. Машерова». Протокол № 2 от 21.12.2017 г.

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Б48 Meals : методические рекомендации по теме /
А.Н. Береснева, А.О. Дубинкина. – Витебск : ВГУ имени
П.М. Машерова, 2018. – 50 с.

Методические рекомендации предназначены для студентов 1 курса филологического факультета специальности «Русский язык и литература. Иностранный язык (английский)» и направлены на формирование языковых навыков и речевых умений по теме «Еда».

УДК 811.111(075.8)

ББК 81.432.1я73

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ПРЕДИСЛОВИЕ

Настоящее учебное издание предназначено для студентов 1 курса филологического факультета специальности «Русский язык и литература. Иностранный язык (английский)» и может быть использовано на занятиях по практическому курсу иностранного языка при работе над темой «Еда».

Целью данного учебного издания является оказание реальной помощи указанной выше категории студентов в освоении материала, выработке навыков и умений практического владения английским языком и в организации самостоятельного изучения тематики, предусмотренной программой.

Методические рекомендации составлены в соответствии с программными требованиями и состоят из 5 частей: “Food and Cooking”, “National Cuisines”, “Table Manners”, “Eating Out” и “Right and Wrong Foods. Dieting”. Каждая часть предлагает:

- тематический словарь, включающий активные лексические единицы;

- систему упражнений для активизации словаря и предупреждения речевых ошибок;

- подборку текстов для чтения и обсуждения их проблематики;

- коммуникативно-речевые вопросы для обсуждения, направленные на стимулирование монологической и диалогической речи;

- аутентичные аудиоматериалы для развития навыков аудирования;

- задания на развитие письменной речи;

- задания для самоконтроля.

При составлении данных методических рекомендаций были использованы материалы современных английских изданий, изданий ведущих белорусских вузов.

Системное и методически грамотное изложение материала позволит использовать данное учебное издание как для аудиторной работы под руководством преподавателя, так и для самостоятельной работы студентов.

UNIT I. Food and Cooking

TOPICAL VOCABULARY

Foodstuffs

canned / tinned food
(un)cooked food
dried food
fresh food
frozen food
plain food
raw food

Meat

meat: beef, lamb,
mutton, pork,
veal, venison
bacon
cold pork
ham
kidneys
liver
mince (minced meat)
sausage(s)
smoked meat
smoked sausage
tongue

Poultry and Game

chicken
duck
goose (geese pl.)
turkey

Fish and Seafood

caviar: black / red
fish: carp, cod, dace,
eel, mackerel, perch,
pike, herring, salmon,
sturgeon, trout, tuna
dried/salted /
smoked fish
tinned (BrE), canned
(AmE) fish
sardines, sprats, kippers
shellfish: crab, lobster,
oyster, crayfish,
shrimp (BrE),
prawn (AmE)

Dairy Products

butter
cheese
cottage cheese
curds
kefir
margarine
mayonnaise
milk
sour cream
sweet cream
yoghurt

Bread and Bakery

Goods

Confectionery

bread: brown (rye),
white (wheat)
biscuits (BrE),
cookies (AmE)
cake / tart
fancy cake
sponge (chocolate)
pastry
pie (chocolate / meat/
with custard)
bun
roll
puff
croissant (FrE)
muffins
rusks
waffles
Sweets
sweets (BrE) /
candies (AmE)
lolly (BrE) /
lollypop (AmE)
toffees
chewing gum
peppermint
jam
jelly

Dry Groceries

cereals: buckwheat,
barley, millet, oats,
semolina, rice
pasta: macaroni,
spaghetti, noodles
flour
spices
yeast

Nuts

coconut
hazelnut
peanut
seeds
walnut

Fruit and Berries

blackberry
blueberry / bilberry
cranberry
currant (black / red /
white)
gooseberry
raspberry
(wild) strawberry
apple
apricot
banana
cherries
grapes
lemon
melon
orange
peach
pear
pineapple
plum
tangerine
watermelon
dried fruits: date,
prune,
(seedless) raisin

Vegetables

aubergine (BrE) /
eggplant (AmE)
beet
carrot
pepper (sweet)
pickled vegetables
potato
radish (black / white)
tomato
turnip
peas
French / kidney beans
cabbage
broccoli
brussels sprouts
cauliflower
celery
cucumbers; pickled
cucumbers
garlic
spinach
herbs: parsley, dill,
fennel
lettuce
marrow (BrE) /
squash (AmE) /
zucchini (AmE)
mushrooms
onion(s); spring onion

Sauces and Spices

bay leaf
chilli
cinnamon
clove
curry
ginger
ketchup (BrE)
mint
mustard
oil: olive oil,
sunflower oil,
vegetable oil
pepper
salt: seasoning salt
maple syrup

vinegar

Dishes

batter
broth / clear soup
thick soup
cabbage rolls
pig-in-the-
blanket (AmE)
chop
cutlet
beefsteak
dressing
dumplings:
meat / curd / fruit
dumplings
eggs: hard-boiled /
soft-boiled / fried /
scrambled eggs
fish and chips
French fries
garnish
gravy
omelette (BrE) /
omelet (AmE)
pancakes
crepe
custard
patty (AmE)
pickles (AmE)
porridge
potatoes: baked/ boiled/
fried / mashed / roast
potatoes
pudding
salad: fruit/ vegetable/
meat/ mixed / green
stewed vegetables
whipped cream
sauerkraut
preserves
steak: rare / medium /
well-done steak
appetizing
cool / cooled
delicious
disgusting

fattening

fatty
fresh
hot
iced
mild
mouldy
nourishing / nutritious
perishable
ripe
rotten
sharp
sour
spicy
stale
substantial /solid /
heartly / big / heavy
sweet
tasty
tender
tough
yacky
yummy

Beverage

alcoholic/hard/ strong /
drinks (spirits)
beer, dark / light
cognac
champagne
liqueur
wine: dry/sweet/ table /
sparkling
cocktail (fruit)
coffee: black / strong /
white / double / instant
tea: strong / weak
non-alcoholic /
soft drinks
iced orange drink
juice
iced lemon tea
lemonade
milk shake
mineral water
pop
soda

fizzy drink

still drink

Ways of Cooking

to bake

to barbecue

to boil

to fry

to grill

to heat (up) / preheat

to roast

to simmer

to stew

to beat up

to mix

to carve

to peel

to chop (up)

to pour (in, out)

to coat (with)

to preserve

to cut (up / off), to cut
into pieces

to roll the pastry

to drain

to rub (through)

to dress with smth.

to flavor / season with
smth.

to garnish (with)

to grate

to ice

to mash

to measure

to shell

to slice

to sprinkle

to stir

to weigh

to whip

to knead dough

to mince meat

to follow a recipe for
smth.

to steam

to stuff

Cookware, Tableware,

Cutlery and

Kitchen Utensils

blender

bowl: mixing bowl

carving board/fork /

knife

chopping board /

cutting board (AmE)

cloth: oil cloth,

table cloth

colander

corkscrew

dishwasher

opener: tin (BrE) /

can (AmE) opener,

bottle opener

pan: frying, roasting,

saucepan

plate: deep plate,

serving plate

crystal glass

rolling pin

salt cellar (BrE) /

salt shaker (AmE)

pepper box

sauce boat

skewers

skillet (AmE)

fork: serving fork,

cocktail fork, fish fork

spoon: tablespoon,

teaspoon

food processor

knife

ladle

mug

napkin

peeler

baking tin

bread bin

china

crockery

saucepan

saucer

scales

server

tea kettle / pot / set

tea strainer

toaster

tray

water jug

VOCABULARY EXERCISES

***Exercise 1.a) Look at the words below. Group the words under these headings:
things to eat, things to put on the table, things to cook with, things to drink***

cheeseboard

puff

cherries

wok

decanter

soup tureen

walnuts

salt cellar

teaspoon

sandwich

mincer

saucer

serviette

gin&tonic

pasta

melon

turkey

cake server

pomegranate

spatula

liqueur

horse radish

chips

spit

- b) Think of some more words you can add to each group.**
c) Discuss what you'd do with each of them. Use the following examples as a model:

I'd use it to slice cheese.
 I'd cut it and then spread it with butter and apricot jam.
 I'd put them in a pie. I'd put them in a fruit salad. I'd eat them raw.
 I'd crack them, crush and sprinkle on the cake.

Exercise 2. Some meat is given a different name from the animal it comes from. What animals do the following meats come from?

pork veal beef mutton bacon ham venison lamb

Exercise 3. a) Find the definitions to the words: meal, food, course, dish.

b) Choose the right word from the following: meal, food, course, dish.

1. We have three ___ a day, breakfast, dinner and supper. 2. I like to cook my ___ myself. 3. This ___ tastes bad. Don't eat it. 4. Breakfast in England is generally a bigger ___ than they have on the continent. 5. The most common third ___ at our canteen is compote. 6. Why don't you take a ___ of meat and vegetables? 7. Dinner consists of several ___. 8. I like to have a nice hot ___ in the evening. 9. Which ___ is tastier: boiled or fried? 10. Yesterday I tried to prepare a very special ___ from a French cookery book.

Exercise 4. Read and translate 'back and force'.

Stir – чистить - fry – варить - grate – намазывать масло на хлеб - roll out – тушить - boil potatoes in jackets – фаршировать - squeeze – посыпать - whisk – месить тесто - slice – просеивать - dice – погружать в жидкость - snip – ошипывать - toss – колоть орехи - grind – выпекать - to core – попробовать на вкус - mix – подогреть – pickle – шипеть от масла.

Exercise 5. Find the fifth extra.

- a) Bream, shrimp, crab, salmon, citrus
- b) Red currant, blueberry, gooseberry, sweet cherry, oil
- c) Bubble gum, jam puff, custard, horse radish, sweets
- d) Sour cream, milk, rabbit, cream, butter
- e) Milk, blackberry, salt, sugar, egg
- f) Wine, juice, lemonade, marrow, mineral water
- g) Almond, beef, hazelnut, coconut, peanut
- h) Chicken, mutton, lamb, pork, venison
- i) Vinegar, chop, cinnamon, bay leaf, mustard
- j) Croissant, dumplings, rye bread, sponge, rice
- k) Barley, buckwheat, wheat, waffles, millet
- l) To stuff, to roll out, to joke, to bake, to heat
- m) Potatoes, cucumber, melon, beetroot, haricot
- n) Banana, lemon, yellow plum, aubergine, cheese
- o) Duck, game, goose, porridge, turkey

Exercise 6. Match the words from column A with the appropriate words from column B.

A	B
A can of	sauce
a jar of	lemon
a bag of	cabbage
a pint of	orange
a pound (kilo) of	cereal / matches
a drop of	sugar
a bottle of	soup
a segment of	flour
a box of	ketchup / wine
a bunch of	meat / butter
a loaf of	bread
a clove of	cigarettes
a pinch of	beer / milk
a head of	bananas/ grapes
a bar of	garlic
a dozen of	bread / cheese
a lump of	cake / toast
a squeeze of	salt
a joint of	chocolate
a piece of	beef
a slice of	jam
a packet (BrE) / pack (AmE) of	eggs

Exercise 7. Match each action on the left with the appropriate noun on the right.

- | | |
|--|----------------------|
| 1) You drink soup with | a) a teapot |
| 2) You cut up food with | b) a potato peeler |
| 3) You put your knife and fork on | c) a rolling-pin |
| 4) You get juice out of lemon with | d) a whisk |
| 5) You make tea in | e) a sugar bowl |
| 6) You cook food quickly by steam under high pressure in | f) a knife |
| 7) You make dough flat by | g) a lemon squeezer |
| 8) You peel potatoes with | h) a pressure cooker |
| 9) You beat eggs into a stiff light mass with | i) a plate |
| 10) You keep sugar in | j) a spoon |

Exercise 8. Fill in the blanks with prepositions or adverbs.

1. In the park Bob treated us ... an ice-cream each. 2. I know that your mother is suffering from liver trouble and keeps ... a strict diet. 3. There were no vegetable dishes ... the menu. 4. May I help you ... some salad? 5. My brother suggested that we should buy some smoked fish ... oil and two or three tins of stuffed pepper ... tomato sauce. 6. He came down ... breakfast though he did not feel well. 7. What shall we have ... dinner tomorrow? 8. At noon all workers have a break ... lunch.

9. Mary said she would dine ... next Monday as she was invited ... dinner at her friends. 10. ... dessert they served plum pudding. 11. You cannot see Peter now, he has gone ... lunch. 12. Will you lay the table ... dinner, Alice? 14. Kids, sit down ... the table.

Exercise 9. Match each verb on the left below with the food item on the right it is most often associated with.

- | | |
|----------|--------------------|
| 1. pluck | a) cheese |
| 2. crack | b) an orange |
| 3. grate | c) a chicken |
| 4. knead | d) carrots |
| 5. peel | e) nuts |
| 6. skin | f) a rabbit |
| 7. slice | g) a joint of meat |
| 8. carve | h) dough |
| 9. chop | i) a loaf |



- | | |
|----------|----------------------|
| 1. mince | a) cream |
| 2. shell | b) meat |
| 3. toss | c) a hard-boiled egg |
| 4. whip | d) soup |
| 5. stuff | e) eggs |
| 6. mash | f) a cake |
| 7. beat | g) a chicken |
| 8. ice | h) a pancake |
| 9. stir | i) potatoes |

Exercise 10. Use the right preposition.

Remember:

"**Made from**" is used when the original materials have been completely changed and cannot be recognized:

Marmalade is made from oranges.

"**Made of**" is used when the original materials have not been completely changed and you can still see them:

The staircase is made of pine.

1. The sales-girl claimed that the jumper was made ... wool. 2. Many components of this machine are made ... plastic. 3. Margarine, which is made ... natural ingredients, seems to be more acceptable. 4. You can't make butter ... skimmed milk. 5. The impressive building of the bank made ... steel and glass towers over the other houses. 6. Lenses made ... plastic are as good as those made ... glass and much lighter. 7. Silk is made ... very thin thread which is produced by a silk worm. 8. My blouse is made ... the finest silk. 9. What is viscose made ...? 10. Bread is made ... flour and water. 11. Their dining table is made ... solid oak. 12. What did you make this sauce ...? 13. "Redbrick universities" is the colloquial name for universities which appeared in the 19th century. Normally they were made ... red brick. 14. Whisky is made ... barley. 15. Wine is an alcoholic drink made ... grapes or any fruit.

READING

Text 1.

METHODS OF COOKING

Exercise 1. Read through the paragraphs below and match the methods of cooking in the box with their descriptions.

simmering	roasting	frying	baking	grilling	boiling	casseroling
-----------	----------	--------	--------	----------	---------	-------------

1. When food is cooked in liquid you just see an occasional bubble on the surface. Stews, soups, sauces are cooked this way so that food cooks steadily, or mixture thickens gradually.

2. This gives a firm and often crisp texture. It is the process of cooking in the dry heat of the oven. The temperature and position in the oven are very important especially with cakes, to ensure the food is cooked throughout and doesn't burn.

3. This browns food, keeps in the flavour and sometimes gives food a crisp texture. Food is placed under the heat. Fish, meats, young poultry and toasted snacks or toppings are cooked this way.

4. This gives food a soft texture. The term is actually a little confusing for it is the liquid in which the food is cooked that boils, not the food itself. When liquid comes to the boil, reduce the temperature so it just bubbles. Foods cooked in boiling liquid include vegetables, eggs, fruit and sugar for jam, meat. The liquid can be water, stock or milk etc.

5. This method of preparing meat means cooking on a turning spit over a fierce heat.

6. A convenient and usually quick, easy method of cooking in fat. It gives a golden and often crisp texture.

7. Food is cooked in steam or liquid in the oven. It's a slow tenderising process, so very good for making the most of cheaper cuts of meat.

Exercise 2. Find the corresponding English equivalents:

- 1) булькать, бурлить 2) бульон 3) постепенно загустевает 4) открытый огонь
5) подрумяниваться 6) жидкость 7) равномерно 8) сохранять аромат
9) придавать мягкую консистенцию 10) поджарить 11) вертел.

Exercise 3. Translate the word combinations:

- 1) a soft / firm / crisp texture; 2) to come to the boil; 3) to be cooked throughout;
4) toasted snacks; 5) toppings; 6) make the most; 8) to turn golden.

Exercise 4. Insert the necessary prepositions:

- 1) Baking is the process of cooking ... the dry heat ... the oven.
2) True roasting means cooking ... a turning spit ... a fierce heat.
3) When food is simmered ... liquid you just see an occasional bubble ... the surface.
4) Frying is a convenient method of cooking ... fat.
5) Food is cooked ... steam or liquid ... the oven

Exercise 5. Read the description of different ways of cooking, and fill in the blanks with the correct verb from the list.

Roast	Simmer	Boil	Steam	Bake	Grill	Fry
-------	--------	------	-------	------	-------	-----

- 1) Cook using by heat (normally in an oven) bread, cakes, biscuits ____.
- 2) Cook meat, coffee, beans, nuts ____.
- 3) Cook under direct heat ____.
- 4) Cook in oil or fat ____.
- 5) Cook in hot water at 100 C ____.
- 6) Cook for a long period of time, at just below 100 C ____.
- 7) Cook above water at 100 C ____.

Exercise 6. Choose the right variant.

1. Before ... a chicken I usually stuff it with herbs and onions.
(frying / roasting)
2. Break the macaroni into small pieces and ... it in a pan of salted water.
(to simmer / to poach)
3. It's a good idea to coat fish with breadcrumbs before you ...it.
(to fry / to grill)
4. To ... an egg you should remove it from its shell and put it in water that is nearly boiling. (to steam / to poach)
5. On Monday she used to ... bread for the whole week. (to bake / to fry)
6. I ... the rice in a large saucepan for about eight minutes. (to casserole / to boil)
7. ... the lamb carefully so that it is nicely browned but not burnt. (to stew / to roast)
8. For ... one needs a special dish with a lid in which food is cooked in the oven and then served at table. (simmering / casseroles)
9. I'd like ... steak, please. (boiled / grilled)
10. Meat has to be turned frequently on a ... if you want it to be properly cooked. (a saucepan / a grill)

SPEAKING

GIVING INSTRUCTIONS

Remember that written instructions must be clear. For this reason, they tend to consist of short, simple tenses. Each instruction is usually placed on a new line. Imperative forms of the verb are most commonly used for this sort of writing.

The following connectors are sometimes used when giving instructions. Check that you know how to use them:

FIRST
NEXT / THEN
MAKE SURE YOU...
DO NOT...

REMEMBER TO...
AS SOON AS ... YOU SHOULD...
AFTER THAT, ...
TAKE CARE NOT TO...

Exercise 1. Give the recipe of English Scones.

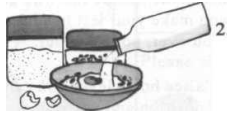
For scones you need:

350 g flour
1 teaspoon baking powder
75 g butter
1 cup of milk

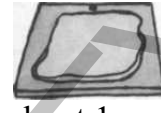
1 teaspoon of sugar
1 teaspoon of salt
1 tablespoon of raisins
1 egg



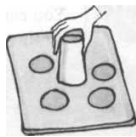
1.
Mix ... and ...



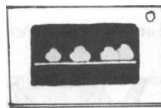
Add butter



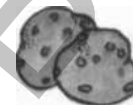
... to about 1 cm thick.



... rounds.



... 15-20 minutes in ...



Enjoy ...

Exercise 2. Now using connectors restore the right order in the following recipes.

Cinnamon-Sugar Apple Pie

Ingredients:

1 kg apples, peeled, cored and sliced
100 g cinnamon sugar
50 g melted butter
1 tbsp chopped fresh thyme
2 tbsp stale breadcrumbs

zest of one orange
zest of one lemon
a quantity of your favourite short crust
pastry
1 egg, beaten

- 1) Roll out the pastry and line a deep tart case with half the pastry.
- 2) Brush the beaten egg over the top and make a hole in the lid for steam to escape.
- 3) Combine the first seven ingredients in a bowl, cover, and leave for two hours to allow the flavours to develop.
- 4) Transfer to the oven and cook for 45 to 60 minutes or until the pastry is a deep golden brown.
- 5) Preheat the oven to 160 C.
- 6) Serve with lashings of custard.
- 7) Add the apple mixture piling it up a little in the middle to give it some height.
- 8) Roll out the remaining pastry and cover the top, sealing the edge by crimping it with your fingers.

Exercise 3. Skill developing.

1. May be you have your favorite recipes that you'd like to share? Give a few recipes for soup, a meat / fish dish and dessert.
2. You are good at cooking and your friend who is going to have a housewarming party soon is not that good at it. Give her / him some instructions on making different salads / meat or fish dishes / desserts / cocktails.

3. An irritable husband is sitting at dinner criticizing his wife's cooking. He is trying to teach her the way this or that dish should be cooked though he knows very little about it. The wife is doing her best to defend herself.
4. You are hosting a cookery show. Make your favorite dishes demonstrating various ways of cooking.

LISTENING

Listening 1. Burger Palace (Learning to listen. Section III. Unit I. In-Class listening 2.)

Exercise 1. Go over the vocabulary to clear up any difficulties of understanding.

Burger Palace — название ресторана

Whopping Burger — сорт гамбургера

training session — период стажировки

pickle slice — ломтик маринованного овоща

patty — лепёшка, котлета

wrap — завернуть

Exercise 2. Listen to the manager at Burger Palace discussing a recipe with Carol, a young co-worker and check your comprehension choosing the correct answer to the following questions.

1. How many days does Carol work at the Palace?
a) it's her first day; b) ten days; c) since last week.
2. What type of food is Whopping Burger?
a) it's a type of salad; b) it's a kind of soup; c) it's a sort of sandwich.
3. What kind of sauce is used for Whopping Burgers?
a) mayonnaise; b) secret sauce; c) tomato sauce.
4. How do they serve Whopping Burgers?
a) on a plate; b) in a pot; c) wrapped in paper.
5. Which is the most important ingredient in Whopping Burgers?
a) cheese; b) lettuce; c) hamburger patty.

Exercise 3. Listen to the conversation again paying attention to the way the hamburger is made. Choose the ingredients used for the hamburger from the box below.

mustard	meat	fish	lettuce	herring	butter	cucumber
mayonnaise	patty	onion	pickles	bun	cheese	celery
sauce	sausage	garlic	pepper	tomatoes	radish	cabbage

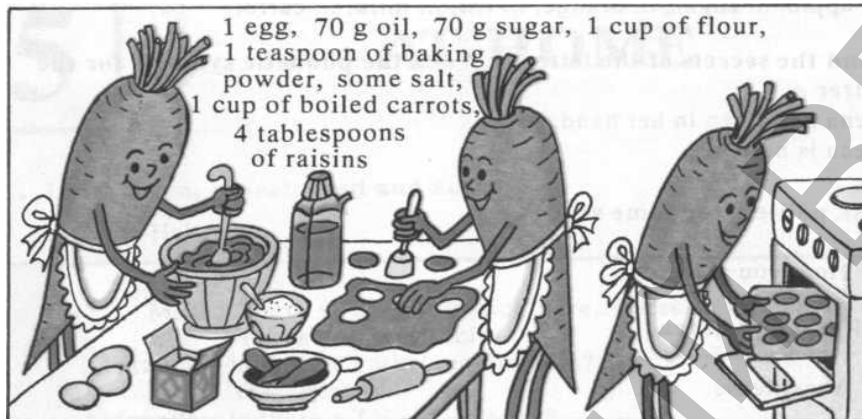
Exercise 4. Fill in the missing prepositions.

1. The bun is cut ___ three sections.
2. One patty is placed ___ the bottom part ___ the bun.
3. All ___ this is then covered ___ the middle layer of the bun.
4. The sandwich is wrapped - ready ___ the customer.
5. I don't think I'll have any trouble ___ that.

Exercise 5. *In your opinion is it easy to make a hamburger? Do you think you could make it? Are there any times of the day when people usually have hamburgers? Do people usually have hamburgers for breakfast? lunch? dinner?*

WRITING

Exercise 1. *Write how to make carrot biscuits.*



Exercise 2. *Write any of these compositions.*

1. A cookery magazine is running a competition to find the best recipe. Write your recipe, explaining how to make your favourite dish.
2. A menu for your birthday party/ your wedding/ the first dinner you cook for your in-laws.
3. A special dish or meal that you enjoy with your family. Explain why you have chosen this dish and how the dish can be cooked.

SELF-CHECK

Exercise 1. *Guess the riddles.*

1. It's white outside and yellow inside.
2. It's the same color as its name.
3. I can be red and yellow. I also can be green. I may be the home of a hungry worm, so make sure I'm clean.
4. Clean but not water. White but not snow. Sweet but not ice-cream.
5. What starts with 'T', ends with 'T' and full of tea?
6. You smile when you name it.
7. I grow in the dark, but I come up white. On a pizza or a salad I'm a delight.

Exercise 2. *Fill in the blanks using the appropriate utensils from the list below.*

kettle	saucepan	baking tin	grill pan	steamer
frying pan	cake-tin	coffee pot	teapot	ladle

- 1) Put the vegetables in a large ____ full of water, add a little salt, and boil them for ten minutes.

- 2) Bob poured a little oil into a ____ and put it on the gas until it was hot.
- 3) Sally had prepared the cake very carefully and had put the mixture in a round ____.
- 4) The chef hunted for a ____ to add the chicken broth to the pot.
- 5) Those are large potatoes. I know they've been cooking for 20 minutes, but I think we should put the ____ back on the cooker and let them simmer for another ten minutes on a low flame.
- 6) Jack poured some water in the electric ____ to make himself some tea.

Exercise 3. Supply the best words.

1. *jam / sweets / marmalade*
 - a) Put some ____ on that bread.
 - b) What sort of ____ is that? – Oh, the usual. Seville oranges.
 - c) ____ ruin children's teeth.
2. *sauce / gravy / juice / dressing*
 - a) My mother used to make a rich ____ to serve with roast beef.
 - b) The cauliflower was served with a nice white ____.
 - c) Would you like any of the ____ with your salad?
 - d) Would you like some of the ____ on your salad?
3. *lard / bacon / pork / ham.*
 - a) Muslims don't eat ____.
 - b) It's fairly unusual these days to have ____ and eggs for breakfast.
 - c) Most people cook with vegetable oil these days rather than butter and ____.
 - d) I'm not hungry. I'll drink a cup of tea with ____ sandwich.
4. *cream / custard / mousse*
 - a) My mother always made ____ from egg yolks, milk and a little sugar.
 - b) The courses dragged by; at last there was a chocolate ____, to be followed by an ice.
 - c) There's nothing to beat the taste of strawberries with ____.
5. *raisins / sultanas-grapes / grapefruit*
 - a) When I was a student, I worked picking ____ in the south of France.
 - b) He sectioned the ____ and ate two sections at a time.
 - c) A Christmas cake is full of nuts, ____, and currants.
6. *shell / skin / rind*
 - a) It's not very funny to slip on a banana ____.
 - b) My hands are black because I've been ____ fresh walnuts.
 - c) The ____ of Parmesan cheese is like rock.
7. *mutton / lamb / sheep*
 - a) There was a flock of ____ grazing on the hillside.
 - b) We were having roast ____ for Sunday lunch.
 - c) After removing bones from ____ breast, lay it out flat, place stuffing evenly on front half.
8. *pastry / pasta / paste*
 - a) Macaroni, spaghetti and ravioli are all types of ____.
 - b) She mixed the flour and water to a ____.
 - c) You'll get fat if you eat so many ____.

9. *cookie / sponge-cake / pie*
 a) Mother has made a _____ for tea.
 b) I always like a _____ with my morning coffee.
 c) She had another helping of steak and kidney _____.
 10. *crisps / chip s / French fries*
 a) A lot of people seem to live mainly on burgers and _____.
 b) A beer and a packet of _____, please.
 c) Fish and _____ is very expensive these days.

Exercise 4. Fill in the gaps with articles where necessary.

Remember:

Names of meals are used without articles.

When did you have dinner?

While they were at breakfast, the letters were brought in.

The definite article is used when the nouns are modified by a particularizing attribute or when the situation makes them definite.

The dinner we had today was very substantial. the dinner was a success.

The indefinite article is used if the name of meal is modified by a descriptive attribute.

After a hearty breakfast they had a walk.

1. I don't like _____ mineral water, I prefer _____ cup of _____ tea.
2. Is there anything to your taste on _____ menu?
3. She is going to cook _____ fish soup for _____ dinner.
4. What can you recommend for _____ first course?
5. _____ meat is just to my liking.
6. What do you usually have for _____ second course?
7. _____ cheese was fresh and tasty and he ate it with _____ appetite.
8. At _____ dinner we sat far from each other and could not talk.
9. After _____ dinner sit a while, after _____ supper walk a mile.
10. Who is coming to _____ tea?
11. I had _____ supper at the hotel restaurant.
12. For _____ breakfast I had _____ boiled egg and _____ cup of _____ strong tea.
13. He prefers _____ roasted meat for _____ second course.
14. She likes _____ black coffee for _____ breakfast.
15. Will you please buy _____ loaf of _____ brown bread?
16. He is fond of _____ cabbage soup.
17. I liked _____ pork we had for _____ supper.
18. I had _____ big dinner today.
19. Did you enjoy _____ meal?
20. _____ juice was delicious.
21. _____ dinner is cold already. We must warm it up.
22. It is _____ very substantial breakfast, isn't it?
23. I enjoyed _____ lunch they served at the restaurant.
24. I'd like _____ toast for _____ breakfast.

Exercise 5. Complete the sentences using the words from a) and b).

a) grill	fry	roast	bake
steam	boil		
b) kettle saucepan frying pan			
pan oven hotplate			
grill percolator microwave			
liquidizer toaster			

1. To make boiled eggs, you (a) ____ the eggs in water in a (b) ____ for about 3 minutes.
2. If you want potato soup, put the boiled potatoes into the (b) ____ for a couple of minutes with a little milk and butter and then heat.
3. To make fried eggs, you (a) ____ the eggs in oil in a (b) ____ on the (b) ____ for about 2 minutes.
4. To make steamed rice, you (a) ____ the rice over some water in a (b) ____ on the (b) ____ for about 30 minutes.
5. To make toast, you (a) ____ the bread under the (b) ____ for about a minute and then turn it over and do the other side.
6. If you have a (b) ____ you can make toast much more quickly.
7. To make roast lamb, you (a) ____ the meat with some oil in the (b) ____ for about an hour.
8. To (a) ____ a cake, you put the mixture in the (b) ____ for about 40 minutes.
9. If you have a (b) ____ cooking can take minutes not hours.
10. To make fresh coffee, you (a) ____ some water in a (b) ____ and use a filter or a (b) ____ .

UNIT II. National Cuisines

READING

Text 1.

BRITISH FOOD

Exercise 1. Answer the questions before reading the text.

1. What do you know about British food?
2. Name one popular British dish.
3. Name one popular British snack.
4. What do they have for breakfast?

Traditional British food, with its emphasis on puddings, pies, cakes, meat dishes and fried food, no longer forms a main part of most people's diet because of the trend towards lighter, more easily prepared food. Traditional methods of **preserving** meat and fish, such as salting and smoking, are no longer necessary and food such as **kippers** (smoked herrings), salt pork and beef, and bacon are eaten less frequently than before. Nevertheless, many traditional dishes survive, especially those associated with special occasions.

There are many regional dishes, usually named after a county, such as Lancashire **hotpot**, roast beef and Yorkshire pudding, and Cornish pasties, which are popular all over the country. There are many different kinds of regional cheese, including the best-known, Cheddar, as well as Cheshire, Double Gloucester, Caerphilly and Stilton, each with its own distinctive colour, flavour and consistency. Welsh **rarebit** is a popular dish of toasted cheese.

The British have always liked meat dishes, from the traditional roast beef to popular favourites such as '**bangers and mash**' (sausages and potatoes), **shepherd's pie** (also called **cottage pie**), **toad in the hole** (sausages baked in batter), steak and kidney pudding, mixed grill, steak, and bacon and eggs. Scotland has its traditional **haggis**. Beef, lamb, mutton, pork and chicken are the most common kinds of meat. Sauces that traditionally accompany meat are mint sauce for lamb, horseradish sauce for beef, apple sauce for pork and cranberry sauce for turkey.

Fish and chips is a favourite fish dish, although **fish fingers** and fish cakes are also popular, especially with children. Kippers are eaten either for breakfast or supper. Plaice, cod, herrings and mackerel are the most common kinds of fish. Trout and salmon are usually considered a luxury, especially when they have been smoked.

Eggs are eaten boiled, fried, poached or scrambled, with boiled eggs usually preferred soft, and traditionally cooked for three minutes.

Potatoes ('**spuds**') are one of the most common vegetables, served either as chips, roast or mashed potatoes, or baked in their skins (**jacket potatoes**). Breakfast often begins with fruit juice, followed by cereal to which milk and sugar are added. Some people, especially in Scotland, still prefer porridge to cereal, and eat it with milk and sugar or salt. A traditional English breakfast also includes a cooked dish such as bacon and eggs, but few people eat this nowadays, preferring

a lighter 'continental' breakfast. Toast and marmalade, and tea or coffee, complete the meal.

Puddings of all kinds are typically British, and the word itself can describe both savoury and sweet dishes, or mean simply 'dessert' in general. Among the best-known sweet dishes are rice pudding, **bread-and-butter pudding**, steamed pudding, suet pudding and Christmas pudding. **Plum pudding** (which does not contain plums) is another name for Christmas pudding. Other familiar desserts are fruit-based ones such as apple pie or **gooseberry fool**.

There are many varieties of bread and cake. Bread is white or brown. There are different kinds of loaf, including the specially shaped cottage loaf and cob loaf. For a 'continental' breakfast, many people now prefer French-type rolls such as croissants.

For tea, **crumpets**, muffins, toasted teacakes and buns are often eaten, especially in winter. Otherwise bread and butter with jam, honey, meat or fish paste or some other spread is usual for the meal.

A cake can be large, needing to be cut or sliced, or small, for one person. **Gingerbread** is not bread but a ginger-flavoured cake. Bath buns, Chelsea buns and doughnuts are all made from bread dough. The many different kinds of biscuit include chocolate digestive biscuits, ginger nuts and custard creams. Water biscuits or cream crackers are usually eaten with cheese.

Some foods are traditionally prepared for particular festival or celebration. Christmas pudding is eaten at Christmas, pancakes are often served (as a sweet course, with lemon and sugar) on Shrove Tuesday, and hot cross buns are eaten on Good Friday. Special big cakes are prepared for weddings and birthdays. Wedding cakes are usually elaborately iced and decorated with two or more tiers; birthday cakes are also normally iced, with the person's age shown by the number of small candles stuck in the icing.

The British enjoy eating sweets, especially chocolate, and many popular types of confectionery include toffee, marshmallows, mints and **boiled sweets**. Sticks of rock are traditionally popular in holiday resorts, as are ice cream, **candy floss** and other 'fun foods'.

In recent years there has been an increase in the consumption of 'convenience' and unhealthy 'junk' foods, but also a growing interest in healthy, natural or 'organic' foods. At the same time, the British diet now includes many dishes that would formerly have been regarded as exotic or unusual. Among the most popular are Chinese, Indian and Italian, which have largely been popularized by ethnic restaurants.

In the USA too the food of many different nationalities has become part of the national diet. Particularly American dishes, though, are **clam chowder** (a thick soup containing clams), **southern fried chicken**, pecan pie, pumpkin pie, hot dogs, burgers, apple pie and **hash browns** (potato pancakes, often served at breakfast).

Exercise 2. Find the English equivalents to the following words and word combinations in the text. Choose from those that are in bold type.

1) копчёная селёдка; 2) телячий рубец с потрохами и приправой; 3) рыба

с картофелем во фритюре; 4) рыбные палочки; 5) заготовка, консервирование; 6) покрытый сахарной глазурью, глазированный; 7) картофель в мундире; 8) сосиски с картофельным пюре; 9) рождественский пудинг (2); 10) имбирный пряник; 11) картошка (разг.); 12) копчение; 13) овсяная каша; 14) ириска; 15) тушёное мясо с овощами; 16) бифштекс, запечённый в тесте; 17) суп-пюре из моллюсков; 18) курица по-южному (жареная курица в тесте, с хрустящей корочкой); 19) крыжовенный мусс; 20) хлебный пудинг; 21) картофельные оладьи; 22) сахарная вата; 23) гренки с сыром; 24) карамель, леденец; 25) тыквенный пирог; 26) лепешка, пышка; 27) пастуший пирог (картофельная запеканка с мясом) (2).

Exercise 3. Fill in the prepositions.

1. Traditional British food ... its emphasis on puddings, pies, cakes, meat dishes and fried food, no longer forms a main part ... most people's diet because ... the trend ... lighter, more easily prepared food.
2. Sauces that traditionally accompany ... meat are mint sauce ... lamb, apple sauce ... pork and cranberry sauce ... turkey.
3. Fish fingers and fish cakes are also popular especially ... children.
4. Breakfast often begins ... fruit juice, followed ... cereal to which milk and sugar are added.
5. Some people, especially ... Scotland, still prefer porridge ... cereal, and eat it ... milk and sugar or salt.
6. Bath buns, Chelsea buns and doughnuts are all made ... bread dough.
7. Some foods are traditionally prepared ... particular festival or celebration, for example Christmas pudding is eaten ... Christmas, pancakes are often served ... Shrove Tuesday, and hot cross buns are eaten ... Good Friday.
8. Birthday cakes are also normally iced, ... the person's age shown ... the number of small candles stuck ... the icing.

Exercise 4. Restore the sentences.

1. Traditional methods of preserving meat and fish...
2. There are different kinds of loaf...
3. A traditional English breakfast also includes ...
4. There are many regional dishes, usually named after a county, such as ...
5. In recent years there has been an increase ...
6. ... are used for tea.
7. Wedding cakes are usually ...
8. Many popular types of confectionery include ...
9. ... are the most common kinds of meat.

Exercise 5. Answer the following questions.

1. What is traditional English food?
2. What is the difference between "continental breakfast" and "English breakfast"?
3. What is your attitude to "convenience" and "junk" foods?
4. Why is interest in healthy, natural or 'organic' foods growing nowadays?

Text 2.

BELARUSIAN COOKERY

Modern Belarusian cookery is based on old national traditions which have undergone a long historical evolution. But the main methods of traditional Belarusian cuisine are carefully kept by the people.

Common in Belarusian cuisine were dishes from potato which is called among people “the second bread”. The Belarusians bring fame to their beloved potato in their verses, songs, dances. There are special potato cafes in the republic where you can try various potato dishes. Potato is included into many salads, it is served together with mushrooms, meat; different patties and baked puddings are made from it. The most popular among the Belarusians are traditional draniki, thick pancakes, prepared from shredded potatoes. A wide spread of potato dishes in Belarusian cuisine can be explained by natural climatic conditions of Belarus which are propitious for growing highly starched and tasty sorts of potatoes.

A lot of place in the diet of the Belarusians belongs to meat and meat products, especially to the pork and salted pork fat. One of the people’s proverbs say: “There is no fish tastier than tench, as well as there is no meat better than pork”. The salted pork fat is used slightly smoked and seasoned with onions and garlic. Pyachisto is one of the traditional holiday dishes. This is boiled, stewed or roasted sucking pig, fowl or large chunks of pork or beef. Dishes prepared from meat are usually served together with potatoes or vegetables such as carrot, cabbage, black radish, peas, etc. It is characteristic that many vegetable and meat dishes are prepared in special stoneware pots.

Among dishes from fish the Belarusians prefer yushka, galki and also baked or boiled river-fish without special seasonings. In general, what concerns the most common seasonings such as onions, garlic, parsley, dill, caraway seeds, pepper, they are used very moderately in Belarusian cookery.

The Belarusians are fond of fresh, dried, salted and pickled mushrooms, and also berries such as bilberry, wild strawberries, red whortleberries, raspberries, cranberries and some others.

Of flour dishes the most popular is zatirka. Pieces of specially prepared dough are boiled in water and then poured over with milk or garnished with salted pork fat.

The Belarusians prefer to use whole milk which affected some methods of making yoghurt and the so called klinkovy cottage cheese. In Belarusian cuisine milk is widely used for mixing in vegetable and flour dishes.

Medukha, berezovik, kvass, beer are traditional Belarusian drinks.

Exercise 1. Match the definition with the right word:

<i>Kitchen, diet, cookery, cuisine, to serve, to season, to garnish</i>

1. A characteristic manner or style of preparing food (2).
2. The sum of the food consumed by an organism.
3. A room or an area equipped for preparing and cooking food.
4. The art or practice of preparing food.

5. A staff that prepares, cooks, and serves food.
6. To ornament with something laid about it.
7. To flavour food with spices, herbs or salt.
8. To provide food or drinks to a customer or guest.

Exercise 2. Fill in the words: *wealthy, traditional, strong, crusts, honey, jar, birch, herbal, spices*

... Belarusian drinks are kvass, krupnik and krambambulya. Kvass is made from ... juice. Sometimes bread ... are added for extra taste. It does not contain alcohol. Krambambulya was invented about two hundred years ago by ... people. This is a ... alcoholic drink with Historians say that it got its name from a word “bul-bul-bul” which reminds a sound of a drink being poured in a Krupnik is a mixture of ... potion, strong alcohol and honey. There are two variants of this drink: one for men and one for women. In the first case there is more alcohol, in another case - more ... and herbal potion.

Exercise 3. Match the beginning with the end of the sentences:

1. Modern Belarusian cookery is based...	a) with potatoes or vegetables such as carrot, cabbage, black radish, peas.
2. Climatic conditions of Belarus are propitious ...	b) of making yoghurt and klinkovy cottage cheese.
3. Dishes prepared from meat are usually served together ...	c) they are used very moderately in Belarusian cookery.
4. Many vegetable and meat dishes are prepared ...	d) on old national traditions which have undergone a long historical evolution.
5. What concerns the most common seasonings such as onions, garlic, parsley, dill, caraway seeds, pepper ...	e) in special stoneware pots.
6. Mushrooms are cooked ...	f) for growing highly starched and tasty sorts of potatoes.
7. The Belarusians prefer to use whole milk which affected some methods ...	g) in sauce, stewed with meat, marinated and served as an appetizer.

Exercise 4. Answer the following questions.

1. What is modern Belarusian cookery based on?
2. What do we call “the second bread” and why?
3. How can you explain a wide spread of potato dishes in Belarusian cuisine?
4. What are the most popular meat and fish dishes?
5. Which seasonings are used in Belarusian cookery? Are they widely used or not?
6. What do we call zatirka?
7. In what way is milk used in Belarusian cuisine?
8. What traditional drinks can you enumerate?
9. Which of the mentioned above dishes and drinks do you know? How do you like them? Which of them are your favourites?

Exercise 5. Render into English.

Как приготовить белорусское ПЯЧИСТО

Ингредиенты:

Свинина — 1.5 кг
Картофель — 1 кг
Чеснок — 4 зуб.
Масло растительное — 2 ст.л.
Петрушка — 2 ч.л. (сушеная)
Перец черный — по вкусу
Соль — по вкусу

Приготовление:

Разогреем духовку до 180°C. Зубчики чеснока очищаем и пропускаем через пресс. Добавляем черный перец. Пячисто готовится по традиционному рецепту, используя минимальный набор ингредиентов, но вы можете добавить любые пряности по своему вкусу. Со свининой идеально сочетаются горчица, паприка, а также тмин. Добавляем по вкусу соль, 1 ст. л. растительного масла и чеснок. Перемешиваем. Обмазываем чесночной массой свинину и помещаем её в жаропрочную форму. Картофель чистим и крупно режем. Заполняем картофелем все пустоты вокруг мяса, посыпаем солью и сушеной петрушкой. Накрываем форму крышкой и отправляем в духовку. Готовим свинину на протяжении 2 – 3 часов, режем и подаем. Приятного аппетита.

Text 3.

TURKMEN CUISINE

Turkmen national cuisine has much in common with the cuisines of other Central Asian people, this is explained by the similarity of natural conditions and ethnic characteristics. However, the Turkmen cookery maintained its national originality, which shows itself as in the assortment of dishes and ways of their cooking, as in the ritual of food serving. The distinctive ways of cooking of various traditional national dishes are typical for different regions of Turkmenistan, that is due to the peculiarities of farming or to the influence of the neighbouring nations.

Meat, milk and flour dishes take the main place in Turkmen national cuisine. Turkmen iomode, saraki and others prefer mutton, Turkmen-tekins use the meat of young camels and poultry. The Turkmen also eat a lot of chicken, sheep, mountain goat and pheasant. The Turkmen widely use red and black pepper, mint, wild parsley, saffron and garlic. Spices such as cayenne and cumin are used to make a dish spicier. Onion is especially popular. It is eaten in raw form, served with dinner, and used as a seasoning.

The most popular dishes are *pilav* which in Turkmen is *palow*, *manty* (small dumplings, filled with lamb and steamed), *börök* (ravioli), *chorba* (a meat and vegetable soup), *dograma* (a thick soup to which crumbled bread and meat are added). Pilav is the staple, everyday food, which is also served at celebrations. It consists of chunks of mutton or poultry, rice, carrots and onions, spices, raisins,

peas mixed all together and fried in a large cast-iron boiler of the hemispherical shape - gazan. Even urban residents use the gazan for cooking palov, because palov that is cooked in a stew pan is considered less tasty. Pilav is served with sauce made of sour plum called "tkemali", and pomegranate juice.

The cuisine of Turkmenistan is recognized for the variety of dishes made from milk. The Turkmen use cow, goat, sheep and camel milk for making various dairy products and dishes. *Gatyk*, a thick drinking yogurt similar to kefir, is often served with breakfast and sometimes used as a condiment on *börek* or *manty*, replacing the traditional sour cream. Camel's milk is used for cooking *chala*, the soft drink the nation is known for.

In the coastal areas of Turkmenistan fish is widely spread. Besides meat and fish dishes, different kinds of porridge made from rice, millet, mash, take a great place in Turkmen cuisine. Finally, another characteristic feature of the Turkmen cuisine is a variety of flour baked goods. Meals are almost always served with flat bread, known locally as *chorek*. Tandyr (a clay oven) where chorek is baked is considered the most sacred place in a house and chorek itself has been always honored as a protecting charm. Bread has a high symbolic importance in Turkmen culture, and it is considered highly impolite to turn a loaf of bread upside down or to mistreat bread in any way. Bread baked with meat inside (meat bread) can be consumed as a meal in itself. Different flat cakes made from sour dough, cakes with different fillings baked in fat and vegetable oil are widely spread.

Turkmen people like to drink *gok chai*- green tea with dried fruit. It is the primary drink, consumed at all hours. In the Dashoguz region, it is sometimes drunk "Kazakh-style" with milk, often to disguise the salty taste of the drinking water in that area.

***Exercise 1. Give the recipe of DOGRAMA.
Describe your every day and week-end menu.***

Exercise 2. Render the following text in English.

Плов по-туркменски

Лучшее мясо для настоящего плова - это баранина. Баранину режут небольшими кусочками. Обжаривают ее в небольшом количестве растительного масла. Когда кусочки мяса прожарятся, в казан бросают измельченный репчатый лук и жарят дальше. Затем следует нашинкованная тонкой соломкой морковь и тоже отправить её в казан. Затем в казан льют слегка пересоленную горячую воду, и вся масса варится в течение 5 – 10 минут. После этого кладут рис и увеличивают огонь. Всё томится на медленном огне с закрытой крышкой. Когда зерна пожелтеют, казан снимают с огня и томят под крышкой еще минут десять.

Большой шумовкой на огромное блюдо хозяин выкладывает рис, а поверх него морковь и сочное мясо. Традиционно плов едят руками, отправляя пальцами в рот горсточку риса.

UNIT III. Table Manners

TOPICAL VOCABULARY

appetiser / starter / hors d'oeuvre (Fr)	cuisine	lick
the elevenses (BrE)	afters / dessert	parched
bite, to have a bite	devour	peck at
bolt	digest	peckish
canteen	eatable / uneatable	pick at / out
to have smth. for a change	a big / good / hearty eater	polish off
chew	full up	ravenous
a wide / poor choice	gnaw	revolting / nasty
to clear the table	gobble	service, good service
to have for the first / soup course	gorge oneself on/with	snack, to have a snack
the main course / entree (Fr)	guzzle	square, a square meal
What have you decided on?	help, to help/treat oneself to smth.	starve / die of hunger
There is nothing like fried potatoes.	to lay the table	suck
What's on the menu?		swallow
What do you say to some ice-cream?		thirsty

VOCABULARY EXERCISES

Exercise 1. Match each action on the left with the right noun on the right.

- | | |
|--|---------------------|
| 1. You take a bite with _____ | a) a spoon |
| 2. You lick with _____ | b) a saucer |
| 3. You drink soup with _____ | c) a mug |
| 4. You cover your lap with _____ | d) your plate |
| 5. You cover the table with _____ | e) your front teeth |
| 6. You place a cup on _____ | f) your back teeth |
| 7. You suck through _____ | g) a bowl |
| 8. You cut up food with _____ | h) a napkin |
| 9. You put your knife and fork together on _____ | i) a knife |
| 10. You drink hot chocolate out of _____ | j) a tablecloth |
| 11. You put your breakfast cereal in _____ | k) your tongue |
| 12. You chew with _____ | l) a straw |

Exercise 2. How would you describe the following using the words and expressions from the list of the active vocabulary?

- a) a lion eating a large piece of meat
- b) a bird trying to eat a piece of bread
- c) a small girl eating a large packet of potato crisps

- d) a Sumo wrestler eating a huge bowl of noodles
- e) a horse drinking water after a long gallop
- f) a fat man eating his third ice cream
- g) a dog trying to eat a large bone
- h) a hungry person eating an apple.
- i) a child eating an ice-cream cone.

Exercise 3. Give (a) synonyms and (b) opposites to the following:

- a) hungry –
- to die of hunger –
- thirsty –
- to have a snack –
- a heavy meal –
- spices –
- starter –
- very tasty –
- a big eater –

- b) to have a snack –
- edible –
- eatable –
- dessert –
- fresh –
- to starve –
- fatty –
- delicious –
- sweet –
- dry –

Exercise 4. Put each of the following verbs into its correct place in the sentences below.

Chew	gorge	lick	bolt	polish off	gnaw
digest	consume	peck at	swallow		

- a) The children have no appetite. They just ____ their food. They hardly eat anything.
- b) My mother always used to say to me, “Now make sure you ____ meat carefully before you ____”.
- c) In Britain people ____ four million tons of potatoes every year.
- d) He has an enormous appetite. I’ve seen him ____ four hamburgers and a pile of chips at a sitting.
- e) As children we used to ____ ourselves on ice-cream, chips and chocolate, and then feel very sick.
- f) The starving prisoners were so desperate they would ____ any meat bones they could find.
- g) It’s not good for your body to ____ your food so quickly. Eat slowly so that you can ____ it properly.
- h) He was so hungry that when he’d finished his food, he began to ____ the plate!

READING

Text 1.

A LIST OF DO’S AND DON’TS

A.

- ✓ Take a slice of bread from the bread-plate by hand, don’t harpoon your bread with a fork.
- ✓ Do not bite into the whole slice, break it off piece by piece.

- ✓ Never spoil your neighbour's appetite by criticizing what he is going to eat or telling stories which are not conducive for good digestion.
 - ✓ Chicken requires special handling. First cut as much as you can, and when you can't use knife and fork any longer, use your fingers.
 - ✓ Never read while eating (at least in company).
 - ✓ When a dish is placed before you, do not eye it suspiciously as though it is the first time you have seen it, and do not give an impression that you are about to sniff it. No matter how surprised you are, take it all in your stride.
 - ✓ Don't use a knife for fish, cutlets or omelettes.
 - ✓ When you are being served, don't pick. One piece is as good as the next.
 - ✓ In between courses don't make bread-balls to while the time away and do not play with the silver.
 - ✓ Don't lick your spoon. If you really feel that way about it, ask for a second helping.
 - ✓ Don't use a spoon for what can be eaten with a fork. The forks are placed at the side of the dish in the order in which they are to be used (salad fork, fish fork, meat fork).
 - ✓ When eating stewed fruit use a spoon to put the stones on your saucer.
 - ✓ Vegetables, potatoes, macaroni are placed on your fork with the help of your knife.
 - ✓ If your food is too hot, don't blow on it as though you were trying to start a campfire on a damp night.
 - ✓ Your spoon, knife and fork are meant to eat with, they are not drumsticks and should not be banged against your plate.
 - ✓ Don't sip your soup as though you wanted the whole house to hear.
 - ✓ Don't pick your teeth in company after the meal even if tooth-picks are provided for the purpose.
 - ✓ While you are eating your napkin should be resting on your lap. When you have finished eating, wipe your mouth with your napkin and place it neatly on the table.
 - ✓ And, finally, don't forget to say "Thank you" for every favour of kindness.
- B.**
- ✓ Do not attract undue attention to yourself in public.
 - ✓ When eating take as much as you want, but eat as much as you take.
 - ✓ Do not eat too fast or too slowly, cut as you eat.
 - ✓ Take a little of every dish that is offered to you.
 - ✓ Sit up straight and face the table, do not put your elbows on the table while eating.
 - ✓ Do not reach across the table – simply say: "Would you please pass the salt," etc.
 - ✓ At a small party do not start eating until all are served. At a large party it is not necessary to wait for all. The hostess gives a signal to her guests by saying: "Start eating, please (your food will get cold)."
 - ✓ There is no rule about eating everything on your plate, to indicate that you have had enough place knife and fork together, not criss-cross.

- ✓ When refusing a dish or a helping simply say: “No, thank you,” when accepting – “Yes, please.”
- ✓ Do not leave the spoon in your cup, when drinking tea or coffee.
- ✓ Do not empty your glass too quickly.

SPEAKING

Exercise 1. Discuss the following points.

1. What's your opinion of the role of good manners in general and at the table in particular. Who should teach people good manners?
2. Do you think that people nowadays strictly follow all the table manners and laying the table rules mentioned above? What table manners, to your mind, are quite reasonable and should be followed even on informal occasions? What would you call “bad table manners”?

Exercise 2. Act out the conversation.

1. It is a family meal. The mother is a bit annoyed with her children's table manners. She keeps telling them off.
2. You are invited to an official dinner. This is the first time you are going to eat out. Your mother (close friend, groupmate) is giving your helpful advice about things like table manners.
3. A friend of yours is expecting some guests tonight and he / she doesn't know how to lay the table in the right way. Tell him / her how you set the table for a party at home.

LISTENING

Listening 1. Comparing Table Manners (Learning to listen. Section III. Unit III. In-Class listening 2.)

Exercise 1. Go over these words and phrases to avoid difficulties of understanding the recording.

curiosity—любопытство
 point—копчик (ножа, вилки)
 messy — (зд.) крошащийся
 posh, smart - шикарный, первоклассный (о ресторане)
 sticky—липкий
 toast someone — произнести тост в чью-либо честь
 loosely — свободно
 roughly — (зд.) приблизительно
 sideways — сбоку от
 on the lap — на коленях

Exercise 2. Listen to the recording and decide whether the statements below are True or False.

1. The conversation takes place in Britain.

2. The interviewer comes from Germany.
3. Stephen isn't very particular about table manners.
4. Some of the English table manners sound strange to the interviewer.

Exercise 3. Listen again and from the list below choose the table manners that are being discussed in the conversation.

- a. the way the English use a napkin;
- b. the clothes they wear at dinner;
- c. the kind of meat served normally at formal dinners;
- d. the way they put the fork and knife after the meal's finished;
- e. the place they keep their hands both during the meal and before or after it;
- f. the kind of jokes that are acceptable at table;
- g. the way they eat cakes and chicken in Britain;
- h. the way they express gratitude after a meal;
- i. the words they toast people with;
- j. the kind of drinks preferable at formal dinner.

Exercise 4. When listening this time note down briefly what Stephen answers to the following questions.

- a. When do the English have lunch and dinner?
- b. How long does a typical lunch or dinner last?
- c. At which meal would the English eat the following: melon, meat, fish, pasta?
- d. At what season do the English eat soup and salads?
- e. When do they take tea or coffee?

Exercise 5. Listen to the interview again comparing the table manners in different countries so as to complete the chart below.

		GERMANY	BRITAIN	FRANCE
1.	At the start of a meal they say ...			
2.	They put the napkin ...			
3.	After the meal they put a knife and a fork ...			
4.	Being not in the process of eating they put their hands ...			
5.	They eat a cake with ...			
6.	They eat bread, bread and butter, chicken with ...			
7.	You can smoke when you have a break ...			

WRITING

Recall a funny episode connected with breaking the ABC of table manners.

Write a few paragraphs about etiquette for visitors to your country. Give helpful advice about things like table manners, hospitality and tipping.

SELF-CHECK

Exercise 1. Insert necessary prepositions.

1. Whether you're eating ... a fancy restaurant, ... the cafeteria, or ... home with friends and families, good table manners make a more pleasant meal. While you may not need to worry ... confusing your salad fork ... your desert fork when dining ... friends, some basic table manners should never be forgotten.
2. Table manners play an important part ... making a favorable impression. They are visible signals ... the state ... our manners and therefore are essential ... professional success. Regardless ... whether we are having lunch ... a prospective employer or dinner ... a business associate, our manners can speak volumes ... us as professionals.
3. ... a formal meal the cutlery is places ... the order ... which it will be used, starting ... the outside and working in. the dessert spoon and fork are usually laid ... the top ... your place setting not ... the side.
4. After you sit, pull your chair ... the table, without dragging it over the floor ... a horrible scrape. Take your napkin ... the table immediately, and place it neatly ... your lap. Then sit ... straight, just like Mom always tells you. And keep those pesky elbows ... the table.
5. If you have a bread plate ... the left of your fork, put the bread ... it. When the butter is passed ... you, use the serving knife to take a pat.

UNIT IV. Eating Out

TOPICAL VOCABULARY

bistro	bill	caterer
brasserie	for a change	come in very small
brewery	helping	portions
buffet	it's to my liking	dine / eat out
cafe	menu	disguise the natural
cafeteria	portion	taste
canteen	pull-in	expand one's menu
chip shop (chippy)	serving	have a second /
coffee bar / shop	table d'hôte	generous helping of
diner	the choice of items on	smth.
drive-thru restaurant	the menu is extensive/	help oneself
fast-food chain	is limited to / is poor	judge a restaurant's
refreshment room	the main item on the	wine list
restaurant	menu	look through the menu
sandwich bar	the speciality of the day	order smth.
snack bar	(house)	reserve a table for two /
steak house	be done to a turn	three
takeaway (BrE)	be full of flavour	show smb. to table
take-out (AmE)	be on the menu	take orders
transport cafe	be reasonably priced	time the dishes to
a la carte	be spoilt by a number	perfection
a large selection of	of herbs	waiter (waitress)
relishes	book early/in advance	
on the table	cater for	

While speaking about eating out we can use different adjectives and expressions.

restaurant: busy, crowded, decent, family-run, famous, fancy, fast-food, local, noisy, popular, posh, quiet, seafood, superb, traditional, vegetarian, wonderful, to go to, to manage, to open (up), to run;

service: awful, careless, excellent, first-class, first-rate, good, great, marvelous, poor, prompt, quick, slow, superb, top-quality, terrible, (incredibly) fast, etc.;

food: appetizing, delicious, disgusting, exotic, healthy, Indian / Italian, etc., junk, luxury, natural, nourishing, plain, revolting, simple, spicy, tasty, typical, vegetarian, wholesome, etc.;

prices: high, good, huge, low, moderate, modest, normal, reasonable, ridiculous, special, stable, steady, top, etc.

VOCABULARY EXERCISES

Exercise 1. Put each of the following words or phrases in its correct place in the passage below.

bill	fast food	cookery books	eat out	recipe	dish	menu
take-away	ingredients	waiter	snack	tip		

I'm a terrible cook. I've tried hard but it's no use. I've got lots of (a) ____, I choose a (b) ____ I want to cook, I read the (c) ____ I prepare all the necessary (d) ____ and follow the instructions. But the result is terrible, and I just have a sandwich or some other quick (e) _____. So I often (f) _____. I don't like grand restaurants. It's not the expense, it's just that I don't feel at ease in them. First the (g) ____ gives me a (h) ____ which I can't understand because it's complicated and has lots of foreign words. At the end of the meal when I pay the (i) ____ I never know how much to leave as a (j) _____. I prefer (k) ____ places, like hamburger shops where you pay at once and sit down and eat straightaway. And I like (l) ____ places, where you buy a meal in a special container and take it home.

Exercise 2. Put one of the following words in each space in the sentences below.

to	at	down for	of	out	in	up
----	----	----------	----	-----	----	----

- (a) I asked ____ the menu.
- (b) I like to eat ____.
- (c) He took ____ my order.
- (d) I prefer a simple cafe ____ a big restaurant.
- (e) I like to go ____ self-service places.
- (f) Let's invite the Smiths ____ dinner.
- (g) I looked ____ the menu.
- (h) I'm very fond ____ Chinese food.
- (i) Could you help me set ____ the plates?
- (j) Put the used cutlery ____ the sink.
- (k) I'll wash them ____ later.

READING

Text 1.

FAST FOOD

A new American fast-food chain has just opened its first restaurant in Britain. "The Nashville Superburger Bar" is just off Leicester Square. Because of the success of McDonald's and Kentucky Fried Chicken, I was interested to see if Nashville had anything new to offer. The restaurant was so brightly-lit that I wished I'd brought my sunglasses. Once I'd got used to the light, I rather liked the green and orange plastic decor, which was very futuristic. The place was spotlessly clean almost antiseptic. Although there was a long queue, service was incredibly fast. The menu was limited to a variety of hamburgers and prices were very reasonable. I had the "Giant Superburger" which was served with a generous helping of French fries. Although the burger itself was rather tasteless, there was a

large selection of relishes on every table and the French fries were the best I've ever tasted. This kind of establishment obviously caters for young people in a hurry. I was amazed to see that many of the customers preferred to eat standing up even though there were seats available. Most of the customers were under 25 and alone. Everybody seemed to be drinking milk-shakes and although I'm not very fond of them I felt I should have one. Not much can go wrong with a milk-shake and it tasted as good or as bad as any other. Although it's a quick and efficient way of taking nourishment, you wouldn't choose "The Nashville" for a quiet and romantic evening with a friend. Although I wasn't in a hurry, I was in, fed, and out in ten minutes. It reminded me very much of a motorway filling station.

by Rebecca Mitchell

Exercise 1. Read the articles again and pick out the words and word-combinations describing

- 1) the Old Mill;
- 2) the menu of "The Old Mill";
- 3) the author's impressions of the food there;
- 4) the Nashville Superburger Bar;
- 5) the menu in the Nashville;
- 6) the author's impression of the food there

Text 2.

THE FAST FOOD REVOLUTION

Exercise 1. Read these questions. Discuss your answers in a small group.

1. Think about the last time you ate in a fast-food restaurant. What did you eat? Besides the food, name three good things about your experience.
2. Why do some people dislike fast-food restaurants? Do you agree with their complaints?
3. Why do you think there are so many fast-food restaurants?

Exercise 2. Read this article to find out the many reasons behind the worldwide expansion of fast-food restaurants.

Maurice and Richard McDonald made a lot of money with their restaurant, but they grew tired of the stresses of ownership. The brothers were tired of searching for replacements when their cooks and waitresses quit. They were tired of replacing broken dishes and glassware and lost silverware. Before abandoning their successful business, however, they decided to try a new system of preparing and serving food.



Their remodeled restaurant contrasted with the original. It served just hamburgers, cheeseburgers, French fries, and drinks. Paper wrappers and paper cups replaced the dishes and glassware. Silverware wasn't needed because the restaurant didn't serve any food that required a knife, fork, or spoon to eat. Gone also were

the professional cooks. Instead, food preparation was divided among several workers, each with a specific task. One worker grilled the hamburgers; another wrapped them in paper; a third cooked French fries; and another poured drinks. There were no waitresses. Customers ordered and paid at the counter then carried their own food to a table. This new system was like a factory assembly line. Increasing the speed of food preparation increased the kitchen's output and lowered its costs. The system revolutionized the restaurant business and introduced the term "fast food."

Carl Karcher heard that a nearby restaurant was selling cheap, albeit top-grade, hamburgers for 15 cents. He was charging 35 cents for burgers in his own restaurant. When he visited the McDonald's restaurant, he was astonished to see 35 dozens of customers waiting in line to buy burgers while the assembly-line kitchen staff quickly and efficiently prepared their food. He liked the new system. In 1956 Karcher opened his own fast-food restaurant and named it Carl's Jr.

Around this time, Ray Kroc, a salesman who sold milkshake machines to restaurants, also visited the new McDonald's restaurant. Kroc was impressed by its food preparation and service system. He convinced the McDonald brothers to sell him the rights to build McDonald's restaurants across the U.S. By 1960, Kroc had opened 250 of them. A decade later, there were nearly 3,000 McDonald's franchises across the U.S.

The fast food industry grew because it was born at the right time. In the 1950s, the economy of the U.S. was expanding, and people were inclined to be optimistic and ambitious. This was a generation that was willing to risk starting a business and to work hard to make it successful. They also trusted technology and acknowledged that machines could work as efficiently as individuals.

Meanwhile, the automobile was growing in popularity, and this was, by far, the most important factor that led to the enormous growth of the fast-food industry. Now technology had made automobiles dependable and easy to drive. They were also affordable in the growing economy. People wanted to go places, and a national highway system, expanded during the 1950s, enabled U.S. families to drive long distances. They needed gas stations where they could refuel their vehicles and restaurants where they could eat. In time, hundreds of new gas stations were built along the highways, complemented by new fast-food restaurants where hungry travelers could get a quick meal.



The McDonald's model was widely copied in these restaurants, often by inexperienced owners who wanted a fast route to success. Some of the new restaurants failed, but many succeeded. Some even expanded into nationwide and worldwide chains. Among the contemporary start-ups of the 1950s and

1960s were Taco Bell, Burger King, Wendy's, Domino's Pizza, Kentucky Fried Chicken (KFC) and Jack in the Box.

The amazing success of fast-food chains soon inspired other kinds of retail businesses to form national and international chains of stores. Although many people reject the idea of globalization, business chains are rapidly overlapping national borders and spreading around the world.

Exercise 3. Use the target vocabulary in the box to complete this story. The words in parentheses can help you.

abandon	acknowledges	albeit	expand
in contrast	inclined	rejecting	generations

The people of past (1. people born at about the same time) ate in restaurants only on weekends or special occasions. (2. showing a difference), people today are (3. likely) to eat out several times a week. This could be a problem if their menu choice is always a hamburger and French fries. Nearly everyone (4. agrees that it's true) that too much fat in the diet is not healthy. Unfortunately, hamburgers and French fries are high in fat, (5. although) delicious. Instead of (6. refusing) fast food altogether, people should simply (7. stop having) the burgers and fries and (8. increase) their food choices by ordering something different.

Exercise 4. Mark each sentence as T (True) or F (False) according to the information in the text.

1. Maurice and Richard McDonald abandoned their restaurant because the output was low and it did not make enough money.
2. Their original restaurant used glassware. In contrast, the new restaurant used paper cups.
3. McDonald's hamburgers were top-grade but very expensive.
4. In the decade between 1960 and 1970, McDonald's expanded to around 3,000 restaurants nationwide.
5. Among the contemporary start-ups of the 1950s and 1960s were Domino's Pizza and Wendy's.
6. In the 1950s, people were optimistic, albeit inclined to worry about the economy.
7. This generation rejected fast foods because they acknowledged the new food preparation system was not efficient.
8. Many roadside stops included the complement of gas stations and fast-food restaurants.
9. Many business chains are overlapping U.S. borders into other countries.

SPEAKING

Exercise 1. Act out the conversation by analogy.

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. - Can I take your order, sir?
 - Yes, I'd like to try the steak.
 - And to follow?
 - Ice-cream, please. | <ol style="list-style-type: none"> 2. - Have you decided on something, sir?
 - Yes, haddock and chips for me, please.
 - How about the sweet?
 - No sweet, thanks. Just coffee. |
|---|--|
3. - What would you like to drink?
 - A black coffee for me, please.
 - How about something to eat?
 - Yes, I'd like a portion of that strawberry tart.
 - Right. I'll see if I can catch the waitress's eye.

4. - What are you going to have to drink?
 - I'd like something cool.
 - Would you care for some cake?
 - It certainly looks tempting. I wouldn't mind some myself.
5. - What do you want to drink?
 - I feel like a cup of tea.
 - Do you fancy something to eat?
 - Yes, I'd rather like some of that fruit cake.
 - That's a good idea. I think I'll join you.
6. - Now here we are in the canteen. What are you taking?
 - Let me see. Soup, roast beef, a sweet pie, some salad, fruit for dessert.
 - I see, you are a very good eater.
 - So I am. And I'm getting stout.
 - You mustn't eat so much.
 - I know I mustn't, but I can't help it.
7. - Look! There is a vacant table in the corner. Let's sit down at the table.
 - Here is the menu. Let's read it. What would you like to take?
 - Well, the choice is not very wide. There is nothing to my taste.
 - You are very particular about food, aren't you?
 - So I am.

When you accept an invitation you say:

Willingly.	All right.	I'll be delighted.
With pleasure.	Yes, I'd like to.	Nothing would please me more.
Why not.	I like the idea.	That sounds great / nice.
Agreed.	That's a good (bad) idea.	If it's not much trouble.
	That's all right with me.	

When you turn down (reject) an invitation you say:

I'm afraid I can't. Thank you.
 I'm sorry, but I can't. Thank you.
 I'm afraid (I'm sorry) I'm busy. Thanks.
 I don't really want to. Thanks.
 I'm not really in the mood. Thanks.
 I'd rather not. Thank you.
 I don't feel like it.
 Thanks. I already have plans.

Exercise 2. Use the following sentences in short dialogues of your own.

1. The pudding is just to my liking.
2. The salad tastes good.
3. As to the steak, I want it a bit underdone.
4. No, thanks, I want neither ham nor sausage.
5. Help yourself to some more pie.

6. The steak is very tender.
7. As to the soup, it was cold and tasted awful (It had a nasty taste).
8. You know, I have a sweet tooth.

Exercise 3. Discuss the following.

1. Describe your first visit to a restaurant.
2. Some fast food restaurants are being opened in our country. Tell us about advantages and disadvantages of having your meals at fast food restaurants.
3. Describe a dinner out or a banquet you attended last week.
4. It is convenient to have a party at a restaurant rather than at home. No trouble at all. All pleasure and fun. What do you think of it?
5. Imagine you are very hungry and discuss with your partner the dishes on the menu and decide on the ones you would like to order.

LISTENING

Listening 1. (Enterprise. Intermediate. Student's book. Unit 6: Eating Habits. p.73)

Exercise 1. Listen to the people expressing their opinions about different restaurants and fill in the table below, then write about these restaurants, commenting on quality of food, service, atmosphere and price.

	MEXICAN	FAST FOOD	ITALIAN
quality of food quality and spicy, not greasy or too.....	only the freshest
service efficient unhurried
atmosphere	relaxed,
price	overpriced value for money

Listening 2. (Enterprise. Intermediate. Student's book. Unit 6: Eating Habits. p.77)

Exercise 1. You are going to hear a conversation between two friends about where they are planning to go for dinner. Decide whether the statements are true or false.

1. They are going out on Friday night.
2. They don't choose the Chinese restaurant because the food is greasy and spicy.
3. Steve has been to the Ethiopian restaurant before.
4. The main dish at the Ethiopian restaurant consists of various kinds of food.
5. Bouillabaisse is made with fish and vegetables.
6. The French bistro closed down last Monday.
7. Steve is going to make the reservation.

WRITING

1. A new American fast-food chain has opened its first restaurant in your town. You've just visited it and would like to share your impressions with your friend. Write a letter to her / him and give your attitude to the restaurants of "fast food".
2. Last week you were invited to eat out. Write a letter to your parents describing the place, the food and the service and tell them whether you were satisfied or had some complaints.

SELF-CHECK

Exercise 1. Put each of the following words or phrases in its correct place in the passage below.

cutlery	vegetarian	diet	crockery
side dish	starter	napkin	entertaining
main course	sink	washing up	dessert

Maureen often gives dinner parties at home. She loves (a) _____. She lays the table: puts the (b) _____ in the right places, sets out the plates and puts a clean white (c) _____ at each place. For the meal itself, she usually gives her guests some kind of (d) _____ first, for example soup or melon. Next comes the (e) _____, which is usually meat (unless some of her guests are (f) _____ or if they're on a special (g) _____ with a (h) _____ of salad. For (i) _____ it's usually fruit or ice-cream, and then coffee. When everyone has gone home, she must think about doing the (j) _____, as in the kitchen the (k) _____ is full of dirty (l) _____.

Exercise 2. Translate from Russian into English.

1. Я часто обедаю в этом ресторане, здесь подают морепродукты. Я без ума от креветок и крабов. 2. – Давай закажем цыпленка в сыре – Звучит соблазнительно, но боюсь, это дорого. – Не волнуйся, у меня с собой достаточно денег. Сегодня я угощаю. 3. – Этот столик у окна свободен? – Простите, он заказан. Я могу вам предложить столик у камина, там вам будет удобно. 4. Что вы будете заказывать на первое? – Мы еще не выбрали. А что бы вы посоветовали? – Я рекомендую взять грибной суп, это наше фирменное блюдо. 5. – Что вы хотели бы заказать? – Мы хотели бы начать с овощного салата. – Какую приправу вы желаете? – Майонез и уксус для нас обоих. – А на второе? – Два бифштекса, пожалуйста. – С кровью, средне или хорошо прожаренные? – Средне прожаренные, пожалуйста. 6. – Я возьму жареную треску или камбалу. – Извините, этого нет в меню. Могу предложить фаршированную щуку или карпа. – Тогда я закажу карпа. 7. Пора обедать. Что у вас сегодня на обед? – На первое – щи, котлеты и пюре на второе, компот – на десерт. 8. Ты просматриваешь меню уже 10 минут. Пора

сделать заказ. Ты нашел себе что-нибудь по вкусу? – Я ничего не могу найти по вкусу в меню. – Неужели? Посмотри, сегодня в меню столько хороших блюд: салат из огурцов и помидоров, ветчина, сосиски, апельсиновый сок... 9. Давай возьмем на первое бульон. – Мне не хочется супа сегодня. Я лучше возьму яблочный сок. 10. Съешь ещё каши. – Мне не нравится каша. Она слишком соленая. 11. Мне бы хотелось еще чашку кофе. – Пожалуйста. Какой кофе Вы любите, с молоком? 12. Я, пожалуй, возьму комплексный обед. Это дешевле и быстрее. 13. В кафе был большой выбор разных напитков, но мы заказали томатный сок. 14. Что бы ты заказал на второе? – Котлеты с макаронами. – А я макаронам предпочитаю картофель или другие овощи, поэтому я возьму жареную курицу и пюре. 15. Разве тебе не нравится свинина? – Почему, мясо очень вкусное и нежное. 16. Не пора ли пойти пообедать? Я голоден, как волк. Прямо за углом есть хорошее кафе. Ты не возражаешь, если мы пойдем туда? – Конечно, нет. 17. Что у них сегодня в меню? – Выбор, как всегда, очень большой. На первое можно взять рыбный суп, щи, грибной суп, свекольник. Пожалуй, свекольник как раз то, что надо в такую жару. Да, ты прав. А что есть на второе? – Котлеты, бифштекс, цыпленок, тушеное мясо с овощами, отварная рыба. – Я закажу тушеное мясо, а ты? – Я тоже. Официант, примите заказ: два свекольника, две порции тушеного мяса и два компота. 18. Передайте мне, пожалуйста, хлеб. – Черный или белый? – Черный. А где соль и перец? – Они на столе на кухне. 19. Что вы будете заказывать из напитков? – Ничего. Пожалуй, только грейпфрутовый сок. 20. Мне абсолютно не понравился этот ресторан: кухня отвратительная, обслуживание ужасное, официант груб. 21. Я не получил никакого удовольствия от обеда, так как суп был водянистый, заливная рыба безвкусная, а бифштекс очень жесткий. Его невозможно разжевать.

UNIT V. Right and Wrong Foods. Dieting.

TOPICAL VOCABULARY

a crash diet	cook food	lose weight / to slim
a diet (keep to, go to, stick to, sit on a diet)	lightly / thoroughly	minerals
a snack food	create / get energy	nutrient-rich
artificial sweeteners	cut down on smth.	nutrition
be (keep) fit / in good shape	damage one's health by smth	oil replacement
be high / low in...	digestion	overconsumption
be tempted to eat snacks between meal foods	eliminate	protein
blood cholesterol level	fat, low-fat, fat-free	puff up
build (up) one's body / muscles	fibre	scales
burn food / fat to get energy	fight colds	sensible
calcium	fill smb. up	skip food
carbohydrate	flavour enhancer	sodium
carbohydrate-rich	food label	substitute
chemical additives	glucose	sufficient amount
cholesterol-rich	health-giving snacks	take exercise
	heart disease (to cause, to lead to...)	turn into fat
	high/ low-calorie food	vegan
	intake	vegetarian
	keep an accurate record of smth	vitamins (A, B, C, D)
		weigh oneself
		well-balanced
		zinc

VOCABULARY EXERCISES

Exercise 1. Fill in the gaps with prepositions.

1. People who want to keep always fit should cut ... sweets, cakes, ice creams and soft drinks.
2. The digestion cannot function properly ... a sufficient amount ... fibre. Fibre also fills us ... and makes us feel a bit hungry.
3. ... digestion the body breaks... starch ... a simple sugar called glucose.
4. Sugar is bad ... me, so I gave ... sugar in my tea last week.
5. Girls worry more than boys ... losing weight.
6. People will be able to eat well... putting-weight if they stick ... a low-fat, high ... fibre diet.
7. We should avoid ... hunger by filling ... with good food.
8. Processed sugar is relatively high ... calories.
9. If you like to snack ... crackers that are high ... fat and sodium, switch ... whole-wheat crackers.

Exercise 2. Give Russian equivalents to the following proverbs and sayings. Make up short stories to illustrate them.

1. Too many cooks spoil the broth.
2. An apple a day keeps the doctor away.
3. Square meals often make round people.
4. Live not to eat, but eat to live.
5. Eat at pleasure, drink with measure.
6. The way to a man's heart is through his stomach.
7. To lengthen the (=your) life, lessen the (=your) meals.
8. Diet cures more than lancet.
9. One man's meat is another man's poison.
10. After dinner sit a while, after supper walk a mile.

Exercise 3. Discuss these questions with a partner.

1. What time(s) of day (and night) do you feel hungriest?
2. How do you feel physically and emotionally when you are really hungry?
3. What activities make you feel particularly hungry or thirsty?
4. How many times per day do you eat and drink?
5. What kind of food do you prefer to eat when you are hungry?
6. How do you feel after eating and drinking?

READING

Text 1.

Exercise 1. Read the extracts and speak about the problems touched upon in them. Discuss your ideas of healthy food in groups of three or four.

WE OUGHT TO EAT MORE FRESH FRUIT

Most of us eat without realising what our food consists of. And, like any other machine, the body functions better or worse according to the fuel we feed it. No one single food will kill us, but a combination of the wrong sorts of food can cause ill health. Perhaps we ought to stop and think for a moment.

Chemical additives in food certainly make it tastier and more attractive to look at when it often consists mainly of sugar. This is dangerous not only for our body but also for our teeth. We should cut down on sweets, cakes, ice creams and soft drinks.

Sugar is not the only danger. The next time we eat lamb chops or cheese, or drink a glass of milk, we should remember the high level of fat they contain. Too much fat may lead to heart disease.

In order to be really healthy, our bodies need fibre. Without a sufficient amount, the digestion cannot function properly. We ought to eat more fresh fruit and vegetables, bread and cereals such as rice. Fibre also fills us up, makes us feel less hungry and so we eat less of the wrong kinds of food.

Nutrients That Provide Energy

Sugar and Starch, or Two Carbohydrates

Sugar and starch are used mainly to supply the body with energy. Foods that contain sugar, such as oranges and milk, are found in the Fruit and Milk Groups. Foods that contain starch, such as pasta and potatoes, are found in the Bread and Vegetable Groups. Sugar and starch are carbohydrates. During digestion, the body breaks down starch into a simple sugar called glucose that can be absorbed by cells and used for energy. All carbohydrates provide quick energy.

Fat

Like carbohydrates, fat provides the body with energy. But fat contains more than twice as many food calories per unit of mass as carbohydrates. Unlike most carbohydrates, fats can be stored in the body. They can be used when the body needs energy. Foods that are rich in fats include margarine, butter, salad oils, olives, nuts and seeds, cheeses, and many meats. These foods are found in the Milk and Meat Groups, as well as in Fats, Oils and Sweets.

Protein

Proteins are the third group of nutrients that can provide energy. Their primary use, however, is not to supply the body with energy. Proteins make up much of the structure of cells. They are needed for the growth and repair of cells. Milk, meats, fish, eggs, beans, and cheese are good sources of protein. These foods are found in the Milk and Meat Groups. Foods in the Bread and Vegetable Groups also contain protein, but in smaller amounts.

Three Other Nutrients

Carbohydrate (sugar and starch), fat, and protein are not the only nutrients the body needs. The body needs three other nutrients: water, minerals, and vitamins.

Water is all around us in rivers, in waterfalls – and in healthy bodies. Water helps our body get energy from the fat, carbohydrate, and protein you eat. Like a river carrying boats, water transports nutrients to every cell of your body. When you feel thirsty, what is your body telling you? You should drink eight glasses of water a day to stay healthy.

Minerals. There are more than a dozen minerals, including calcium, iodine, iron, and zinc. Your body doesn't need large quantities of minerals and vitamins – less than a teaspoon a day – but these nutrients are essential to human growth and well-being.

The range of minerals is vital for the development and support of the body. For example, the body requires calcium for strong bones and teeth. Good sources of calcium are milk, cheese, spinach, and dried figs. Zinc helps the body grow; it comes mostly from seafood, meat, and yeast.

Vitamins. Vitamins, 13 in all. Each vitamin – A, the B vitamins (eight in all), C, D, E, and K – plays a part in helping the body work and in preventing certain diseases. For example, vitamin A helps keep eyes bright and clear. Good sources of vitamin A include carrots, egg yolks, sweet potatoes, and milk.

Exercise 2. Sort foods into food groups.

Bread Group:

Vegetable Group:

Fruit Group:

Milk Group:

Meat Group:

Fats, Oils, and Sweets:

Exercise 3. A) Find in the text a word or words that mean.

- 1) material for creating energy
- 2) meat dish
- 3) enough
- 4) in a correct way
- 5) cause of suffering
- 6) reasonable
- 7) measurement of energy that food will produce
- 8) which can be trusted
- 9) device for weighing
- 10) exact

Exercise 4. Match the words in column A with the definition in column B.

A	B
snack	sort of food usually eaten (by a person, community)
yoghurt	any kind of grain used for food
cereal	one of the thin thread-like parts that form many animal and plant growths such as muscle, etc.
vitamin	ferment liquor made from milk
fibre	any of a number organic substances which are present in certain foodstuffs and are essential to the health of man
protein	unit of heat, unit of energy supplied by food
diet	light, hurriedly eaten meal
calorie	any of many substances that help to build up the body

Exercise 5. Answer the questions.

- 1) Do many people know what their food consists of?
- 2) Can what we eat affect how we feel?
- 3) Why should we eat fewer sweet things?
- 4) How could too much milk be dangerous?
- 5) Where can we find fibre?
- 6) Why is fibre good for slimming?
- 7) Does losing weight have to be painful?
- 8) Is it sufficient to know you should lose weight?
- 9) What do you think the record will show?
- 10) Will you lose the same amount of weight every week?

Text 2.

Exercise 1. Do you know much about dieting? Have you ever been on a diet? Read some more facts about dieting and be ready for discussion.

SOME FACTS ABOUT DIET

DIET is the food and drink that a person takes regularly day after day. The word diet also refers to the amounts or kinds of food needed under special circumstances, such as losing or gaining weight. Diet needs vary according to age, weight, condition of health, climate and amount of activity. Dietetics is the science of feeding individuals or groups. Normal diet, or balanced diet, contains all the food elements needed to keep healthy. A person needs minerals, proteins, vitamins, and certain fats to build and maintain tissues and to regulate body functions. Proteins, fats, and carbohydrates are used to provide energy and heat. A diet that lacks any needed food element may cause certain deficiency diseases. For example, lack of vitamin C causes scurvy, and lack of iron, or vitamin B-12 causes anaemia.

There are special diets intended for losing or gaining weight. Both the energy value of food and the energy spent in daily activity are measured in units of heat called kilocalories. These measurements are usually referred to as calories. Diets for gaining or losing weight are based on the amount of calories taken into the body in food and the amount of calories used up in activity. If people take in more calories than they use up, they will gain weight. They will lose weight if they take in fewer calories than they use up. A diet aimed toward losing or gaining weight should include all the food elements. People should seek the advice of a doctor before beginning such a diet.

Your body needs energy, protein, minerals, vitamins and fibre. In order to get all of these it is important to have a varied and balanced diet, and to eat the right amount. Your body 'burns' food to get energy: the amount of energy provided by food is measured in units called calories.

How many calories do you need? This depends on your weight and on what you do. When you are asleep, your body uses nearly one calorie an hour for every kilogram of weight. So a person who weighs seventy kilos uses about 560 calories while sleeping for eight hours; in other words, he needs about 1680 calories just to stay alive for 24 hours, even without doing anything. More calories are needed for different activities – from 100 calories an hour for reading or watching TV, to 350 calories an hour for playing football. To calculate the number of calories needed per day for an average person, first find out that person's ideal weight.

(Your ideal weight is what you *should* weight. It depends on your height and your build, and it may be very different from your present weight!) Then multiply the correct weight (in kilograms) by 40 for a woman, or 46 for a man. A 57-kilo woman may need about 2300 calories a day – more if she does heavy physical work or a lot of sport, less if she is very inactive.

Exercise 2. Translate from Russian into English.

1. сбалансированная диета
2. недостаток витамина С

3. на каждый килограмм веса
4. подсчитать количество калорий
5. соблазн, искушение
6. успокоить чувство голода
7. искусство оформления еды
8. скудный, ограниченный
9. потреблять что-либо бессознательно
10. воздушный нежирный попкорн
11. смаковать каждый кусочек

SPEAKING

Exercise 1. Prove the ideas that

- People know that if they stick to a low-fat, high fibre intake they will be able to eat without putting on weight.
- Research is indicating that we are what we eat.
- Fruit and vegetables are the best source of fibre.
- It is sometimes hard to resist hot chips with salt or chocolate éclairs.

Exercise 2. Work in groups of three. Each person should take one of the roles below.

Student A

You are a vegan. You strongly disagree with people eating meat, fish, eggs, cheese or milk.

Student B

You are a vegetarian. You do not eat fish or meat but see nothing wrong in eating dairy products.

Student C

You are a gourmet. You love good food, including meat, fish and dairy products.

Work out the things you can and can't eat.

Compare your diets and try to persuade each other of your point of view.

Act out dialogues in which you:

- ***try to tempt a vegan/ a vegetarian to eat meat***
- ***persuade a gourmet to go on a diet***

Exercise 3. Your friend has put on weight recently and wants to do something about it. Talk to your friend and

- ***advise him/her on what to do in order to lose weight in a healthy way;***
- ***tell him/her about a diet/ exercise programme that has worked for you;***
- ***encourage him/her to try it.***

LISTENING

Listening 1. (Upstream. Intermediate. Unit 8. You are what you eat. p. 124 ex. 33.)

Exercise 1. You will hear a radio interview with a famous cardiologist. For questions 1-6 decide whether the statements are true (T) or false (F).

1. Heart attacks are more common now than they were in the past.
2. Dr Shaw says most people would eat a healthier diet if they had more time.

3. If you have a healthy diet, with lots of fruit and vegetables, you don't have to exercise.
4. Dr Shaw recommends joining a gym.
5. Dr Shaw says men in their 50s tend to smoke and drink too much coffee.
6. Dr Shaw implies men are more at risk of heart attacks than women.

Listening 2. (Upstream. Intermediate. Unit 8. You are what you eat. p. 124 ex. 35.)

Exercise 1. You are going to hear a news report on young people's eating habits. Listen and choose the best answer to the questions below.

1. The speaker says young people
 - a) had a healthier diet in the past.
 - b) think fast food is nutritious.
 - c) would be healthy if they didn't eat fast food.
2. Modern day families
 - a) prefer to eat out.
 - b) don't have time to prepare healthy food.
 - c) eat more than they should.
3. The speaker says
 - a) people should skip breakfast instead of eating doughnuts or croissant.
 - b) home cooked meals are very nutritious.
 - c) no fixed meal times lead to bad eating habits.
4. Young people eat junk food at lunchtime
 - a) because it is convenient.
 - b) because it is filling.
 - c) because they can't afford anything else.
5. The speaker says teenagers
 - a) eat unhealthy snacks all day long.
 - b) sometimes eat nothing healthy all day.
 - c) need to learn to cook healthy food.
6. Young people today
 - a) don't eat fresh food.
 - b) usually have a healthy evening meal.
 - c) only drink sugary soft drinks.

WRITING

Exercise 1. Write a set of guidelines either for your friend who is slimming or for a child who is on a nourishing diet after being ill. Some examples of useful language are shown below.

You should / You ought to...

It is a good idea to...

Don't forget to...

Remember to...

Make sure you...

Don't be afraid to...

Try to avoid...
Don't ... or you will...
You shouldn't...
Be careful not to...

Exercise 2. Write a short report “If food tastes good, it’s probably bad for you” or “One man’s meat is another man’s poison”. How far do you agree with these statements? Use specific reasons and examples to support your opinion.

SELF-CHECK

Exercise 1. Translate into English.

1. Без достаточного количества клетчатки пищеварение не может происходить должным образом.
2. Один способ похудеть – сесть на диету, другой – продолжать есть то же самое количество пищи, но начать заниматься спортом.
3. Если вы хотите быть всегда в форме, не соблазняйте на перекусы между приемами пищи.
4. Люди часто наносят вред своему здоровью, потребляя слишком много калорийных продуктов.
5. Когда вы едите жареную свинину, макаронные или кондитерские изделия, соленые орешки, пьете газированные напитки или стакан молочного коктейля, вам следует помнить, что они очень калорийны, а слишком много жира может привести к сердечным заболеваниям.
6. Если предполагается, что ты худеешь, то ты должна отказаться от сладкого. Не думай о диете как о наказании и следуй разумному рациону питания.
7. Отличный способ для желающих похудеть – на завтрак есть мюсли, так как зерно разбухает в молоке и порция выглядит намного больше, чем есть на самом деле.
8. Вы можете сравнивать питательную ценность различных сортов печенья, так как информация об этом в большинстве случаев дается на обратной стороне пакета.
9. К сожалению, чипсы и тому подобные продукты – это продукты с очень высоким содержанием жира.
10. Врачи советуют не пропускать завтрак и употреблять что-нибудь питательное.
11. При составлении меню на день следует исходить из трех основных принципов рационального питания. Оно должно быть умеренным, разнообразным и регулярным.
12. Овощи – существенный источник витаминов, минеральных веществ, микроэлементов и клетчатки.
13. Белки служат материалом для построения новых клеток, а следовательно, для построения тканей.
14. Диетические салаты вместо майонеза нужно заправлять растительным маслом, сметаной. Вместо уксуса сдабривать соком лимона. При склонности к полноте в салаты не добавляют картофель.

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Учебное издание

БЕРЕСНЕВА Анастасия Николаевна
ДУБИНКИНА Александра Олеговна

MEALS

Методические рекомендации по теме

Технический редактор

Г.В. Разбоева

Компьютерный дизайн

Л.Р. Жигунова

Подписано в печать 2018. Формат 60x84 ¹/₁₆. Бумага офсетная.

Усл. печ. л. 2,91. Уч.-изд. л. 2,40. Тираж 50 экз. Заказ .

Издатель и полиграфическое исполнение – учреждение образования
«Витебский государственный университет имени П.М. Машерова».

Свидетельство о государственной регистрации в качестве издателя,
изготовителя, распространителя печатных изданий

№ 1/255 от 31.03.2014 г.

Отпечатано на ризографе учреждения образования
«Витебский государственный университет имени П.М. Машерова».

210038, г. Витебск, Московский проспект, 33.