

# ПРАКТИКА РЕЧИ ПИТАНИЕ



# SPEECH PRACTICE FOOD AND MEALS

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Учебно-методическое пособие состоит из трех частей (“Food, Glorious Food”, “An Apple A Day”, “The Spice of Life”), каждая из которых включает несколько разделов. Пособие может быть использовано как для работы в аудитории под руководством преподавателя, так и для самостоятельного изучения языкового материала.

Для студентов университетов специальности 1 21 05 06 Романо-германская филология, а также других специальностей, предусматривающих изучение английского языка как основного иностранного.

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## ПРЕДИСЛОВИЕ

Учебно-методическое пособие «Практика речи: Питание = Speech practice: Food and Meals» предназначено для студентов высших учебных заведений Республики Беларусь специальности 1-21 05 06 Романо-германская филология, изучающих английский язык как основной иностранный, и ориентировано на развитие у студентов навыков устной и письменной речи по теме «Питание».

Содержание учебно-методического пособия отвечает требованиям Образовательного стандарта ОСВО 1-21 05 06-2018, типовой учебной программы для высших учебных заведений по специальности 1-21 05 06 Романо-германская филология по дисциплине «Основной иностранный язык (английский)» (утвержденной 14.06.2011 г., регистрационный № ТД-Д.171/тип) и учебного плана по специальности 1 21 05 06 Романская филология, утвержденного 16.02.2017 г., регистрационный № ИН-15.

Пособие состоит из 3 частей, отражающих основное содержание темы «Питание». В первую часть «Еда, прекрасная еда» включены разделы «Продукты питания», «Приготовление пищи», «Питание в общественном месте». Во второй части «Яблоко в день» нашли отражение разделы «Фастфуд: за и против», «Здоровое питание», «Диеты: мода или необходимость?» и «Вегетарианство». В третью часть «В разнообразии – прелесть жизни» вошли разделы «Кухни народов мира», «Экзотические блюда» и «Рецепт моего любимого блюда».

Содержание каждого раздела ориентировано на два академических часа (таким образом, работа с учебно-методическим пособием рассчитана на 20 академических часов). Каждый раздел включает упражнения, способствующие формированию навыков и развитию умений англоязычной речи по каждому из видов речевой деятельности по заявленной теме. Все упражнения структурированы по секциям. Так, секция *Lead-in* содержит вводную информацию или вводные дискуссионные вопросы по теме занятия. В секции *Topical Vocabulary* представлена активная лексика раздела. Для ее усвоения и закрепления в секции *Focus on vocabulary* представлены различные упражнения. Секция *Focus on reading* содержит задания для работы с текстом, ориентированные на формирование навыков разных видов чтения. В секциях *Focus on speaking* и *Focus on writing* представлены задания творческого характера, которые могут быть модифицированы преподавателем и предложены студентам в качестве домашнего задания. В секции *Focus on speaking* различные варианты заданий предлагаются на выбор преподавателя.

В конце каждой части предусмотрена секция *Revision*, которая содержит задание на перевод для повторения и закрепления изученного материала, а также секция *Project*, в которой предлагается задание для проектной работы студентов – самостоятельно или в группах.

Кроме того, в связи с большим объемом лексического материала в пособие включен раздел «*Additional material*», который содержит дополнительные материалы для занятий в виде текстов для чтения, игровых заданий и лексических упражнений, направленных на изучение идиом. Эти материалы могут использоваться в качестве домашнего задания, самостоятельной работы студентов или дополнительных видов работы на занятии по желанию преподавателя.

Учебно-методическое пособие может быть рекомендовано как для работы во время аудиторных занятий, так и для самостоятельного изучения студентами предложенного материала с последующим обсуждением на занятии.

Автор выражает искреннюю благодарность рецензентам пособия – кандидату филологических наук, доценту А. Р. Пайкиной (Могилевский государственный университет продовольствия), кандидату педагогических наук, доценту В. Ф. Толстоуховой (Белорусский государственный университет) за высказанные пожелания и замечания.

# PART I

## FOOD, GLORIOUS FOOD

### UNIT 1

#### FOODSTUFFS

Laughter is brightest in the place where the food is.  
*Irish proverb*

#### TOPICAL VOCABULARY

##### Meat

bacon  
beef  
ham

lamb  
pork  
sausage

##### Fish and Seafood

salmon  
trout  
tuna

sardines  
crabs  
tinned / canned fish

##### Poultry

chicken  
duck

goose  
turkey

##### Dairy

butter  
cheese / cottage cheese  
cream cheese

cream / sour cream  
milk  
yoghurt

##### Bread and Pastry

biscuits (BrE) / cookies (AmE)  
brown bread / rye bread  
cake

muffin  
pie

##### Cereals and Groceries

cornflakes  
oatmeal  
rice  
rice / brown rice

flour  
macaroni  
noodles  
baking soda

### **Confectionery**

caramel	peppermint
cheesecake	sweets (BrE) / candies (AmE)
chocolate	toffees

### **Fruit**

apples	lemons
bananas	oranges
grapes	pears

### **Berries**

cherries	strawberries
currants (black, red)	melon
raspberries	watermelon

### **Vegetables and Legumes**

beetroot / beets	marrow (BrE) / squash (AmE) /
bell pepper / sweet pepper	zucchini (AmE)
cabbage	onions / spring onions
carrots	potatoes / new potatoes
cucumber	tomatoes

### **Dishes**

crêpes / pancakes  
eggs: hard-boiled / soft-boiled / fried / scrambled eggs  
porridge  
potatoes: baked / boiled / fried / mashed / roast potatoes  
salad: mixed / fruit / vegetable salad  
sandwich  
soup: beetroot / cabbage / fish / milk / noodle / pea soup  
steak: rare / medium / well-done

### **Taste of food**

appetizing	disgusting
bitter	greasy / oily
bland	hot
chewy	juicy
creamy	mild
crisp / crispy	mouthwatering
delicious	mushy

ripe  
salty  
sour  
spicy  
stale

sweet  
tasteless  
tasty  
tender  
yummy

### **LEAD-IN**

Answer the questions:

1. What is your favourite food?
2. What do you have in your kitchen / fridge today?

### **FOCUS ON VOCABULARY**

**I. What foods do you know from each category? Study the Additional Material section and a dictionary and take notes.**

1. meat and poultry	
2. fish and seafood	
3. dairy	
4. bread and pastry	
5. cereals	
6. confectionery	
7. fruit	
8. berries	
9. vegetables	
10. nuts and dried fruit	
11. sauces and spices	
12. drinks	
13. dishes	

**II. Match the words with their definitions and say what food each word refers to.**

- |                  |   |
|------------------|---|
| 1. bitter        | a) food that has been fried in oil  |
| 2. creamy        | b) food that is (not) ready to eat (fruit, vegetables)  |
| 3. crisp, crispy | c) food with a sharp, acidic taste (lemons, limes, and also milk that has gone off)                                     |
| 4. crunchy       | d) food that is crisp and easily breakable (cereals, biscuits, nuts)  |
| 5. crumbly       | e) food with a sharp taste (almonds)  |
| 6. greasy        | f) food that has a rich salt content  |
| 7. juicy         | g) food that is firm and fresh and food that is easily breakable (apples)   |
| 8. ripe / unripe | h) food that crumbles to the touch, and breaks easily when you try to eat it (crackers, biscuits, some types of cheese) |
| 9. salty         | i) food that contains a lot of juice  |
| 10. sour         | j) soft, smooth foods that contain cream or taste as if they do (yoghurts, mousses)                                     |

**III. Put the words into the correct columns:**

<i>Beef</i>	<i>herring</i>	<i>veal</i>	<i>sole</i>	<i>sardine</i>	<i>pork</i>	<i>trout</i>	<i>mutton</i>
			<i>cod</i>	<i>lamb</i>			

<b>Meat</b>	<b>Fish</b>

**IV. Put the words into the correct columns:**

<i>Lemon</i>	<i>cabbage</i>	<i>pea</i>	<i>tomato</i>	<i>celery</i>	<i>peach</i>	<i>plum</i>	<i>cauliflower</i>
<i>parsley</i>	<i>cherry</i>	<i>lettuce</i>	<i>eggplant</i>	<i>onion</i>	<i>grapefruit</i>	<i>persimmon</i>	
	<i>avocado</i>	<i>pumpkin</i>	<i>grapes</i>	<i>carrot</i>	<i>chives</i>		

<b>Vegetables</b>	<b>Fruits</b>



Vegetables	Fruits

**V. What food/dish do you think is...**

- delicious?
- nourishing?
- disgusting?
- healthy?
- tasty?
- bland?

**VI. Tick the food you have tried. What did this food taste like?**

- baked potatoes
- cheesecake
- duck
- mashed potatoes
- sushi
- hamburger
- noodle soup
- paella
- pizza
- fondue
- fish and chips
- seafood
- fruit salad
- steak
- lasagna

**VII. Match a container with food you can put into it.**

- |                |                            |
|----------------|----------------------------|
| 1. a bowl of   | a) sardines                |
| 2. a mug of    | b) ice cream               |
| 3. a tin of    | c) bottles / wine/ beer    |
| 4. a crate of  | d) crackers / tea bags     |
| 5. a cone of   | e) jam / marmalade / honey |
| 6. a carton of | f) rice / soup / noodles   |
| 7. a jar of    | g) beer                    |
| 8. a tube of   | h) ketchup                 |
| 9. a jug of    | i) milk / juice            |
| 10. a box of   | j) water / milk            |

**VIII. Match the quantity with food it refers to.**

- |               |                                   |
|---------------|-----------------------------------|
| 1. a slice of | a) bread / cheese / meat / butter |
| 2. a bunch of | b) grapes / bananas               |

- |                  |                 |
|------------------|-----------------|
| 3. a bar of      | c) chocolate    |
| 4. a loaf of     | d) bread        |
| 5. a spoonful of | e) eggs         |
| 6. a pinch of    | f) sugar / salt |
| 7. a dozen       | g) garlic       |
| 8. a head of     | h) beef         |
| 9. a clove of    | i) salt         |
| 10. a joint of   | j) cabbage      |

### IX. Fill in the necessary words:

- I'd like a \_\_\_\_\_ of coffee.
- Can you buy a \_\_\_\_\_ of bread and a \_\_\_\_\_ of milk?
- Can you pass me this \_\_\_\_\_ of juice, please?
- I'm eating a \_\_\_\_\_ of pizza now.
- You can take a \_\_\_\_\_ of crisps in the kitchen.
- The \_\_\_\_\_ of cereals is on the table.
- Would you like a \_\_\_\_\_ of lemonade?
- Can you cut this \_\_\_\_\_ of bread for me, please?

### X. Think of a food to match each adjective.

<u>Tastes</u>	<u>Textures</u>
sour	soft
sweet	crunchy
salty	crispy
bitter	creamy
spicy	greasy
bland	juicy

### XI. Odd One Out: Cross out a word that doesn't fit.

- butter / margarine / garlic / oil
- strawberries / melon / lemon / carrot
- sausage / chicken / orange / beef
- coffee / hot chocolate / tea / water
- potatoes / fries / milk / crisps
- cereals / yoghurt / milk / butter
- cucumber / cabbage / Brussels sprouts / cheese
- salt / pepper / olive / curry
- biscuit / cupcake / grape / cookie
- peas / cucumber / leek / corn

## FOCUS ON LISTENING

### I. Pre-Listening Task

What did you eat yesterday?

II. Listen to some teenagers talking about what they ate yesterday and complete the information in the chart. The words in the box will help you.

*lamb chops ■ chocolate cake ■ chicken curry ■ cornflakes ■  
chicken burger ■ apple crumble  
chicken and chips ■ croissants ■ chips ■ smoked salmon ■  
vegetable lasagne*

	breakfast	lunch	dinner
<b>Sophie</b>			<i>Burger, _____ and peas</i>
<b>Ryan</b>	<i>White toast with butter</i>		<i>pizza</i>
<b>Jack</b>	<i>Weetabix</i>		
<b>Louise</b>		<i>Tuna sandwich</i>	<i>chocolate cake</i>

III. Listen to Sally's family ordering their food. Put the trays in the order that you hear them: 1, 2, 3, 4.

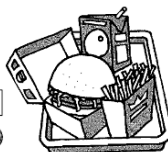


☐ a



☐ b

☐ c



☐ d



## FOCUS ON SPEAKING

### I. Let's discuss!

1. Imagine that you have a small kitchen garden. What vegetables and fruit will you grow there?
2. Imagine that you have only ten minutes to have breakfast. What will you cook?
3. What food did you enjoy when you were a small child?
4. What food do you dislike?
5. What do you prefer to order at a cafe or a restaurant?
6. What do you have in your fridge today?

## II. The Cooking Race Game

**Work in groups.**

**1) Write a 10-item shopping list on a piece of paper. It must include the following things:**

1. something salty
2. something sweet
3. a tin of something
4. a jar of something
5. a kind of meat or fish
6. a green vegetable
7. another vegetable
8. a fruit
9. a dairy product
10. two herbs



**2) Swap the list with another group.**

**3) In 10 minutes, agree on a recipe for a two-course meal using all ingredients on your list.**

**4) You can add only salt, pepper and oil.**

**5) Describe your meals to the class.**

**6) Vote on which meal you would most like to eat.**

### **FOCUS ON WRITING**

**Write a funny short poem or a haiku about food that you enjoy. The simple structure of haiku lends itself to a lot of witty potential!**

*Note: Haiku is a traditional form of Japanese poetry. It is a 17-syllable verse form consisting of three metrical units of 5, 7, and 5 syllables.*

## UNIT 2 PREPARING FOOD

### **TOPICAL VOCABULARY**

#### **Verbs (cooking)**

to cook / to prepare

to add / to remove

to bake

to barbecue

to boil

to fry

to deep fry  
to dice  
to grill  
to heat (up)  
to roast  
to shred  
to simmer  
to sieve  
to stew  
to stuff  
to beat (up)  
to carve  
to chop (up)  
to coat (with)  
to cut  
to drain

to dress (with)  
to flavour  
to garnish with  
to grate  
to grow cold  
to ice  
to mash  
to melt  
to measure  
to mince  
to mix  
to peel  
to pickle  
to pour (in, out)  
to preserve  
to roll

to salt  
to scramble  
to season  
to separate  
to serve  
to shell  
to slice  
to spread  
to sprinkle  
to stir  
to stir-fry  
to taste  
to weigh  
to whip

### **Kitchen Utencils**

a baking tray  
an oven  
blender  
bowl  
cake tin  
chopping board  
colander  
cutlery  
frying pan  
garlic crusher  
grill pan

juice extractor  
knife  
ladle  
masher  
mincer  
mixer  
multi cooker  
peeler  
saltcellar  
saucepan  
saucer

scales  
sieve  
soup ladle  
spoon  
squeezer  
tea kettle  
toaster  
tray  
whisk

### **LEAD-IN**

#### **L A 5-Minute Activity: Write three words in each category.**

- |                       |    |    |    |
|-----------------------|----|----|----|
| 1. Food you can fry   | 1. | 2. | 3. |
| 2. Food you can drink | 1. | 2. | 3. |
| 3. Food you can cut   | 1. | 2. | 3. |
| 4. Cereals            | 1. | 2. | 3. |
| 5. Desserts           | 1. | 2. | 3. |
| 6. Green vegetables   | 1. | 2. | 3. |

7. Red fruits	1.	2.	3.
8. Things in the cupboard	1.	2.	3.
9. Dairy products	1.	2.	3.
10. Snacks	1.	2.	3.

## II. Discuss the following questions with your partner:

1. Do you like to prepare food?
2. What dishes can you cook?
3. Who usually cooks in your family?

## FOCUS ON VOCABULARY

### I. Match the word and the definition. What foodstuffs can you cut this way while cooking?

- |                 |  |
|-----------------|--|
| 1. to shred     | a) to cut something into pieces with an axe, knife, or other sharp instrument  |
| 2. to mince     | b) to cut food into small squares  |
| 3. to grate     | c) to cut something into thin, flat pieces   |
| 4. to slice     | d) to cut food, especially meat, into very small pieces, often using a special machine                               |
| 5. to chop (up) | e) to cut or tear something roughly into thin strips   |
| 6. to dice      | f) to cut thin pieces from a large piece of cooked meat  |
| 7. to cut       | g) to rub food against a grater in order to cut it into a lot of small pieces  |
| 8. to carve     | h) to break the surface of something, or to divide or make something smaller, using a sharp tool, especially a knife |

### II. Say in one word using the dictionary. What food can you cook this way?

<i>roll   mash   simmer   bake   stuff   preserve   stew   grill</i> <i>sprinkle   spread</i>
--

1. To cook inside an oven, without using added liquid or fat.
2. To cook something liquid, or something with liquid in it, at a temperature slightly below boiling.
3. To crush food, usually after cooking it, so that it forms a soft mass
4. to cook meat, fish, vegetables, or fruit slowly and gently in a little liquid

5. to treat food in a particular way so that it can be kept for a long time without going bad
6. to scatter a few drops or small pieces of something
7. to put soft food on bread or other food
8. to fill food with stuffing
9. to cook food over fire or hot coals, usually on a metal frame or under a very hot surface in a cooker
10. to make something smooth and flat, e.g. the dough

### III. Guess the cooking verb. Use the verbs from the box.

<i>grate</i>	<i>mix</i>	<i>roast</i>	<i>squeeze</i>	<i>chop</i>	<i>fry</i>	<i>boil</i>	<i>rinse</i>
			<i>pour</i>	<i>peel</i>			

1. You \_\_\_\_\_ vegetables of fruits when you want to eat them. It means that you cut away their skin.
2. You \_\_\_\_\_ the mixture of water, flour, sugar when you want to make a cake. This mixture is called dough.
3. You \_\_\_\_\_ cheese, chocolate, carrot. You cut the food into a lot of small pieces.
4. You \_\_\_\_\_ fruits and vegetables in order to prepare a juice.
5. You \_\_\_\_\_ vegetables like onion. It means that you cut them into many small pieces.
6. You \_\_\_\_\_ food in hot oil or fat.
7. You \_\_\_\_\_ food mainly in the cooker. You always need to adjust the proper temperature.
8. You \_\_\_\_\_ meat, vegetables and fruit to make them clean. You need water to do this.
9. You \_\_\_\_\_ one thing into another. It means that you make a flow from one container into the second one.
10. You usually \_\_\_\_\_ meat. You put it into the oven or over a fire.

### IV. What foodstuffs will you buy in each of the situations? What food will you cook? Discuss it with your partner.

1. You have invited a friend for dinner. He / she is a vegetarian.
2. You have invited your Grandma and Grandpa for dinner. They enjoy eating homemade food.
3. You have invited a young man for dinner. You want to make a good impression on him.

4. You have invited a friend for dinner. He / she is fond of fitness and keeps to a diet.

5. You have invited your friend for dinner. She will come with her little son who is 3 years old.

## **FOCUS ON READING**

### **9 Chef-Approved Shortcuts for Getting Meals on the Table Faster**

#### **I. Read the article.**

**Split into 3 groups. Group 1 reads paragraphs 1-2. Group 2 reads paragraphs 3-5. Group 3 reads paragraphs 6-9.**

**Entitle each part of the text. Define the main idea of each passage. Tell your classmates about the tips to prepare food quickly.**



When you want to get dinner on the table quickly, but have it feel home-made.

After working in professional kitchens for about a decade, I can tell you that we all cheat in our home kitchens – especially after a long shift or on our day off. Still, there’s something in our nature that compels us to prepare the food we serve our families, rather than ordering takeout or tossing a pizza in the oven. Here are some of the tricks we turn to that help get a homemade dinner on the table, without a lot of fuss.

#### **1. \_\_\_\_\_**

Having a variety of canned and jarred products on hand just makes life simpler (whether you’re a chef or not). A well-stocked pantry goes a long way to not only keeping mid-week grocery store runs to a minimum, but it also helps put dinner together on the fly. One restaurant I worked at had a great staff meal at the end of a Saturday night, what we called “line salad”: we mixed together all the salad greens and then walked down the cooks’ line, emptying out all their containers of ingredients that they had prepped for service. All hot vegetables and cold garnishes went into the salad.

Cans of diced tomatoes and beans, pastas, grains or jarred soup bases, and frozen vegetables allow you to ransack your kitchen to compose pasta dishes, stir-fries, soups, and salads, or even just flesh out a side dish. Tuna packed in water, salmon, and sardines can all be fast sources of protein; add



them to leafy or grain salads, use on sandwiches, or make into quick patties. Puree a can of beans or cooked frozen vegetables with a little bit of broth or water, and you have a fancy bed for a protein.

Keep “flavor boosters” such as sea salt, spices, citrus, fresh herbs, olive oil, and condiments on hand, too. Pesto, hummus, salsa, hot sauce, miso, tahini, and many vinaigrettes can be used in place of sauce (or thinned with water to make a sauce). Get comfortable with substitutions so you’re not taking time looking up recipes to fit only what you have on hand.

2. \_\_\_\_\_

You don’t need a 6-burner stove or convection oven to get dinner done fast. Slow cookers and microwaves all have a place in a cook’s home kitchen.

If you’re focused on your main dish and haven’t thought about your sides, use the microwave for everything from packaged grains to frozen vegetables or rice. Just pay attention to the amount of sodium in the packages.

While you can cook meals or reheat leftovers in the microwave, you can also use it to speed up the cooking of some dinner components. Bacon takes just 1 minute in the microwave, and a squash and root veggies are easier to peel after a few minutes on low heat in the microwave. Squash and potatoes can be just as tender after 10 minutes in the microwave as they can after an hour-long roast. You can even flash-cook noodles by microwaving in stock until tender, for a soup or as a side dish.

3. \_\_\_\_\_

Large things take longer to cook. Cut things smaller and slice things thinner. Use a food processor to slice or chop vegetables, or buy them pre-cut in the produce section.

You can also look for produce that’s naturally smaller. Pee wee potatoes are smaller than a ping-pong ball, and it’s easy to halve or quarter them, as opposed to dicing up larger potatoes for boiling or roasting; same concept applies to baby carrots. Proteins cook quicker if you cut them into smaller pieces. (And, unlike in a professional kitchen, your cuts don’t have to be perfect.)

4. \_\_\_\_\_

I grew up in a household where dinner was a big to-do. Meat, vegetable, starch, and salad were part of every meal. Now that I’m grown, I can turn dinner on its head.

Whether it’s full-on breakfast for dinner, or using breakfast staples, there’s really no end to what you can serve. Use eggs to make dinner om-

elles, top open-faced sandwiches, or make loaded-veggie scrambles. Even oatmeal can get a savory makeover for dinner.

Use your pantry and a fridge of leftovers to create a choose-your-own-adventure meal. This approach works great with tacos, pizza, burritos, and nachos; set out what you have, and let everyone build their own. If you have cheese, veggies, whole-grain crackers, dip, olives, and smoked fish, put together a “snack dinner” platter to share. Or make fondue for veggies and bread. A large salad or a bowl of soup with a slice of bread are perfectly suitable dinners. In fact, dinners don’t have to be hot at all; cold leftover proteins are perfect on sandwiches or salads. And if you’re really strapped for time, a nice piece of fruit can serve as a side dish.

5. \_\_\_\_\_

Getting a jump on your week’s dinners can be a big time saver. Cook a variety of grains and cut up vegetables on a Sunday so they’re ready when you need them. Put bumper crops to extended use by roasting vegetables and blanching greens, then freezing them. Make stock and freeze it in smaller, usable portions.

When you take the time to make a bigger dinner, make a double batch for freezing (or freeze the leftovers). And if you’ve forgotten to defrost your meat, remember this handy trick: place it in a plastic bag, then put it on top of an upside-down aluminum pot. Fill another metal pot with room-temperature water, and set it on the meat. In five to ten minutes, your meat will be defrosted.

6. \_\_\_\_\_

Chefs aren’t combing through cookbooks at the beginning of dinner service. They’re cooking dishes they’ve made before, with ingredients they know how to prepare. On nights when you’re rushed, do the same, whether that means keeping a few 5-ingredient meals on rotation or just going with what you’re good at. If breaded pork chops are your thing, cook those and steam some frozen veggies for your side.

7. \_\_\_\_\_

Restaurant dishes are made of several components that are individually prepared. But at home, why roast chicken in the oven and cook the sides on top of stove, when you can put it all on one sheet pan? Why cook pasta and sauce in separate pots, when you can cook them together? Buy packaged salad greens that can do double-duty fresh and cooked – such as baby kale, spinach, arugula – and use them in a salad, on a sandwich, in pasta or soup, or as a flash-cooked side dish; all you need is a little water in the skillet, no oil.

8. \_\_\_\_\_

It might sound counterintuitive to clean up while you're cooking – especially when you're short on time – but if you walked into any commercial kitchen, it'll be spotless. Their work surfaces are clean, and their ingredients are put in place. A cluttered workspace slows you down. I'm not suggesting you wash your dishes as you use them, but when you've finished chopping or whisking or whatever you're doing, put the cutting board, bowl, and whisk right in the sink. Don't take the time to put away ingredients you've already used, but do set them aside on another counter to get them out of your way.

9. \_\_\_\_\_

A chef doesn't operate in a kitchen alone. He or she has many people to help prep and cook. If you're used to doing everything yourself, try delegating. You might be surprised at what a set of little hands can (safely) accomplish, and you'll bond in the kitchen while you cook. After all, dinner might be rushed, but there's still plenty of time to check in with one another.

## **II. Decide if the statements are true or false. Find proof in the text.**

1. If you have a lot of canned foods on hand, you go shopping less often.
2. A soup can be prepared quickly.
3. You should avoid using the microwave oven when cooking.
4. You can save time by cooking big pieces of food.
5. Every dinner needs a lot of time to prepare.
6. Chefs always cook something new.
7. If you clean up after yourself, the process of cooking is faster.
8. A good cook always does everything himself.

## **III. Find expressions in the text that mean the following:**

1. to cook something really quickly;
2. foods that are kept in containers to keep them for a long time;
3. something that improves taste;
4. an extra dish of food, for example vegetables or salad, that is served with the main dish;
5. food that has not been eaten during a meal;
6. to make cooking happen faster;
7. a main product or part of something;
8. salty or spicy.

**Make your own sentences using these expressions.**

**IV. Explain the meaning of the following statements in English.  
Make your own sentences using these expressions.**

1. tuna packed in water;
2. to have some food products on hand;
3. a 6-burner stove;
4. to flash-cook;
5. a big to-do;
6. an open-faced sandwich;
7. a handy trick;
8. to do double-duty.

**V. Translate using the vocabulary from the article:**

1. Я очень много работаю, и у меня *очень не хватает времени*. Это *вынуждает* меня часто использовать *консервированные продукты*.

2. Он очень хороший повар. Он может приготовить отличный *гарнир* просто *на лету*!

Пожалуйста, купи *тунца в собственном соку*, помидоры черри и дюжину яиц. Я приготовлю салат. — А как насчет мяса? — Я *разогрею остатки* вчерашнего ужина.

3. Полезная пища может быть вкусной, если у вас *под рукой* есть *специи и пряности*.

4. В этом ресторане часто подают *острые* блюда. Это *специализация* шеф-повара.

5. Что ты берешь с собой на работу? — Я готовлю *открытые бутерброды* с колбасой и сыром, яблоки, йогурт.

6. Зимой мы часто покупаем *фасованную зелень* для салата.

7. У меня вечно *не хватает времени* готовить суп. — У меня для тебя есть одна *хитрость*: можно натереть морковь на терке, положить в пластиковый пакет и *заморозить*. Эту работу можно *поручить* мужу или детям.

8. Я кладу картофель на *противень*, посыпаю специями и тертым сыром и запекаю сорок минут.

**VI. Discussion:**

1. What ideas that you have read in the article do you like? Which of them would you use at home?

2. What are your ways to cook faster?

## **FOCUS ON SPEAKING**

**I. Speak about the dish you can cook well. Describe how you cook it in detail.**

**II. “Can I get the recipe for that?” You are two housewives who exchange their new or favourite recipes.**

**Work with a partner. Choose a dish and write a recipe for it. Include the ingredients. Give directions. When ready, ask your partner to explain how to cook the dish. Then exchange roles.**

***Possible questions to ask each other:***

*What do you need to make it?*

*How do you prepare it?*

*Then what? What's next?*

*How much sugar/butter etc. do you need?*

*I'd rather boil the potatoes than fry them.*

*Do you need to add ...?*

*What can I do if I have no cheese? Can I replace it with anything?*

**III. Act out a conversation between two housewives / chefs. Discuss what secrets you have to make cooking faster and tastier.**

### **IV. Role-Play: A Cooking Show**

**Work in pairs. Act out a cooking show telling us how to prepare a dish.**

**Student A:** the cooking show host. Introduce the show, the recipe of the day and the today's guest. Ask the guest questions about the recipe to clarify some details of the recipe.

**Student B:** you are a guest (a famous person) who has a recipe to share. Tell the audience how you prepare the dish. Answer the host's questions.

**Here are some sentences you can use to start off with:**

*“Hello! Welcome to \_\_\_\_\_ and \_\_\_\_\_'s cooking show!  
Today we will teach you how to make \_\_\_\_\_. It's so easy!*

*First you need to gather your ingredients. You need \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_, etc.*

*Now \_\_\_\_\_. Next, \_\_\_\_\_. Then*

*This dish is delicious/exquisite/exceptional/fantastic! It tastes great!*

**After the shows, vote whose show is the best!**

## **FOCUS ON WRITING**

**Write an article about your Mum's (or Grandma's) cooking skills.  
Write about her best recipes and tricks she uses in her kitchen.**

### **UNIT 3 EATING OUT**

#### **TOPICAL VOCABULARY**

café / coffee shop  
cafeteria / canteen  
bistro  
bar

buffet  
chip shop  
restaurant  
drive-through

#### **In the Restaurant**

a booster seat  
a chef  
a combo meal  
a counter  
a course  
a dessert  
a dish  
a doggy/doggie bag  
a first course  
a free refill  
à la carte  
a main course / a main meal  
a restroom  
a salad bar  
a starter / entree  
a take-away meal  
a waiter / a waitress  
a wine list  
an appetizer  
bill (BrE) / check (AmE)  
complementary  
cuisine  
entrée

happy hour  
inedible  
menu  
overdone / well-done  
rare / medium rare  
slow food  
specials / a speciality  
takeout / takeaway  
tasteless  
tips included  
to be hungry / thirsty  
to be starving  
to cater for  
to charge  
to complain about something  
to dine  
to have a seat  
to make a booking  
to book a table  
to make a reservation  
to order  
to serve  
to tip

### **On the Table**

bowl / dish / plate  
cocktail  
cutlery  
fork/ spoon / knife  
glass  
salt

serviette / napkin  
sparkling water / still water  
spoon  
sundae  
tablecloth  
wine glass

### **Eating at a Restaurant: Useful Conversational Formulas**

#### ***What the waiter / waitress might say to you***

- Would you like drinks? / Can I get you a drink? / Can I get a drink to you all?
- Would you all like to order a drink now?
- Can I start getting your drinks started for you?
- What drinks would you like? / Anything to drink?
- Are you ready to order? / What will you have?
- Can I get you anything else?
- Here you are. / Here is your drink, sir.
- Enjoy your meal! Bon appetit!
- I'm sorry, that's not available today. / We don't have that today.

#### ***What you can say to the waiter / waitress***

#### **Ordering**

- A table for two, please.
- Can I see the menu, please? / Could we see the menu, please?
- I'd like to order. / I'm ready to order.
- I would like a glass of water, please.
- Can I have / get / take...?
- I'll have / get / take...
- I would like ...
- I want ...
- What can you recommend?
- I'll have the pasta, please.
- Can we have some (more) sauce / some dressing, please?
- Do you have a pepper mill?
- Could you pass me the salt, please?
- That was delicious. My compliments to the chef.

#### **Paying**

- Can I have the bill, please? / Bill, please.

- Do you accept / take Visa?
- We'd like separate bills, please. Is service included?
- No, please. This is on me. (When you wish to pay for everyone.)

Waiter: Can I help you?

Lisa: A table for two, please.

Waiter: This way.

### **Ordering**

Waiter: Are you ready to order?

Lisa: Yes, we'll have the chicken with vegetables, and the vegetable pasta, please.

Waiter: Anything to drink?

Lisa: Just some water, please.

### **After the Meal**

Waiter: Can I get you anything else? Coffee? Dessert?

Lisa: No, just the bill, please.

### **Making a Reservation**

Mike: I'd like to make a reservation for 2 people on Friday night.

Waiter: What time would you like?

Mike: 8:00.

Waiter: We don't have anything available at 8:00. Is 7:30 ok.

Mike: Yes, that's fine.

Waiter: Your name, please?

Mike: Mike Smith.

Waiter: Ok, Mr. Smith. We'll see you at 7:30 on Friday.

Mike: Thank you. Bye.

Waiter: Goodbye.

### **LEAD-IN**

**I. Ask your partner these questions. Tell the information to the rest of the group. Decide on the best restaurants in your home city.**

1. Do you like to eat out?
2. What's your favourite restaurant? Where is it?
3. Why do you like it?
4. How often do you go there?
5. Who do you usually go with?



6. What's your favourite item on the menu?
7. What's the atmosphere like? What about the service?
8. What restaurant do you hate going to? Why do you dislike it?

## **FOCUS ON VOCABULARY**

**I. In pairs, discuss whether each of these sentences about restaurants is a good thing or a bad thing. Why?**

- It's always packed.
- It's always deserted.
- It looks out over the sea.
- The portions are huge.
- The food is very rich.
- It's home-style cooking.
- It only does seafood.
- It's got trendy decor.
- The food is quite greasy.
- It's all organic.

**II. In pairs, discuss the following questions. Share your opinions with the rest of the group.**

1. Do you and your family eat out much? Where?
2. Do you know any restaurants:
  - with strange or unusual decor?
  - where you can get huge portions?
  - that are always packed?
  - which serve the local speciality?
  - where you can eat really cheaply?
  - which have a great view?

**III. Match the word with its definition. Make up your own sentences using these words.**

- |                        |   |
|------------------------|---|
| 1. canteen / cafeteria | a) a dish that's available sometimes, but isn't on the regular menu       |
| 2. restaurant          | b) a multi-course meal sold for a fixed price                             |
| 3. a special           | c) the list of foods and drinks served in a restaurant, café, hotel, etc. |
| 4. café / coffee shop  | d) the written amount you must pay for a meal and drinks                  |
| 5. menu                | e) an informal restaurant serving simple meals plus hot and cold drinks   |
| 6. side-dish           | f) a place with a kitchen and dining area where people pay to eat meals   |

- |                              |   |
|------------------------------|---|
| 7. bill / check              | g) an extra amount added to a restaurant bill that's meant to be given to staff for their service   |
| 8. a set menu                | h) a place that sells low-cost meals in a school or work-place, usually from a self-service counter |
| 9. appetizer                 | i) a dish that's eaten before the main course   |
| 10. service charge / service | j) an extra dish or serving that's ordered together with a main dish                                |

#### IV. Fill in the gaps with the words from the box:

*takeaway a doggy bag a dressing a happy hour a combo a refill tip  
a salad bar reservation dessert*

1. We were too tired to cook so we ordered \_\_\_\_\_.
2. In fact, taking leftovers home from a restaurant is often called a \_\_\_\_\_.
3. A homemade salad \_\_\_\_\_ is a great way to make your salads even fresher.
4. Come to our restaurant for \_\_\_\_\_ to select half-priced appetizers and featured beer and martini offerings.
5. I'll have the burrito and taco \_\_\_\_\_, please.
6. Mike, you've nearly finished your drink - do you want a \_\_\_\_\_?
7. We have enjoyed the service at the street cafe, so we gave a good \_\_\_\_\_ to the waitress.
8. Make \_\_\_\_\_ at Fleming's Prime Steakhouse & Wine Bar today and enjoy prime steak, lobster and fine wine with family and friends.
9. George's Restaurant may be best known for their excellent steaks and seafood, but many customers are crazy about their \_\_\_\_\_.
10. Would you like peaches and cream for \_\_\_\_\_?

#### V. Read the text. Fill in the gaps with necessary words.

##### 1. At the restaurant

Most people e \_\_\_ o \_\_\_ quite often, even if they like cooking and eating at home.

They might eat breakfast or lunch in a c \_\_\_\_\_ or canteen where they work or study, or go to a c \_\_\_\_\_ or r \_\_\_\_\_ nearby. They might go to a f \_\_\_\_\_ f \_\_\_\_\_ restaurant for a quick meal, or go to a proper restaurant with family or friends or when going on a date.

You can make a **b**\_\_\_\_\_ and reserve a table. Then your **w**\_\_\_\_\_ or **w**\_\_\_\_\_ss will probably bring **m**\_\_\_\_\_ and tell you about the day's **s**\_\_\_\_\_ and answer any questions.

## **2. Menus and courses**

A menu is a list of the food and drinks that guests can order. They can be **a l**\_\_\_\_\_ **c**\_\_\_\_\_ dishes ordered individually, or dishes grouped together in a **s**\_\_\_\_\_ menu.

In European or Western-style menus, dishes are listed in a series of **c**\_\_\_\_\_ **s**\_\_\_\_\_. The first course is called starters, **a**\_\_\_\_\_ **s**\_\_\_\_\_ or hors d'oeuvres, and can be a bowl of soup, a small serving of pasta, a salad or one of many starters. Next is the main course, or **e**\_\_\_\_\_, and this is usually fish, meat or poultry served with vegetables or salad or other **s**\_\_\_\_\_ **d**\_\_\_\_\_ **s**\_\_\_\_\_.

After the main course, your waiter or waitress might bring a **d**\_\_\_\_\_ menu if you haven't already ordered them from the main menu.

## **3. Bills and tipping**

When you've finished your meal and you're ready to leave, ask your waiter for the **b**\_\_\_\_\_. In many countries a **s**\_\_\_\_\_ **c**\_\_\_\_\_ of 10% to 20% of the total amount is added to the bill. Waiters and other staff like bartenders are usually paid very low wages, so when eating out try to **t**\_\_\_\_\_ generously, especially in countries like the USA.

## **FOCUS ON LISTENING**

### **At the Restaurant**

**You are going to hear 4 conversations about restaurants and food.**

**I. Listen and answer the questions.**

1. In conversation 1, what reasons do they give for going to a restaurant further away?
2. In conversation 2, why do they think they need to do up the restaurant?
3. In conversation 3, why does the woman want to swap dishes?
4. In conversation 4, why is the man threatening to leave without paying?

**II. Work in pairs. Choose the words that were used in each conversation. Listen again and check.**

1. a) The terrace *gives onto* / *looks out over* the river.  
b) They *do* / *make* some really nice snacks.  
c) The walk will give you *hunger* / *an appetite*.
2. a) The menu's a bit *limited* / *short*.  
b) The restaurant doesn't look very *interesting* / *inviting*.
3. a) The sauce is quite spicy so it really *overcooks* / *overpowers* the taste of everything else.  
b) That steak is so *tender* / *tough*!
4. a) The restaurant doesn't *deserve* / *merit* the money.  
b) The portions weren't very *great* / *generous*.

**III. Work in pairs. Role-play the conversations.**

1. Decide where to go for something to eat or drink. One of you should reject at least one suggestion.
2. You are having dinner together at a restaurant. Ask each other about the dishes you have ordered.

### **FOCUS ON READING**

#### **London Restaurants**

**I. Read these reviews written about a variety of restaurants in London. Find words and phrases in the text that mean the following:**

1. a style of cookery which blends ingredients and methods of preparation from different countries, regions, or ethnic groups; food cooked in this style
2. to spend a lot of money on buying things, especially things that are pleasant to have but that you do not need
3. the group of people who work for an organization
4. a moving strip or surface that is used for transporting objects from one place to another
5. a restaurant who is run by several family members
6. real, true
7. a place, especially in Great Britain or Ireland, where alcoholic drinks can be bought and drunk and where food is often available
8. done in a relaxed way, without hurrying
9. not too expensive
10. a restaurant having a setting intended to evoke a particular country, historical period, culture

### *The Ritz*

Food: traditional British or fusion cuisine

Price per person: £80

This spectacular palace-style dining room is famous as one of London's most luxurious, romantic restaurants. It's hard to resist splashing out on the exquisite 5-course menu. The staff are discreet and extremely polite. It's hardly surprising that the clients are a mixture of celebrities, business executives and wealthy tourists. Come here for a memorable dining experience, which will certainly do damage to your bank account!

### *Yo sushi!*

Food: Japanese

Price per person: £10-15



The best known sushi place in town. This restaurant is great both for its raw fish and its kitsch Japanese décor. Service is efficient and speedy. You can eat delicious sushi for a few pounds, serve yourself unlimited beer, select food from a conveyor belt and even have a relaxing head massage! Sometimes there are karaoke nights here. This restaurant is bright and unromantic but great fun.

### *Amaretto*

Food: Italian

Price per person: £15-20

A family-owned restaurant that has faithful clients coming back again and again. Amaretto offers classic Italian food in warm and friendly surroundings. Whatever time you come here, this restaurant is always busy and lively. The pizzas and pasta dishes are well recommended as being tasty and excellent value for money. Great for families or big groups of friends.

### *Levant*

Food: Lebanese/Middle Eastern

Price per person: £20-30

An exotic Middle Eastern restaurant which is perfect for a romantic evening. The atmosphere is moody and intimate, with lots of candles, soft cushions and coloured glass lanterns. When you find the entrance, hidden away down a small street, you are greeted by luscious plants and the smell of incense and exotic perfumes. The menu offers a feast of authentic Lebanese food for people who like to try something new and unusual. If you stay late, you will even be able to watch a belly-dancing show!

### *The George Inn*

Food: traditional British pub food

Price per person: £5-10

A dark and smoky pub, which was built in 1780. Come here if you want to taste traditional English fish and chips or steak and kidney pie in a lively atmosphere. The food isn't great, the service is slow, but this pub serves a good range of beers and ales.

### *Food for Thought*

Food: vegetarian

Price per person: £5-10

This tiny colourful vegetarian restaurant and takeaway offers food free of chemicals, pesticides and preservatives. The food is good and the menu changes every day, but this place is also great if you just want a coffee. Don't come here at busy times if you want a slow, leisurely meal.

### Café Sol

Food: Mexican

Price: £20-30

Café Sol is a great place to go at any time. Enjoy authentic Mexican cuisine at lunchtime (watch out for the chilli!) or go for a drink and a dance when it gets dark. The atmosphere is always buzzing and vibrant, and the food is reasonably priced. On a Saturday night, the young crowds in Café Sol are usually very loud and merry after sampling the extensive list of tequilas!

## II. Translate into English using the vocabulary of the text:

1. В меню этого ресторана множество *изысканных* блюд.
2. В поездке в Испанию мы посетили ресторан *национальной кухни*, и это был *незабываемый опыт*.
3. Я предпочитаю блюда, приготовленные из *сырых* продуктов. Правда, некоторые из них довольно *экзотические*.
4. В нашем пабе вы можете *неограниченно угощаться* разными *сор-тами пива*, если закажете наши фирменные блюда.
5. Вечером в пиццерии было очень *оживленно*. Я не люблю ходить в кафе, когда они *забиты до отказа*.
6. Этот ресторан настолько популярен, что вам нужно *заброниро-вать столик*, чтобы получить возможность насладиться *прекрасной ат-мосферой, широким выбором вин и блюд с местным колоритом*.
7. Мы решили заказать сэндвичи *навынос*, но нам пришлось долго стоять в *очереди*, и *обслуживание* было очень медленным.
8. В этой пиццерии можно заказать разные виды пиццы *по разум-ным ценам*.

## III. What restaurant would you recommend for...

- a. ... music fans who don't mind queuing?
- b. ... a tourist wanting to try different English beers and ales?
- c. ... a person looking for a fun evening and good food on a budget?
- d. ... some young and hip professionals who like to dance?
- e. ... an adventurous couple looking for a romantic night out?
- f. ... a family looking for value for money?
- g. ... a health-conscious person on a budget?
- h. ... a person who enjoys spending money on high-class dining

## **FOCUS ON SPEAKING**

**In pairs or groups of three, act out a talk at the restaurant.**

Student A: You are a waiter.

Student B: You are a guest (there may be one more guest accompanying you).

**Use the menus shown in the pictures at pages 34-35.**

## **FOCUS ON WRITING**

**Write on one of the suggested topics:**

1) Write a letter to a friend describing a visit to a new restaurant that has recently opened in the city.

2) You are a journalist. Write a review of a new restaurant. Describe your visit, the food, the interior, the atmosphere and the service there.

3) You are a waiter who has just started working at a new restaurant. Write a journal entry to describe your first working day.

## **PROJECT**

**Imagine you are going to open a new restaurant. Discuss and decide on the following aspects:**

1. Who are your target consumers?
2. What cuisine will you serve?
3. Will you have any specialties, or a daily menu, or takeaway?
4. What type of atmosphere will you try to generate? How?
5. Will there be any entertainment?
6. What decor will you have?
7. Where will your restaurant be located?
8. How will you advertise?
9. What prices will you charge?
10. What are you going to call your restaurant?

**Be ready to present your new restaurant to the rest of the class!**

## **REVISION (UNITS 1–3)**

**I. Translate into English using your active vocabulary:**

1. Как ты готовишь рыбу? – Я запекаю ее в духовке с луком и морковью и добавляю приправы по вкусу. – А я люблю жареную рыбу. А на гарнир часто готовлю картофельное пюре.



2. Вы готовы сделать заказ? – А что вы порекомендуете? – Попробуйте фирменное блюдо от шеф-повара: бифштекс с клюквенным соусом. А на гарнир подойдут овощи на гриле. – Хорошо, нам, пожалуйста, два бифштекса и бутылку минеральной воды. – Приятного аппетита!

3. Что мне купить? – Пожалуйста, купи буханку ржаного хлеба, полкилограмма сыра, дюжину яиц, банку зеленого горошка и не забудь сливочное масло и йогурт.

4. Тебе нравятся мои тушеные овощи? – По-моему, они какие-то безвкусные. Может быть, добавить перца и укропа?

5. Эти макароны переварены. К тому же в них мало соли, поэтому они безвкусные.

6. Что бы Вы хотели заказать? – Я возьму омлет с грибами и салат из курицы с оливками. – А я хотел бы попробовать запеченную курицу с рисом. – Что будете пить? – Два бокала красного вина, пожалуйста.

7. Что ты приготовила? Я очень голоден. – Борщ и оладьи с вареньем на десерт. – Как аппетитно! У меня слюнки текут!

8. Испечь яблочный пирог довольно просто. Взбейте яйца с сахаром, добавьте соды или разрыхлителя, перемешайте с мукой. Нарежьте яблоки ломтиками, выложите на противень и залейте тестом. Выпекайте 40 минут.

9. Мне очень нравится салат-бар в этом кафе. Я часто кладу в свою миску помидоры, сладкий перец, нарезанный лук, сыр фета, тертый сыр и ломтики шампиньонов. Заправляю салат оливковым маслом. Это очень сочно и вкусно!

10. Моя мама фарширует чернослив грецкими орехами. Это очень вкусная закуска! Это ее фирменное блюдо.

**II. Make up a menu for the following occasions. Discuss with your partner what food to buy and what dishes to serve.**

1. a wedding party;
2. a business seminar;
3. a birthday party for children.

**III. Tell a story about an extraordinary visit to a restaurant. Describe the restaurant and the food served. Say how the waiters and the guests behaved, what happened.**

**This task can be done in writing, in the form of a dialogue or a monologue.**

## Green leaves

### DISHES:

Veggie burger.....	\$ 5
Spring soup.....	\$7
Garden salad.....	\$6
Grilled summer veggies.....	\$7,50
Boiled vegetables.....	\$8,20



### SIDE DISHES:

French fries.....	\$ 2
Rice.....	\$ 4
Onion rings.....	\$ 1,50

### DRINKS:

Green tea . . . . .	\$1.00
Spring water . . . . .	\$1.25
Fresh Fruit Juice.....	\$1.50
Carrot Juice . . . . .	\$1.00

## Chicken heaven

### DISHES:

Grilled chicken.....	\$ 5
Fried chicken.....	\$7
Roast chicken.....	\$6
Chicken sandwich.....	\$ 9

### SALADS:

Season salad.....	\$ 2
Royal salad.....	\$ 4
Tomato salad.....	\$ 1,50
Cucumber salad.....	\$3



### DRINKS:

Beer.....	\$5.50
Mineral water. . . . .	\$7.25
Juice . . . . .	\$1.50
Cola . . . . .	\$1.00

## Jack's diner

### DISHES:

Chicken sandwich.....	\$ 5
Hot dogs.....	\$4.50
Grilled cheese.....	\$6
Tomato soup.....	\$1.50
Ham and cheese pizza.....	\$8,20



### SIDE DISHES:

Tomato salad.....	\$ 2
Spring salad.....	\$ 4
French fries.....	\$ 1,50

### DRINKS:

Red wine... . . . .	\$10.00
White wine. . . . .	\$10.25
Juice . . . . .	\$1.50
Cola . . . . .	\$1.00

## Breakfast-FAST

### DISHES:

Scrambled eggs.....	\$ 5
Fried eggs over.....	\$7
Boiled eggs.....	\$6
Poached eggs.....	\$ 9



### SIDE DISHES:

Toast.....	\$ 2
Buns.....	\$ 4
Crescent rolls.....	\$ 1,50

### DRINKS:

Coffee with milk.....	\$1.00
Coffee with cream. . . . .	\$1.25
Juice . . . . .	\$1.50
Tea.....	\$1.00
Cappuccino.....	\$ 2.00

# Mona Lisa's

## DISHES:

Mona burger.....	..\$ 5
Italian soup.....	..\$7
Colliseum dish.....	..\$6
Romma veggies.....	..\$7,50
Da Vinci Special .....	..\$8,20



## PASTA:

French spaguetti.....	..\$ 2
Bad Moon Rising tagliatelle.....	..\$ 4
Savoy Truffle.....	..\$ 1,50

## DRINKS:

Green tea . . . . .	..\$1.00
Spring water . . . . .	..\$1.25
Red Wine . . . . .	..\$1.50
Italian Juice . . . . .	..\$1.00

# China Town

## DISHES:

Stir-fried Beef .....	..\$ 5
Shitake Mushrooms.....	..\$7
Thai Green Curry.....	..\$6
Sweet and Sour Pork.....	..\$ 9

## SIDE DISHES:

Fried rice.....	..\$ 2
Rice Noodles.....	..\$ 4
Spring Rolls.....	..\$ 1,50
Cucumber salad.....	..\$3



## DRINKS:

Sake . . . . .	..\$5.50
Mineral water. . . . .	..\$7.25
Calpis . . . . .	..\$1.50
Cola . . . . .	..\$1.00

# Royal Lunch

## DISHES:

Turkey sandwich.....	..\$ 5
Corn dogs.....	..\$4.50
Grilled cheese.....	..\$6
Carrot soup.....	..\$1.50
Hawaian pizza.....	..\$8,20



## SIDE DISHES:

Cheese salad.....	..\$ 2
Vegie salad.....	..\$ 4
French fries.....	..\$ 1,50

## DRINKS:

Fruit Punch . . . . .	..\$10.00
Coffe . . . . .	..\$10.25
Juice . . . . .	..\$1.50
Cola . . . . .	..\$1.00

# Mexikan

## DISHES:

Ranchero eggs.....	..\$ 6
Divorciados eggs.....	..\$7
Motuleños eggs.....	..\$9
Club Sandwich.....	..\$ 5



## SIDE DISHES:

Toast.....	..\$ 2
Quesadillas . . . . .	..\$ 4
Salsa Mexicana and beans.....	..\$ 1,50

## DRINKS:

Coffee with milk.....	..\$1.00
'De olla' Coffee . . . . .	..\$1.25
Orange Juice . . . . .	..\$1.50
Tea.....	..\$1.00
Soft drink.....	..\$ 2.00

## PART II

### AN APPLE A DAY

#### UNIT 4

#### FAST FOOD

He who takes medicine and neglects to diet  
wastes the skill of his doctors.

*Chinese proverb*

#### **TOPICAL VOCABULARY**

##### **General Fast Food Vocabulary**

a ready meal  
carry-out  
combo  
drive-through  
for here/to go  
home delivery

junk food  
street stand  
takeaway (*BrE*) / takeout (*AmE*)  
to eat in  
to refill  
to reheat

##### **Beverages**

coffee  
fountain drink  
milkshake  
slushie

smoothie  
soda  
soft drink / soda (*AmE*) /  
/ fizzy drink (*BrE*)

##### **Bread**

biscuit (*BrE*) / cookie (*AmE*)  
bun  
muffin

sub  
donuts  
toast

##### **Dishes**

bacon  
burrito  
chicken nuggets  
chips (*AmE*) / crisps (*BrE*)  
condiments  
cotton candy  
dressing  
French fries (*AmE*) /  
/ chips (*BrE*)

hamburger  
hashbrowns  
hot dog  
kebab  
ketchup  
mustard  
noodles  
onion rings  
pepperoni

pickles  
pizza  
sandwich

sausage  
taco  
topping

## **FOCUS ON VOCABULARY**

### **I. Match the words with their definitions.**

- |                     |   |
|---------------------|---|
| 1. combo            | a) a cold drink made of ice, milk or ice cream and real fruit   |
| 2. soft drink       | b) a type of long bread that's commonly used in fast food sandwiches  |
| 3. smoothie         | c) a carbonated drink like soda or any other non-alcoholic drink  |
| 4. sub              | d) a sauce or anything that is added after food is cooked to add to or enhance its flavour  |
| 5. bun (roll)       | e) thinly sliced potato pieces which are fried or deep fried and usually served with ketchup or other condiments                                  |
| 6. condiment        | f) a snack made of potatoes and onions, which are cut into small slices, mixed together, shaped into a thin cake and fried until brown and crispy |
| 7. dressing         | g) a pre-created meal that usually contains a few different food items and a drink  |
| 8. French fries     | h) small pieces of chicken that are soft on the inside and crispy on the outside  |
| 9. hashbrowns       | i) the sauce you add to salad for flavor  |
| 10. chicken nuggets | j) a round bread with a flat bottom and a rounded top that is used for sandwiches or hamburgers   |

### **II. Complete the 15 sentences with the words from the box.**

<i>calories</i> <i>convenient</i> <i>diabetes</i> <i>drive-thru</i> <i>menu</i> <i>nutritious</i> <i>overweight</i> <i>soda</i> <i>take-away</i> <i>unhealthy</i>
--

1. A fast food \_\_\_\_\_ offers food such as hot dogs, hamburgers and French fries.
2. Fast food is very \_\_\_\_\_. You don't have to wait long for the food after you order it.
3. What would you like to drink? – I'll have a \_\_\_\_\_, please.

4. Fresh fruits and vegetables are \_\_\_\_\_.
5. I don't have time to eat at the restaurant, so I'm going to order some \_\_\_\_\_ food.
6. \_\_\_\_\_ is a serious health problem. It can be caused by eating and drinking too much sugar.
7. Eating fast food very often can make you become fat. It can make you \_\_\_\_\_.
8. In addition to \_\_\_\_\_ burgers and fries, some fast food restaurant menus offer healthy salads.
9. People can order food at a \_\_\_\_\_ window without leaving their cars.
10. There are over 500 \_\_\_\_\_ in some cheeseburgers, but only about 100 in an apple.

### **FOCUS ON READING**

#### **This is your body on fast food**

##### **I. Read and translate the text.**

##### **II. Answer the questions:**

- 1) What does the "80:20 rule" mean?
- 2) What does the term "junk food" include?
- 3) What diseases can a fast food diet cause?
- 4) What healthy habits should you keep to?
- 5) What advice does the author give his clients who want to stay healthy?



A client recently asked me, "How often can I get away with eating junk food?" She knows that my nutrition philosophy is the "80:20 rule": eat healthy foods as often as possible (at least 80 percent of the time), but also enjoy the occasional less healthy food (less than 20 percent of the time), if that's what you really want.

I've seen this approach work well with my clients who were previously chronic dieters yet hadn't been able to lose weight. Once I give them permission to have "forbidden foods," those foods lose their power and they're able to make healthier choices the bulk of the time.

There is some evidence that "cheat meals" can help boost fat loss and mental health among dieters. But could a few days of junk food or even a single fast food meal make a difference in your overall health?

### **Junk food and fast food defined**

What is “junk food”? Essentially any food that is highly processed, high in calories and low in nutrients. Junk food is also usually high in added sugars, salt and saturated or trans fats. Some evidence points to junk foods as being as addictive as alcohol and drugs.

“Fast food” is food that is prepared quickly and is eaten quickly or taken out. Although there are a growing number of healthier fast food options, most fast food can still be classified as junk food.

### **Long-term effects of eating junk food**

Eating a poor quality diet high in junk food is linked to a higher risk of obesity, depression, digestive issues, heart disease and stroke, type 2 diabetes, cancer, and early death. And as you might expect, frequency matters when it comes to the impact of junk food on your health.

A review of studies on fast food and heart health found having fast food more than once a week was linked to a higher risk of obesity, while eating fast food more than twice a week was associated with a higher risk of metabolic syndrome, type 2 diabetes and death from coronary heart disease. This is disturbing considering nearly half of American adults eat fast food at least once a week.

### **Short-term effects of junk food**

It’s human nature to think about benefits and risks over the short term rather than considering the impact our choices have over the long term. So how does consumption of junk food affect your body over the short term?

#### **A few days of junk food**

Just a few days of junk food could change your metabolism. A small study of 12 healthy young men found eating junk food for just five days led to a reduced ability of their muscles to turn glucose into energy, even though they didn’t eat more calories as part of the study. Over the long term, this change could lead to type 2 diabetes.

Another effect of just a couple of days of junk food is poor digestion. Because junk food lacks fiber, eating too much of it could lead to constipation.

#### **One junk food meal**

That single fast food meal can narrow your arteries, leading to an increase in blood pressure. And the quick spike in your blood sugar from eating junk foods high in refined carbohydrates and added sugars can cause a surge in insulin, leading to a quick drop in blood sugar. That leaves you feeling tired, cranky and hungry for more.

Just one serving of junk food can increase inflammation throughout your body. In people with asthma, a fast food meal high in saturated fat can in-

crease inflammation in the airway, potentially making an asthma attack more likely. So it seems the quick hit of junk food, while rewarding, does carry short-term risks.

**The good news: Every healthy meal helps**

If you want to enjoy junk food once in a while but are concerned about the impact on your health, take a look at your overall health habits. Do you smoke or overdo it on alcohol? Are you exercising regularly and eating plenty of nutritious foods such as vegetables, fruit, legumes, fish, nuts and seeds, and whole grains? When it comes to your health, it seems you can “get away with” the occasional junk food more easily when you follow a healthy lifestyle most of the time. So think about your ratio of healthy to less healthy foods. Are you achieving 80:20 or is there room for some improvement?

When you’re making the choice between a healthier option and junk food, consider that just one healthy meal a day worked into the typical American diet could reduce overall stress and inflammation in your body. Every meal is an opportunity to positively impact your health.

Based on the current research, my advice to my client essentially remains the same: Once you’re aware of all of the short-term and long-term impacts of junk food and you still really want some, have it less than once a week and really savor it. Then get right back to enjoying nourishing, nutritious foods.

**III. Say whether the statements below are true or false. Find proof in the text.**

1. People who kept to a diet were able to eat more healthily when their doctor allowed them to have some junk food.
2. Junk food does not cause any addictions.
3. All fast food is unhealthy.
4. Eating fast food for a short period of time can still lead to some health problems.
5. Healthy eating habits can help you to reduce stress.

**IV. Look through the text and make a list of health problems that can be caused by junk food.**

**V. Explain the following in English. Think of Russian equivalents.**

- |                          |                           |
|--------------------------|---------------------------|
| 1. nutrition philosophy  | 5. consumption            |
| 2. chronic dieters       | 6. nutritious foods       |
| 3. a “cheat meal”        | 7. to impact one’s health |
| 4. highly processed food | 8. a healthier option     |



**VI. Role-play a talk with a friend of yours who is a fan of junk food. You prefer a healthier diet and you are worried about your friend's health. Try to persuade him/her to eat more healthily.**

### **FOCUS ON SPEAKING**

**I. Roleplay a talk in a fast food restaurant being the customer and the staff member. In each conversation, use at least 3 types of food listed below.**

#### **Food**

*(French) fries (= chips)*

*cheese omelette*

*fried noodles*

*grilled chicken burger*

*ham and cheese toasted sandwich*

*hot dog*

*mixed salad*

*pita sandwich*

*pork cutlet sandwich*

*spicy chicken wings*

*teriyaki chicken tortilla wrap*

#### **Drinks**

*(black/ white) tea*

*soda*

*hot chocolate*

*(small/ medium/ large) coke*

*melon soda*

*milkshake*

*banana smoothie*

*decaf coffee*

*pineapple juice*

#### **Desserts**

*ice pop (= ice lolly)*

*fruit salad*

*strawberry flavoured ice cream*

#### **Other possible things**

##### **to ask about**

*bread roll*

*butter/ margarine*

*milk / (semi-) skimmed milk*

*dressing*

*spoon*

*(men's/ women's) toilet(s)*

*tray*

*mustard*

#### **Possible questions (for fast food restaurant staff and customers)**

Can I have...?/ Could I have...?

Can you...?/ Could you...?

Could I have one more/ some more..., please?

Do you have (any)...?

Do you have anything (suitable for)...?

Do you need...?

Does the... come with...?

Good morning/ afternoon/ evening (sir/ madam). Can/ May I take your order?

Is that for here or to go? (= Is that eat in or take away?)

Is... suitable for vegetarians/ children/...?

It will take... minutes. Is that okay?

What is...?

What's in...?/ What's... made from?/ What's... made of?

(Sorry,) where is/ are...?

Would you like anything to drink/ a dessert/... (with that)?

**Other things to say**

Here you are. Here's... dollars.

Here's your change.

**II. Pick a question and discuss it with your partner. Interview other students.**

1. There should be more fast food restaurants in your town. Do you agree?
2. What fast food restaurant is your favorite? Why?
3. Do you think most of your classmates like fast food?
4. Would you like to work in a fast food restaurant?
5. Would you like to own a fast food restaurant? Why? / Why not?
6. When was the last time you ate at a fast food restaurant?
7. Are you going to eat at a food restaurant soon?
8. Why do so many people eat fast food?
9. Which is better: a carrot or a hamburger? Why?
10. How would you feel if you ate fast food every day? Why?
11. Do you like coca cola? Why? / Why not?
12. Should there be more fast food restaurants in your town?

### **FOCUS ON WRITING**

**School and University cafeterias and canteens should stop selling fast foods. Do you agree with this? Write a short essay for a University newspaper to express your opinion.**

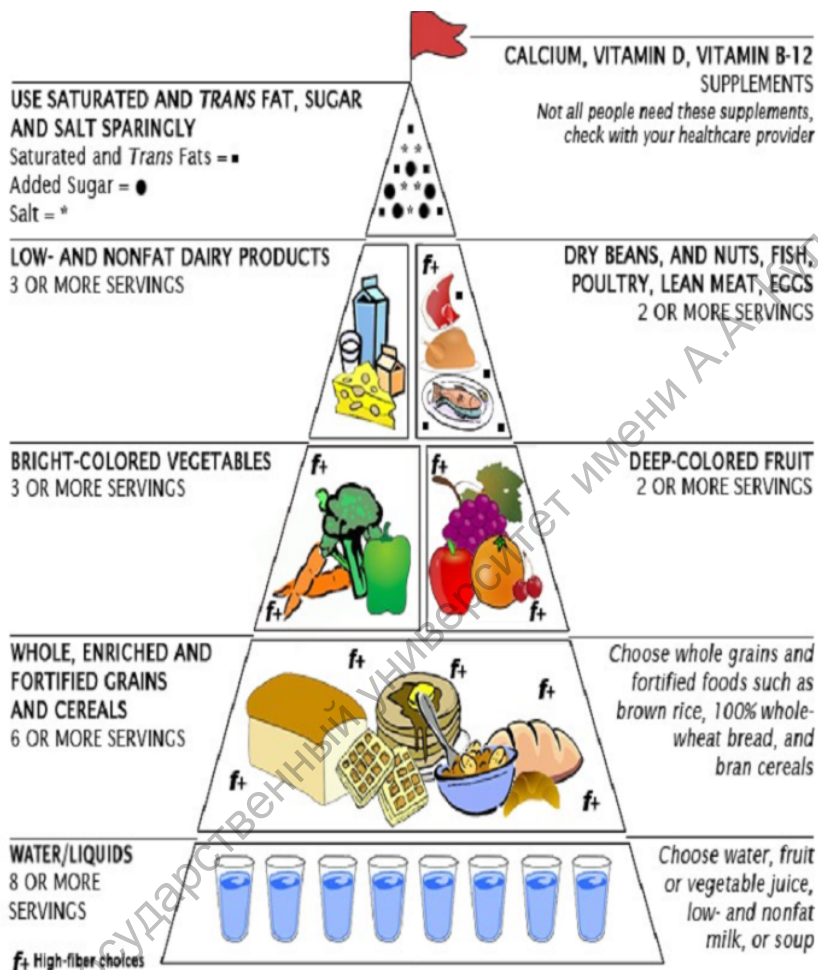
## **UNIT 5 HEALTHY EATING**

### **TOPICAL VOCABULARY**

to be rich in something  
caffeine

calcium  
 caloric / non-caloric  
 carbohydrates (carbs)  
 cholesterol  
 dietary supplements  
 energy bars  
 enriched foods  
 essential nutrients  
 fiber  
 fortified foods  
 glucose  
 GMO  
 grain products  
 lactose  
 lean  
 low-calorie / high-calorie  
 low-fat / high-fat / nonfat  
 meat alternatives (nuts, eggs, tofu, green lentils, red lentils, chickpeas)  
 milk alternatives (soy milk, yoghurt, paneer, coconut milk)  
 omega-3 fat  
 processed foods  
 protein  
 saturated fat / trans fat  
 whole foods  
 a well-balanced / badly-balanced diet  
 BMI (body mass index)  
 diabetes  
 healthy  
 hydrating  
 malnutrition  
 metabolism  
 nourishing  
 nutritious  
 obesity  
 risk factors  
 to consume  
 to overeat





## LEAD-IN

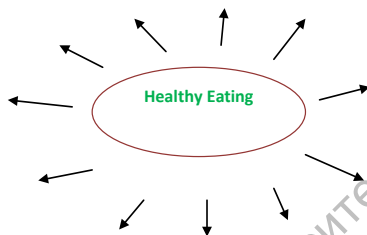
**Answer the questions and ask your partner:**

1. How many fruits do you eat every day?
2. What is your favourite fruit? / vegetable?
3. What fruit / vegetable don't you like? Why?
4. What fruit / vegetables have you eaten today?
5. Do you agree with the statement made by Hippocrates (see the picture)? Explain your point.

## FOCUS ON VOCABULARY

I. According to the food pyramid, what food group should you try to have the most of each day? What should you have the least of? Compare the pyramid with your own diet.

II. In pairs, make a mindmap of words and expressions used to speak about healthy eating. If necessary, write out words and expressions from the text in the Additional Material section. Make up sentences using the new vocabulary.



### III. Fill in the gaps with suitable words:

1. Many people like tea and coffee because of the **c** \_\_\_\_\_ in these drinks.
2. The majority of **p** \_\_\_\_\_ food sold in the United States contains GMO.
3. Although it's only a quick snack, a hamburger is highly **c** \_\_\_\_\_.
4. Their chief food is grass and seeds, but they also **c** \_\_\_\_\_ roots.
5. Having a vegetable salad is not enough for me. I'd like something **n** \_\_\_\_\_ for a change.
6. Vegans get all the **p** \_\_\_\_\_ they need from nuts, seeds, beans and cereals.
7. A healthy diet should provide all your essential **n** \_\_\_\_\_.
8. According to the package, one **s** \_\_\_\_\_ size is 6 ounces.
9. Drink lots of water and keep your body **h** \_\_\_\_\_.
10. Which **v** \_\_\_\_\_ should you take for skin problems?

### IV. Say what foods are the source of...

- calcium
- carbohydrates
- glucose
- protein

- caffeine
- sodium
- vitamin A
- vitamin C

- omega-3 fat
- fiber
- saturated fat

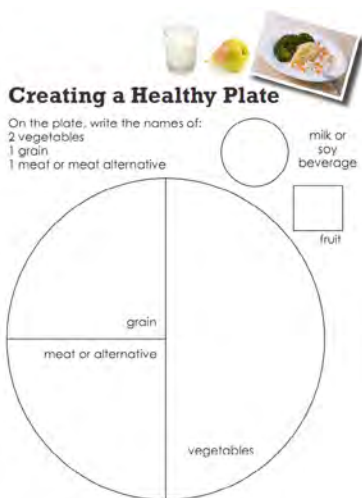
### What foods are...

- low-calorie?
- high-calorie?
- low-fat?
- high-fat?
- non-caloric?

**V. Look at the healthy plate diagram and say which foods you can put into your own healthy plate. Compare your results with those of your classmates.**

### VI. Translate into English:

1. У меня *непереносимость молочного белка*.
2. Я покупаю овощи и фрукты на *местном рынке*. Боюсь, что овощи, и фрукты, которые продаются в супермаркете, *генетически модифицированы*.
3. Мой фитнес-инструктор посоветовал мне *сократить употребление углеводов*.
4. Я не сторонник *кратковременных диет*. Я считаю, что это стресс для организма, которому нужны *основные питательные вещества*.
5. Я выращиваю зелень в своем огороде. Для меня это *источник белка и кальция*.
6. Ему приходится соблюдать диету, в которой нет *глютена и сахара*.
7. Свежие фрукты – источник *антиоксидантов*.
8. Не забывайте *поддерживать нужное количество жидкости в организме*. Можно добавлять в воду *мяту или лимонный сок*.
9. Диетологи советуют своим пациентам следить за тем, что они едят, получать с пищей *ежедневную дозу витаминов и клетчатки* и *сократить количество насыщенных жиров в рационе*.



10. Если ты будешь есть столько вредной пищи, ты быстро *наберешь вес*. Подсчитай, сколько *калорий* ты получаешь в день.

## **FOCUS ON LISTENING**

### **How To Eat a Healthier Diet**

Watch a video which offers some useful tips on how to eat a better diet.

**I. Watch the video to see how many tips for eating a healthier diet you can pick out. Take notes.**

#### **II. Choose the right variant.**

1. Which type of food is the least healthy choice?
  - a) canned foods +
  - b) frozen foods
  - c) fresh foods
2. True, false, or we don't know? Low-fat or zero-calorie foods are a healthy food choice.
  - a) true
  - b) the video doesn't say
  - c) false +
3. How many portions of fruit and vegetables should you eat a day, at minimum?
  - a) 5 portions of fruit and 5 portions of vegetables
  - b) the video doesn't say
  - c) 5 portions of fruit and vegetables +
4. Which of these is not an official serving size?
  - a) half a cup of raw carrots
  - b) a large apple +
  - c) a cup of cooked cabbage
5. True, false, or we don't know? People who multitask while eating tend to eat less.
  - a) false +
  - b) the video doesn't say
  - c) true

#### **III. Answer the following questions. Discuss with your classmates:**

1. Did you learn anything new about healthy eating from watching the video?
2. If yes, what did you learn?
3. Do you feel motivated to eat a healthier diet after watching the video? Why?

## **FOCUS ON READING**

### **I. Read the text and entitle each paragraph.**

#### **How to Stay Healthy**

1. \_\_\_\_\_

People who eat a lot of fruit and vegetables are less likely to have heart problems. You should eat at least five portions of fruit and vegetables a day. One portion is e.g. a banana, an apple, one slice of melon or pineapple or two plums. Remember that potatoes are not included on that list..

2. \_\_\_\_\_

Eating too much salt can raise your blood pressure. And people with high blood pressure are three times more likely to develop heart disease or have a stroke than people with normal blood pressure. Three quarters (75%) of the salt we eat is already in the food we buy, such as breakfast cereals, soups, sauces and ready meals. So you could easily be eating too much salt without realizing it.

3. \_\_\_\_\_

Having too much saturated fat can cause heart disease. Products that contain large amounts of saturated fats are meat pies, cheese, butter, lard, cream, cakes. You should replace butter and lard with vegetable oils, which don't contain saturated fat.

4. \_\_\_\_\_

Having sugary foods and drinks too often can cause tooth decay. Cutting down on sugar will help you control your weight. Sugar is added to many types of food e.g. fizzy drinks, juices, sweets, biscuits, cakes, ice cream.

5. \_\_\_\_\_

We should be drinking about 6 to 8 glasses of water every day and even more when the weather is warm. Don't drink too much coffee or tea as they can dehydrate you.

### **II. Decide whether the statements are true or false.**

1. Eating vegetables and fruit is good for your heart.
2. One melon is a portion of fruit.
3. Potatoes can be eaten as part of your five-a-day rule.
4. Eating much salt increases blood pressure.
5. High blood pressure doesn't cause you any harm.
6. There is a lot of salt in the food we buy.
7. Eating saturated fats causes heart problems.
8. There is a lot of saturated fat in vegetable oils.



9. Sugary food is good for your teeth.
10. You should drink a lot of water to stay healthy.

## **Easy Things You Can Do Tonight For a Healthier Tomorrow**

### **I. Read the text and say what healthy foods are mentioned in it.**

Maybe you got a little bit sidetracked from your healthy lifestyle today or you're just eager to start tomorrow off on the right foot, there are plenty of things you can do right now to make sure that you're all ready to go when the morning comes. Between prepping meals ahead of time to quick solutions that you can achieve tonight, why wait until the morning to learn how to have a healthier week?

Whether you feel like you fell off the horse throughout today or you're motivated and ready to make tomorrow a day that your body will thank you for, there's a lot of small things that you can do right now to gear up. The key to staying on track is not so much about mental toughness or strictness and more about planning ahead and being prepared. Knock out these small tasks tonight and you'll be on the path for a better tomorrow.

#### **Pack a Lunch**

Not only is this sure to save you money, you'll most likely save big on calories, too. Whip up a stir fry or a grain bowl that you can reheat, or pack a hearty salad (greens on top so they don't get soggy!) with a light homemade vinaigrette. Other great options would be an egg salad or turkey sandwich on your favorite whole wheat bread with an apple or yogurt on the side.

#### **Have a Cup of Tea**

Skip a heavy dessert and any late night eating, and wind down your day with a hot, cozy cup of (ideally decaffeinated) tea. Doctor it up with a little honey, cinnamon, nutmeg, a splash of milk, or squeeze of lemon juice. You could even make your own Chai tea mix. Not only is this a great beverage for your immune system, but it's the perfect hydrating drink before bedtime.

#### **Portion Out Snacks**

Remember, being prepared is the name of the game, so don't wait until the last minute to realize that you're starving and need something ASAP. That's usually when you're most likely to fall off track. Keep a bag of almonds, a piece of fruit, homemade energy bars, whole wheat crackers, or a bag of carrots on hand in case you come down with a bad case of the munchies.

### **Get Breakfast Ready**

Whether it's hard-boiling some eggs, making muffins, prepping a bowl of overnight oats, or lining up mini egg breakfast cups, take some time to make sure that you'll have a well-balanced breakfast that you can fit into your morning routine. Extra bonus points if it's a breakfast you're looking forward to. Nothing adds a little extra motivation to get out of bed than a yummy breakfast waiting for you.



### **Eat a Balanced Dinner, and Eat it Slowly**

Just because you may feel like you've eaten unhealthily or consumed too many calories today, skipping your last meal doesn't necessarily reconcile this. Instead, eat a well-rounded meal with a lean protein, some healthy fats, and plenty of vegetables. Eat it nice and slowly to create a feeling of satiation. This way, you'll wake up tomorrow morning feeling fueled and ready to go.

### **Drink a Glass of Water**

This one almost requires no justification. A hydrated body is a happy one, and as a bonus, one extra glass of water before bed time can be great for your skin.

#### **Start a Food Journal**

Writing down what you've eaten that day is a great exercise for most people to have a reflective look at the foods they have consumed. This helps in holding yourself accountable, and also setting new goals to make changes in your diet.

### **Set the Alarm Clock One Hour Earlier**

Channel some of your motivation into a power workout tomorrow morning before class or work. Starting your day with some physical activity is a great way to rev up your metabolism, release some endorphins, and get you in a focused, rejuvenated mindset for the day to come.

### **Don't Sweat Today**

The good thing about falling off track is that there's always tomorrow to get back to your routine and start fresh. Making lifestyle changes doesn't happen overnight, and sometimes there will be days where you have no other option but to roll with the punches. Take it day by day, and regardless of how you feel about today, tomorrow is the perfect opportunity to lead the healthy, happy lifestyle you are reaching for.

## **II. Say what the following words and expressions mean:**

1. to gear up;
2. a hearty salad;
3. a great option;
4. to doctor it up (with honey and lemon juice);
5. the munchies;
6. a well-rounded meal;
7. a feeling of satiation;
8. to feel fueled;
9. to hold oneself accountable.

## **III. Answer the questions:**

1. What do you usually eat to gear up?
2. Do you take anything for lunch from home? What can be found in your lunch bag? If you don't have one, what would you like to put into it?
3. Do you ever indulge in late night eating? Why? What effects can it have if done too often?
4. What food do you include into your morning routine? Is it healthy? What ingredients does your usual breakfast contain?

## **FOCUS ON SPEAKING**

### **I. Act out a conversation between a nutritionist and a patient who has weight problems / health problems.**

Student A: You are a nutritionist. Ask your patient about his/her problems and give advice.

Student B: You have health problems / you are going to follow a diet. Ask the specialist for advice. Agree to some advice, express doubt in some.

### **II. Group work: Press conference.**

Student 1: you are a health expert in nutrition

Student 2: you are the Minister of Healthcare

Student 3: you are the director of a famous food company

Student 4: you are a businessman, an owner of a famous network of organic food shops

Other students: you are journalists. Prepare questions to the authorities and ask them. Argue if you don't agree to some statements. The authorities will have to answer.

**III. Work in pairs. Interviewer + a specialist** (a health expert in nutrition, the Minister of Healthcare, the director of a famous food company, a businessman, an owner of a famous network of organic food shops etc.)

**IV. Interview your friends and relatives asking them about their attitude to healthy eating and their healthy / unhealthy habits. You can use questions in this unit or add your own ones. Tell the class about the results of the interview.**

### **FOCUS ON WRITING**

**Write a few entries from a journal of a person who has decided to eat healthily.**

## **UNIT 6**

### **DIETS: A TREND OR A NECESSITY?**

#### **TOPICAL VOCABULARY**

a healthy portion

Atkins diet

binge eating

carbohydrates

crash diet

Dietary Supplement

eating habits

empty calories

fad diet

junk food

low carb diet

metabolism

processed food

refined sugar

super foods

to break your diet

to cut down on

to eliminate / to omit

to go (be) on a diet / to start a diet

to keep to a diet / to stick to a diet / to break a diet

to lose weight / to gain weight

# calories



**TINY CREATURES THAT LIVE IN YOUR CLOSET  
AND SEW YOUR CLOTHES A LITTLE BIT  
TIGHTER EVERY NIGHT**

## **LEAD-IN**

### **Discuss the following questions with your partner:**

1. Have you ever been on a diet?
2. How do you know if you are overweight?
3. What is the best way to diet?
4. Do you think dieting can be dangerous?
5. Do you think people who are overweight can be happy?
6. What is the difference between a diet and a healthy diet?

## **FOCUS ON VOCABULARY**

### **I. Read and fill in the gaps with suitable words used to speak about diets:**

*empty calories ■ crash diet ■ Atkins diet ■ super size it ■  
breaking your diet ■ diet ■ binge eating ■ low carb diet ■ healthy portions ■  
fad diet ■ super foods ■ dietary supplements*

1. These are foods that are naturally healthier and more prone to preventing disease than the average foods. Some examples of \_\_\_\_\_ are blueberries, spinach, and turkey.
2. If you are watching your weight and one day you break down and eat junk food it is called \_\_\_\_\_.
3. Fast food restaurants are notorious for serving junk food. Many of these establishments now give customers the option to make their order even bigger. If a customer decides to \_\_\_\_\_ he will be charged about a dollar more and he will get a larger portion of everything.
4. \_\_\_\_\_ This is one that is popular and being talked about in the media.
5. \_\_\_\_\_ Here the person dieting changes his/her habits drastically. This can be cutting out all carbohydrates, sweets or just cutting calorie intake by a large margin.
6. \_\_\_\_\_ This focuses on cutting out or limiting carbohydrates from the dieter's food intake. Many of the popular diets today focus on limiting carbohydrates. Dieters will eat meats and any other foods high in proteins to replace the breads and pasta.
7. A \_\_\_\_\_ usually has a list of rules that say what to eat and what not to eat. People find them online and see which ones are popular at the moment or they will make up their own. Short-term diets can often be more extreme.

8. Many diets focus on reducing the food intake of the dieter during each meal. Dieters learn how much of each different food group should be consumed for each meal. The appropriate amounts of foods are called \_\_\_\_\_.

9. \_\_\_\_\_ These are calories in food that give you energy, but don't have any nutritional value. Junk foods are full of them.

10. \_\_\_\_\_ This is the most famous of the "low carb" diets. It is based around the dieter limiting their carb intake and finding their own personal limits on carb consumption.

11. \_\_\_\_\_ This is when a person goes through a period where he overeats. It usually happens in a short period of time.

12. \_\_\_\_\_ This is anything that is added to a person's diet to add nutrients that may be missing from the daily diet.

**II. Translate the following words and expressions into English. Make up your own sentences using these words and expressions:**

1. значительно изменить свои привычки;
2. потребление калорий;
3. взвешиваться;
4. ограничивать употребление углеводов;
5. человек, сидящий на диете;
6. заменить один продукт другим;
7. переедать;
8. питательная ценность.

## **FOCUS ON READING**

### **Top 5 of the Most Popular Diets in 2018**

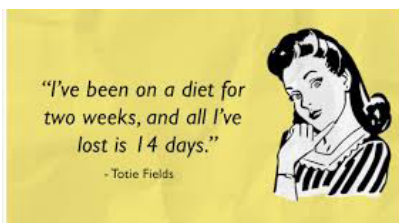
**I. Work in pairs. With a partner, read about one of the most popular diets in 2018. Discuss the main principles of the diet and types of food to eat.**

**II. Tell the class about the diet you have chosen. Say what pros and cons this diet has.**

#### **Diet 1 : Ketogenic Diet**

The "keto" diet is all the rage these days, but what exactly is a ketogenic diet? The keto diet is a short-term, low carb and high fat (LCHF) diet that focuses on weight loss. On this diet, your calorie breakdown looks like this: 70-75% fat, 20-25% protein, and 5-10% carbs.

You may be thinking, how does a high fat diet help you lose fat? The answer lies in switching your body from burning carbs (glucose) to burning fat (ketones) through the state of ketosis. You see, when you eat carbs, your body must produce insulin. Yet, insulin causes fat cells to be stored in the body instead of entering the liver to be used as energy. When you go strictly low-carb, you lower insulin levels and enter ketosis, which lets fat cells release stored water and then be burned as fuel.



The keto diet is a diet that calls for drinking tons of water and cutting carbs to make your body use it's storage of fat. When done properly, people experience weight loss and often better sleep, have more energy, and find it easier to concentrate. One thing to keep in mind is that you may have a negative reaction if you don't keep potassium, magnesium, and sodium levels up. Luckily, you can get a supplement for that!

### **Diet 2 : Paleo Diet**

Many people go Paleo because they want to invest in better nutrition and health. The foundation of the Paleo diet is the principle of returning to what early humans used to eat in the Paleolithic era. This was a time before the practice of harvesting grains, refining sugars, and adding artificial preservatives to food.

A Paleo diet includes meats, seafood, vegetables, low-sugar fruits, most nuts, and healthy oils. It strictly eliminates grains, legumes, dairy, sugars, potatoes, peanuts, vegetable / hydrogenated oils, and all processed foods.

By removing processed foods and additives from all daily meals, many people on the Paleo diet have experienced improvements in leanness / body composition (percentages of fat, bone, water and muscle) and an increase in energy and metabolism.

### **Diet 3 : Whole30 Diet**

The Whole30 program has a lot of overlap with the Paleo diet, but is a short-term elimination diet. For 30 days, it eliminates certain foods that are considered inflammatory in order to give your body a break and essentially hit the "reset" button.

The "whole" in Whole30 comes from its rule of making sure each food you eat is as close to its original whole food source as possible. This means

avoiding processed foods or at least having the fewest ingredients in each food as you can.

This diet is supposed to be followed religiously for 30 days because any cheating ruins the elimination reset. Although you say farewell to sugars, grains, dairy, alcohol, and most legumes for a month, the nice thing about Whole30 is that it doesn't have any calorie counting and has no set fat-protein-carb ratio you need to follow every day. So, you can follow your whims within the permissible food groups.

#### **Diet 4 : Weight Watchers Diet**

Since the 1960s, Weight Watchers has been one of the most popular diets and is now found in 30 countries around the world. The main concepts behind this diet is to help participants lose weight through forming good habits, getting more exercise, and having support to reach their weight goals.

The revolutionary thing about the Weight Watchers diet is that no food is off limits. Sounds too good to be true? Well, it's not. Weight Watchers works on a point system where participants can eat whatever foods they want as long as they don't exceed their total point goal for each day. Since nutritious foods have fewer points and sweets have more points, it forces you to keep your food choices in check and form better habits.

Weight Watchers had PointsPlus that calculated points based on total fat, carbohydrate, dietary fiber, and protein, but implemented a new SmartPoints system in 2015. The new points are calculated using calories, saturated fat, sugar, and protein. Whether you use SmartPoints or PointsPlus, our meal plan gives the number of points for both systems on every single recipe in our meal plan service.

#### **Diet 5 : Atkins Diet**

Dr. Atkins developed this low-carb diet to help people lose a substantial amount of weight and make their bodies healthier. By limiting carbohydrates (glucose), the body will burn fat for fuel instead and will have a more consistent level of energy and blood sugar. The Atkins diet is also helpful in lowering cholesterol.

If you need to lose 40+ pounds or have a 35-inch (for women) or 40-inch (for men) waist, then Atkins 20 is your friend. Every day it requires you to limit your total net carbs (minus fiber) to 20 grams.

If you have less than 40 pounds to lose, then you can try Atkins 40 which is an almost identical diet but bumps up the amount of carbs you can eat to 40 grams per day.



### **III. Find words in the text that mean the following:**

1. very popular during a certain period of time (Diet 1);
2. the process during which you start weighing less (Diet 1);
3. division of information on the calories that you consume into several categories (Diet 1);
4. a hormone in the body that controls the amount of sugar in the blood (Diet 1);
5. to start, to try the Paleo diet (Diet 2);
6. purified sugar (Diet 2);
7. to remove or take away certain foods (Diet 2);
8. foods that have undergone chemical or industrial treatment in order to cook them, preserve them, or improve their taste or appearance (Diet 2).

**Make up your own sentences using them.**

### **IV. Discuss the following questions with your classmates:**

1. Imagine that you want to lose weight. Which diet seems most suitable to you?
2. Which of the diets seems most reasonable to you? Why?

## **FOCUS ON SPEAKING**

**I. Have you ever been on a diet? Tell the class about your experience.**

**II. Work in pairs. Act out a conversation.**

Student A: You are a nutrition specialist, an expert in dieting and healthy eating.

Student B: You want to lose weight. Ask the nutrition specialist for advice.

**III. Work in pairs or individually. Invent your own diet! Introduce it to the group. Advertise your diet, say why it is effective, what kind of people it suits most of all. What foods does it contain?**

**IV. Prepare a presentation about a famous diet. Introduce it and say about its pros and cons.**

## **FOCUS ON WRITING**

**Write an article for a local magazine or a newspaper on the topic: "To Diet or Not To Diet?"**

## UNIT 7

### VEGETARIANISM

#### TOPICAL VOCABULARY

a balanced diet / a healthy diet  
a plant-based / meat-based diet  
an environmental-friendly diet  
an avid meat eater / vegetarian  
a vegetarian (a veggie)

GMO foods

processed foods

fruit / vegetables

vitamins

minerals

fibre

nutrients / essential nutrients

amino acids

saturated / unsaturated fat

wholegrain foods

starchy foods

calcium

iron



protein

carbohydrates

vitamins

low-fat milk

pulses

lentils

soya

tofu

flaxseed oil

#### LEAD-IN

**Express your opinion on the following:**

1. Have you ever tried a vegetarian diet? If not, would you like to try to go vegetarian for some time? If yes, what period of time would it take?
2. What is your attitude to vegetarians?
3. Do you know anyone who is a vegetarian? What famous vegetarians do you know?

#### FOCUS ON VOCABULARY

**I. Varieties of vegetarians: Match the word with its definition.**

Strictly speaking, vegetarians are people who don't eat meat, poultry, or seafood. But people with many different dietary patterns call themselves vegetarians, including the following:

- |                               |  |
|-------------------------------|--|
| 1. Vegans (total vegetarians) | a) Eat no meat, poultry, fish, or dairy products, but do eat eggs  |
| 2. Lacto-ovo vegetarians      | b) Avoid meat but may eat fish (pesco-vegetarian, pescatarian) or poultry (pollo-vegetarian)                         |
| 3. Lacto vegetarians          | c) Eat no meat, poultry, fish, or eggs, but do consume dairy products  |
| 4. Ovo vegetarians            | d) Do not eat meat, poultry, or fish, but do eat eggs and dairy products   |
| 5. Partial vegetarians        | e) Do not eat meat, poultry, fish, or any products derived from animals, including eggs, dairy products, and gelatin |

## **FOCUS ON READING**

### **Healthy eating as a vegetarian**

**1. Read the text and find foods containing the nutrient under the corresponding number in the text. Share your findings with the class.**

1. fibre
2. starch
3. calcium
4. iron
5. B vitamins
6. protein
7. vitamin A
8. minerals
9. unsaturated fats
10. omega-3 fatty acids



The Eatwell Guide shows the different types of food we should eat to have a healthy, balanced diet, and in what proportions.

You don't need to achieve this balance with every meal, but try to get the balance right over a day, or even a week. Choose options low in fat, salt and sugar whenever you can.

#### **1. Eat a variety of fruit and vegetables every day**

Try to eat at least 5 80g portions of fresh, frozen, canned, dried or juiced fruit and vegetables a day. As well as vitamins and minerals, fruit and vegetables provide fibre, which can help digestion and prevents constipation.

## **2. Base meals on starchy carbohydrates**

Starchy foods such as potatoes, bread, cereals, rice and pasta should make up just over a third of the food you eat. Where possible, choose wholegrain varieties. You should eat some starchy foods every day as part of a healthy, balanced diet. Starchy foods are a good source of energy and the main source of a range of nutrients in our diet. As well as starch, they contain fibre, calcium, iron and B vitamins.

## **3. Dairy or dairy alternatives are needed for calcium**

Milk and dairy products, such as cheese and yoghurt, are good sources of protein, calcium and vitamins A and B12. This food group includes milk and dairy alternatives, such as fortified unsweetened soya, rice and oat drinks, which also contain calcium. To make healthier choices, go for lower fat milk and dairy foods. Also choose lower sugar options.



## **4. Eat beans, pulses, eggs and other sources of protein**

Pulses include beans, peas and lentils. They're a low-fat source of protein, fibre, vitamins and minerals, and count as a portion of vegetables. Nuts and seeds are also a source of protein and other nutrients. Pulses are particularly important for people who don't get protein by eating meat, fish or dairy products. Other non-dairy sources of protein include eggs and meat alternatives, such as tofu, mycoprotein, and textured vegetable protein. You need to eat a variety of different sources of protein to get the right mixture of amino acids, which are used to build and repair the body's cells.

## **5. Choose unsaturated oils and spreads**

Unsaturated fats, including vegetable, rapeseed, olive and sunflower oils, are healthier than saturated fats, such as butter, lard and ghee. But all types of fat are high in energy and should be eaten sparingly.

## **6. Limit foods high in fat, salt and sugar**

Foods high in salt, fat and sugar, such as cream, chocolate, crisps, biscuits, pastries, ice cream, cakes and puddings, should be eaten less often and in small amounts. Foods in this group mainly provide energy in the form of fats and sugars, but may only provide a very small amount of other nutrients.

## **7. Getting nutrients from a vegetarian diet**

It's important to vary what you eat. Some nutrients are found in smaller amounts in vegetarian sources, or are less easily absorbed by the body than those in meat or fish. Contrary to popular belief, most vegetarians usually have enough protein and calcium (found in dairy products) in their diet.

But if you don't plan your diet properly, you could miss out on essential nutrients. For example, vegetarians need to make sure they get enough iron and vitamin B12 in their diets.

## **8. Vegetarian sources of iron**

Vegetarians are more likely to have lower iron stores than meat eaters. Good sources of iron for vegetarians include:

- eggs
- pulses
- dried fruit
- dark green vegetables, such as watercress, broccoli and spring greens
- wholemeal bread
- fortified cereals (with added iron)

## **9. Vegetarian sources of vitamin B12**

Vitamin B12 is needed for growth, repair and general health. It's only found naturally in animal products. If you regularly eat eggs or dairy products, you probably get enough. But if you only eat a small amount or avoid all animal products, it's important to have a reliable source of vitamin B12 in your diet.

- Good sources of vitamin B12 include:
- milk
- cheese
- eggs
- fortified breakfast cereals
- fortified soya products

## **10. Vegetarian sources of omega-3 fatty acids**

Omega-3 fatty acids, primarily those found in oily fish, can help maintain a healthy heart and reduce the risk of heart disease when eaten as part of a healthy diet. Sources of omega-3 fatty acids suitable for vegetarians include:

- flaxseed (linseed) oil
- rapeseed oil
- soya oil and soya-based foods, such as tofu
- walnuts
- egg enriched with omega-3

Evidence suggests that vegetarian sources of omega-3 fatty acids may not have the same benefits for reducing the risk of heart disease as those in oily fish.

But if you eat a vegetarian diet, you can still look after your heart by eating at least 5 portions of a variety of fruit and vegetables each day, cutting down on food high in saturated fat, and watching how much salt you eat.

## **II. Find expressions in the text that mean the following:**

1. разнообразие овощей и фруктов;
2. сбалансированный рацион;
3. продукты с пониженным содержанием сахара;
4. источник белка;
5. формировать клетки организма;
6. ненасыщенные жиры;
7. испытывать недостаток необходимых питательных веществ;
8. надежный источник витаминов;
9. снижать риск сердечных заболеваний;
10. сократить употребление жирной пищи.

## **Make up your own sentences using these expressions.**

## **III. Discuss the following questions with your classmates:**

1. What are the main sources of protein in your diet?
2. What nutrients do you think are not enough in your diet? What foods should you add to eat more healthily?

## **FOCUS ON SPEAKING**

### **I. Discuss the following questions with a partner.**

1. Do you think restaurants should offer one or two vegetarian dishes on their menu? Would you go to a vegetarian restaurant for dinner?
2. What is the most logical reason for becoming a vegetarian?
3. What meal would you miss the most if you became vegetarian?
4. What would be a great meal you would prepare for yourself as a vegetarian?
5. What would be more difficult to eat, a strange new vegetable, or an exotic piece of meat?
6. What are the benefits of eating meat?
7. Have you ever considered becoming a vegetarian?
8. Would you marry a vegetarian if it meant you could not cook meat at home?
9. What is a better reason for becoming a vegetarian; health reasons or animal rights?

10. What would you prepare for a vegetarian coming for dinner at your home? (appetizer, main dish, dessert and beverage)

## **II. Role-Play: An Interview. Act out a conversation between:**

Student A: You have become a veggie which you really enjoy. Share what you eat and what your reasons are to be a veggie.

Student B: You eat a regular diet, including meat. Your friend is a veggie and you are curious to find out more about his/her experience. You are sure people cannot do without meat and animal foods in their diet.

## **III. Role-Play: A Debate: Which is your choice? Veggie or a Meat-Eater?**

Split into 2 teams:

Team 1: You are veggies and vegans. In a group, devise a list of advantages of vegetarianism.

Team 2: You are avid meat-eaters. In a group, make a list of reasons why you think animal foods are essential in a human diet.

Try to convince your opponents that they should make changes in their diet. After the debate, vote which diet wins in your class. Which student was the best at persuading the others?

## **IV. Make a presentation about vegetarian and vegan celebrities.**

### **FOCUS ON WRITING**

**Choose one of the given topics. Write a short story (30-40 sentences) from the viewpoint of:**

- 1) a person who decided to try to go veggie and loved the experience;
- 2) a person who made an experiment to try to cut down on meat but finally realized that vegetarianism is not their cup of tea;
- 3) "A Week in a Veggie's Life".

### **PROJECT**

**I. Design a comic strip on one of the topics using the website <https://www.storyboardthat.com/storyboard-creator>:**

- 1) Say No To Fast Food;
- 2) Eat and Stay Healthy.

**II. Make a presentation to promote healthy eating among your peers.**

## REVISION (UNITS 4 – 7)

### I. Translate into English using your active vocabulary:

1. Твоему другу нужно сократить употребление фастфуда. У него лишний вес. – Да, я давно предлагаю ему сесть на диету, исключить жирную пищу и сахар. – Сахар можно заменить фруктами и медом.

2. Ты уже два года соблюдаешь вегетарианскую диету. Какие продукты в твоём рационе являются источниками белка? – Я часто ем чечевицу и другие бобовые. – А я бы не смогла соблюдать растительную диету. Мне необходимы продукты животного происхождения.

3. Я знаю, что фастфуд плохо влияет на здоровье, но это очень быстро и вкусно, хотя и высококалорийно. Я больше всего люблю картофель фри, куриные наггетсы, лапшу и молочные коктейли.

4. Чтобы сбросить вес, вам придется значительно изменить свои привычки. Попробуйте исключить насыщенные жиры и крахмалистые продукты. Добавляйте в салаты и каши льняное масло. Ешьте зелень, сухофрукты и крупы. Это поможет вам сделать рацион более сбалансированным.

5. Фрукты и овощи очень богаты клетчаткой и витаминами. А сладости содержат много углеводов и пустых калорий.

6. Я слышала, ты сейчас на диете? – Да, я сижу на диете весонаблюдателей и пытаюсь изменить свои пищевые привычки. Я уже сбросила два килограмма.

7. Соя – это альтернатива молочным и мясным продуктам. Она является источником белка.

8. Я веду дневник питания, чтобы проследить сколько калорий я употребляю за день. Это помогает мне избегать переедания.

9. Давай купим пончиков и кофе! – Спасибо, но я буду придерживаться своей диеты. Я должна исключить кофеин и углеводы.

10. Когда мне хочется что-нибудь пожевать, я ем орехи, яблоки или изюм.

### II. Play guessing games:

#### 1. “The Hot Seat”.

A student comes out to the blackboard and sits down on the chair facing the group. The teacher writes an active word or expression on the blackboard. The students describe this word to the person on the hot seat who should guess it.

This game can be played in teams. Each team wins a point if their member can guess the word within a minute.



## **2. “The Crocodile”.**

The teacher gives the students cards with words and expressions. Each student has to use gestures and acting skills to help the group guess the word.

## **III. Roleplay: a TV show.**

**Student A:** an interviewer (a TV show host). Interview the today's guest: ask them questions, react to the answers, involve the audience into the discussion. At the end of the talk, make a conclusion.

**Student B:** a nutrition expert / a vegetarian athlete / a celebrity who has lost 30 kilograms / a fitness instructor. Share your personal story and your opinion, answer questions and be ready to defend your point of view.

**Other students act as the audience:** they ask questions (including tricky ones!), share their experience and give arguments for or against the topic discussed.

**Students may exchange roles if time permits.**

## PART III

### THE SPICE OF LIFE

#### UNIT 8

#### INTERNATIONAL FOOD

Whose food I eat, his song I sing.  
*German proverb*

#### TOPICAL VOCABULARY

British banger

Cornish pasty

cream tea

custard

Earl Grey tea

fish and chips

fry up

ginger ale

haggis

horseradish sauce

Lancashire hotpot

pudding

roast beef / pork / turkey

scones

shepherd's pie

steak and kidney pie

Sunday roast

trimmings

Yorkshire pudding

a teatime treat

authentic

comfort food

cuisine

filling

heartwarming

stir fry

to be on the menu

#### LEAD-IN

**I. Think of 4 different kinds of fruit, vegetables, drinks, dishes etc. from our country. Explain them using the following structures:**

It's *a kind of* vegetable / side dish / spice.

It's *a bit like* an oyster, but smaller.

It's *a bit like* vodka, *but not as* strong.

It's *made from* vegetables / a special kind of bean.

**II. Work in pairs. Describe your choices and see if your partner can guess what you are describing.**

**III. Answer the following questions.**

1. What foreign food have you tried? What food have you enjoyed? Describe its taste.

1. How many typically British (American, Italian, German, French, Spanish, Japanese) foods can you think of? Write them down.

2. Have you ever eaten English or American food? If you have, what did you think of it? Would you choose to eat it again? Why / Why not?

3. How does international food compare to the food in Belarus? Give a few examples.

### **FOCUS ON VOCABULARY**

**I. Match the names of foods with the names of countries they originate from. What ingredients are these foods made of? Say what you would like to try and why.**

- |                |                          |
|----------------|--------------------------|
| 1. miso        | a) Mexico                |
| 2. tortilla    | b) South and North Korea |
| 3. schnitzel   | c) India                 |
| 4. bigos       | d) France                |
| 5. kimchi      | e) Poland                |
| 6. bruschetta  | f) Germany and Austria   |
| 7. curry       | g) Spain                 |
| 8. taco        | h) Japan                 |
| 9. ratatouille | i) Greece                |
| 10. moussaka   | j) Italy                 |

**II. Match up the words to make the names of popular British dishes and types of drinks.**

- |                     |                      |
|---------------------|----------------------|
| 1. Fish and         | a) roll              |
| 2. Bread and        | b) chips             |
| 3. Steak and kidney | c) beer              |
| 4. Sausage          | d) pasty             |
| 5. Roast beef and   | e) Yorkshire pudding |
| 6. Ginger           | f) pie               |
| 7. Cornish          | g) breakfast         |
| 8. Brown            | h) butter            |
| 9. Beans            | i) sauce             |
| 10. Full English    | j) on toast          |

## FOCUS ON LISTENING

### **At a Peruvian Restaurant**

You are going to hear a conversation between Aurora, a Peruvian businesswoman, and Claes who is visiting Peru. Aurora explains the things on the menu below.

#### **I. Before listening, discuss the following questions:**

1. Do you eat much foreign food? What are your favourites?
2. Do you know anything about Peruvian food?
3. Do you have any idea what any of the dishes on the menu might be?

**II. Listen to the conversation. Cross out the dishes Claes rejects, and tick the dishes he decides to order.**

**III. How much can you remember about each of the dishes that were mentioned?**

**IV. Work in pairs. Try to complete the sentences. Then listen again to check your answers.**

1. They don't have an English menu, I'm \_\_\_\_\_.

2. You'll just have to talk me \_\_\_\_\_ it.

3. That's balls of mashed potato, \_\_\_\_\_ with beef, raisins and olives.

4. It's sliced cow's heart, very \_\_\_\_\_ and \_\_\_\_\_.

5. I'll go \_\_\_\_\_ that.

6. That's steak, sliced very \_\_\_\_\_ and them fried and \_\_\_\_\_ with rice.

7. It's a bit \_\_\_\_\_ a Spanish paella, but \_\_\_\_\_.

8. It's a \_\_\_\_\_ of stew with goat's meat in.

9. That sounds very \_\_\_\_\_.



#### **V. Act out a conversation.**

**Student A:** You are from Great Britain (or any other country). You have come to Belarus and want to try local food. You don't speak the local language. Your friend is eager to help you. Reject at least two items on the menu. Choose a starter, a main dish and a dessert.

Student B: You are a Belarusian. Your foreign friend has come to visit you in Belarus. Help him/her to choose Belarusian food to try. Talk him/her through the menu.

## **FOCUS ON READING**

### **Top 10 British foods**

**I. Work individually or in pairs. Draw a number from 1 to 10 and read about a famous British dish under the corresponding number in the text.**

**II. Tell the class about the dish you have chosen.**

Traditional British food is ‘comfort food’: heartwarming, filling and satisfying.

Traditional British food, as well as English ‘modern’ cuisine is becoming more popular these days. While most British people eat a lot of pasta, pizza and dishes influenced by Indian and Chinese cultures – like curries and stir fries – some of the old favourites are still on the menu, even if they’re not eaten every day.

Here are some typical foods and dishes from around the United Kingdom.

#### **1. The Sunday roast – and all the trimmings**

Once, most families in the UK would sit down together for a big roast lunch every Sunday. This doesn’t happen so much now but the Sunday (or any other day of the week) roast is still a very popular meal. Beef, chicken, lamb, pork or, especially at Christmas, turkey is roasted in the oven. It’s served with a selection of vegetables like roast potatoes, carrots, cabbage, roasted onions, Brussels sprouts, peas, as well as tiny sausages wrapped in bacon called ‘pigs in blankets’ and gravy made from the meat juices (‘the trimmings’).

Roast beef is traditionally accompanied with a peppery horseradish sauce, English mustard and Yorkshire pudding (a batter of eggs, flour and milk which rises up in the oven). Roast pork is often served with an apple sauce, while roast lamb tastes delicious with a mint sauce or redcurrant jelly.

The next day, people fry up the leftover vegetables to make ‘bubble and squeak’ and eat it with slices of the cold meat.



## 2. Fish ‘n’ chips



Brits have been eating fish and chips since the 19th century. This is street food, best eaten with the fingers, which used to be served wrapped in a piece of white paper and newspaper. These days the local chip shop or ‘chippie’ is more likely to hand it over in a polystyrene dish and with a little wooden fork. The fish, usually

cod, haddock or plaice, is dipped in batter and deep-fried; the chips are cut thicker than French fries (more like American ‘home fries’) and deep fried twice: once to cook the potato; second to crisp up the outside. Eat sprinkled liberally with salt and malt vinegar, and as an accompaniment perhaps a pickled egg or onion, a giant pickled cucumber called a ‘wally’ or some curry sauce.

## 3. Puddings...

Most of the traditional desserts, puddings, ‘sweets’ or ‘afters’, as they’re called in the UK, are not for those on a diet. In apple crumble, apples are covered with a crumbly flour, sugar and butter mixture and served with custard made from eggs, milk and vanilla. Bread and butter pudding is made from sliced bread interlaced with dried fruit and baked in custard. Spotted dick is a steamed suet pudding with dried fruit and served with custard. Trifle is a cold pudding made from layers of sherry-soaked sponge cake, fruit, custard and cream. Summer pudding is sliced bread layered with fruits, berries and fruit juice, and eaten with cream. Get the picture?

## 4. ...and pies

There are so many different pies from around the UK: cottage pie (minced beef with a mashed potato topping), shepherd’s pie (using lamb instead of beef), steak and kidney pie made with a suet-based (beef or mutton fat) pastry case, pork pie (famously made in Melton Mowbray) which is eaten cold, and the Cornish pasty – meat, potato and vegetables wrapped up in a semi-circular pastry case which is a meal in itself.

## 5. The fry up - or ‘Full English’ breakfast

A ‘fry up’ may consist of fried or grilled bacon, a sausage or two, a fried egg, baked beans (tinned beans in a tomato sauce), grilled or fried

tomatoes, a slice of fried bread (or toast), perhaps some slices of fried black pudding (sausage made from pig's blood), and fried mushrooms – eaten in any combination, with a dollop of either brown sauce or tomato ketchup on the side. Other traditional English breakfasts to try are smoked kippers, scrambled egg on toast, kedgerree (a rice and smoked haddock dish from the days of the British Raj) – or just a bowl of cornflakes and milk.

## **6. Haggis**

Haggis is a traditional Scottish dish, which is always eaten on Burns Night, a celebration of Scotland's national poet Robert Burns, author of 'Auld Lang Syne' and the poem 'Address to the Haggis' which is recited at the start of Burns' Suppers on January 25th. A haggis is the stomach of a sheep (or an artificial casing) stuffed with a mixture of chopped sheep's heart, liver and lungs, oatmeal, onions, suet (fat), stock and seasoning. It's eaten with 'neeps and tatties' (boiled and mashed swede and potato) and washed down with a dram (glass) of Scottish whisky.

## **7. The British banger**

Unlike European sausages, most British sausages ('bangers') are made from fresh meat rather than smoked or cured and then grilled, fried or baked. Sausages are usually made from casings filled with pork or beef and flavoured with herbs and spices and come in long 'links' or strings. The classic Cumberland sausage, originally from what is now Cumbria in the north of England, is a long, coiled sausage made from chopped pork, and seasoned with pepper. Popular sausage dishes include 'toad in the hole' (sausages baked in a dish of batter) and 'bangers and mash' (sausages served with a pile of mashed potato and eaten with English mustard and/or an onion gravy).

## **8. Cheese**

The two most famous British cheeses are Cheddar and Stilton. Cheddar is a hard, yellow cheese with a nutty flavour and often enjoyed in sandwiches, grilled on toast or eaten with a hunk of bread, salad and chutney in pubs as a 'ploughman's lunch'. Stilton, on the other hand, is traditionally eaten after a formal meal with a glass of port. Made in north of England, it's a creamy pale cheese with blue veins radiating from the centre of its famous cylindrical shape. Other cheeses to look out for include the Welsh Caerphilly, Wensleydale, Red Leicester, Double Gloucester and Cornish Yarg.

### **9. Lancashire hotpot**

This stew, which originated in the north west of England, is made from mutton or lamb and vegetables, topped with sliced potatoes. It's simple to prepare and cheap to make, but cooked long and slow so that the meat is succulent and tender, it tastes delicious. It's often eaten with pickled red cabbage or beetroot. Other similar stews are scouse from Liverpool, Irish stew from Ireland and cawl from Wales.



### **10. Cream tea**

The cream tea is a teatime treat associated with the South West of England, especially Devon and Cornwall and served in cafes and tearooms all over. It consists of a pot of tea – Earl Grey in preference – drunk black with lemon or with a dash of milk, and scones. These are dense, bread-like cakes made from flour, butter and milk, served with strawberry or raspberry jam and clotted cream, a rich yellow cream with a crusty top. Simply cut the scone in half, spread it with jam and clotted cream – and enjoy.

**III. What British food would you like to try? What dishes would you never try? Give your reasons. Compare your opinions with your classmates.**

**IV. Work in pairs. Imagine you are going to arrange a British-themed party. Make up a menu for the party including some British foods. Explain your choice.**

### **FOCUS ON SPEAKING**

**Choose a country and make a presentation about its cuisine.**

### **FOCUS ON WRITING**

**Choose any country you like. Write an ode to its cuisine! Explain why this cuisine is a must-try so that everyone might want to taste it right away!**



## UNIT 9

### EXOTIC FOOD

#### TOPICAL VOCABULARY

##### Exotic Fruit

babacos	Korean
breadfruit	Japanese
durian	Chinese
granadillas	Thai
guava	Moroccan
loquat	unique
mango	eclectic
papaya	eccentric
passion fruit	unappetizing
physalis	shocking
pitaya (dragon)	edible bugs
rambutan	delicacy

##### LEAD-IN

Foods introduced from a foreign country are considered to be *exotic*. In other words, *exotic foods* are unusual foods that we are not used to. The word *exotic* also means something very different or colourful. In the modern world, people are used to different kinds of spices in their food and things that were once considered to be exotic are now part of our everyday menu. What is exotic for you?

##### **Discuss the following questions with your partner:**

1. Have you ever tried any exotic food? What did it taste like?
2. Are there any things that you would never try?

#### FOCUS ON READING

##### **Top 10 Most Exotic Foods from around the World**

**I. Work individually or in pairs. Draw a number from 1 to 10 and read about the most exotic dishes under the corresponding number in the text. Tell the class about the dish.**

### **Discuss the questions:**

1. How can you describe each of the dishes? What do you think they taste like?
2. What dish would you never try and why?
3. What dish would you possibly try?

We've all heard of exotic dishes being consumed around the globe – insects, organ linings of some mammals & chicken feet to name a few. However not all of them are distinctively unique or eclectic.

'Exotic' is a vaguely subjective term – what may be traditional or common for one part of the world may translate to 'eccentric' or 'bizarre' for the other. Majority of the world population deem these dishes to be unconventional, unappetizing and even disgusting.

What makes a dish truly exotic? The fact that they are rare outside of their native land, take unique techniques or a hefty pace to prepare, are distinctive in terms of taste & look and those that are deemed as an experience to eat qualify as exotic foods. This list excludes the better known exotic foods like Maggots, Larvae Cheese, Snakes, Fried Crickets and other edible bugs.

Here are the Top 10 Most Exotic dishes from around the World:

#### **1. Escargots de Bourgogne: France**



Escargots are land snails that are served as entrees in some European countries like Spain, Portugal & France. What makes them one of the most exotic foods in the world are the specialized escargots from a specific region of France – Burgundy. This is the province known for its Burgundy wines.

The Burgundy snail requires a long preparation process. Only experienced chefs look after the breeding, preparation and selection of the snails. The most popular version of this dish has the snails cooked with a brushing of butter, parsley, garlic along with a wine based sauce.

#### **2. Kangaroo: Australia**

Australia eats its national animal and is one of the few countries to do so. It's shocking to many that one of the most exotic animals of the world is farmed and eaten as a large scale source of meat in its native land itself. Kangaroos have been eaten in Australia for a long time but aren't available outside Australia unless

exported. This makes kangaroo meat one of the most expensive and exotic red meats in the world... except Australia. Kangaroo meat, reportedly, tastes like normal red meat and tastes best when cooked medium rare.

### **3. Starfish: China, Micronesia**

Starfishes are beautiful and alluring sea creatures that are often wanted as an addition for aquariums, however they are infamous for being a treat in China and Micronesia. What makes the Starfish worthy of being one of the most exotic foods is simply the fact that they are consumed very rarely, accounting to only a few coastal provinces or prominent cities of China & Micronesia and are practically eaten nowhere outside of South East Asia.

Starfishes are difficult to eat; their outer shell is spiky, hard and mostly inedible while the inner meat is mushy and soft. They are deep fried and may be savored without any sauce. Their taste has been described as similar to that of crab meat and sea urchins.

### **4. Haggis: Scotland**

Haggis is the national dish of Scotland. It is described as a savory pudding made exclusively with the inner organs of a sheep like the heart, liver and lungs. They are cooked together and encased within the stomach lining of the animal. What makes Haggis one of the most exotic dishes is its unique composition and traditional Scottish flavors. The authentic, rich flavor of the dish can be found only in its native land. Haggis is served with alcohol, neeps (mashed turnips) and tatties (mashed potatoes) and is described as tasting earthy, mildly spicy and fatty.

### **5. Frog Legs: France, China**

Frog Legs are one of the most exotic delicacies from French and Chinese gastronomy. France and China are the most avid consumers of frog legs. A handful of other countries like India, Indonesia and Italy consume it as well. Despite being a more common 'exotic food', it remains one of the most sought-after food items ever. In terms of taste and texture, Frog Legs have been compared to chicken wings. Despite being a risky dish, considering most frogs are poisonous and many can be mistaken for the edible ones, they are used in both haute and street food culture.

### **6. Alligator: USA**

Alligator meat is one of the most controversial foods in the world; Alligators and Crocodiles are dying at an alarming rate and it has been a subject

of debate whether consuming these animals should be illegal worldwide or not. Despite the controversies, alligators can't be denied as one of the most exotic foods, especially in modern times. Alligators are most commonly consumed in the United States of America, especially in the southern states where Alligator hunting is legal.

### **7. Fugu: Japan**



‘Fugu’ means pufferfish in Japanese and holds its reputation as one of the most poisonous creatures consumed in the world. It is the most exotic delicacy of Japan. This dish is served by chefs who have years of experience in the ideal preparation of the fish. Thailand and Indonesia also serve this dangerous exotic food. Poorly

handled or monitored pufferfish have reportedly caused many deaths and chronic injuries.

Pufferfish poison is known for being one of the most pain inducing poisons with reports of coma, seizures and internal bleeding, making it one of the most dreaded foods. It may be served as sashimi, stew or soup.

### **8. Pidan: China**

Pidan, infamously known as the Century Egg, is a Chinese preserved food. It consists of any type of egg, most commonly duck and chicken eggs, preserved with chemicals and various types of liquids to give its distinctive flavor and color. The eggs are prepared by preserving them in a mixture of clay, ash, quicklime, and other chemicals depending on different places. They are preserved for a period of few weeks to several months; this preservation turns the egg white black and brown and turns the yolk greenish black. Chemicals like ammonia and hydrogen sulfide cause it to have a pungent smell and strong salty flavor.

### **9. Kæstur Hákarl: Iceland**

Hákarl translates to shark in Icelandic and Kæstur Hákarl is the country's national dish. The dish has a wretched smell with strong, numbing flavors. Kæstur Hákarl is another preserved food on this list. It is rightfully one of the most exotic foods ever. To prepare this dish, sharks are cured with a heavy fermentation process after which they are buried or hung for over

six months. While the smell overpowers the reputation of the dish, it has been reported that the taste is quite unique and pleasant. Many reputed chefs like Gordon Ramsay and Antony Bourdain have tried this exotic dish and have had great distaste for its strong, rotten smell.

### **10. Balut: Philippines**

Balut is arguably the most exotic food there is. The dish is one of the most debated, discussed and controversial foods ever. The eggs that we ordinarily consume are unfertilized which is why many vegetarians consume it without any guilt. Balut, however, isn't an ordinary egg. This dish consists of a fully fertilized egg where the embryo of a bird is still developing when it's cooked. Philippines along with a few other southeast Asian countries consume this dish. Balut, reportedly, tastes like chicken with slimy consistency due to the inner fluids of the egg and the embryo.

### **FOCUS ON SPEAKING**

**Make a presentation. Speak about an exotic dish or type of food. How is it made? What cuisine does it belong to? What are the ingredients? After everyone in the class has spoken, vote for the best exotic dish.**

### **FOCUS ON WRITING**

**Write what 3 exotic foods you would like to try and what 3 exotic foods you would never try. Give your reasons.**

## **UNIT 10**

### **MY FAVOURITE RECIPE**

#### **LEAD-IN**

**Answer the questions. Ask your partner these questions and report their answers to the class.**

1. What are your favourite dishes that your Mum cooks?
2. What are your favourite dishes you have tried in a restaurant?
3. What is your favourite dish that you can cook?

## **FOCUS ON READING**

### **I. Read the text.**

#### **Pasta with Broccoli, Sun-Dried Tomatoes, and Olives**

This colorful pasta comes together in minutes, and its bold flavors make this healthful dish a winner.

##### **Ingredients**

- salt
- 12 oz. broccoli florets, cut into bite-size pieces (about 6 cups)
- 12 oz. rigatoni or other medium pasta
- 4 oz. canned pitted black olives, cut in half lengthwise (about 1 cup)
- 2 oz. sun-dried tomatoes (not oil-packed), thinly sliced (about 2/3 cup)
- 1/2 oz. finely grated Parmigiano-Reggiano (about 1/3 cup); more as needed
- 1/2 tsp. granulated garlic; more to taste
- 1/2 tsp. crushed red pepper flakes; more to taste
- 6 Tbs. extra-virgin olive oil; more as needed



##### **Preparation**

Bring a large pot of well-salted water to a boil. Add the broccoli, and cook until crisp-tender, 2 to 3 minutes. Using a slotted spoon, transfer the broccoli to a colander; rinse under cold water. Return the water to a boil.

Add the pasta to the pot, and cook according to package directions until al dente. Reserve 1/4 cup of the cooking water. Drain the pasta over the broccoli in the colander, and transfer to a large bowl. Add the olives, tomatoes, cheese, garlic, pepper flakes, and 1/2 tsp. salt. Add the olive oil, and toss well. Add the reserved cooking water 1 or 2 Tbs. at a time to loosen the pasta. Season to taste with salt, granulated garlic, and pepper flakes. Serve drizzled with additional olive oil and cheese, if you like.

### **II. Translate into English using the vocabulary of the text:**

1. Я люблю добавлять к макаронам *мелко натертый сыр*.
2. Варить цветную капусту нужно *до полуготовности, чтобы она была хрустящей*.
3. Добавьте в суп немного чеснока *по вкусу*.
4. Моя мама часто *приправляет* салаты *по вкусу* солью, перцем и базиликом.

5. Пожалуйста, переложите салат в большую миску, и я подам его к столу.

### III. Answer the questions about the recipe.

1. Is this dish easy or difficult to cook? Why?
2. How many minutes does it take to cook?
3. What ingredients do you need for the recipe?
4. Is this dish healthy or unhealthy? Why?
5. Would you like to cook it? On which occasion? Would you change the recipe a little?

## FOCUS ON LISTENING

### Jamie Oliver Sings a Recipe

I. Have you heard of Jamie Oliver? What is he famous for?

II. Study the meaning of the following words and expressions:

*to pop*

*Fenugreek*

*revelation*

*curry*

*to whack something in*

*turmeric*

*to give a pulse*



III. Watch the video, listen to the song and insert the correct words into the blank spaces.

### Lamb Curry Song – Give It To Me Hot!

(Words and music by Leigh Haggerwood, performed by Jamie Oliver)

#### Verse 1

Get yourself a \_\_\_\_\_ and get it hot,

Get your lovely \_\_\_\_\_ and \_\_\_\_\_,

Whop in with some mustard seeds, two \_\_\_\_\_ will do

Wait until they pop and they spit at you.

Then a \_\_\_\_\_ of Fenugreek is nice,

You need three hot \_\_\_\_\_; red or green,

De-seed them and finely \_\_\_\_\_, give a stir once or twice,

Oh my god it's so nice, so nice!

I've found this new revelation its called curry \_\_\_\_\_,  
Get yourself a \_\_\_\_\_ and throw them in with ease,  
Got my friend \_\_\_\_\_ just give him a peel,  
Its so damn juicy, the flavour is unreal,

Skin three sweet onions and give them a \_\_\_\_\_,  
I use the food processor saves time a lot.  
Whack'em in, throw'em in,  
Give it a \_\_\_\_\_; we start to make great curry, why ay ay ah

### Chorus

Lamb Curry, you give it to me hot,  
Ain't no worries when you cook it from your heart,  
Lamb Curry, you give it to me hot,  
Ain't no worries when you cook it from your heart..

Gonna give it to my brothers and sisters,  
Gonna give it to the Mrs and the Mrs,  
Gonna give it to my brothers and sisters,  
Why ay a yeah.

### Verse 2

Now back to the pan where all the action happen,  
Just one \_\_\_\_\_ of chilli powder for a little extra passion,  
One teaspoon of turmeric that lovely yellow stuff,  
Using the same \_\_\_\_\_ add six ripe tomatoes

Give'em a pulse to make some \_\_\_\_\_, lovely lovely \_\_\_\_\_  
Now find a \_\_\_\_\_ of coconut milk and open it up,  
But mind your bloomin fingers they're so easy to cut!  
You can smell the sweet aromas as it hits your faces,  
With a good \_\_\_\_\_ of salt you should season to taste,

Throw'em in, whack it in,  
Give it a shake, we start to make great curry, why ay ay ah

### Chorus 2X

Lamb Curry, you give it to me hot,  
Ain't no worries when you cook it from your heart,



Lamb Curry, you give it to me hot,  
Ain't no worries when you cook it from your heart..

Gonna give it to my brothers and sisters,  
Gonna give it to the Mrs and the Mrs,  
Gonna give it to my brothers and sisters,  
Why ay a yeah.

#### **IV. Discussion**

1. What is your impression of the song? Would you like to try to cook this dish? Is it easy to cook?
2. Why do you think Jamie has released a “cooking” song?
3. What dish would you devote a song to?

#### **FOCUS ON SPEAKING**

**I. Act out a conversation. A mother and a daughter/son are in the kitchen. Mother is teaching her daughter/son how to cook a dish and the kid is helping her and asking questions.**

**II. Present the recipe of your favourite dish to the class. Say why everyone has to try this dish.**

#### **FOCUS ON WRITING**

**Write a poem to describe how you cook your favourite dish. You may get inspired by Jamie Oliver's song!**

#### **PROJECT**

**Design a leaflet for a travel agency to promote new tours – culinary tours. Choose any country and write a program of the tour. Include description of dishes, their taste, history, origin etc.**

## REVISION (UNITS 8 – 10)

### I. Translate into English using your active vocabulary:

1. Рыба с жареным картофелем – классическое блюдо британской кухни. Для него обычно используется треска или пикша, а подают с маринованными огурцами или луком.
2. Лягушачьи лапки – экзотическое блюдо. Но по вкусу их можно сравнить с куриными крылышками.
3. Самый экзотический деликатес в Японии – рыба фугу. Эту рыбу подают также в Индонезии и в Таиланде.
4. Сыр Чеддер используется для бутербродов. Это твердый сыр желтого цвета, самый популярный в Великобритании.
5. Во Франции улиток готовят со сливочным маслом, петрушкой и чесноком и подают с соусом на основе вина. Это блюдо подают на первое.
6. Жаркое из свинины в Великобритании подают с яблочным соусом. А жаркое из говядины очень вкусно, если его есть с мятным соусом или желе из красной смородины.
7. Во многих регионах Африки едят насекомых. Но в большей части стран такая еда считается неаппетитной и даже отвратительной.
8. Британцы едят много блюд китайской и индийской кухни. Пицца и паста тоже очень популярны.
9. Во время путешествий в другие страны всегда интересно попробовать самобытную местную еду. Это один из способов узнать больше о культуре страны.
10. Традиционный британский чай со сливками подают с пшеничными лепешками и джемом.

**II. Imagine you have been to an exotic country (in fact, this can be any country). Act out a talk with your friend and share your experience of eating local delicacies. Discuss the best foods and the dishes you didn't enjoy at all.**

**III. Make a crossword. Use names of foods from all over the world.**

# **ADDITIONAL MATERIAL**

## **TO UNIT 1**

### **USEFUL VOCABULARY**

#### **Meat**

bacon

beef

ham

lamb

liver

mutton

pepperoni

pork

sausage

veal

#### **Fish and Seafood**

cod, haddock, herring, perch, pike, salmon, sole, sturgeon, trout, tuna  
sardines, sprats

crabs, mussels, lobster, oysters, shrimps (BrE) / prawn (AmE)

caviar

clam

tinned / canned fish

#### **Poultry**

chicken, duck, goose, turkey

#### **Dairy**

butter

cheese

cottage cheese / cream cheese / soft cheese

cream, sour cream, sweet cream

margarine

milk

Ricotta / Mascarpone / Cheddar / Edam / Mozzarella cheese

yoghurt

#### **Bread and Pastry**

bagel

baguette / French stick (AmE)

biscuits (BrE) / cookies (AmE)

brown bread / rye bread

bun

cake

croissant

doughnuts (BrE) / donuts (AmE)

muffin  
pie  
roll

tart  
waffles

### **Cereals and Groceries**

Cereals: barley, buckwheat, cornflakes, millet, oatmeal, rice, semolina  
corn  
rice / brown rice  
flour  
Pasta: macaroni, noodles, spaghetti  
baking soda / yeast

### **Confectionery**

caramel  
cheesecake  
gingerbread

peppermint  
sweets (BrE) / candies (AmE)  
toffees

### **Fruit**

apples  
apricots  
avocados  
bananas  
citrus fruit  
figs  
grapefruit  
grapes  
kiwi fruit  
lemons

mango  
nectarines  
oranges  
peaches  
pears  
persimmons  
pineapples  
plums  
pomegranates  
tangerines

### **Berries**

bilberries  
blackberries  
blueberries  
cherries  
cranberries  
currants (black, red)

gooseberries  
raspberries  
strawberries  
cantaloupe  
melon  
watermelon

### **Vegetables and Legumes**

aubergines (BrE) / eggplants (AmE)  
beans / kidney beans

beetroot / beets  
bell pepper / sweet pepper

black-eyed peas  
broccoli  
Brussels sprouts  
cabbage  
carrots  
cauliflower  
celery  
chives  
cucumber  
garlic  
herbs: parsley, dill  
kale  
leek

### **Nuts and Dried Fruit**

almond  
coconut  
hazelnut  
peanut  
walnut

### **Sauces**

ketchup  
mustard  
oil: olive oil, sunflower oil, vegetable oil

### **Spices**

basil  
bay leaf  
cayenne pepper  
chilli (BrE) / chili (AmE)  
cinnamon  
clove  
curry  
ginger

### **Drinks**

water  
mineral water

lentils  
lettuce  
marrow (BrE) / squash (AmE) /  
zucchini (AmE)  
onions / spring onions  
peas / chickpeas  
peppers  
potatoes, new potatoes  
pumpkins  
radishes  
spinach  
tomatoes

cashew  
dates  
prunes  
raisins

maple syrup  
mayonnaise  
vinegar

mint  
oregano  
paprika  
pepper  
rosemary  
thyme  
salt, seasoning salt

wine (white, red)  
beer

cocoa  
cocktail  
cola  
hot chocolate  
yoghurt  
smoothie  
juice  
soda

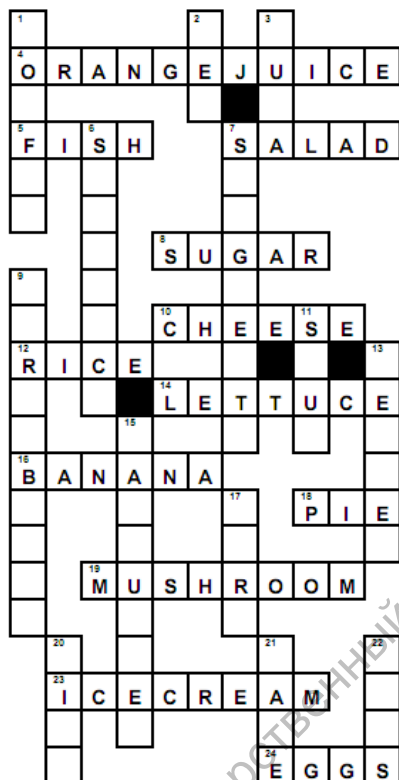
lemonade  
tea  
coffee  
milk  
milkshake  
whisky  
champagne

### **Dishes**

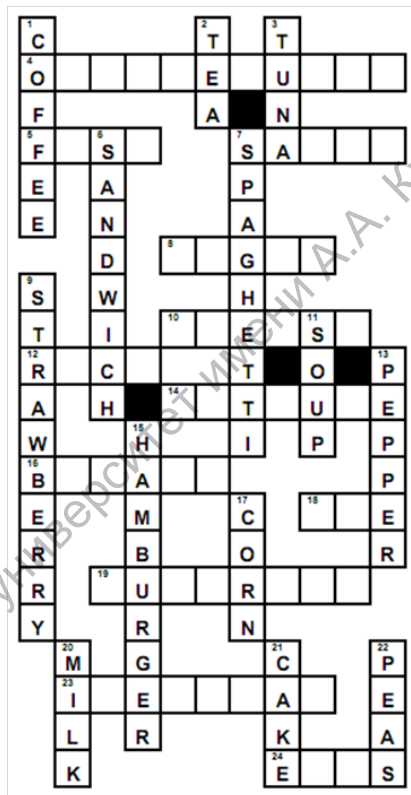
barbecue  
broth / clear soup  
brownie  
cabbage rolls  
chop  
crêpes / pancakes  
curry  
cutlet  
dumplings  
eggs: hard-boiled / soft-boiled / fried / scrambled eggs  
garnish  
jelly  
julienne  
lasagna  
omelette  
pancakes  
patty (AmE)  
pickles (AmE)  
porridge  
potato chips  
potatoes: baked / boiled / fried / mashed / roast potatoes  
preserves  
pudding  
salad: mixed / fruit / vegetable salad  
sandwich  
sauerkraut

**I. Crossword puzzle. Work in 2 teams. Give clues to students from the other team to guess each word. (Cover the answers with a notebook.)**

**ACROSS**



**DOWN**



**II. Board game “Let’s Talk!”**

Find your question by rolling your dice twice. The 1st roll determines the number on the left. The 2nd roll determines the number on the top. Answer the question you have got using your active vocabulary. Say at least 5 sentences. Your groupmates will ask you follow-up questions. They can ask you anything if you land on “Ask Any Question”.



	1	2	3	4	5	6
1	Ask any question!	Describe your favorite food.	Compare apples and oranges.	How often do you cook?	Do you usually eat healthy food?	Are you hungry now?
2	Do you like to go grocery shopping?	What do you usually eat for breakfast?	What food do you hate to eat?	Ask any question!	Describe how to make a cup of tea.	How do people gain weight?
3	Why is most fast food unhealthy?	How often do you eat out?	Is taking vitamin pills a good idea?	Would you like to grow your own food?	Describe your favorite beverage.	Ask any question!
4	Describe the last meal you ate.	Ask any question!	What do you usually eat for lunch?	Would you like to be a vegetarian?	What is your favorite beverage?	What are you going to eat after class?
5	How do people lose weight?	Would you like to be a chef?	Describe your favorite restaurant.	What food do farmers grow in your country?	Ask any question!	How was food different 100 years ago?
6	Describe how to make a salad.	What do you usually eat for dinner?	Ask any question!	What snack food do you eat most often?	What beverage do you hate to drink?	Talk about a strange or unusual food.

### III. FOCUS ON IDIOMS

**Variant I.** Fill in the blanks with correct idioms from the box. Make up a funny story using at least 5 idioms.

*onions beans grapes beetroot cucumber mustard toast cream  
tea peas*

- What are you smiling about? You look like the cat who got the \_\_\_\_\_.
- You look really embarrassed. You've gone as red as a \_\_\_\_\_!



3. When the police asked him if he had robbed the shop, he spilled the \_\_\_\_\_ and told them everything.
4. Our new manager is very enthusiastic. Everyone agrees that he's as keen as \_\_\_\_\_.
5. I really don't like horror films. They're not my cup of \_\_\_\_\_.
6. Mr. Taylor is the best computer programmer I've ever met. He certainly knows his \_\_\_\_\_!
7. The two brothers look like two \_\_\_\_\_ in a pod – they are so alike!
8. Maggie was a bit rude to me when I was offered the job that she had applied for. It was probably just sour \_\_\_\_\_.
9. Are you cold? I'll turn the heating on. Before you know it, you'll be as warm as \_\_\_\_\_!
10. Andy is always calm and relaxed. He never panics or loses his temper. He's as cool as a \_\_\_\_\_.

**Variant II. Fill in the blanks with correct idioms from the box. Make up a funny story using at least 5 idioms.**

<i>cake peanuts water butter apple jelly cheese biscuit bananas salt milk</i>
---

1. It's no use crying over spilled \_\_\_\_\_ – he's spent all the money, and there's nothing you can do about it.
2. You're such a \_\_\_\_\_ fingers: you're always dropping things and breaking them.
3. I'm not surprised you never have any money left by the middle of the month. You spend it like \_\_\_\_\_!
4. It only takes one bad \_\_\_\_\_ to give a company a bad reputation.
5. I'm not the boss of the company. Mrs Manser is the big \_\_\_\_\_ here.
6. Was the exam difficult? No! It was a piece of \_\_\_\_\_!
7. You're mad, crazy, deranged, completely \_\_\_\_\_!
8. You have to take everything she says with a pinch of \_\_\_\_\_, because she tends to exaggerate.
9. I hate flying. Whenever I have to get on a plane, I go cold all over and my legs turn to \_\_\_\_\_.
10. I don't get paid much for the work I do. My boss pays me \_\_\_\_\_.

## TO UNIT 2

### FOCUS ON READING

#### Mexican Rice

I. Read the recipe. Pay attention to the verbs that describe the process of preparing the ingredients and cooking the dish.

##### Ingredients

HEAT:

- 1 Tbsp. olive oil
- 1/2 cup chopped onion
- 1 cup long-grain rice
- 2 Tbsp. minced fresh garlic
- 1/2 tsp. ground cumin

STIR IN:

- 1 1/2 cups low-sodium chicken broth
- 1 can diced tomatoes with green chilies (10 oz.)
- 1/2 cup chopped fresh cilantro
- Salt and black pepper to taste



##### Instructions

\_\_\_\_\_ oil in a saucepan over medium. \_\_\_\_\_ onion and sweat until softened, 3 minutes. \_\_\_\_\_ rice, garlic, and cumin and \_\_\_\_\_ until fragrant, 1 minute.

\_\_\_\_\_ broth and tomatoes and \_\_\_\_\_ over medium-high heat. \_\_\_\_\_ pan, \_\_\_\_\_ heat to low, and \_\_\_\_\_ rice until tender, 15–20 minutes; \_\_\_\_\_ 5 minutes. \_\_\_\_\_ cilantro and \_\_\_\_\_ rice with salt and pepper.

II. Fill in the blanks with the words from the box below. Some words are used more than once:

let stand	heat	cook	season	cover	Add (2)	Reduce
	Simmer	stir in (2)	bring (to a boil)			

##### III. Find English equivalents for the following:

- *молотый*
- *по вкусу*
- *ароматный*
- *на среднем огне*
- *уменьшить огонь*

#### **IV. Discuss the recipe. Answer the following questions:**

1. Is this dish easy or difficult to cook? Why?
2. How many minutes does it take to cook?
3. What ingredients do you need for the recipe?
4. Is this dish healthy or unhealthy? Why?
5. Would you like to cook it? On which occasion? Would you change the recipe a little?

### **How to Write Recipes Like a Professional**

Knowing how to write a recipe is something even an amateur cook can benefit from knowing. Especially when it comes to entering our contests...

There are two main parts of a recipe, the Ingredient List and the Preparation Method. I'll take you through some basic guidelines for writing both parts.

This is our own style guide and loose list of rules. Of course, there are endless exceptions and little side-rules. There are also styles that certain publications use that you may be used to and that may be different from what we present here. If you have a question that isn't addressed in the below guidelines, please ask in the comments.

Before the ingredients, comes the title, number of servings and serving size if appropriate. Then the ingredient list and the preparation method. If the recipe is adapted from another recipe, a credit is due ("Adapted from Dorie Greenspan's World Peace Cookies") below the text of the method.

#### **The Ingredient List**

- List all ingredients in order of use, as described in step-by-step instructions.
- List the most important ingredients first, if it can be consistent with order of use.
- Spell out everything: tablespoons, ounces, etc.
- If the recipe has different elements (a pie, for example has a crust, a filling), break up the ingredient list with headings such as "Crust" and "Filling."
- When several ingredients are used at the same time (in the case of baking, often all the dry ingredients are sifted or mixed together at once), list them in descending order according to volume. If there is an issue over preparation, list in order, so for example if you need the zest and juice of a lemon, list the zest first and then the juice since that is the order you will do the preparation.

- Do not use two numerals together. You need to set off the second number in parenthesis. This comes up with sizes of packages. For example, “1 (8-ounce)

- package cream cheese.»

- If an ingredient begins with a letter instead of a number, freshly ground black pepper, for example, capitalize the first letter, as in “Freshly ground black pepper.”

- If the preparation of an ingredient is simple, place that technique in the ingredient list, as in “2 eggs, beaten” or “1 stick butter, softened.”

- If an ingredient is used more than once in a recipe, list the total amount at the place in the ingredient list where it is first used, then add “divided.” In the method part of the recipe, indicate the amount used at each step. For example “1 cup all-purpose flour, divided” then in the method “Sift 3/4 cup of the flour with the...” and later “Sprinkle the remaining 1/4 cup of flour on top of...”

- Use generic names of ingredients (semi-sweet chocolate chips, not “Tollhouse chips”

## **The Preparation Method**

- Where helpful, indicate the size of bowls and cookware. For example, “In a large mixing bowl....”

- You do not have to write complete sentences. Be as short and concise as possible.

- With instructions for the stove-top, indicate level of heat. For example, “Simmer over low heat.”

- State exact or approximate cooking times, with descriptive hints for doneness, if appropriate. For example, “Sear 1 minute on each side,” and “Bake 18-22 minutes, or until crust is light golden brown.”

- As in the ingredient list, if there are different elements to the recipe, as with the crust and filling of a pie, separate out each element in the method. Begin with the crust and write a header “For the Crust” and give the method. Then do «For the Filling» and give filling instructions.

- Separate each step into a different paragraph. If you are mixing dry ingredients in a bowl, for example, use one paragraph for all the instructions for that step.

- Finish with serving instructions including how to plate, what temperature to serve, how to garnish.

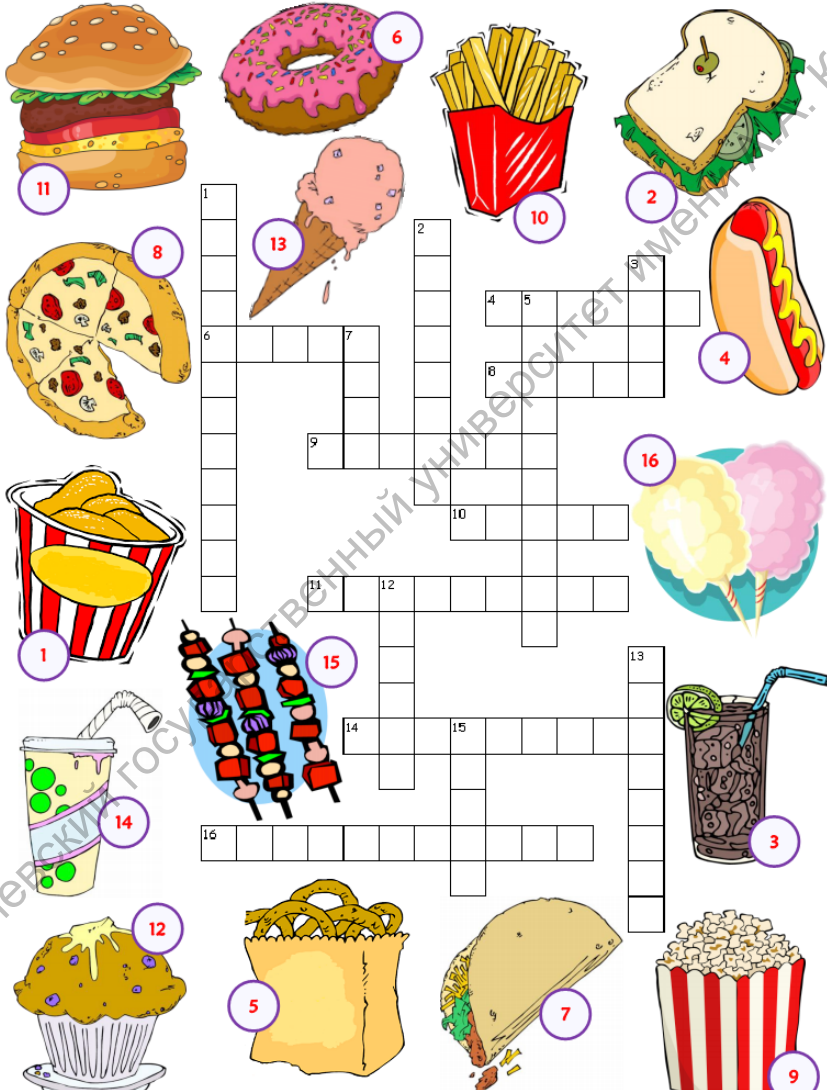
The last instruction should be regarding storage, if applicable. For a cookie recipe, for example, “Cookies will keep at room temperature in an airtight container for 3-4 days.”

## TO UNIT 4

### I. Do the crossword puzzle.

# FAST FOOD CROSSWORD PUZZLE

Look at the numbers on the pictures and write the fast food vocabulary in the crossword puzzle



## TO UNIT 5

### USEFUL VOCABULARY

#### **Going on a Diet**

Your **diet** is what you eat daily. However, when you say you are **going on a diet**, this means something different. Diets are usually something that you do for a short amount of time. People often say “I’m starting a diet” or “I’m going on a diet” when they are going to begin their new healthy eating plan.

After a while, you will then hear them say, “*I need to stick to my diet*,” meaning that they do not want to eat unhealthy things outside their healthy diet plan.

**Going on a cleanse (juicing or cleansing)** is even more extreme than a diet. You can juice (drinking very healthy juice with fruits and vegetables, usually made at home with a juicer machine) while still eating other things. Your juice adds some more vitamins into your diet.

However, a cleanse is a diet that has you consume only liquids. A popular cleanse is drinking juice made from lemon, maple syrup and cayenne pepper.

A juice cleanse is when you only drink juice for three days to a few weeks. These are meant to help you clean out your body and start fresh so that you can become healthier quickly.

#### **Cutting Carbs**

Cutting carbs simply means to eat less carbs (sugars and starches). Carbs are things like bread, rice or pasta. When a person says that they are cutting carbs it means that they are cutting carbs out of their daily diet. Carbs is a shorter word for carbohydrates, which are found in starchy foods like breads, pastas, cakes, rice and doughnuts.

Cutting carbs may mean that you are eating no carbs at all, or simply eating less of them.

### **Part 2. Counting Calories**

Similar to cutting carbs, counting your calories is when you watch your overall calorie intake every meal.

This is a very popular way to measure the healthiness of food because calories are units that measure energy. The energy your body uses to move around comes from two main places: (1) the food you eat and (2) the fat stored in your body.

People often eat less so that their bodies will use their stored fat for energy instead. Eating less calories helps you lose weight if you are also exercising.

You will need to use all the calories (energy) you consume when eating, or you will gain weight. Eating too many calories builds fat in your body.

By exercising and using more energy, people burn calories. This term is also used to describe the outcome of exercising. When you run 3 miles, you are burning many calories.

### **Staying Hydrated**

This means to be drinking plenty of fluids (liquids like water, juice, etc.) throughout your day. People often say, “It’s important that you stay hydrated when you are exercising!”

Staying hydrated is usually done by drinking water or detox water (water with things added to make it more nutritious, like lemon or mint). You can also stay hydrated by drinking juice, sports drinks or anything else healthy. It is also important to stay hydrated when you are sick.

### **Following a Meal Plan**

Like a diet, a meal plan is when you are eating only certain things. These are usually made by professional nutritionists (doctors that are specialized in nutrition and fitness). You can also have a meal plan made by a fitness instructor (teachers at gymnasiums who train you in fitness). Many meal plans can be found online or in health magazines.

Meal plans tend to last about a month. They are usually less strict than diets. Each day you will see all the meals you should eat. All the meals and recipes are planned carefully for you, so all you need to do is follow along to become healthy.

### **Watching What You Eat**

This is a very simple and easy way to eat healthy. To watch what you eat simply means to pay attention to your food and make healthier choices. For example, you can watch what you eat and try not to eat burgers or sweets too much. You could also try to eat more fruits and vegetables. There is no set plan or strict diet – you are just trying to be a bit healthier than you were before.

### **Get Your Daily Dose of Vitamins**

The word dose is used to talk about medicine. A dose is a small and particular amount. You can use this word to talk about vitamins too. There is a recommended amount of vitamins that you are supposed to eat daily to be healthy. This phrase means that you are making sure to eat that dose (that amount) in fruits and vegetables, or even just by taking vitamin pills.

## **Eating the Right Food**

### **Vegetarian and Vegan**

To be a vegetarian means that you do not eat any type of meat, including chicken, beef, pork and fish. When food is labeled “vegetarian,” that means it has no meat in it.

To be a vegan means that you do not eat any meat or anything produced by animals, including eggs, honey, milk and cheese. When food is labeled “vegan,” that means it has no animal products in it at all. People may be vegetarian or vegan for moral reasons (they don’t believe in eating animal products) or health reasons.

### **Protein Style**

This is when you replace carbs (bread, pasta, rice, etc.) with something else or leave them out completely. This phrase can be used to describe many different kinds of food. For example, if you eat a *protein style* burger usually there will be lettuce wrapped around the meat instead of buns (made from bread).

### **Lactose Intolerant**

You are intolerant of a type of food when you eat it and later have negative effects, like a small allergy. Usually people who are lactose intolerant can eat dairy products, however, eating this will upset their stomachs, make them nauseous or cause indigestion. Many people who are lactose intolerant will take medicine to help their body digest the dairy so they can still enjoy their ice cream.

### **Gluten Free**

Gluten is a protein that is in wheat and certain grains that some people are allergic to. So if a product is labeled gluten free it is usually wheat free or uses a similar substitute. Many people eat gluten free as a trend to be healthier as well, similar to cutting carbs.

### **GMOs**

GMO stands for Genetically Modified Organisms. This means that the product was created, or partially created, by engineers in a lab. For example, the corn we eat has been bred and modified by scientists for decades to be juicier and more delicious. Many people dislike the idea of modified food, for ecological or health reasons, so they look for packages that are labeled “Non-GMO” when shopping. However, most scientists agree that GMOs are safe to produce and consume.



## **Organic**

A lot of foods are mass produced (large quantities made at a time by big companies). When a farm produces a lot of the same fruit, vegetable or other food, the farmers often need to use pesticides (chemicals to keep away bugs) or other things that can be harmful to people who eat them. So people try to buy organic instead. Often this is more expensive, but organic food feels safer and cleaner to eat than non-organic food.

## **Sugar Free**

This is exactly what it sounds like. Foods that are labeled “sugar free” have no added sugar in them which may make them a healthier option. However, aspartame (an artificial sweetener) or corn syrup (a highly processed sweetener) may be used instead of sugar and some people do not want to eat that either. These days a lot of things are made sugar free since many people are trying to eat less sugar.

## **Heart Healthy**

Foods labeled as “*heart healthy*” contain ingredients that are good for your heart. This label might also mean that the food does not contain ingredients which are bad for your heart. Usually these products are low in cholesterol, fat and sugar. Because it is so important, many people try to eat things good for their hearts.

## **High in Fiber**

Fiber helps you digest your food and regulate your sugar. Because it isn't broken down it cleans out your system while you digest it. Many people look for labels that say high in fiber on their cereal or food that contains grains.

## **Low Fat**

Many people try to avoid eating fat in their diet as well. Dairy products like milk and yogurt will usually have a low fat option for those who are on a diet. These are made by reducing the amount of fatty ingredients added to the food while maintaining the other ingredients. However, even many candies are low fat, so it is not always entirely healthy.

## **Superfoods**

This is another very popular, modern phrase that people use when they are trying to eat healthy. You may have seen it online or in magazines several times before. Superfoods are foods that have more nutrients and vitamins than most do, and they also tend to have high antioxidants. The most popular ones right now are kale, acai berries, quinoa, avocados and cranberries.

### **Omega-3 Fatty Acids**

These fatty acids are very important for the chemistry of the human body. People who want to be very healthy may add extra omega-3 fatty acids to their diets by buying special oils or pills that contain them. These oils are usually found in fish and there are several different kinds. They are supposed to help with making your skin and hair healthy, so they are very popular.

### **Shopping for Healthy Food**

#### **Local**

Eating local means that the food you are eating or buying comes from somewhere nearby. Restaurants love to get their ingredients from local organic farms, and people love to support them. Many people will pay more to buy local crops instead of ones imported from overseas. You might see small restaurants advertising “local and fresh ingredients” to bring in more customers. There is also the phrase Farm to Table, which means buying food from the farm and cooking it right away while it’s still fresh.

#### **Farmers Market**

A lot of people went to farmers markets while they were growing up. Although they were becoming less popular, since many people want organic and local ingredients they are getting bigger again. These usually happen once a week, or a few times each week, when local farmers all meet in one place and set up booths (small outdoor shops) to sell their products. You can buy fruit, vegetables, honey and many other things at these outdoor markets. However, they usually prefer that you buy with cash!

#### **Health Food Store**

These are stores that specialize in organic, soy free, vegan or gluten free food, and sell plenty of grains and produce too. They usually also have supplements like vitamins and omega-3 fatty acids. They look similar to regular grocery stores or markets, however it is difficult to find unhealthy food here. Although they have large selections of healthy food, these places are usually a little more expensive than the supermarket because of the high quality products.

#### **Organic Food Section**

Inside your health or grocery store you may find the organic section. You can ask someone where this is if you can’t find it as well. Because of the different prices, many places separate their regular and organic products to avoid confusion.

## Recent Health Food Trends

### **I. What are the trends in healthy eating nowadays? Do you know any? Here are some foods that have been popular recently.**

Following health food trends has, arguably, never been hotter. Quinoa has become a cupboard staple and, whether it's a zesty guacamole or paired with a poached egg, you'll see an avocado dish on most menus. While some trends come and go (we're looking at you, edible insects), some stay on our shopping lists for years to come.

#### ***Chia Seeds***

Chia seeds are high in protein and heart-healthy omega-3 fat.

#### ***Rooibos tea***

Studies have shown rooibos tea to be good for people with high blood pressure or high cholesterol.

#### ***Vegetable smoothies***

Smoothies are often a tasty delivery device for fruit. But adding vegetables – especially spinach and kale to make green smoothies – is all the rage these days, possibly thanks to a renewed interest in juicing.

#### ***Almond milk***

Many people are lactose intolerant – their bodies are allergic to lactose, the sugar found in cow's milk. Almond milk is a good substitute for cow's milk. It has less protein and calcium than milk, but one serving contains 50% of the daily recommendation of vitamin E, which is essential for skin health.

#### ***Avocado***

This creamy, versatile food takes the number one spot.

#### ***Radish***

Radishes are rich in folic acid, potassium, vitamin B6, magnesium, riboflavin and calcium.

#### ***Pickles***

Whether it's pickled cucumber or sauerkraut, fermented foods are known for their boost to gut health.

#### ***Cucumber***

At 95% water, the humble cucumber is super hydrating.

#### ***Celery***

This low-calorie snack contains vitamin C, B and K, potassium and folate.

#### ***Kale***

The dark, leafy green has not budged from healthy food trend lists for the past few years. It's packed with vitamin K, A, C, fibre, iron, calcium...

### ***Tofu***

Also known as bean curd, tofu is an excellent source of amino acids, calcium and iron. It's also very versatile.

### ***Carrots***

This root vegetable is full with vitamin A, which plays a role in bone and skin health, vision and your immune system.

### ***Broccoli***

Broccoli contains fibre and is high in vitamin C.

### ***Asparagus***

Asparagus has lots of vitamins and minerals, from vitamin A and C to iron, protein and fibre.

### ***Bulgur***

Bulgur wheat is made by boiling, frying and coarsely-drying wheat berries. It's low in fat and is a good source of fibre.

### ***Chickpea***

Try roasting chickpeas in the oven with a little olive oil and paprika for a tasty alternative to crisps.

### ***Cabbage***

From vitamin C to iron, this nutritious vegetable makes a great addition to a healthy meal.

### ***Coconut***

Coconuts are extremely high in potassium, fibre and other vitamins. Coconut milk is often a good alternative if you have a lactose intolerance. Coconut oil still contains a lot of saturated fat – about 90% - so it is best used sparingly.

### ***Brown rice***

Always swap white rice for brown where possible. Eating the whole grain is more nutritious.

## **II. Answer the questions:**

1. Have you tried any of these foods or drinks? Which ones would you love to try?
2. What healthy foods do you eat?
3. Where can you buy healthy foods where you live?
4. What do you think is the healthiest drink?
5. What healthy foods can be found in our country?
6. Talk about a healthy meal you like to make.

## **Food Proverbs and Quotes**

**I. Read the quotes and proverbs about food and answer these questions:**

- What is the meaning or implication of each proverb/quote?
- Which proverbs or quotes do you agree with?
- Are there any which you disagree with?
- Which is your favourite?

1. 'To eat is a necessity, but to eat intelligently is an art.' (La Rochefoucauld)

2. 'When diet is wrong medicine is of no use. When diet is correct medicine is of no need.' (Proverb)

3. 'An apple a day keeps the doctor away.' (Proverb)

4. 'You are what you eat.' (Proverb)

5. 'Hunger is the best sauce in the world.' (Cervantes)

6. 'Kissing doesn't last: cookery does.' (George Meredith)

7. 'Cooking is like love. It should be entered into with abandon or not at all.' (Harriet Van Horne)

8. 'A smiling face is half the meal.' (Proverb)

9. 'Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for life.' (Proverb)

10. 'There is no sincerer love than the love of food.' (George Bernard Shaw)

## **TO UNIT 7**

### **FOCUS ON READING**

**My Vegetarian Story: From avid meat eater to happy vegetarian**

**I. Read the story of Ruxandra Micu. She is a 25-year-old food blogger ([www.gourmandelle.com](http://www.gourmandelle.com)) with extensive experience in online marketing and design. She is passionate about cooking, nutrition, and helping businesses grow and aspiring to help people live a healthier life and teach them the benefits of a clean, vegetarian diet.**

**II. Answer the questions:**

1. What did Ruxandra think about her diet before she became a vegetarian?

2. What were her reasons to quit eating meat?
3. What foods does Ruxandra eat?
4. What do we have to keep in mind when we buy foodstuffs?

### **III. Mark the statements as true or false and explain your point.**

1. Ruxandra made a decision to quit eating meat because there were some events that motivated her to do so.
2. Before becoming a vegetarian, Ruxandra ate meat occasionally.
3. Ruxandra changed her diet for health reasons only.
4. Ruxandra believes that everyone has to become a vegetarian.
5. If you eat plant-based food you should know that it is not always healthy.

### **How did I turn out to be a vegetarian?**

It all started about five years ago. I don't even remember the exact date when the change took place, but I do remember all the important events that made me take this decision. It was a sudden change. One day I woke up and said: "From this moment on I'll stop eating meat.". And so I did.

### **"I'll never give up meat... ever!"**

Let's start with the beginning. A while ago, before I made the transition to a vegetarian diet, my cousin told me she had decided to give up meat and become a vegetarian. I, an avid meat eater [I was eating meat every day, at almost every meal!], told her she's crazy! I started telling her she will harm her body and all kinds of stupid things like that, and the grand finale was "I'll never give up meat, ever! I could never be a vegetarian!". I'm still a bit embarrassed when I remember that I even asked her questions like the already famous "Where will you get your proteins from?"...

### **My Vegetarian Story: The Spiritual Change**

My transition to a vegetarian diet was also influenced by a spiritual change. About five years ago, I went through a not-so-happy part of my life. I felt lost. I felt like I had no stability, no certainty for a better future. I was depressed. Nobody knew that of course. I'm actually pretty good at hiding my emotions. I was feeling like the path I took was not the right one for me. It was like I was offered a life I did not want, a life others have organized for me, without my consent. I felt like an outsider.

In those critical times, I started watching lots of documentaries. It was like I had found a refuge in them. The more I was learning, the better I felt.

I think I watched almost all existing nutrition documentaries available then. I also watched some documentaries about religion, spirituality and personal development. The documentaries I've seen had a huge impact on my way of thinking. It was like a thick veil was taken off my eyes and I could finally see clearly! I started developing as a person and slowly, I began to make my own path in life.

The nutrition documentaries I saw, made me realize how badly was I eating. I wasn't into fast food or other junk foods, but still, I was eating a lot of meat. The documentary that made me say "From now on I'll stop eating meat." was Earthlings. Up until today, I didn't finish watching the whole movie. 10 minutes were more than enough for me. The next day I decided I'll become a vegetarian, and so I did. I just couldn't live with myself knowing that my diet was not only causing me harm, but also all those poor animals.

Therefore, for me, the diet change also had ethical grounds. Right after I became a vegetarian, I also started blogging.

### **The perfect diet?**

I can't say my diet is perfect. If I want to eat chocolate, I'll eat chocolate! Moderation is key! But, overall I eat better. I know some people would say that the vegetarian diet is not entirely healthy and that a vegan or even a raw vegan diet is better. Well, we're not the same! We are all different and have different needs. I think we should all test these diets on ourselves and decide which one is the best for us. My advice is to read a lot and watch many documentaries, then decide what is best for you.

I have a vegetarian diet, which means I eat mostly plant-based, but I do eat eggs, dairy, and honey from time to time (once a week or even 2-3 times a month). I do prefer a mostly vegan diet but for me, this is the diet I choose and works best. On my blog, you'll find many popular meat-based recipes made vegan. I love "veganizing" meat-based recipes and making them cruelty-free and healthy.

No matter what your reason was for adopting a vegetarian/vegan diet or even for eating less meat, be it ethical or health-based, congratulations! Every small step towards a healthier, cruelty-free and environmental-friendly diet counts. Hope the recipes on my blog will inspire you to cook more and more plant-based meals.

### **Let's leave the ethical part aside and talk about real health facts.**

Meat isn't what it used to be. It's one thing to have your own pig in the backyard and feed him with high quality, non-GMO forages, and it's another

thing to buy processed meat from the supermarkets. ALL meat you find in supermarkets is filled with antibiotics, GMOs, hormones and other bad stuff that cause cancer and auto-immune diseases. I'm not even going to talk about highly processed meat products like sausages, ham etc. You have to be suicidal to eat that!

Eggs. I try to buy eggs only from safe sources, mostly from the farmers market.

Dairy products. After the age of 2-3 years old, we can no longer properly digest dairy products. There is a great number of lactose intolerant people in the world. Doesn't that bring up some questions? I eat dairy products, but not that often.

We live in a world where we are constantly getting sick by the food we choose to eat. We're in such a bad situation that it's even difficult to find healthy fruits and vegetables because even they are filled with pesticides and growth hormones and are irradiated for the sake of beauty and increased production. Let's change the world we live in by changing ourselves. The change comes from us! Any small change you make, matters and has a greater impact on the world that you might think! Start by giving up all processed foods and eat real, whole foods instead. You'll see how good you'll start to feel.

And a final piece of advice, never stop learning. You don't have to listen to me, or others, find your own answers to your questions. Learn, evolve, become a better person!

#### **IV. Find expressions that mean the following:**

1. a person who loves eating meat;
2. doing something within reasonable limits;
3. produced without violence in relation to animals;
4. foods the structure of which has been changed by scientists so that it can be produced more effectively;
5. chemical substances used to kill harmful insects, small animals, wild plants, and other unwanted organisms.

#### **V. Follow-Up Discussion**

1. Imagine you are a journalist and you are going to interview Ruxandra. What questions would you ask her?

2. What ideas expressed by Ruxandra do you agree or disagree with? Explain why you think so.



## TO UNIT 8

### **FOCUS ON READING**

#### **Defining American Cuisine: The World's Culinary Melting Pot**

##### **I. Read the text. Answer the questions:**

1. Why is it difficult to define a national cuisine?
2. How can American cuisine be described?
3. What restaurants are landmarks in the USA?
4. What desserts can be called typically American?
5. Why is America called the melting pot? How does this influence its cuisine?

It is easy to define certain countries' cuisines because the food and recipes are indigenous of the region, often derived out of necessity or a means for survival –the ingredients naturally coming from the local land or sea. However, since America is a country made up of cultures from many other countries, it can be somewhat challenging to define American cuisine – what recipes are truly American?

The United States is a melting pot of cultures as a result of the many immigrants that came here from various other countries across the globe. In turn, this makes American cuisine diverse, homey, original, unique, ethnic, comfortable, gourmet, spicy, bland, casual, and formal. But most of all, when it comes to American cuisine, the whole is greater than the sum of its parts, and this country has established several dishes that are considered examples of American food tradition.

A myriad of dishes could be listed as American, but there are a certain few that fit the quintessential image of American food. Think of what you would most miss if you were out of the country.

##### **The All-American Cookout**

Whether Memorial Day, July 4th, or Labor Day, families across the U.S. fire up their grills and invite friends for a good old-fashioned cookout, complete with all of the expected traditional American favorites like hamburgers, hot dogs, potato salad, and coleslaw. Of course, there is often a rack of barbecued ribs or chicken and brisket on the grill or in the smoker slow cooking to tender perfection.

### **Good ‘Ol Southern Cooking**

Foods born out of “Down South” traditions have become American standards. Whether fried chicken, biscuits, chicken and dumplings, chicken-fried steak and gravy, fried green tomatoes, or shrimp and grits, these dishes are popular from California to Maine. And common at Thanksgiving, cornbread and corn pudding may have southern roots but couldn’t be more American. Of course, variations abound, but the heart of these foods remains the same no matter which state you are eating in.

### **Passion for Meat and Potatoes**

What other country is known for their extra-large cuts of meat, served sizzling on a plate with a side of potatoes and creamed spinach? The American steakhouse is an example of this country’s love of beef—and lots of it—and many are considered landmarks in cities nationwide. A grilled rib-eye with a side of mashed potatoes couldn’t be more American.

### **Quintessential Comfort Food**

The dishes macaroni and cheese, chicken pot pie, and chili all create the image of sitting by the fire eating warm, comforting food on a cold day. We may also put a pot roast in the oven, or bake a meatloaf to satisfy any cravings or cure the winter blues. All of these dishes seem purely American, even if they may have origins from other parts of the world. But what recipe doesn’t?

### **Seafood Specialties**

Taking advantage of the treasures that the surrounding oceans offer, Americans have created one of the best shellfish samplers around—the New England clam bake. Complete with Maine lobster and local clams or mussels, as well as potatoes and corn on the cob, this summertime meal-in-one is America in a pot. It is often accompanied by clam chowder, a creamy way to enjoy the flavors of the sea. But let’s not forget crab cakes and crab boils—whether made with East or West coast crabs, these delicious dishes feel very patriotic.

### **Desserts to be Proud of**

You know the phrase: “As American as apple pie”—need we say more? Well, yes, if that is to also include other favorites such as cherry pie, pecan pie, and key lime pie. We have to include strawberry shortcake on the list as well as this springtime dessert of strawberries, whipped cream, and biscuit is very red, white, and blue.

## International With an American Twist

Many dishes we eat today may have originated in the countries immigrants left to come to America, but they have become American in their own right. In fact, many chefs or foodies from other countries will claim that we have “Americanized” certain international dishes, such as pizza, pasta, and Chinese food.

### II. Explain the meaning of the following expressions:

1. the food and recipes are indigenous of the region;
2. gourmet food;
3. a good old-fashioned cookout;
4. comfort food.

### III. Fill in the chart using the text. What American foods have you learned?

Meat	Fish and seafood	Side-dishes	Salads	Desserts

## British Food Quiz

In pairs try to guess the right answer for each question.

1. Which of these do the British eat most of in Europe?
  - a. *crisps and chocolate*
  - b. *fresh fruit and vegetables*
  - c. *sausages*
2. What is the most popular food in Britain?
  - a. *fish and chips*
  - b. *pizza*
  - c. *curry*
3. What is ‘haggis’?
  - a. *a cocktail made from whisky and fruit juice*
  - b. *a type of fish eaten in Scotland*
  - c. *a Scottish dish made from sheep’s stomach and innards*

4. Stilton, cheddar and double Gloucester are all kinds of:  
*a. apple*  
*b. pig*  
*c. cheese*
5. What do most British people have for breakfast?  
*a. toast and cereal*  
*b. cappuccino and croissant*  
*c. fried eggs and bacon*
6. Who invented the sandwich and why?  
*a. The Earl of Sandwich – he wanted food which he could eat with one hand while gambling*  
*b. Lord Sandwich – he wanted food which he could take for a picnic in the countryside*  
*c. Queen Elizabeth I – she wanted food which could be prepared quickly for guests*
7. What is a 'kebab'?  
*a. a type of pub*  
*b. Turkish fast food*  
*c. A hot drink*
8. Which of the following ingredients would not be a possible ingredient of a British pudding?  
*a. pig's blood*  
*b. chocolate*  
*c. lettuce*
9. Which of these do you find in a pub in Britain?  
*a. lager*  
*b. cider*  
*c. bitter (trick question)*
10. What is 'chicken tikka masala'?  
*a. a type of salad*  
*b. a type of Chinese food*  
*c. a curry*
11. How many vegetarians are there in the UK today?  
*a. 3 - 4 thousand*  
*b. 300 - 400 thousand*  
*c. 3 - 4 million*
12. Where do people eat deep-fried chocolate bars?  
*a. Scotland*

b. Japan

c. Wales

13. When are toffee apples eaten in the UK?

a. Christmas

b. Halloween

c. Easter

14. What is the difference between these things?

a. 'chips' and 'French fries'

b. 'crisps' and 'chips'

c. 'fizzy drink' and 'soda'

15. When did the first curry house open in Britain?

a. 1809

b. 1919

c. 1969

## **FOCUS ON READING**

### **Are Brits becoming more adventurous in the kitchen?**

#### **I. Read the following article about cookery programmes and their effect on British cuisine.**

What comes into your mind when you think of British food? Probably fish and chips, or a Sunday dinner of meat and two vegetables. But is British food really so bland and uninteresting? Despite a reputation for less-than-spectacular cuisine, Britain is producing more and more top class chefs who dominate our television screens and whose recipe books frequently top the best seller lists.



It's thanks to these TV chefs rather than any advertising campaign that Britons are turning away from meat - and -two-veg and ready-made meals and becoming more adventurous in their cooking habits. It seems that TV programmes have the power to bring a higher profile to cooking and are wielding real influence on what people cook at home.

According to a new study from market analysts, 1 in 5 Britons claim that watching cookery programmes on TV has encouraged them to try different food. Almost one third say they now use a wider variety of ingredients than

they used to, and just under 1 in 4 (24%) say they now buy better quality ingredients than before. One in four adults say that TV chefs have made them much more confident about expanding their culinary knowledge and skills, and young people are also getting more interested in cooking. With an increasing number of male chefs on TV, it's no longer 'uncool' for boys to like cooking. The UK's new obsession with food is reflected through television scheduling. Cookery shows and documentaries about food are broadcast during prime time evening slots.

Many of the new celebrity chefs promote modern 'fusion cuisine', which blends classic 'British' cooking with international and exotic influences. Even the chefs themselves are younger, more beautiful and much more experimental, such as Nigella Lawson and Jamie Oliver. Jamie Oliver was only 23 when he first appeared on British television screens. More than 4 million people tuned in to his popular show 'Jamie's Kitchen'. The show began as an experiment and turned into a phenomenon. Jamie gave himself nine months to take a team of unemployed 16 to 24-year-olds, with virtually no previous experience of cooking, and transform them into top class chefs to work in his new restaurant in East London, 'Fifteen'.

Jamie left school himself without formal qualifications and believes that with a passion for food, anyone can become a good cook. 'Fifteen' has become a hit in London and is booked up months in advance.

Jamie Oliver has proved to be a huge inspiration for British people. The recent survey finds that the number of those sticking to a traditional diet is slowly decreasing

and around half of Britain's consumers would like to change or improve their cooking in some way. There has been a rise in the number of students applying for food courses at UK universities and colleges, such as those offered by the School of Culinary Art at South Trafford College.

Having been ridiculed for centuries for its mediocre cuisine, is Britain now competing with countries such as France and Italy in the field of culinary excellence?



## **II. Decide whether the following statements are true or false:**

- 1) Britain is starting to get a reputation for bad cuisine.
- 2) Advertising campaigns are encouraging British people to try new foods.
- 3) The most popular TV chefs in Britain are younger and more charismatic than they used to be.
- 4) 'Jamie's Kitchen' is a TV programme about ordinary people who set up their own restaurants with no cooking experience.
- 5) Jamie's restaurant 'Fifteen' will be opening in several months time.
- 6) The traditional British diet may be dying out.

## **III. Discuss the following questions with your classmates:**

1. Apart from popular cooking programmes, can you think of any other reasons why people may be changing their cooking and eating habits in Britain?
2. Think about the following factors: travel, health, vegetarianism, ingredients available. Have there been many changes in your country? Are there any 'new' foods?
3. Would you like to train to work in Jamie Oliver's restaurant, 'Fifteen'? Why/why not?

## **TO Unit 10**

### **FOCUS ON READING**

**I. What elements does a typical recipe consist of? Study the recipes taken from online cooking magazines and make a list.**

#### **1. Colorful Corn Salad**

Total Time Prep/Total Time: 15 min.

Makes 16-18 servings

##### **Ingredients**

- 2 packages (10 ounces each) frozen corn, thawed
- 2 cups diced green pepper
- 2 cups diced sweet red pepper
- 2 cups diced celery
- 1 cup minced fresh parsley
- 1 cup chopped green onions

- 1/2 cup shredded Parmesan cheese
- 2 teaspoons ground cumin
- 1-1/2 teaspoons salt
- 3/4 teaspoon pepper
- 1/2 teaspoon hot pepper sauce
- 1/8 teaspoon cayenne pepper
- 3 tablespoons olive oil
- 2 garlic cloves, minced
- 6 tablespoons lime juice



### **Directions**

In a large bowl, combine the first 12 ingredients. In a microwave-safe dish, combine oil and garlic. Microwave, uncovered, on high for 30 seconds. Cool. Whisk in lime juice. Pour over corn mixture and toss to coat. Cover and refrigerate until serving.

### **Nutrition Facts**

3/4 cup: 60 calories, 3g fat (1g saturated fat), 2mg cholesterol, 251mg sodium, 7g carbohydrate (2g sugars, 2g fiber), 2g protein.

## **2. Hasselback Potato Gratin**

Servings: 6 to 8

You can play around with the way you place the potatoes in this gratin: back and forth in rows, circles, or randomly. Any way you choose will result in the same crunchy, cheesy top.

### **Ingredients**

- 1 oz. (2 Tbs.) unsalted butter, at room temperature
- 1 cup heavy cream
- 2 Tbs. finely chopped garlic
- 1 Tbs. toasted dill seed
- 1 Tbs. whole-grain mustard



- salt and freshly ground black pepper
- 3-1/2 lb. potatoes, peeled
- fresh lemon juice
- 1/2 cup finely grated aged Cheddar (about 1 oz.)
- 1 to 2 tsp. chopped fresh dill

### **Preparation**

Position a rack in the center of the oven, and heat the oven to 375°F. Coat a 3-quart baking dish with the butter.



In a medium bowl, combine the cream, garlic, dill seed, mustard, 1-1/2 tsp. salt, and 1/2 tsp. pepper.

Cut the tapered ends off the potatoes and discard. Thinly slice the potatoes crosswise into 1/8-inch-thick slices. While slicing, sprinkle the potatoes with lemon juice, and arrange them in the baking dish. Pour the cream mixture over the potatoes, and top with the cheese. Put the gratin on a rimmed baking sheet, and transfer to the oven. Bake until golden brown and bubbling, about 1-1/2 hours.

Remove from the oven, and allow to rest for 10 minutes. Top with the dill and serve.

**II. Study the units of measurement used in the recipe. What do they measure? What are their equivalents in measurement units used in Belarus?**

package  
cup  
teaspoon  
tablespoon  
oz.

lb.  
inch  
F  
quart  
tbsp

**III. Look through the recipes and make a list of words that explain methods used to prepare food. You can look them up in Unit 2.**

**IV. Think of a creative recipe to write. Work in pairs or groups. You can include one ingredient used in each of your teammate's favorite foods. For example, you could create an imaginary pie that includes chickpeas, corn flour, couscous, curry powder, jalapeno chili, etc.**

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