

МИНИСТЕРСТВО ОБРАЗОВАНИЯ И НАУКИ ЗАБАЙКАЛЬСКОГО КРАЯ

Государственное профессиональное образовательное учреждение

«Забайкальский государственный колледж»

## **АНГЛИЙСКИЙ ЯЗЫК**

Методические рекомендации

к практическим занятиям

(3 часть) для студентов 2 курса

специальности

43.02.15. «Поварское и кондитерское дело»

**Чита 2021**


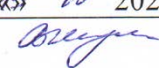
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Рассмотрено на заседании ПЦК Общеобразовательных дисциплин Протокол № <i>43</i> от <i>09</i> 2021 г.	Утверждено методическим советом ГПОУ «Забайкальский государственный колледж» Протокол № <i>43</i> от <i>10</i> 2021 г.
	

**Чита 2021**

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**АНГЛИЙСКИЙ ЯЗЫК - Методические рекомендации**  
по выполнению практического задания для студентов специальности  
43.02.15 «Поварское и кондитерское дело»( 3 часть).

Данное учебное пособие содержит рекомендации по выполнению практического задания. Пособие содержит задания для выполнения практической работы, теоретический материал, критерии оценивания, список рекомендуемой литературы. Пособие может быть использовано студентами очной и заочной форм обучения.

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## ВВЕДЕНИЕ

Основной целью практического курса обучения иностранному языку является формирование у студентов иноязычной коммуникативной компетенции и развитие личности обучающегося, способного и желающего овладеть иностранным языком средством общения и обучения, а также совершенствоваться в области иностранного языка в профессиональной сфере.

Формирование иноязычной коммуникативной компетенции предусматривает отбор, методическую организацию и включение в учебный процесс образцов отечественной и зарубежной культуры. Последнее обуславливает включение в содержание обучения комплекса лингвострановедческих и страноведческих знаний о национально-культурных особенностях и реалиях страны (стран) изучаемого языка (безэквивалентной лексики, фразеологизмов, пословиц, афоризмов, географии и истории, национальных традиций и праздников, других особенностей страны изучаемого языка), минимум этикетных форм иноязычной речи для общения в социально-культурной сфере.

Задачи пособия:

- способствовать выработке у студентов базовых умений и навыков по основным видам речевой деятельности;
- развивать технику чтения и умение понимать аутентичный текст;
- развивать навыки письменной речи;
- развивать навыки самооценки образовательной деятельности.

## ТЕМАТИЧЕСКИЙ ПЛАН ПРАКТИЧЕСКИХ ЗАНЯТИЙ

№ темы или раздела	Вид, название и краткое содержание задания	Количество часов	Форма отчетности и контроля
Тема 4. Продукты питания и способы кулинарной обработки.	<b>ПЗ №15</b> <b>Продукты питания</b>	<b>2</b>	Чтение профтекстов с полным пониманием содержания, лексико-грамматические задания
	<b>Практическое занятия № 16</b> Продукты питания	2	
	<b>Практическое занятие № 17</b> Способы кулинарной обработки	2	Чтение с извлечением необходимой информации, упражнение по грамматике Диалоги
	<b>Практическое занятие №18.</b> Питательные вещества	2	
Тема 5. Названия блюд. Виды меню. Составление меню.	<b>Практическое занятие №19</b> Названия блюд. Виды меню. Составление меню	2	Чтение профтекстов, работа по анализу содержания
	<b>Практические занятия №20,21</b> Французские заимствования в названиях блюд.	4	

## Практическое занятие №15

**Тема; Продукты питания**

**Цель:** *Формирование и развитие языковой компетенции через изучение профессионально-ориентированных текстов.* Введение лексического материала по теме, работа с лексикой, чтение, перевод текстов по теме “At the Supermarket», «At the Oriental Market» , чтение диалогов по теме.

**Приобретаемые умения и навыки:**

**Знание:** Лексического материала по теме, терминологии.

**Умение:** составить связное сообщение с четкой структурой и логикой изложения, диалоги, уметь отвечать на вопросы по содержанию.

**Формируемые компетенции:** ОК 01- ОК 11.

**Норма часов рабочего времени: 2 час**

**Оснащение рабочего места: раздаточный материал, инструкционные карты.**

**Литература:**

1. Агабекян И.П. Английский язык для средних профессиональных заведений. Ростов-на-Дону: Феникс, 2020. – 319 с.

2. Безкоровайная Г.Т., Соколова Н.И., Койранская Е.А. и др. Planet of English: Учебник английского языка для учреждений НПО и СПО: (+CD): Рекомендовано ФГАУ «Фиро», 2019. - 256

3. Интернет ресурсы

1. [http:// enghelp.ru](http://enghelp.ru) Все для изучающих английский язык

2. <http://www.2uk.ru/slang>

### Содержание работы

**Read the text and answer the questions.**

#### **At the supermarket**

People buy foodstuffs at the food stores, at the markets and at the supermarkets. It is more convenient to do shopping at the supermarket: you can find there everything you need. More and more people nowadays prefer to provide themselves with foodstuffs for a long period. As they buy in quantities, they go to the supermarket by car and after having done shopping they load their bags and packets into the luggage compartment.

Let us visit one of the supermarkets in the city. It is a one-strayed building, spacious and light, with large shop windows. Inside we can see some signs: Dairy produce, Dry groceries, Vegetables and Fruit, Meat and Fowl, Fish, Bakery Goods, Confectionery and Pastry, Wine. The dairy produce counter is well stocked with fresh milk foodstuffs. What is there for sale? Butter, cheese, curds, cream, sour cream, milk, fruit yoghurt, eggs, margarine, mayonnaise. Everything is sold ready packed. Next to this is the bakery counter where everybody can choose whatever he or she likes: white and brown bread, buns, rolls, rings, rusks, pies, cheese cakes and so on. In the dry groceries counter

there is also a great choice of produce. You can buy flour, groats, spice, tea, sugar (lump, cube, granulated) there. Besides, customers can find there various packets filled with dry soup, noodles or chips. They are easy to cook within three minutes, that is why they are called instant. The meat and fowl counter Books very attractive too. Chicken, ham, pork, bacon, beef, veal and mutton are at your disposal there. You will find a variety of sausages in this section too. A special counter handles frozen and fresh fish; smoked and dry fish is also offered to the customers. Besides, the counter is full of sea products, quite exotic and unseen before. There are crabs, shrimps, crawfish, lobsters, oysters. A large space is occupied with tinned fish. The section where fruit and vegetables are for sale is called a greengrocery. It always attracts a lot of customers because irrespective of the season the counters are full of fresh fruit and vegetables grown in Russia or brought from other countries. Apples and pears, oranges, lemons and tangerines, apricots and peaches, bananas and grapes are practically available all the year round. For those who like berries there are strawberries, raspberries, cherries, cranberries and red bilberries nicely packed in small baskets. If you want to buy vegetables, you will find everything you need: potatoes, carrots, cucumbers, tomatoes, cabbage, beetroot, onion, garlic. When doing shopping at the supermarket don't forget to look at the expiry date printed on the packet. You are recommended to use the foodstuff before it. Choosing products customers put them into a special basket and with the basket full go to the cashier. The cashier calls the price and gives them a check. Visiting a supermarket you considerably save your time.

**Answer the questions:**

1. What is the most popular supermarket in your district'? What counters look attractive there?
2. How often do you visit the supermarket? Do you go there by car?
3. Do you always look at the expiry date when buying dairy or meat foodstuffs?
4. What produce do you buy if you want to cook a holiday dinner?
5. Do you like exotic foodstuffs? Which of them did you have to buy?
6. Is the price for foodstuffs at the supermarket higher than that in small shops or in the markets'?
7. How much do you spend on foodstuffs a week? Can you afford to buy in quantities'?

**Say to what counter of the supermarket you go if you want to buy:**

granulated sugar, tea, and spice

cheese, sour cream, and butter

chicken, turkey, and frankfurters

trout, shrimps, and caviar

a paste, a bun, and a cake

a bottle of brandy, a tin of beer, and a bottle of champagne

veal, ham, and beef

eggs, margarine, and mayonnaise



herring, tinned fish, and cod

**Read the dialogue: AT THE SUPERMARKET**

- Let's go to the meat counter.
- OK. I think we need some veal, ham and a chicken.
- ... and a turkey. Don't forget about the Christmas holiday.
- We also need half a pound of butter, a packet of sour cream and a dozen of eggs. Dairy products are in aisle 3.
- How about fruit and vegetables? There are no apples in our fridge and not many vegetables. Let's find this counter.
- Oh, fruit is in aisle 8, and vegetables are next to this, - I wonder what apples and tangerines cost now, - They are cheap because it's the height of the season.
- We'll take three pounds of apples and two pounds of tangerines. - And I want to buy half a pound of berries ... strawberries or bilberries, - I'm going to make a pie.
- That's all right. And now let's go to the wine counter and choose good drinks. Oh, look here, we need two bottles of champagne, a bottle of brandy and martini, ... and orange juice for the children... and maybe some tins of beer?
- OK. Our cart is full. Let's go to the cash register.

a turkey — индейка

a dozen - дюжина

an aisle — проход, ряд (в универсаме)

a bilberry — черника

a cart — тележка

**You are going to make a cake for the tea party. Enumerate all food ingredients and the quantity of each that are necessary to do this**

**Write a recipe of your favorite fruit or vegetable salad.**

**Translate into English:**

Мне нужно полфунта сухарей. Сколько они стоят?

Я куплю баранину, если она не очень жирная, немного ветчины и сосисок. В рыбном отделе можно купить свежую и замороженную рыбу; там также продается икра и рыбные консервы.

Где можно купить специи?

У вас есть в продаже сметана и творог? Когда истекает их срок хранения?

Цены на овощи в этом магазине вполне приемлемые, а вот фрукты стоят дорого,

Дайте мне, пожалуйста, полкило копченой рыбы, килограмм свежей трески и баночку красной икры.

По дороге домой мне нужно зайти в универсам и купить пачку индийского чая, растворимый кофе и буханку белого и черного хлеба.

В этом магазине большой выбор сухих вин из Молдовы и Болгарии.

В этом универсаме продаются экзотические фрукты и овощи. Вы найдете их в шестом ряду.

At the food shop / at the meat counter / at the fish counter

Butcher's – мясной магазин  
 Fishmonger's – рыбный магазин  
 Dairy – молочный магазин  
 Grocer/grocer's – бакалея  
 Greengrocer's – овощной  
 Baker's – булочная  
 Confectionery/ confectioner's – кондитерская  
 To lease – взять аренду  
 Self-service shop – магазин самообслуживания  
 Foodstuffs – продукты  
 Aisle – ряд (в универсале, универсаме)  
 Beef – говядина  
 Pork – свинина  
 Mutton – баранина  
 Veal – телятина  
 Game – дичь  
 Choice – выбор  
 Fish – рыба  
 Live – живой  
 Carp – карп  
 Pike-perch-com  
 Sturgeon – осетрина  
 Tinned – консервированный  
 Tin - консервы

**Read the text “Shopping” and answer the question: What kinds of shop do you know?**

There are kinds of shop catering for the needs of the population. Thus, if you want to buy flour, cereals, tea, sugar, macaroni, etc., you the grocery. At the fruit counter you buy apples, pears, oranges, tangerines, grapes, plums, peaches, dried fruits, raisins. The greengrocery's is well stocked with cabbage, cucumbers, carrots, beetroots, potatoes, onions, green peas and what not. At a dairy shop you buy bottled or loose milk, sour milk, cream, cheese, sweet or salt butter. At the fishmonger's you may buy various kinds of fish: smoked fish, herring, tinned fish, caviar and what not. If you are a regular customer at the confectionary, you may there all sorts of sweets, such as candies, biscuits, tarts, chocolate bars, bakes. At the bakery you buy loaves of white bread, rusks, roll and buns. At the meat shop there is a wide choice of meat, and poultry. Meat is also is sold ready-weighed and packet in cellophane. Many grocery shops run a home delivery service. You may order your purchase by telephone. Besides provision shops there are dozens of other shop where we buy various items of consumer goods. When you want to buy gloves, cuff-links, shaving-set, handkerchiefs, socks, you go to a men's outfitters. At the haberdashery you can buy all sorts of small wares, such as pins, buttons of every shape and size, safety

– razors. Ribbons, zip-fasteners and what not. At the flower shop you buy lilacs, daffodils, carnations and many other flowers.

### **At the food shop**

The Ivanovs leased a food shop. There are four of them: Pavel Petrovich, the head of the family, Vera Nikolaevna, his wife, Bob, their son, and Ann, their daughter. Pavel Petrovich is fifty. He is hard-working and energetic man. Vera Nikolaevna is forty-five. She helps her husband in everything. She works in the shop from morning till night. Bob and Ann help their parents about the shop in the morning and in the day – time. In the evening they study at the Institute of Trade. Bob is twenty – one. Ann is nineteen. The Ivanovs have many relatives, and six of them work in the shop. Ann is nineteen, The Ivanovs have many relatives and six of them work in the shop. They all work very hard. It is a self – service shop. There are many customers in their shop. They can buy all necessary foodstuffs: meat, fish, milk, grocery, baked items, sweets, the cooked sausages, smoked foods, vegetables and fruit. At the meat counter the customers can buy... Many grocery shops run a home delivery service. You may order your purchase by telephone. Besides provision shops there are dozens of other shops where we buy various items of consumer goods. When you want to buy gloves, cuff-links, shaving-set, handkerchiefs, socks, you go to a men's outfitter's. At the haberdashery you can buy all sorts of small wares, such as pins, buttons of every shape and size, safety-razors. Ribbons, zip-fasteners and what not. At the flower shop you buy lilacs, daffodils, carnations and many other flowers.

### **Answer the question:**

Do the Ivanovs have a food shop?

How many people are there in Ivanov's family?

Who is the head of the family?

How old is Pavel Petrovich?

Tell us about his wife. (What's her name? How old is she? Does she help her husband)

Tell us about Bob and Ann?

How many relatives work at this shop?

Do they work hard?

Tell us about fish counter. (What food stuffs can you buy at the fish aisle?)

### **Retell the extract of the text.**

### **Read the following dialogue.**

Mother to her daughter: Look, Kate. We haven't got any fish. It's off. Go to the supermarket. There is a big choice of fish.

K: I don't like fish, ma.

M: That's bad, Kate. We should eat fish. It's useful for health. Take the purse and the shopping-bag and go for some fish.

K: what kind of fish I buy?

M: buy some cold or hot smoked sturgeon, just a little for a snack. You know, it's very expensive and carp or pike-perch, a kilo or so.

К: all right, ma. (Kate takes the purse, the shopping-bag toes for fish.)

**Give the English equivalents for the following:**

У нас нет рыбы

У них большой выбор рыбы

Я не люблю рыбу

Это полезно для здоровья

Какую рыбу купить

Купи немного севрюги на закуску/

**Read the text, translate it and do the exercises for it. Прочитайте текст, переведите и выполните упражнения к нему.**

***At the Oriental Market***

Today we are going to the oriental market for shopping. It will be a wonderful trip. You'll taste cheese, home-baked bread and smoked pork. Everything is cooked fresh, daily, and the quality of the produce is superb. There is a huge variety of foods such as figs, beans, bitter herbs, olives, dates, almonds and other nuts. Just look at the tomatoes ripened and so full of flavour, the crates full of peppers, aubergines and avocados.

You'll find fresh herbs, such as parsley and leaf coriander, as well as some more exotic vegetables — okra, fresh black-eyed beans and purple leafy artichokes, oranges, grapefruit and lemons, strawberries and black cherries, plums, apricots, peaches and nectarines, watermelons and melons, sweet seedless grapes and pinkish grapes. Don't miss the delicious green and purple figs.

A lot of slithering silver fish make an attractive sight in the market — fed mullet, sea bream, sea bass and the delicious swordfish. You will also find octopus, squid and cuttlefish.

Moving on to the meat stalls, you'll see plenty of red carcasses. After all, what self-respecting cook would accept meat wrapped in polyethylene?

Meat is eaten very fresh, and you may well notice the difference in flavour.

Lamb and beef are lean and tasty and have excellent quality. Goat has a pleasant, slightly gamy flavour; it's very lean and well worth trying.

The delicatessen stall sells honey and a range of different olives and tubs of cheeses made from goats', ewes' or cows' milk.

Sausage varies in flavour, depending on where it is made. The meat content is very high and usually crushed coriander, hot peppers and other spices are added. Before being smoked, the sausages are soaked in red wine.

Look at the sacks of pulses stacked in front of you to discover a wide range of beans and dried peas as well as nuts of every description.

But perhaps it's time to leave the market? No, not quite. Let's stop at one of the mobile baking stands on our way out. There is fresh, seed-coated bread, buns full of black olives, mint and onion sesame paste, tasty pastries and sausage rolls in these stands.

Last look out for delicious almond-filled pastries or lady fingers, honey soaked doughnuts in syrup.

You are always welcome at the oriental market!

**Answer the questions in writing. Ответьте письменно на вопросы:**

1. What will you taste at the oriental market?
2. Is everything cooked fresh daily?
3. The quality of the produce is superb, isn't it?
4. Why should you look at the tomatoes?
5. What is there in the crates?
6. What can you see moving on to the meat stalls?
7. Where can you buy honey and different olives?
8. Does sausage vary in flavour? What does its flavour depend on?
9. Would you like to visit the oriental market?
10. What would you taste and buy there?

**2. Fill in the gaps with words (use each word once): Заполните пропуски словами (используйте каждое слово один раз):**

*bargains, buy, ones, prices, are, offer, money, line, there, supermarkets, spend, different*

### **Shopping in the USA**

Americans love to shop. If they shop for small items like coffee and tea or big\_\_\_(1) like furniture, they\_\_\_(2) a lot of time and\_\_\_(3) in different stores. Many of them are smart shoppers, they compare \_\_\_(4), check the sales and look for\_\_\_(5). As they say, "a penny saved is a penny earned." In the USA you can do shopping at many\_\_\_(6) places. Food is more expensive at the convenience stores, they are open 24 hours a day and you can shop there quickly. Usually you make your purchase without having to wait in \_\_\_ (7). Many people do their weekly shopping at the large\_\_\_(8) near their home. Supermarkets \_ \_ (9) a wide variety of goods and services. You can get food, flowers, cosmetics, autosupplies, household items and even stamps \_\_\_\_\_ (10).

The oriental markets contain foodstuffs and delicacies that are unavailable at the supermarkets. Some people buy most of the groceries at the oriental markets. You can get Vietnamese, Korean and other specialties there. Some Americans often\_\_\_(11) fruit at the farmers markets. Farmers bring their fresh fruit and vegetables to this open-air markets several times a week. The prices\_\_\_(12) fairly reasonable and the produce is fresh.

**3. Define the following products. Дайте определение следующим продуктам:**

1. It is a vegetable that grows under the ground. It can be boiled, baked or fried. It can also be made into chips or crisps.
2. It is the meat from a bull or a cow.
3. It is a vegetable. We eat the dark red part that grows under the ground.
4. It is a shopkeeper who sells fruit and vegetables.
5. It is a large shop which sells all kinds of food and things for the house.
6. It is a plant which has seeds called grains.

7. It is a vegetable. It looks like a large ball of leaves. The leaves can be green, white or purple.

**4. Translate the Mushroom Soup recipe into Russian. Переведите на русский язык кулинарный рецепт "Mushroom Soup"**

- 1 pound mushrooms
- 4 cups fresh or canned chicken broth
- ¼ cup butter
- 2 tablespoons flour
- salt and freshly ground pepper to taste
- ¼ cup dry sherry
- ½ cup heavy cream

1) Remove the stems from the mushrooms and chop the stems coarsely. Reserve the caps.

2) Place the chopped stems in a saucepan and the broth. Bring to a boil and simmer twenty minutes. Strain the broth and reserve.

3) Slice the mushroom caps. Heat the butter in a saucepan and add the caps. Cook, stirring, until lightly browned. Sprinkle with the flour and add salt and pepper. Using a wire whisk, stir in the broth and bring to a boil. Simmer five minutes and add sherry and cream. Heat thoroughly and serve hot.

Yield: four or six servings.

**5. Choose the correct answer: Выберите правильный ответ:**

1) How much ... this wine cost?

a) is b) does c) do

2) They ... serve roast goose today.

a) don't b) aren't c) doesn't

3) My sister ... a pie on Sunday.

a) bakes b) baked c) is baking

4) I'd like a table ... the window.

a) by b) at c) on

## ГРАММАТИКА

**1. Make sentences out of these words.** Translate it. Составьте из данных слов предложения. Переведите.

some – the kitchen – I – for – want – furniture – to buy.

aren't – the table – cakes – on – there – on – any.

have – I – please – can – some – butter?

there – any – casinos – in – are – Berlin?

take – book – you – any – can – here.

lives – the west – Mary – somewhere – in.

something – talk – let's – else – about.

loves – our family – fish – in – nobody.

on TV – interesting – is – nothing – tonight – there.

anybody – my dictionary – has – seen?

**2. Convert the following sentences to negative ones. Преобразуйте следующие предложения в отрицательные.**

Н-р: I've got some euros in my purse. (У меня есть немного евро в кошельке.) – I haven't got any euros in my purse. (У меня нет евро в кошельке.)

We saw some water under the fridge. (Мы видели воду под холодильником.)

There are some fancy dresses in this store. (В этом магазине есть модные платья.)

You'll find some balls on the floor. (Ты найдешь несколько мячей на полу.)

I've had some important phone-calls this morning. (У меня было несколько важных звонков этим утром.)

He is reading some letters in the kitchen. (Он читает письма на кухне.)

I recognized somebody at the party. (Я узнал кое-кого на вечеринке.)

You can plant this flower somewhere in the garden. (Ты можешь посадить этот цветок где-нибудь в саду.)

We should call somebody. (Нам нужно кого-нибудь позвать.)

**3. Convert the following sentences into interrogative Преобразуйте следующие предложения в вопросительные.**

Н-р: I can speak some Russian. (Я могу немного говорить по-русски.) – Can you speak any Russian? (Ты можешь немного говорить по-русски?)

My teacher gave me some advice. (Мой учитель дал мне совет.)

We have seen some great films this month. (Мы посмотрели несколько классных фильмов в этом месяце.)

He has got some beer in the fridge. (У него есть немного пива в холодильнике.)

She said something strange about her neighbor. (Она рассказала кое-что странное о своем соседе.)

They ate something for lunch. (Они что-то съели на обед.)

We can find better food somewhere else. (Мы можем найти более лучшую еду где-нибудь еще.)

There is something wrong with your car. (С твоей машиной что-то не в порядке.)

Somebody is calling my name. (Кто-то зовет меня.)

**Критерии самооценки выполненной работы:**

	Very well	OK	A little
Содержание текста			
Организация текста			
Лексика			
Грамматика			
Орфография и пунктуация			
Устная речь			

## Практическое занятие №16

**Тема; Продукты питания.**

**Цель:** *Формирование и развитие языковой компетенции через изучение профессионально-ориентированных текстов*

**Приобретаемые умения и навыки:**

**Знание:** профессиональной лексики, терминологии, грамматических структур.

**Умение:** чтения профтекстов, составление диалогов по теме, грамматических структур.

**Формируемые компетенции:** ОК 01- ОК 11.

**Норма часов рабочего времени:** 2 час

**Оснащение рабочего места:** раздаточный материал, инструкционные карты.

**Литература:**

1. Агабекян И.П. Английский язык для средних профессиональных заведений. Ростов-на-Дону: Феникс, 2020. – 319 с.

2. Безкоровайная Г.Т., Соколова Н.И., Койранская Е.А. и др. Planet of English: Учебник английского языка для учреждений НПО и СПО: (+CD): Рекомендовано ФГАУ «Фиро», 2019. - 256

3. Интернет ресурсы

1. [http:// enghelp.ru](http://enghelp.ru) Все для изучающих английский язык
2. <http://www.2uk.ru/slang>

### Содержание работы

**1. Read the dialogues in pairs, translate them, stage them.**

#### **BUYING FOOD AT THE SUPERMARKET**

- Excuse me. Can I have one kilo of ground beef and ten slices of smoked ham, please?
- Sure. Here you are. Anything else?
- Could you tell me where I can find olive oil and instant coffee, please?
- They are in the grocery products section, over there. I can show you.
- That's OK. Thank you.
- Is there anything else you are looking for?
- Well. I need buns for sandwiches and a dozen chicken eggs.
- Right. You will find all sorts of buns in our bakery. As for the eggs, they are located in the dairy product section, on your left. Is that all, sir?
- No. Finally I need fresh fruits and vegetables.
- OK. What would you like?
- Can I have two pine-apples, a kilo of pears, a bunch of red grapes, two kilos of tomatoes and half a kilo of onions, please?
- I'm terribly sorry but there is only one pine-apple left. Do you still want it?



- OK then. I'll take it anyway.
- How about red onions? They are just a bit more expensive than the usual ones but ideal for any salad.
- That would be great!
- OK. Here are your fruits and vegetables. I'll put them in your shopping cart. Do you need any beverages or canned food?
- No. Thanks a lot. Where shall I pay?
- The cash desks are right at the end of the aisle.
- Thank you very much.
- You are welcome. Thank you for shopping with us. Have a good day!

### **№3 Read the dialogue and act it out.**

Shop assistant: Hello! Can I help you?

Customer: Yes, please. Do you have any bananas?

Shop assistant: Yes, of course. How much would you like?

Customer: A kilo, please.

Shop assistant: Here you are.

Customer: Thank you. How much are they?

Shop assistant: One pound and ten pence. Anything else?

Customer: Yes, a packet of milk, please.

Shop assistant: Here you are.

Customer: And do you have any bread?

Shop assistant: I'm sorry, there is no bread. We've already sold it.

Customer: Ok. Never mind.

Shop assistant: Your purchase makes two pounds and sixty-five pence.

Customer: Thanks. Here you are.

Shop assistant: You're welcome.

### **4. Now make your own dialogues.**

Shop assistant: Hello! Can I help you?

Customer: Yes, please. Do you have any \_\_\_\_\_?

Shop assistant: Yes, of course. How much would you like?

Customer: \_\_\_\_\_, please.

Shop assistant: Here you are.

Customer: Thank you. How much are they?

Shop assistant: \_\_\_\_\_ pound and \_\_\_\_\_ pence. Anything else?

Customer: Yes, \_\_\_\_\_, please.

Shop assistant: Here you are.

Customer: And do you have any \_\_\_\_\_?

Shop assistant: I'm sorry, there is / are no \_\_\_\_\_. We've already sold it / them.

Customer: Ok. Never mind.

Shop assistant: Your purchase makes \_\_\_\_\_ pounds and \_\_\_\_\_ pence.

Customer: Thanks. Here you are.

Shop assistant: You're welcome.

#### **№4**

Excuse me. Can I have one kilo of ground beef and ten slices of smoked ham, please?

— Sure. Here you are. Anything else?

— Could you tell me where I can find olive oil and instant coffee, please?

— They are in the grocery products section, over there. I can show you.

— That's OK. Thank you.

— Is there anything else you are looking for?

— Well. I need buns for sandwiches and a dozen chicken eggs.

— Right. You will find all sorts of buns in our bakery. As for the eggs, they are located in the dairy product section, on your left. Is that all, sir?

— No. Finally I need fresh fruits and vegetables.

— OK. What would you like?

— Can I have two pine-apples, a kilo of pears, a bunch of red grapes, two kilos of tomatoes and half a kilo of onions, please?

— I'm terribly sorry but there is only one pine-apple left. Do you still want it?

— OK then. I'll take it anyway.

— How about red onions? They are just a bit more expensive than the usual ones but ideal for any salad.

— That would be great!

— OK. Here are your fruits and vegetables. I'll put them in your shopping cart. Do you need any beverages or canned food?

— No. Thanks a lot. Where shall I pay?

— The cash desks are right at the end of the aisle.

— Thank you very much.

— You are welcome. Thank you for shopping with us. Have a good day.

### **II. IT IS INTERESTING TO KNOW**

**Read the texts, translate orally, make a retelling plan and retell one of the texts.**

#### **Miscellanea**

##### **What Is sold where**

Until a few years ago the English used to shop at their local greengrocers, butcher's, baker's and so on. Now these small shops have all but capitulated as their customers pile into their cars and get everything they need at huge out-of-town-centre hangars filled with all their hearts desire.

The only shops to have survived the march of the supermarkets in any number are the corner shops, known in some quarters as Patelleries since so many of them are run by Ugandan Asian immigrant families. These corner shops supermarkets in miniature and sell anything from sweets to sweat bands, from napkins to newspapers. Many of them are also open all day and half the night.

The English say that there only one golden rule. You can get anything you need in very small or very big shops and nothing in medium-sized ones.

### **Reading Food Labels.**

Over the past 40 years, the range of foods available in packets, jars and cans has increased dramatically. Legislative bodies recognized that consumers required more information in order to make the best choices for health, which resulted in improved product labels. Food manufacturers in the European Community and North America are required by law to provide the following information on product labels: total weight or volume, a list of the ingredients and of the additives in order of weight. The name and address of the manufacturers and the country of origin.

Manufacturers should also list caloric value per 100 g, suggested number of servings the packaged food provides and the date after which the product cannot be sold or should not be eaten. This date is usually stamped on the lid or the base of products. Many labels also provide a nutritional analysis of food, such as total fat, carbohydrate and protein content.

### **USEFUL ADVICE**

#### **Shopping in Britain**

1. You are welcome to the stores and shops, but the managers ask you to abide by the normal British rules and regulations.
2. Shopping is not necessarily the same as in your native country and your home town if you have any doubt, ask the sales staff to assist you.
3. Where baskets are provided. please, use them, do not put any item in your bag or pocket until you have paid for it.
4. Do not mishandle any of the goods on display, do not handle perishable goods(fruit, etc.) or fragile items, unless you have permission to do so.
5. No alcoholic drink may be bought anywhere by persons under the age of 18.
6. always keep the receipt that you receive
7. Do not congregate in groups in such a way that you restrict the free passage of other shoppers, or interfere in any way with the sales staff.
8. Security staff work in most of the stores and shops in England. They will be watching for any irregularity, and they have the power by law to detain you.

### **Read interesting facts about the products.**

#### ***Did you know that***

The ***herring*** is the most widely eaten fish in the world. (селедка)

***Ketchup*** was sold in the 1830s as medicine.

A can of ***spam*** is opened every 6 seconds. Before Internet age, spam wasn't unsolicited email, ***it was of course a luncheon meat***. It is so resistant to spoilage that, if kept in the closed can, it may well outlast eternity and will certainly live longer than human.

***Almonds*** are members of the peach family. (миндаль)

**Carrots** were first grown as a medicine (not a food). The ancient Greeks called carrots "Karoto".

In South Africa, **termites and ants** are often roasted and eaten by the handful, like popcorn.

**Tablecloths** were originally used as towels on which dinner guests could wipe their hands and faces after eating.

**Chewing gum** while peeling onions will keep you from crying.

The earliest recorded using of **chocolate** is attributed to tribes of Southern Mexico (100 B.C.) The Olmecs used it as a drink.

People use cacao beans to produce chocolate. Cacao pods and beans grows on "Theobroma cacao" tree. Most scientists consider that cacao trees have been domesticated about 4000 years ago in South America.

In 1528 Famous Spanish explorer Hernando Cortez brought **cacao beans** from South America as a gift to Spanish royal family. Soon all Spanish Nobles got hooked on hot chocolate with spices.

**The first time chocolate bar** was made in Mexico about 300 years ago. Much later, Cadbury (British company) start to produce edible chocolate in the 1840's and it's become famous worldwide.

The Bible mentions **Salt** more than thirty times.

Though most people think of Salt as a seasoning *Isi:zningI приправа*, only 5 out of every 100 pounds produced each year go to the dinner table The rest is used for such diverse purposes as packing meat, building roads, feeding livestock, tanning leather, and manufacturing glass, soap, ash, and washing compounds.

**Apples** are more efficient than coffee at keeping people awake in the morning. Half the foods eaten throughout the world today were developed by Farmers in the Andes Mountains. Potatoes, maize, sweet potatoes, squash, all varieties of beans, peanuts, manioc, cashews, pineapples, chocolate, avocados, tomatoes, peppers, papayas, strawberries, mulberries, and many other foods were first grown in this region.

In ancient China and certain parts of India, Mouse flesh (Сырое мясо) was considered a great delicacy. In ancient Greece, where the Mouse was sacred to Apollo, Mice were sometimes devoured by temple priests.

There are 15,000 different **kinds of Rice**.

**Rice** is the chief food for half the people of the world.

In the Middle Ages, chicken soup was believed to be an aphrodisiac.

The homeland **of tea** is China, where it has been grown for over five thousand years. Next Japanese, Koreans and people from South-east Asia began growing it. Just a thousand years ago Arabic merchants were successful at taking away dried tea leaves to Middle East. Tea reached Europe in the middle of the 16th century thanks Venetians, who were keeping lively contacts with Arabs and Turks. But until 1610 its deliveries were occasional, and dried pressed leaves were treated as an expensive medicine. Only regular deliveries from Japan by

Dutchmen gave the beginning of career of this stimulant in Europe, one can divided teas into five kinds: white, green , yellow, red and black.

**Honey** is the only food that does not spoil. Honey found in the tombs of Egyptian pharaohs has been tasted by archaeologists and found edible.

**Apples** are more effective at keeping people awake in the morning than caffeine.

**The largest pumpkin** weighed 377 pounds.

**The largest cabbage weighed** 144 pounds.

Coffee originated from the Arabic word “**qahwah**”.

Almonds are a member of the peach family.

Americans eat approximately **10kg of tomatoes** yearly, over half of which is in the form of catsup and tomato sauce.

**Apple** is made of 25% air, that is why they float.

Apples, onions, and potatoes all have the same taste? Try the test: Pinch your nose and take a bite out of each.

**Avocado** has the highest protein and oil content of all fruits, but most of this is the healthier unsaturated type.

**Beer drunk** with dinner works better than drinking red wine, gin or sparkling mineral water in controlling homocysteine, a blood factor that promotes heart disease by boosting blood levels of vitamin B6.

Beer is a popular ingredient in batter for deep fried foods since the protein in beer provides browning and produces a light, crisp, dry batter when cooked.

Beer of 375mL has fewer calories than two slices of bread and contains no fat.

Birds eat half their own body weight in food each day! So, why do people say that a poor eater "eats like a bird"?

**Black-eyed peas are really beans.**

Blenders were invented by Stephen Poplawski when in 1922 he became the first person to put a spinning blade at the bottom of a small electric appliance to make Horlick's malted milk shakes.

Bubbles in Guinness beer sink to the bottom.

Butter and margarine are similar in calories, the difference is that butter is higher in saturated fats, while margarine generally has more unsaturated fats.

**Cabbage is 91% water.**

## DIALOGUES

*I. Mother to her son:* Nick, take the money and the shopping-bag and go to the baker's.

*Nick:* What shall I buy, mum?

*M.:* A loaf of brown bread, a long loaf of white, two buns and biscuits for tea.

*N.:* Anything else?

*M.:* Let me see. On your way back drop in to the dairy shop and buy a bottle of milk, half a kilo of hard cheese and a kilo of curds or cottage cheese.

*N.:* All right, mum. I am off.

2. *Aunt Vera to her niece Kate:* Kate, it's time to go shopping. Don't forget the money and the shopping-bag.

*Kate:* What shall I buy, auntie?

*A:* Go to the butcher's for some steak and a chicken. On your way back drop in to the grocer's and get a packet of flour and buckwheat.

*K.:* Very well. I'm ready.

3. *Elder sister to her younger one:* We haven't got any vegetables and fruit. Let's do some shopping.

*Y.S.:* O.K. What shall we buy?

*E.S.:* First of all, potatoes, beets, carrots, cabbage, brown onions and some greens.

*Y.S.:* Shall we buy tomatoes and cucumbers?

*E.S.:* Why? Of course. At the fruiterer's we can buy some apricots, grapes and plums.

*Y.S.:* I'd like a water-melon.

*E.S.:* O.K. Let's go.

4. *Mother to her daughter.* Look, Kate. We haven't got any fish. It's off. Go to the supermarket. There is a big choice of fish.

*K.:* I don't care for fish, ma.

*M.:* That's bad, Kate. We should eat fish. It's useful for health. Take the purse and the shopping-bag and go for some fish.

*K.:* What kind of fish shall I buy?

*M.:* Buy some cold or hot-smoked sturgeon, just a little for a snack. You know, it's very expensive and carp or pike-perch, a kilo or so.

*K.:* All right, ma.

*(Kate takes the purse, the shopping-bag and goes for fish.)*

### ***At the Supermarket***

*Mike:* It's a wonderful shop!

*Bob:* It is. I always do shopping here. Here is the shopping list. Let's go to the meat counter.

*M.:* What shall we buy?

*B.:* We want some beef and a chicken. You know I can't do without meat.

*M.:* I'm fond of dairy products.

*B.:* Look! The chicken is splendid and the beef is of superior quality. Now let's go for dairy products. They are in aisle 7.

*M.:* All right. Here are the eggs, unsalted butter, sour milk, sour cream and bottled milk.

*B.:* Look at the date of the label, please.

*M.:* It's March twenty-first for sour milk and sour cream and twenty second for the milk.

*B.:* That's good. Today is the eighteenth.

*M.:* What does it mean?

*B.:* The date indicates the last day shop can sell this item. It's for perishable foods.

*M.:* I can see you're an experienced customer.

*B.:* I am. What's next on the shopping list?

*M.:* I think juice. Let's buy apple juice. I prefer Ukrainian brands.

*B.:* It's makes no difference for me. The juice is aile two.

*M.:* Here it is. The lemons and oranges look fine. Let's have some.

*B.:* Okay. Our cart is full up. Let's go to the cash register.

### **BREAD PRODUCTION**

#### **Did you know ?**

- Bread was eaten at least 7,500 years ago and remains our staple food today. It was called "The Staff of Life" in Biblical times!
- The bread industry is the second largest in the food sector.
- We eat the equivalent of over 9 million large loaves of bread every day.
- Bread contains protein, complex carbohydrates, calcium, iron and the B vitamins– thiamin, niacin and a little riboflavin.
- Bread provides more protein, iron, B vitamins and complex carbohydrates per penny than any other food.
- Bread is the major source of fibre in our diet, providing a quarter of our daily intake.
- Bread contains very little fat and virtually no sugar.
- 70% of the bread we eat is white.
- There are three basic types of bread- white, brown and wholemeal-but more than 200 varieties are available to the UK consumer.
- Sandwiches account for up to 50% of the bread we eat.
- The sandwich commemorates the Earl of Sandwich-a famous gambler. A slice of meat between two slices of bread could be eaten without having to leave the gaming table for a meal!
- The record for the longest loaf ever produced is held by bakery in Acapulco, Mexico, which baked a 9,200 meter "Rosca de Reyes" loaf in January 1996.
- The workers who built the pyramids of Egypt were paid in bread.
- The Great Fire of London started in a baker's shop.
- The Federation of Bakers was formed in 1942 to assist in organizing wartime production and distribution of bread.

**Задание 1. Task 1. Read, translate the text, make up 10 questions to the texts. Прочитайте, переведите текст, составьте по 10 вопросов.**

Grain products represent - the most economical foodstuffs. Although they are chiefly starch, whole grains also contain proteins, fats, and valuable minerals. Grain products are very important foods. Because of their high starch content, the fuel value is high. Because of their cheapness they are eaten freely; they provide proteins and minerals in liberal amounts. The more commonly used cereals are wheat, corn, and oats.

**Composition of grains.** Grains are seeds. There are four essential components of all seeds: the bran or skin, the aleurone layer, the endosperm, and the germ. The bran is chiefly cellulose, containing a high percentage of the mineral content of grain. The aleurone layer represents a thin section between the bran and the endosperm or kernel of the seed. The aleurone layer is rich in protein and minerals. The endosperm contains the rest of the protein in the form of meshwork in which the starch granules are embedded.

The germ is the fat-containing protein of the grain. The composition of a cereal, *as purchased* depends upon what parts of the whole grain have been removed in the course of its manufacture. Because of the tendency of the fat to become rancid, the germ is removed in the manufacture of most cereals, although oatmeal and rolled oats form an exception. Highly refined flours are made chiefly from the endosperm, along with more or less of the aleurone layer. Polished rice represents the unground endosperm of the rice seed.

**Wheat.** Wheat products come on the market in the form of ' flours and breakfast foods. Wheat flours represent the most important of the wheat products.

The white flours on the market differ greatly in quality and use. There are four principle classes of flour marketed: straight or patent bread flour, family or all-purpose flour, pastry flour, and cake flour. These differ in composition, price and use. At the same time, there are varying grades of each kind. The variation in quality and use of flours is due to many factors, of which the more important are the kind of wheat grown, the time of planting and milling.

The so-called hard wheats are used for bread making flours, while the soft wheats are ground for pastry and cake flours. Certain wheats, such as the *durum wheats*, produce a flour best suited for the production of macaroni or spaghetti.

**Composition of flours.** The composition of the different flours varies. If we compare bread making flours — straight bread and all-purpose flours — with the pastry and cake flours, we find that the bread making flours have consistently less fat and minerals, a larger percentage of the smaller starch granules, and give a dough containing a larger percentage of high-quality gluten.

### **Meat. Мясо**

Традиционно мы употребляем в пищу мясо трех видов: beef – говядина, pork – свинина и mutton – баранина (и разновидность баранины lamb – мясо молодого барашка). Из говядины можно сделать много вкусных деликатесов: roast beef (ростбиф), beef-steak (бифштекс), stewing beef (тушеная говядина), ground beef (говяжий фарш), beef ribs (говяжьи ребрышки), veal cutlers (телячьи отбивные), liver (печень). Из свинины мы любим готовить (и кушать) ветчину (ham), свиные отбивные (pork chops), бекон (bacon) и колбаски (sausage).



Мясо птицы называют poultry. И тут тоже можно выделить три типа мяса домашних птиц, которые употребляются в пищу: chicken – курица, turkey – индейка и duck – утка.

### **Deli and seafood. Деликатесы и морепродукты**

От одного вида колбасных и сырных деликатесов (deli or fine food) текут слюнки (make smb's mouth water). Smoked turkey (копченая индейка), salami (колбаса-салями), corned beef (солонина), cheddar cheese (сыр чеддер), bacon (бекон) – одна мысль об этих яствах заставляет мой желудок (stomach) урчать в предвкушении трапезы!

Морепродуктов (seafood) рыба (fish) и разнообразные моллюскам (shellfish). Из рыбы надо отметить форель (trout), лосось (salmon, обратите внимание на произношение /'sæmən/), камбалу (sole), палтус (halibut). Также деликатесами считаются crab (краб), lobster (омар), shrimp (креветка), scallops (гребешки), mussels (мидии), oysters (устрицы).

### **Какой еда бывает на вкус**

Вкусовые рецепторы языка могут различать 4 вкуса: сладкий (sweet), соленый (salty), кислый (sour) и горький (bitter). При описании вкуса блюд вы можете встретить сочетания этих четырех слов: bitter-sweet – горько-сладкий, sweet-and-sour – кисло-сладкий.

Для того чтобы придать особую пикантность блюду, мы можем добавить приправы – seasoning или relish. Для любителей острой (spicy) еды можно добавить щепотку перца (a pinch of pepper).

### **TYPES OF MEAT**

Meat is the common term used to describe the flesh or other edible parts of animals (usually domesticated cattle, swine, and sheep) used for food, including not only the muscles and fat but also the tendons and ligaments.

Processed or manufactured products prepared from animal tissues are also called meat.

Containing all the amino acids necessary for the human body, meat is valued as a complete protein food. The fat of meat, which varies widely with the species, quality, and cut, is a valuable source of energy and also influences the flavour, juiciness, and tenderness of the lean. Parts such as livers, kidneys, hearts, and other portions are excellent sources of vitamins and of essential minerals, easily assimilated by the human system.

Meat digests somewhat slowly, but 95 percent of meat protein and 96 percent of the fat are digested.

Meats are often classified by the type of animal from which they are taken. Red meat refers to the meat taken from mammals; white meat refers to the meat taken from fowl; seafood refers to the meat taken from fish and shellfish; and game refers to meat taken from animals that are not commonly domesticated. In addition, most commonly consumed meats are specifically identified by the live animal from which they come. The most widely consumed meat is beef, the flesh of mature cattle that normally weigh from 450 to 540 kg and yield between

55 and 60 percent of their weight in meat. Veal, the flesh of calves of cattle, is much less fatty than beef.

The pig is believed to be the world's second largest provider of meat known as pork. When taken to slaughter, pigs generally weigh between 90 and 135 kg and provide about 70 to 74 percent of that weight in meat.

Meat from lambs and sheep is produced on a much smaller scale than either beef or pork (less than one-tenth of that provided by cattle, for example). They ordinarily weigh between 45 and 70 kg, although the most select lambs may weigh no more

than 14 to 18 kg and yield about 48 to 50 percent of their weight in meat.

**Protein.** Meat is an excellent source of proteins which carry out specific functions in living muscle tissue and in the conversion of muscle to meat.

In the diet the fats found in meat act as carriers for the fat-soluble vitamins (A, D, E, and K) and supply essential fatty acids (fatty acids not supplied by the body

**Vitamins and minerals.** Meat contains a number of essential vitamins and minerals. It is an excellent source of many of the B vitamins, including thiamine, choline, B 6, niacin, and folic acid. Some types of meat, especially liver, also contain vitamins A, D, E, and K.

Meat is an excellent source of the minerals iron, zinc, and phosphorus, a number of essential trace minerals, such as copper, molybdenum, nickel, selenium, chromium, and fluorine having been found in meat as well.

**Water.** Water is the most abundant component of meat. However, because adipose tissue contains little or no moisture, as the percentage of fat increases in a meat cut, the percentage of water declines. Therefore, lean young veal may be as much

as 80 percent water, while fully fattened beef may be as little as 50 percent.

Because water is lost when meats are cooked, the percentages of protein and fat in cooked meats are usually higher than in the raw counterparts.

### **Translate into English:**

Мясо - это общий термин, используемый для описания мяса или других съедобных частей животных, используемых в пищу.

Так как мясо содержит все аминокислоты, необходимые для организма человека, оно ценится как полноценная белковая пища.

Мясо часто классифицируется по типу животного, у которого оно взято.

Считается, что свинья является вторым в мире поставщиком мяса, известного как свинина.

Мясо ягнят и овец производится в гораздо меньших масштабах, чем говядина или свинина.

### **Ask questions about the words in italics:**

*Meat* is the common term used to describe the flesh or other edible parts of animals used for food.

Meat is valued as *a complete protein food*.

The fat of meat is a *valuable* source of energy.

Meat digests somewhat *slowly*.

Extractives in meat *cause a flow of saliva and gastric juices*.

Meats are often classified *by the type of animal* from which they are taken.

## **MILK AND DAIRY PRODUCTS**

Today we will get acquainted with a unique food product created by nature itself - milk. It is called the "elixir of life", because milk contains all the nutrients needed by a growing body. For many millennia, it has been used by man from the first days of life to old age. Cow's milk is an aqueous solution of more than two hundred different organic and mineral substances

The composition of milk includes all the necessary nutrients and vitamins: fats - 4%, proteins - 3.5%, carbohydrates - 4.7%.

The value of milk lies in the fact that the food substances that make up its composition are very easily absorbed by the body. Therefore, milk is indispensable in diet and baby food.

Without milk, children grow poorly, often get sick and get tired quickly, especially schoolchildren. Every day, children should drink at least two glasses of milk.

### **Определите и напишите молочный продукт по описанию**

1. Fermented milk product needed to strengthen the human skeletal system.
2. A drink from a mixture of various products.
3. The most valuable food product for newborns.
4. What is the name of the curd cake cooked in the oven?
5. People say that you won't spoil the porridge with this product.
6. With which lactic acid product will pancakes taste even better?
7. What needs to be drunk at night that the intestines worked better?
8. What is the name of the product when sour milk?
9. What is an important macrocell in cottage cheese?

### **Milk for our health**

I've been a milk drinker all my life and I've never had broken bone. I drink my milk because my Mom told me to, but I continue drinking my milk because I know that it is the best source of calcium is vital to everyone's well-being.

A lack of calcium in our diets can lead to osteoporosis, the disease that makes bones weak and brittle and prone to fractures. It's a crippling disease that affects people over the age of 45. And it can't be cured. A lot of people suffer from osteoporosis – needlessly because it can be prevented. And prevention is as simple and easy as pouring a glass of milk or topping our sandwich with cheese or snacking on yoghurt.

Getting an adequate amount of calcium in our daily diets is the best safeguard. It is actually when we are younger than our daily intake is critical. When we are between the ages 11-24 our bodies can retain more of the calcium that we consume and it's during this period that our bones are more capable of growing stronger and denser.

As we grow older our bodies absorb calcium less efficiently. We start to lose bone after we turn 35 and if we don't have a build-up of bone mass from our early years to start with, the bone deterioration will occur more rapidly.

## **TYPES AND COMPOSITION OF FROZEN DESSERTS**

### **THE ORIGIN OF FROZEN MILK DESSERTS**

Refreshing, appetizing, convenient, adaptable, nutritious — who can deny that these qualities of ice cream, ice milk, and sherbets place them at the top of the preferred list of frozen desserts from milk that can readily fulfil one's desires and satisfy the budget?

By varying quantities of main ingredients, numerous types of frozen dairy desserts can be produced. Standards for ice cream and most frozen desserts are closely regulated. In the US, for example, ice cream must contain at least 10 percent fat and 20 percent total milk solids (usual requirements are 20 and 18 percent for plain and bulky ice creams, respectively). In freezing, the volume may be doubled by the inclusion of air (known as overrun), but the increase in volume is limited to 100 percent by the requirement that the finished product weigh at least 2 kg per 4 litres. Total food solids must weigh about 700 grams per 4 litres, thus limiting the water content. Regulations also require all ingredients to be listed, with some additives (such as stabilizers) limited to very small amounts. The principal frozen desserts are ice cream, frozen custard, ice milk, frozen yogurt, sherbet, and water ices.

**Ices.** Being similar to sherbet, but containing no milk solids, water ices are usually composed of sugar (30 percent), fruit juice (20 percent), flavouring, colour, stabilizer (0.2 to 0.6 percent), citric acid, and water. Overrun in ices should be approximately 30 percent. Ices may be frozen in the same manner as ice cream, but they are often dispensed as liquids into forms in which they are frozen on sticks to make Popsicles<sup>5</sup>. The Popsicle was invented by Frank Epperson in 1923 accidentally. On a cold winter evening Epperson is said to have left on a windowsill a glass of lemonade containing a spoon. By morning the lemonade had frozen, so he put the glass in water and removed the frozen mass. The invention was patented in 1924.

### **Complete the sentences using the words from the text:**

Milk desserts are preferred ...

The principal frozen desserts are...

Water ices are usually composed of ...

The Popsicle was invented by ...

Ices may be frozen...

### **ICE CREAM MANUFACTURE**

The essential ingredients in ice cream are milk, cream, sugar, flavouring, and stabilizer, cheaper ingredients such as dry whey, corn syrup, and artificial flavourings having been introduced to create a lower-cost product.

The first step in ice cream making is formulating a suitable mix, the latter being composed of a combination of dairy ingredients, such as fresh milk and cream,

frozen

cream, condensed or dried skim, buttermilk, dairy whey, or whey protein concentrate. Sugars may include sucrose, corn syrup, honey, and other syrups. Stabilizers and emulsifiers are added in small amounts to help prevent formation of ice crystals, particularly during temperature fluctuations in storage. The ice cream mix is pasteurized at no less than 79°C for 25 seconds. The heated mix is typically homogenized in order to assure a smoother body and texture.

After homogenization, the hot mix is quickly cooled to 4.4°C. The mix must age at this temperature for at least four hours to allow the fat to solidify and fat globules to clump. This ageing process results in quicker freezing and a smoother product.

The next step, freezing the mix, is accomplished by one of two methods: either continuous freezing, which uses a steady flow of mix, or batch freezing, which makes a single quantity at a time. For both methods, the objective is to freeze the product partially and, at the same time, incorporate air.

**Choose English equivalents to the following Russian words:**

приправа, сухая сыворотка, искусственные ароматизаторы, недорогой продукт, молочные ингредиенты, пахта, мед, колебания температуры, texture, слипаться, охлаждаться, заморозка, процесс созревания.

**YOGURT**

Yogurt originated in Eastern Europe and it is believed to have been food in the Balkan countries for at least 2000 years. Even today, the consumption of yogurt is more than 10 times greater per capita in Europe than in the United States.

However, sales of yogurt in the United States as well as in Russia have increased in recent years more than those of any other item in the dairy produce. This is largely due to the introduction of fruit-flavoured yogurts and to an increased appreciation among consumers of the low-calorie, highly nutritional aspects of yogurt. Its most popular uses are as a between-meal snack, as a dessert, and as the noon meal.

Do you like yogurt? Is it popular in our country?

**THE HISTORY OF  
CHEESEMAKING**

The real beginning of cheese-making is unrecorded in history. However, it must have occurred within a few centuries after the domestication of the cow and other mammals at about 8,000 BC. Records of cheese reach into ancient times in Arabia, Egypt, India, Israel, and Greece.

No one knows exactly who made the first cheese, but, according to one ancient legend, it was made accidentally by an Arabian merchant crossing the desert. The merchant put his drinking milk in a canteen made from dried sheep's stomach. His way was long, so he delayed sampling from the canteen until he was thirsty. As he opened it at last, he was surprised to find not milk, but a thin watery fluid (called whey now) and snowy-white curd, which was the world's

first cheese. This transformation of milk can be easily explained. The natural rennin of the canteen, along with the heat from the sun, caused the milk to coagulate and separate into curds and whey. The whey is believed to have satisfied the traveller's thirst, and the curd had a delightful flavour and satisfied his hunger.

### **Translate into Russian**

Cottage cheese is a valuable food product, as it contains protein, fat, vitamins A, E, and B vitamins. It is especially appreciated for the content of calcium salts, so dishes from cottage cheese are recommended in children's and dietary foods.

Hot cottage cheese dishes are prepared from bold cottage cheese. These include cottage cheese pancakes, casseroles, dumplings, puddings, pancakes with cottage cheese. Before cooking, the cheese is wiped or passed through a meat grinder. In ancient times, cottage cheese was called cheese. So it is called now in some parts of the country. From here comes the name of the common dish of cottage cheese - "cheesecakes".

### **2. Answer questions:**

1. What dairy products do you know?
2. What is the value of milk in baby food?
3. What can be prepared from milk and dairy products?
4. What is the importance of cottage cheese in human nutrition?
5. Do you like blue cheese?

### **3. Give English equivalents:**

Этот сыр очень соленый.

Я люблю кофе с молоком.

Я предпочел бы йогурт на завтрак

Возьмите творог, он свежий

Хорошая идея во время диеты пить кефир

### **4. Translate a milkshake recipe**

100 мл молока, 40 г мороженого, 1-2 чайных ложки сиропа.

Все взбить в блендере до пышной пены.

Коктейль можно подавать не только как десерт

### **5. Test**

1 / How many liters of milk will it take to produce one kilogram of cheese?

a) 10 b) 15 c) 20

2. In what century did milk become pasteurized?

a) XVIII b) XIX c) XX

3. For how long does fresh fresh milk contain a large amount of estrogen hormones harmful to the male body?

a) 3 minutes b) 10 minutes c) 40 minutes

4. How should milk be stored so that it does not lose valuable vitamins?

a) In the cold b) In the light c) In the dark

5. What fresh stains on clothes are easily excreted by milk?

- a) Ink b) Lipstick c) Grass
6. What water is better to wash off milk?
- a) Hot b) Room temperature c) Cold
7. Where does the Sorveira tree grow, the juice of which resembles milk and is used by locals for food?
- a) South America b) India c) Madagascar
8. What milk is feta cheese made from?
- a) Cow b) Sheep c) Goat
9. What animal's milk is easily absorbed even by people with lactose intolerance?
- a) Goat b) Donkey c) Camel
10. In what month is World Milk Day annually celebrated?
- a) June b) July c) August

**Критерии самооценки выполненной работы:**

	Very well	OK	A little
Содержание текста			
Организация текста			
Лексика			
Грамматика			
Орфография и пунктуация			
Устная речь			

**Практическое занятие № 17**

**Тема:** «Способы кулинарной обработки продуктов».

**Цель:** *Формирование и развитие языковой компетенции через изучение профессионально-ориентированных текстов.*

**Приобретаемые умения и навыки:**

**Знание:** профессиональной лексики, терминологии, грамматических структур.

**Умение:** чтения профтекстов, составление диалогов по теме, грамматических структур.

**Формируемые компетенции:** ОК 01- ОК 11.

**Норма часов рабочего времени:** 2 час

**Оснащение рабочего места:** раздаточный материал, инструкционные карты.

**Литература:**

1. Агабекян И.П. Английский язык для средних профессиональных заведений. Ростов-на-Дону: Феникс, 2020. – 319 с.
2. Безкоровайная Г.Т., Соколова Н.И., Койранская Е.А. и др. Planet of English: Учебник английского языка для учреждений НПО и СПО: (+CD): Рекомендовано ФГАУ «Фиро», 2019. - 256
3. Интернет ресурсы

1. [http:// enghelp.ru](http://enghelp.ru) Все для изучающих английский язык
2. <http://www.2uk.ru/slang>

## Содержание работы

### Preparing for the Party

*A mother and her daughter are cooking dishes for the party.*

I need your help badly, Mary. There is so much to do for tonight's party — to prepare a salad, to bake various pies and cakes, to roast a goose and to cook a lot of other things. Please take the mincing machine and mince this bit of meat. I will scrape and slice the carrots.

Will you peel these potatoes and onions? I'll make some potato chips and you set up the rest of the potatoes to boil. When they are soft, mash them with butter and hot milk. Now, wash and cut the potatoes and cucumbers, put them on the dish but don't dress with the mayonnaise, we'll do it later.

I think that it's time to get out the goose from the oven. Then we'll bake a layer cake and a pie with jam filling. I'll beat the eggs for the dough. Look, the rice is boiling over, turn the gas down a little. Now, be a good girl and whip the whites of these eggs. Here is some powdered sugar to mix with the whites when you are through...

Now will you help me in laying the table? The guests will come in an hour.

We'll be twelve altogether, so lay twelve places. Take the dishes for refreshments from the sideboard and put them on the table. Now fetch the wine glasses — one for each cover.

We don't uncork the bottles, but get the corkscrew ready. Please open these tins. Here is the tin opener for you.

### Answer the questions:

1. What is the mother with her daughter going to do with the potatoes?
2. How do they usually prepare mashed potatoes?
3. What salad is the daughter preparing?
4. What is the mother going to bake?
5. Who will beat the eggs for the dough (тесто)?
6. How many guests are coming?
7. What does the daughter need to open the tins?
8. Do you help your mother to cook dishes for the party?
9. What do you like to cook?
10. Who washes the dishes after the dinner?

### Vocabulary Exercises

**Exercise 1.** Подберите к словам из левой колонки их значения из правой:

A

1	to chop	to cut up with a knife
2	ingredients	to cook on low heat



3	recipe	to cook until brown
4	seasoning	something you add to make food taste better
5	to brown	list of ingredients and direction to make a dish
6	to simmer	items you combine to make a certain kind of food

## B

A. utensils	a. list of ingredients and directions to make a food
B. ingredients	b. something you add to make food taste better
C. recipe	c. kitchen items you use to cook with
D. seasoning	d. items you combine to make a certain kind of food
E. kitchen	e. you put the tea cup on it
F. saucer	f. you put plates with food on it
G. tray	g. room where you cook food and wash the dishes

**Exercise 2. Пронумеруйте в правильном порядке этапы приготовления жареного цыпленка:**

Heat the oil in a frying pan.

Brown on one side.

Turn chicken with a spatula.

Cook the onions in oil until soft.

Add chicken.

Cut the chicken into pieces.

Chop the onion.

Brown on the other side.

**Exercise 3. Read the text.**

*Basic overall rules to choose your wine*

*Entree:* generally accompanied with dry white wine or rose.

*Main course:*

1. red wine for red meat, light red wine for white meats;

2. dry white wine for fish or seafood;

3. on a general base, fresh and light red wine goes with everything;

4. rose is not considered as top wine but it is good and fresh for casual meals when it is hot.

*Cheese:* red wine, preferably full-bodied with powerful cheese flavours.

*Dessert:* sweet white wine.

formal – официальный; casual - обычный, каждодневный; option - возможность;

fresh wine - свежее вино; rose - легкое розовое вино;  
full-bodied wine - полное вино

**Exercise 4. Заполните пропуски словами из рамки:**

*salt shaker, fork, bowl, pepper shaker, knife, spoon, glass, napkin, plate, cup*

- Drink coffee from a ... .
- Drink water from a .... .
- Eat soup from a ... .
- Eat vegetables and meat from a ... .
- Put a ... on your lap.
- Cut meat with a ... .
- Eat soup with a ... .
- Eat vegetables with a ... .
- Shake salt from a ... .
- Shake pepper from a ... .

**Exercise 5. Translate the following useful advice. New words**

*Removing Inedible Items from Your Mouth*

1. *Olive pits*: drop delicately into your palm before putting them onto your plate.
2. *Chicken bone*: use your fork to return it to the plate.
3. *Fish bones*: remove with your fingers.
4. *Bigger pieces*: bigger bones or food you do not appreciate you should surreptitiously spit into your serviette (napkin), so that you can keep it out of sight.

*Foods You Can Get by Hand*

1. *Bread*: break slices of bread, rolls and muffins in half or into small pieces by hand before buttering.
2. *Bacon*: if there's fat on it, with a knife and fork; if it is crisp, crumble it with a fork and eat with your fingers.
3. *Finger meals*: follow the cue of your host; if finger meals are offered on a platter, place them on your plate before putting them into your mouth.
4. *Foods meant to be eaten by hand*: corn on the cob, spareribs, lobster, clams and oysters on the half shell, chicken wings and bones (in informal situations), sandwiches, certain fruits, olives, dry cakes and cookies.

**Methods of Cooking**

Cooking is a heat treatment of food to make it edible. Many products can not be eaten raw. Meat, fish, and vegetables are usually cooked. Some fruits are not cooked, but some, such as apples, pears, and currants may be used in pies or to make desserts. Fruit are also cooked to make jams, jellies and marmalades.

There are four basic ways to cook food:

Heating in a liquid (boiling, stewing);

Heating in fat or oil (frying or sautéing);

Heating in steam (steaming);

Heating by dry heat (baking, roasting and grilling).

**Boiling.** We may boil food in different liquids and mixtures, including water, stock, and wine. Meat, poultry, many vegetables and spaghetti are cooked in this way.

**Stewing** is cooking food slowly in liquid. It is often used for meat. Vegetables, herbs, and spices are usually added at the end of cooking.

**Deep-frying** is immersion of food in hot fat or oil. Chip potatoes and doughnuts are the best example of deep-frying. Deep-fried foods are called fritters.

**Shallow frying** is frying on a pan in hot fat or oil, when the food is fried on both sides. We can fry eggs, meat, vegetables, mushrooms, onions and pancakes.

**Saut ing** is frying when natural juices of the food are mixed with the fat or oil in the saucepan. We can also add stock, wine or cream. As a result we obtain a dish with a sauce.

**Steaming** is a method of cooking above the surface of boiling liquid in a covered saucepan. Fish, vegetables, and poultry are especially suitable for steaming, as are some types of puddings.

**Baking** is dry cooking inside an oven. Bread, cakes, pastries, tarts and biscuits are baked. Vegetables, especially potatoes, may also be cooked in this way.

**Roasting** is cooking meat and poultry, which are placed in an oven and cooked by dry heat. They are often basted, that is, the juices from the meat are spooned over during the process. Some cooks wrap the meat in a roasting foil with a little oil or melted fat. Meat can be also roasted on a spit.

**Grilling** is a rapid method of cooking poultry, fish, cuts of meat, sausages and kebabs by heat, the source of which may be gas, electricity.

**IV. Tell us about foodstuffs you can boil, bake, grill, fry, etc. using the text and the plan:**

**Plan**

I can grill poultry, fish, cuts of meat, sausages, kebabs.

I can deep fry .....

I can bake .....

I can steam .....

I can .....

Etc.

**V. I was present at the seminar the day before yesterday. It was dedicated to the advanced cooking methods. I put down recipes of Tuffed Chicken, Vegetable Soup and other dishes. But I was in a hurry to catch everything and did many mistakes. Please, help me to correct them and do the following tasks.**

**These sentences are mixed up. Rearrange them in the right order:**

**Tuffed Chicken**

**(Фаршированный цыпленок)**

**INGREDIENTS :** 1 chicken weighing 1 kg 400 with liver, 200 g button mushrooms, 3 stalks parsley, 60 g butter, 20 g bread , 700 g potatoes, salt, pepper  
Add salt and pepper and leave to cool.

Once the stuffing has cooled, stuff the chicken and sew it up (or plug with a ball of greaseproof paper). Peel and quarter the potatoes. When the chicken has cooked for 15 minutes, arrange the potatoes around it, adding knobs of butter, and leave to cook for a further 35 minutes.

Preheat the oven at 220°C. Melt 15 g of butter in a frying pan and fry the stuffing for 2 minutes on a moderate heat.

Clean and wash the mushrooms. Wash and dry parsley and remove leaves.

Mince the chicken liver, parsley, chopped mushrooms and bread.

Once the stuffing has cooled, stuff the chicken and sew it up (or plug with a ball of greaseproof paper).

Put the chicken in an oven dish, coat it with 15 g of butter and put in the oven.

Cook for 15 minutes.

## **VI. Rewrite these sentences correctly:**

### **Carrot and Radish Salad**

INGREDIENTS: 60 ml (1/4 cup) olive oil, 60ml (1/4 cup) fresh lemon juice, 2 garlic cloves, 1 tbs honey, 1 tsp ground cumin, 1 tsp mild paprika, 1/4 tsp ground cinnamon, 3 carrots, 1 bunch radish, 1 cup fresh mint leaves

1. finely, the, garlic, Chop .

2. lemon, garlic, Whisk oil, honey, cumin, juice, paprika, in, and cinnamon, a bowl.

with, Season, and, salt, pepper.

3. Peel, carrot, and, thinly, and, the, the, raddish, slice .

4. Combine, large, in, the carrot, bowl, and radish, a, large.

5. torn, Add, to, and, mint, dressing, the, leaves, salad, combine, to, Toss. Serve.

### **Salad Herring in Shuba (Russian dish)**

(Селёдка «подшубой»)

INGREDIENTS: 2 thick salted herrings, 5 potatoes, 4 carrots, 3 beets, 1 small onion, 300 g mayonnaise, parsley and dill

1. Boil, fork, until vegetables, they, tender, are.

2. bones, Peel, herrings, along, cut, removing, skin, from, them, the, the.

Herring, pieces, Cut, checking, meat, for, into, little, bones.

3. carrots, Grind, potatoes, beets, and.

4. On, of, big, a, layer, mayonnaise, potatoes, plate, on, on, place, layer, a, round, then, a, spread, evenly, top, in, thin.

5. Then, the, a, then, a, and, make, of, of layer, beets using, 1/2, beets, 1/2, of, of, the, layer, carrots, 1/2, the, onion, chopped, then – herring, of, of, pieces, meat, spreading, mayonnaise, on evenly, top, each, layer.

6. a, of, Place, layer, the, remaining, a, onion, thin, of, layer, then, a, of, mayonnaise, layer, remaining, carrots, layer of, thin, a, and, mayonnaise, the, finally, beets, remaining.

7. top, On, the, pour, mayonnaise, remaining.

8. soaked, Let, overnight, it.

9. dish, the, with, parsley, Decorate, chopped, and, dill.

10. as, as, an, Serve, a, in, its, own, or, salad, right, to, a, accompaniment, main, meal.

## **VII. Read these dialogues in pairs and then make up your own dialogues:**

### **Dialogue 1**

What ingredients do we need to prepare pizza?

We need 1 package active dry yeast, 1 cup warm water, 1 teaspoon sugar, 2 tablespoons olive oil, 1/2 cups all-purpose flour, pinch salt.

What do we need for topping?

We need 1 can (8 ounces) tomato sauce, browned ground beef, 1 can sliced mushrooms, thinly sliced green pepper and onions, 1/2 cup grated Parmesan cheese, 1 to 2 cups shredded Mozzarella cheese

What should we add to the water to make dough?

Add yeast, sugar, oil, flour, and salt and stir until dissolved.

How should we lay toppings on dough?

Lay toppings on dough in order listed.

How much should we bake pizza?

Bake at 400° for 15 to 20 minutes.

### **Dialogue 2**

What ingredients do we need to prepare chocolate-cream?

We need 1/2 litre milk, 5 egg yolks, 80 g sugar, 50 g cocoa, 100 g fresh cream

What should we beat in a bowl?

Beat the egg yolks and sugar in a bowl.

Do we need any milk?

Heat up the milk. Pour it in a little boiling-hot milk, beating all the time.

Should we boil the cream?

Do not allow the cream to boil. Once it coats the back of the spoon it is cooked.

Leave to cool for a while.

## **COOKING: ПРИГОТОВЛЕНИЕ ЕДЫ:**

### **the recipe — рецепт**

This recipe is very easy to prepare. Этот рецепт очень простой.

### **the ingredients — ингредиенты**

Buy the necessary ingredients. Купи необходимые ингредиенты.

### **the preparation method — способ приготовления**

The preparation method is the way to make the dish. Способ приготовления — это способ готовки блюда.

### **the cooking time — время приготовления**

The cooking time indicates the time the food should be heated. Время приготовления указывает на время, в течение которого продукт должен подвергаться термической обработке.

### **to wash — мыть**

Wash the potatoes and the tomatoes. Помой картофель и помидоры.

**to peel** — чистить

Peel the onions. Почисти лук.

**to cut** — резать

Cut the carrots and the asparagus. Нарезь морковь и спаржу.

**to chop** — нарезать, порубить

Chop the onion into very small pieces. Мелко нарежь лук.

**to beat** — взбивать

Beat five eggs. Взбей 5 яиц.

**to drain** — подсушить

Drain the pasta to get rid of the water. Чтобы отделить воду от макарон, слей воду.

**to grate** — тереть

Grate the cheese. Натри сыр.

**to pour** — наливать

Pour the fish stock into the pot. Вылей рыбный бульон в горшок.

**to add** — добавитъ

Add a spoonful of oil. Добавь ложечку масла.

**to mix** — перемешать

Mix everything well. Перемешай всё хорошо.

**to stir** — помешивать

Stir for 15 minutes. Помешивай в течение 15 минут.

**to toast** — поджаривать

Toast the bread until it's crunchy. Жарь хлеб до тех пор, пока он не станет хрустящим.

**to cook** — готовить

Cook for 35 minutes on a low heat. Готовь 35 минут на слабом огне.

**to boil** — варить

Boil the potatoes. Свари картофель.

**to roast** — жарить

Roast the fish. Поджарь рыбу.

**to grill** — запечь

Grill the meat. Запекай мясо.

**to fry** — обжарить

Fry the potatoes and the onion. Обжарь картофель и лук.

**to bake** — испечь

Bake the bread. Испеки хлеб.

**to melt** — расплавить

Melt the cheese. Расплавь сыр.

**to heat** — подогреть

Heat the sauce. Подогрей соус.

**to serve** — подавать

Serve it cold. Подавать холодным

**COOKING METHODS .СПОСОБЫ ПРИГОТОВЛЕНИЯ:**

stuffed [stʌft] — фаршированный

in sauce [sɔ:s] — в соусе

grilled [grɪld] — жареный (на гриле)

marinated marinate [ˈmæɪneɪtɪd] — маринованный

poached [pəʊtʃt] — гл.

1) приготовленное яйцо-пашот (варить без скорлупы в кипятке)

2) сваренный на медленном огне (овощи, рыбу)

mashed -[mæʃt] — перемешанный, толчёный (mashed potatoes — картофельное пюре)

baked — запечённый

pan-fried — обжаренный на сковороде

fried — жареный

pickled — маринованный

smoked — копчёный

deep-fried — хорошо прожаренный

in syrup [ˈsɪrəp] — в сиропе

dressed — приправленный

steamed [sti:mɪd] — приготовленный на пару

cured [kjuəd] — вяленый (о мясе, ветчине)

### **ОБРАБОТКА ПРОДУКТОВ**

cut / kʌt/ -Резать

chop / tʃɒp/ — порубить, разрубать

slice / slaɪs/ — нарезать ломтиками

grate / greɪt/ — натереть

peel / pi:l/ — почистить, снимать кожуру

stir / stɜ:/ — помешать

pour / pɔ:/ — наливать

bake / beɪk/ — печь, выпекать

boil / bɔɪl/ — варить, кипятить

broil /brɔɪl/- жарить на огне

roast / rəʊst/ — запекать

steam / sti:m/ — готовить на пару

fry / fraɪ/ — жарить

### **3.Tasks. Сделайте упражнение письменно:**

#### **Переведите на английский язык:**

Тушеное мясо, вареные овощи, жареная говядина, печеная картошка, цыпленок гриль, жареные во фритюре блюда, жареный на вертеле шашлык, вареная курица, поливать сверху жиром, заворачивать в фольгу, печь пирожные, жарить в растительном масле.

Когда мы готовим пищу, мы варим, жарим на сковороде, печем, тушим в кастрюле на медленном огне, варим на пару.

### **4.Translate the abstract from English into Russian.Прочитайте, переведите.**

There is so much to do for tonight's party – a salad to be prepared, various pies and cakes to be baked, a goose to be roasted, and a lot of other things to be cooked. Please take the mincing machine and mince this bit of meat while I am scraping and slicing the carrots. Peel this potatoes and onions. I'll make some potato chips and you set up the rest of the potatoes to boil. When they are soft, mash them with butter and milk. So, we'll have mashed potatoes and vegetables with the meat. I think it's time to get out the goose from the oven. Oh, what a perfect smell! It makes one's mouth water just to look at it. Now we'll bake a layer cake and a pie with jam filling. I'll beat the eggs for the dough. The guests will come in an hour. We'll be twelve altogether, so lay twelve places. Take the dishes for refreshments from the sideboard and put them on the table. Now fetch the wine glasses – one for each cover.

Study the new words from the text. Read the text and guess the meaning of the new words.

For dinner we usually have soup and the first course. Some people like cabbage soup, beetroot soup or mushroom soup, the others prefer broth. Broth is made of meat or chicken. If we put some rice into broth, we call it rice soup. If we cook it with noodle, it is called noodle soup. After the soup comes the first course.

English people call it the first course because having seldom soup they begin with it. For the first course we may have meat or fish, potatoes, macaroni or buckwheat porridge. Meat may be boiled, stewed or roasted. If we want to prepare boiled meat, we wash the meat, then pour much water into the saucepan, cover it with a lid and put the saucepan on to the gas range. The meat has to be boiled for three or four hours until it becomes tender. If meat is boiled for a little time, it is tough. Tough meat is not tasty. If we want to have stewed meat, we wash the meat, then put it into a saucepan or on a frying-pan, pour a little water, cover the saucepan or the frying-pan with a lid and leave the meat stew on the small fire, adding some water from time to time. Then we put some salt and butter. If we want to cook roast beef, we wash the meat, put it on the frying-pan, add some butter and let the meat roast on the fire until it is tender enough and tasty.

Fish may be boiled, stewed or fried. To fry is the synonym of the word to roast, but it is used when we speak about fish or vegetables. We use the word to roast only when we speak about meat.

**Read the text and guess the meaning of the new words.**

You know that at dinner we first have soup, then the first course and after it comes the second course or desert. For dessert we may have fruits, stewed fruit, or compote, tea, coffee or ice-cream. Children like ice-cream best of all. Some of them eat ice-cream at home, the others in the street and not only in summer but even in winter. It is better to buy it and bring home as ice-cream is very cold. When people want to drink they say "We are thirsty". When people are thirsty they drink tea or water.

**2. Make 5 sentences with the new words.**



### 3. Arrange these words in suitable pairs.

boiled, cold, fresh, fried, hard, hot, roasted, soft, sour, stew strong, sweet, tasteless, tender, tough, weak; black currants, broth, butter, chicken, coffee, cucumber, egg, meat, milk, pear, potatoes, sugar, tea, tomatoes, water.

### 4. Fill in the blanks with the proper words and read the sentences.

- 1) If meat is stewed for a long time it becomes ... . (tough, tender).
- 2) When people want to drink they say "We are...". (hungry, thirsty).
- 3) We must ... before dinner and ... after it. (to lay the table, to clear the dishes away)
- 4) For supper I had ... as usual, (beetroot soup, sour milk)
- 5) As he is as hungry as a hunter he must ... (to have a bite, to have a substantial meal).

### New Words

to peel – снимать кожуру

to scrape – скоблить

pepper – перец

vinegar – уксус

mustard – горчица

sour – кислый

underdone – smth. cooked for a too short time

well-done – smth. that is tasty and tender enough

overdone – smth. cooked too long

### Read and translate the text and guess the meaning of the new words.

We cook soup and vegetables. Before cooking vegetables we have to peel and wash them. Carrots are never peeled. They are usually scraped. We put salt, sugar, pepper, vinegar and mustard into our food to make it salted, sweet, sour or simply tasty. Our food may taste good or bad or it may be tasteless.

When we cook we boil, roast, fry or stew our food. We boil eggs, meat, chicken, fish, milk, water and vegetables. We fry eggs, fish and vegetables. We stew fish, meat, vegetables or fruit. We roast meat or chicken. When we roast or boil meat it may be underdone if it is boiled or roasted for a very short time, well-done if it is tender and tasty and overdone if it is cooked too long.


### Retell the learnt texts and make up your dialogues.


Memorize these set expressions and proverbs and say in what situations you might use them.


- 1) in wine – навеселе
- 2) to ride sandwich – ехать втиснутым между двумя пассажирами
- 3) to take wine with somebody – обменяться тостами, выпить за чье-либо здоровье
- 4) every cook praises his own broth – каждый кулик свое болото хвалит.


Do these additional exercises.


a) Study the pictures and memorize the words. Answer the questions


1. Peeling 


7. Broil 


5. 

6. 

7. 

8. 

3. 

4.  inkling.

1. How are macaroni boiled and served? 2. What is the difference between frying and broiling? 3. Which meat is more tasty: boiled or roasted? 4. In what way are usually ducks cooked? 5. What vegetables are usually grated? 6. What must we do to get potatoes ready for boiling or frying? 7. What foodstuffs are generally minced for cooking?

b) Give detailed instructions how to cook: cutlets, cabbage soup, pork chop, bacon and eggs, vegetable salad.

**Критерии самооценки выполненной работы:**

	<b>Very well</b>	<b>OK</b>	<b>A little</b>
Содержание текста			
Организация текста			
Лексика			
Грамматика			
Орфография и пунктуация			
Устная речь			

**Практическое занятие № 18**

**Тема** Питательные вещества

**Цель:** *Формирование и развитие языковой компетенции через изучение профессионально-ориентированных текстов.*

**Приобретаемые умения и навыки:**

**Знание:** профессиональной лексики, терминологии, грамматических структур.

**Умение:** чтения профтекстов, составление диалогов по теме, грамматических структур.

**Формируемые компетенции:** ОК 01- ОК 11.

**Норма часов рабочего времени:** 2 час

**Оснащение рабочего места:** раздаточный материал, инструкционные карты.

**Литература:**

1. Агабекян И.П. Английский язык для средних профессиональных заведений. Ростов-на-Дону: Феникс, 2020. – 319 с.

2. Безкоровайная Г.Т., Соколова Н.И., Койранская Е.А. и др. Planet of English: Учебник английского языка для учреждений НПО и СПО: (+CD): Рекомендовано ФГАУ «Фиро», 2019. - 256

3. Интернет ресурсы  
1. [http:// enghelp.ru](http://enghelp.ru) Все для изучающих английский язык  
2. <http://www.2uk.ru/slang>

Содержание работы

# 1. Read the text, write the unknown words, make a dictionary, translate the text.

## Text 5 Minerals

There are more than 20 different minerals in the body. The human body contains 65 per cent oxygen, 18 per cent carbon, 10 per cent hydrogen, 3 per cent nitrogen, about 2 per cent calcium and 1 per cent phosphorus. Then there are small quantities of sulphur, chlorine, magnesium, iron, copper, iodine, fluorine, cobalt, zink and others.

Three of the most important minerals are calcium, phosphorus and iron. Calcium and phosphorus work together. The bones and teeth have 99 per cent of the calcium in the body, in the form of calcium phosphate. If people have enough calcium and phosphorus their bones and teeth will be strong and hard. In addition, their muscles, nerves and heart will work correctly. Milk and hard cheeses are the best sources of calcium. Calcium compounds are present in fruits, vegetables and fish, phosphates in eggs, meat and fish. In general, if one gets enough protein and calcium he will also get enough phosphorus.

The red colour of the blood is the colour of the hemoglobin, which contains one atom of iron among its ten thousand atoms. As iron carries oxygen, people who do not have enough iron do not get enough oxygen for their normal activities. Iron is found in kidney, liver, other meat products, some vegetables, dried fruits and bread.

A small quantity of iodine is also necessary for good nutrition - probably less than one ten-thousandth of a gramme daily. Deficiency of iodine results in an overgrowth of the thyroid gland. Sea foods are rich in this element.

Fluorine is a constituent of the enamel of the teeth but it is absent from most foods. So many cities now add traces of fluorine to the water supply, besides small amounts of fluorine are added to various toothpastes.

Notes:

1. kidney – почка
2. liver –печень
3. thyroid gland - щитовидная железа

7 Define the sequence of the following statements according to the text:

1. The role of iron. 2. The importance of minerals. 3. Mineral content in the human body. 4. Characteristics of calcium and phosphorus. 5. Iodine and fluorine.

2. Make up statements corresponding to the information of the text:

1. If people have enough calcium and phosphorus, 2. If there is not enough iron the diet, 3. If people get enough protein and calcium,

1. their muscles, nerves and heart will work well. 2. they will also get enough phosphorus. 3. people will not get enough oxygen. 4. their bones and teeth will be strong and hard.

9. Read the text hard and make up table containing the following data:

Name of vitamin	Its role for man body	Main sources (products)

3. Read the text, write the unknown words, make a dictionary, translate the text.

### Text 6 Vitamins

Nutritionists think there are 13 vitamins that humans need. Vitamins are important because they prevent diseases and help to control body processes.

Vitamin A is important for healthy skin and eyes. People who do not have enough vitamin A may have night blindness.<sup>1</sup> Some automobile accidents happen in the evening because people who lack<sup>2</sup> vitamin A do not see the road well after they look at the bright headlights<sup>3</sup> of a car. Vitamin A in the diet comes from deep yellow fruits and vegetables, such as carrots, dark green leafy vegetables and milk, liver, cod-liver oil.<sup>4</sup>

When people have enough B vitamins, their appetite is good and their nerves are calm. B vitamins come from meat and vegetables, milk, cheese and whole grain. When grain is processed it loses vitamins.

Vitamin C helps skin tissues<sup>5</sup> to recover from cuts and burns. Vitamin C is supplied by tomatoes, citrus fruits like lemons and oranges, by cabbage and green peppers. Rose-hip syrup and blackcurrants also supply it.

Vitamin D is called the "sunshine" vitamin. When people are outside, ultraviolet rays from the sun change some fat in their skin to vitamin D. It is also in cod-liver oil, in the yellow of the eggs, milk and butter. Vitamin D helps the body to absorb calcium. It helps to build strong bones, and it prevents a disease in children that is called rickets.

Other vitamins (E, K, M, etc.) prevent other diseases, but all of them have a function in normal nutrition.

Notes:

1 night blindness – «куриная слепота»

2 lack – не доставать, не иметь, отсутствие

3 headlight – фара

4 cod-liver oil – рыбий жир

5 tissue – ткань

6 rose-hip – ягода шиповника

4 Make up the table:

Food product	Nutritive containing in this product

5. Give the forms of the Infinitives:

to change, to act, to involve, to take, to slow, to prevent, to keep, to load, to grow, to reduce.

**6. Put in where necessary “to” before the Infinitive:**

1. The variability in fat content makes it difficult ... determine the average composition of fish flesh.
2. Don't make them ... defrost these fish now, it is too early.
3. The technologist ordered the gang ... to dress all the delivered fish.
4. She came to the shop and could ... see all the process of handling the fish.
5. Students have come to this fish processing factory ... learn the sanitary rules of fish handling.
6. The fish should then ... be check-weighted, labeled, brined and chilled immediately after packing.
7. Care must ... exercised at each stage, from handling the raw material until the frozen product.

**7. Define the forms and functions of the infinitive:**

- 1 Minerals help to build up bones, brain, nervous system and muscles.
- 2 To know the routs of migration of fish is to get rich catches.
- 3 The humpback unloaded from the hold 2 is to be canned as soon as possible.
- 4 The role of fat is mainly to produce heat.
- 5 It is necessary to understand the way in which the changes take place in order to make the fullest use of chilling.
- 6 Bacteria begin to invade the tissues through the gills, along blood vessels, through the skin.
- 7 Heat can be used to destroy bacteria and stop enzymic activity in food.
- 8 Small fish with flesh of indifferent flavour are ordered to be processed into meal.
- 9 They seemed to be discussing the plan of fish preservation.
10. Read the text, write the unknown words, make a dictionary, translate the text.

**Text 18 Eating for Good Health**

More and more people today are choosing to take greater responsibility for their own health. We now recognize that we can influence our health by making an improvement in lifestyle — a better diet, more exercise and reduced stress. Your health and general wellbeing is very much determined by what you eat and how even a minor change in your diet can help to strengthen your resistance to many illnesses.

It seems almost absurd to state that you need food to live. The body has a built-in alarm signal — hunger — to tell you when your supply of food, the “fuel for the body”, is low. That's why you are never in serious danger of forgetting to eat. This alarm signal is also choosy and at times asks for specific supplies, for example, sweet things when your body sugar is low or water when you are thirsty.

What many people fail to recognize is that their bodies have more than just one signal. Tiredness, aches and pains, stress, even chronic disease — all these can be indications of a diet that is lacking nutrition. But we can't see the results of a bad diet immediately (often the effects take years to develop), few people realize just how closely bodily health is linked to what they eat and how often they eat. You are what you eat, and the food you eat effects the way you feel and the way you look all through your life.

Scientists now know that food and its affects are as complex as our own bodies. Of the thousands of chemicals, minerals and vitamins found in a single food, many are potential life-savers or hazards to health depending on how much is consumed over time. The link between food and health is an every day but complex issue. So, you should learn how to balance your food intake. Small but well-informed changes to your diet will make a great difference to your wellbeing.

By matching your diet to your lifestyle and developing better eating habits both at home and when you eat out, you can keep yourself in the best of health. And also, you have to understand the proper balancing of the social pleasures and of the body. The foods you eat possess powerful capabilities to help and to harm.

11. Remember the pronunciation and meaning of the following words and phrases (active vocabulary)

Responsibility – ответственность

to recognize – узнавать, признавать

to influence – влиять

improvement – улучшение

to reduce – уменьшать, сокращать

wellbeing – самочувствие

to determine – определять

to strengthen – усиливать(ся)

to state – утверждать

supply – запас

fuel – топливо, горючее

tiredness – усталость

to lack – испытывать недостаток

nutrition – питание, пища

to link – связывать

to affect – воздействовать

potential – возможный

hazard – риск, опасность

issue – результат, процесс

intake – потребление

to match – согласовывать, приводить в соответствие

to possess – обладать

capabilities – возможности

to harm – наносить вред

11 Pick up English equivalents to the following phrases and expressions:

брать на себя большую ответственность, влиять на наше здоровье, улучшение образа жизни, в большой степени определяется, увеличить сопротивление многим болезням, сигнал тревоги, испытывать недостаток в питательных веществах, плохое питание, состояние организма, тесно связанный, регулировать прием пищи, приспособлять свой режим питания к образу жизни.

**12 Choose the Russian equivalents to the following English phrases and expressions:**

reduced stress, general wellbeing, a minor change, built-in alarm signal, “fuel for the body”, choosy, body sugar, people fail to recognize, bodily health, eating habits, social pleasures.

**13 Answer the following questions:**

- 1 How can we influence our health?
- 2 Do you agree that our health and general wellbeing are determined by what we eat?
- 3 Why are we never in serious danger of forgetting to eat?
- 4 What alarm signals do our bodies have to indicate that our diet is lacking nutrition?
- 5 Can we see the results of a bad diet immediately?
- 6 How does the food we eat affect our life?
- 7 Why should everyone learn how to balance our food intake?
- 8 How can we keep ourselves in the best of health?
- 9 What capabilities does the food we eat possess?
- 10 And what about your eating habits? Do you always eat healthy food? Do you often overeat? How many times a day do you usually eat? Can you balance your food intake?

**Read the text, write the unknown words, make a dictionary, translate the text.**

### **Text 18 Vegetarianism**

While a meatless diet is growing more and more popular, particularly with the young, researchers discover the health benefits of meat-free eating.

What is a vegetarian? By definition, vegetarianism prohibits the consumption of meat or fish, but some diets are more restrictive than other.

- Demi- or semi-vegetarians eat fish and sometimes chicken, but not red meat.
- Ovo-lacto-vegetarians include milk and eggs in their diet but meat or fish.
- Lacto-vegetarians have milk and yogurt, as well as cheese made with vegetarian rennet, but no meat, fish or eggs.

- Vegans do not eat any animal products at all, banning meat, fish, milk and eggs from their diets.
- Fruitarians exclude pulses and cereals from the diet as well as all foods of animal origin. Fruitarians eat only fruit, honey, nuts and nut oils.
- Macrobiotic followers have a diet consisting of ten different levels which become progressively more restrictive. At first, animal foods are excluded, then fruit and vegetables as well. At the final “purist” level only brown rice is eaten.

### **The Health Benefits**

- On the whole, vegetarians follow current healthy eating guidelines. Because they don't eat meat, a prime source of saturated fat, vegetarians take in less total fat, as well as more fibre, in the form of fresh fruits, vegetables and wholegrain cereals. These foods are also good sources of beta carotene, vitamin C and vitamin E, which are antioxidant nutrients and may protect the body from disease.
- A research team at Oxford University has collected information on the health and mortality of more than 6,000 vegetarians and a control group of more than 5,000 meat-eating individuals. The study revealed significant differences between the two groups. For example, in contrast to meat-eaters, vegetarians have a 39 percent lower risk of dying from cancer. The study's research team also found that the risk of heart disease was 24 per cent lower in vegetarians and 57 per cent lower in vegans than in regular meat-eaters.

## **2 Remember the pronunciation and meaning of the following words and phrases (active vocabulary)**

to discover – обнаруживать

benefit – польза, преимущество

definition – определение

to prohibit – запрещать

consumption – потребление

restrictive – ограничительный, ограничивающий

to include – включать

rennet – фермент растительного происхождения, свертывающий молоко

vegan – строгий вегетарианец

to ban – запрещать, исключать

to exclude – исключать

current – распространенный

follower – сторонник, приверженец

guidelines – принципы

take in – принимать

nutrient – питательное вещество

mortality – смертность

to reveal – показывать

cancer – рак



### **3 Choose the Russian equivalents to the following English phrases and expressions:**

a meatless diet, health benefits, meat-free eating, by definition, consumption of meat or fish, ovo-lacto-vegetarians, lacto-vegetarians, exclude pulses and cereals, healthy eating guidelines, wholegrain cereals, good sources of beta carotene, antioxidant nutrients, the risk of heart disease, regular meat-eaters.

### **4 Translate into English using words and expressions from text:**

1 Диета, исключая мясо, становится все более популярной, особенно среди молодежи. 2 Ученые-исследователи обнаруживают преимущества диеты, исключаящей мясо. 3 Вегетарианство исключает употребление мяса в пищу. 4 Полувегетарианцы иногда едят курицу. 5 Приверженцы строгой вегетарианской диеты вообще не едят продукты животного происхождения. 6 Приверженцы макробиотики придерживаются диеты, состоящей из десяти уровней. 7 На последнем, «чистом» уровне они едят только коричневый рис. 8 В целом вегетарианцы придерживаются правил здорового питания. 9 Они употребляют в пищу меньше жира и больше клетчатки. 10 Вегетарианцы подвержены на 39 % меньшему риску умереть от рака.

### **5 Answer the following questions:**

- 1 What is a vegetarian?
- 2 What can semi-vegetarians eat?
- 3 What do ovo-lacto-vegetarians include in their diet?
- 4 What do lacto-vegetarians exclude from their diet?
- 5 What can vegans eat?
- 6 What do fruitarians eat?
- 7 What is the macrobiotic diet?
- 8 What foods are rich of beta carotene, vitamin C and vitamin E?
- 9 What has the research team from Oxford University revealed?
- 10 Are you a vegetarian or a meat-eater?
- 11 Are there vegetarians in your family?
- 12 Is it difficult to cook dishes for a vegetarian?

### **6 Cross out the extra word:**

- a) selenium, fluoride, carcinogen, iron, calcium, potassium;
- б) thickener, cholesterol, preservative, colouring, stabilizer, emulsifier;
- в) vitamin, mineral, fibre, fat, copper, carbohydrate.

### **7 Read and translate the table of nutrient materials of main products and their influence on the human body:**

Nutrient	What foods have this nutrient?	What does the nutrient do for you?
<b>Minerals</b>		
Iron	Meat, eggs, beans, green vegetables	Helps red blood cells get oxygen.
Calcium	Milk, cheese, peas, beans, green vegetables	Helps build strong bones and teeth
<b>Carbo-hydrates</b>	Cereal, rice, potatoes, sugar, spaghetti, corn, peas, fruits	Helps the body cells get energy
<b>Protein</b>	Meat, fish, chicken, turkey, eggs, milk, cheese, peanut butter, beans	Helps build muscles, bones and teeth. Helps the body make new cells

Nutrient	What foods have this nutrient?	What does the nutrient do for you?
<b>Fats</b>	Butter, margarine, mayonnaise, peanut butter, oils, fatty meat, whole milk, cheese	Keeps the body warm, gives the body energy

**Complete the sentences using the table:**

- 1 If you live in a very cold climate and need to keep your body warm and have energy, you should eat..., such as ....
- 2 If you are going to run a race in the morning and want your cells to have a lot of energy, you should eat ..., such as ....
- 3 If you want to make sure you have strong bones and teeth, you should take in .... It is found in ....
- 4 If you have a growing child, he/she needs ... so that his/her body will make new cells and build muscles. He/she should eat foods such as ....

**8 Write five names to these groups of words:**

Minerals: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Additives: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Essential nutrients: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Names of diet: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

**9 Divide the words into two groups: Minerals and Additives:**

colouring, thickener, chromium, preservatives, zinc, emulsifier, iodine, sodium, stabilizer, magnesium, copper, manganese.

**Критерии самооценки выполненной работы:**

	Very well	OK	A little
Содержание текста			
Организация текста			
Лексика			
Грамматика			
Орфография и пунктуация			
Устная речь			

## **Тема 5. Названия блюд. Виды меню. Составление меню.**

### **Практическое занятие №19**

#### **Названия блюд. Виды меню. Составление меню.**

**Цель:** *Формирование и развитие языковой компетенции через изучение профессионально-ориентированных текстов.*

**Приобретаемые умения и навыки:**

**Знание:** Лексического материала по теме, терминологии.

**Умение:** составить связное сообщение с четкой структурой и логикой изложения, диалоги, уметь отвечать на вопросы по содержанию.

**Формируемые компетенции:** ОК 01- ОК 11.

**Норма часов рабочего времени:** 2 час

**Оснащение рабочего места:** раздаточный материал, инструкционные карты.

#### **Литература:**

1. Агабеян И.П. Английский язык для средних профессиональных заведений. Ростов-на-Дону: Феникс, 2020. – 319 с.

2. Безкоровайная Г.Т., Соколова Н.И., Койранская Е.А. и др. Planet of English: Учебник английского языка для учреждений НПО и СПО: (+CD): Рекомендовано ФГАУ «Фиро», 2019. - 256

3. Интернет ресурсы

1. [http:// enghelp.ru](http://enghelp.ru) Все для изучающих английский язык

2. <http://www.2uk.ru/slang>

**1 Read the text, write the unknown words, make a dictionary, translate the text.**

### **Text 16 Menu Planning**

The menu is a listing of the items the food service establishment has for sale. The menu is an important component of food service operations. Without a menu the customers will not know what their choice is for dishes to order. The menu creates an image of the establishment. It should be in harmony with the type of the food service establishment. For example, fast food or quick service restaurants offer a limited number of menu items but they sell these items in large quantities. Their customers are served at a sales counter, that is why separate menus are not needed. Customers are familiar with the standardized menu and do not need its description. Fast-food restaurants simply post names and prices of their products near the sales counters.

On the other hand, a big restaurant would have an altogether different menu. First, the number of menu items would be much greater. The traditional table-service restaurant might have a menu as large as a book

With detailed descriptions of its wide range of dishes. To draw attention to daily specials some restaurants find it useful to box these items on the menu or to write them on a chalkboard near the entrance.

The menu planning is organized on the basis of the available food products and kitchen staff. The service transfers the menu items from the kitchen staff to the customers. In order to properly serve customers the servers should be ready to answer their questions. They should know what items are on the menu, the portion sizes offered, how the items are prepared. Service should also know the meaning of all terms used on the menu so they can explain them to any customers.

The menu is generally designed by the chef (head cook) of the restaurant. The structure of the menu is usually based on following courses;

- Starters
- Soups
- Entrees
- Main courses
- Desserts

When a chef designs a menu, he (she) usually starts with the main course and then plans the other courses.

There are four basic types of menus:

1 **A la carte menu** allows the customer to choose dishes which are cooked to order and served to the guests.

2 **Table d'hôte menu** offers a limited choice of dishes. The guests have to take the whole meal consisting of three or four dishes and pay a fixed price.

3 **Carte du jour** means “card of the day” and the dishes of this menu are served on this day only.

4 **Cycle menu** is a number of menus, which are repeated in a certain period of time. It is usually used in hospitals, student and school canteens.

## 2 Remember the pronunciation and meaning of the following words and phrases (active vocabulary)

Listing – перечень

Item – зд. блюдо

food service establishment – предприятие общественного питания

sales counter – прилавок, стойка

to post – вывешивать

to box – помещать в рамку

available – имеющийся (в распоряжении)

properly – должным образом

server – обслуживающий персонал

to design – разрабатывать

entree – горячая закуска, горячее блюдо

chef – шеф-повар

a la carte – а-ля карт (выбор блюд по меню)

table d 'hote – табльдот (комплексный обед, ужин)

carte du jour – меню на данный день

cycle menu – циклическое меню

### **3 Pick up English equivalents to the following phrases and expressions:**

предприятия общественного питания, важный компонент обслуживания, создает представление (имидж), ресторан быстрого обслуживания, ограниченное количество блюд в меню, традиционный ресторан с обслуживанием столов, детальное описание, привлечь внимание, блюдо дня, имеющиеся в распоряжении продукты питания, работники кухни, чтобы надлежащ им образом обслужить гостей, шеф-повар разрабатывает меню, обслуживающий персонал.

### **4 Translate into English using words and expressions from text:**

1 Меню — это перечень наименований блюд, предлагаемых предприятием общественного питания. 2 Рестораны быстрого питания предлагают ограниченное количество блюд. 3 Гости не нуждаются в описании блюд, так как он и хорошо знакомы с меню. 4 Чтобы привлечь внимание гостей к фирменным блюдам, некоторые рестораны пишут их названия на доске около входа. 5 Меню планируется на базе имеющихся в наличии продуктов и персонала кухни. 6 Официанты должны уметь объяснить гостям состав каждого блюда. 7 Меню разрабатывается шеф-поваром ресторана. 8 Шеф -п овар обычно начинает планирование меню с основного блюда.

### **5 Answer the following questions:**

- 1 What is a menu?
- 2 What kind o f menu can we see in fast-food restaurants?
- 3 What kind o f menu might the traditional table service restaurant have?
- 4 What do some restaurants do to draw attention to their daily specials?
- 5 What should the restaurant servers know about the menu?
- 6 Who usually designs the m enu of the restaurant?
- 7 What is the usual structure o f the menu?
- 8 What does a chef start with when designing a menu?
- 9 What types o f menu do you know?

## Text 11. "Types of menus"

Most menus consist of courses, or parts of the dinner, which are served **in a certain order**. First small, **light** dishes (appetizers) are served, then the main part of the meal is served and at the end of a meal a dessert is served.

### A la carte menu

**A la carte** means dishes «**according to the card**». This menu allows the customer to choose the number and type of dishes. This menu has a list of all the dishes, **arranged** in courses and each dish has its **price**. The dishes are «cooked to order», so the guests must wait a little until the dish is ready, and then the dish is served to the guests.

### Table d'hôte menu

**Table d'hôte** means «**host's table**». It usually offers a **limited choice** of dishes. Three or four dishes are offered in each course and the guest pays a **fixed price** for the whole meal.

In «business lunch», for example, there are only three or four dishes in each course and the guest pays a **fixed price** for the whole meal.

### Carte du jour

**Carte du jour** means «**card of the day**». The dishes in this menu are served on this day only.

### Cycle menu

A **cycle menu** is a group of menus, which are repeated in a certain cycle. **Cycle menus** are usually used in hospitals, on airlines and in **works canteens**. The dishes in the main course are new every day.

### Words:

1. host - хозяин
2. table d'hôte menu - меню табльдот
3. carte du jour menu - меню на данный день
4. cycle menu – циклическое меню
5. works canteen - столовая на заводе
6. to mean - значить, означать
7. according to - согласно
8. to allow - позволять, разрешать
9. card - карточка

11. in a certain order – в определенном порядке
12. price - цена
13. light - легкий
14. fixed - фиксированный
15. choice – выбор



30 WELLINGTON STREET, COVENT GARDEN,  
LONDON, WC2 TELEPHONE 071-240 7529

## M E N U

WEEK ENDING		SEPTEMBER 2 1992	
<b>STARTERS</b>			
Chicken Satay			4.25
Clam Chowder			3.25
Spicy Creole Fishcakes	4.00	Jumbo Shrimp	5.50
Bacon and Cheese Skins	3.50	Marinated Grilled Vegetables	4.25
Marinated Cucumber with Smoked Salmon			4.75
Baked Egg Plant with Mozzarella and Basil			4.25
Camembert and Port Salut in Filo Pastry			4.25
CARROT AND CORIANDER SOUP			3.00
WARM GOAT'S CHEESE TART with crispy onions			4.25
PARMA HAM AND PUMPKIN GNOCCHI			4.00
<b>COLD SALADS</b>			
Cesear's Salad	5.50		
Pear, Stilton and Walnut	6.00		
Sesame, Avocado and Leek	6.00		
<b>WARM SALADS</b>			
Chargrilled Tuna Niçoise	8.50		
Chicken Spinach and Pineanut	8.00		
Greek Salad with Kofta Kebab	7.50		
<b>SPECIALITIES</b>			
		The Confusion Solution (Two Persons Minimum)	8.75 p.p.
Southern Fried Chicken	7.75	Cajun Blackened Pinkfish	8.00
Scottish Salmon Teriyaki	8.75	New Orleans Seafood Gumbo	8.50
		Jane's Best Barbecued Ribs	7.75
Fresh Tagliatelle with Mushrooms			6.75
Homemade Sausages with Garlic Mash and Red Onion			8.00
GRILLED COD WITH CHILLI AND GINGER BLACK PASTA			8.50
CHARGRILLED PORK FILLET WITH BLUE CHEESE AND PEAR			8.50
WARM SPICY HAWAIIAN BEEF SALAD			7.50
<b>FROM THE GRILL</b>			
		Fillet Steak (8oz)	9.75
		Cajun Rib Eye (10oz)	8.75
Our Hamburger (10oz)	6.75	Chicken Roquefort	8.25
Mixed Grill	8.50	Jumbo Shrimp Piri Piri	9.25
Leaf Salad	1.75	Mixed Salad	2.00
		Onion Rings	1.75
<b>PUDDINGS</b>			
Chocolate Biscuit Cake	3.00	Tropical Fruit Salad	3.00
Our Own Cheesecake	3.00	Ice Cream	2.50
Pecan Pie	3.00	Sorbats	2.75
Apple Pie	3.00	Bread and Butter Pudding	3.00
<b>COFFEE</b>			
Espresso	1.20	Cappuccino	1.50
Double Espresso	1.50	Cafetière	1.20 p.p.
Tea	1.20	Herbal Infusions	1.20

10. to arrange - располагать

16. limited ограниченный

**Ex. 78. Answer the questions upon the text 11** (Ответьте на вопросы по тексту 11)

1. What are the five courses most commonly found on a modern menu?
2. Why are hors-d'oeuvres usually small?
3. What are the main course dishes?
4. What is the French name for a thin soup?
5. What is the French name for a thick soup?
6. What can be served for dessert?
7. What is a la carte menu?

### **/Training Exercises**

**Ex. 79. Translate the sentences into English** (Переведите на английский язык).

1. Большинство меню состоит из частей обеда, которые подаются в определенном порядке.
2. Сначала подаются легкие блюда, затем основные блюда, и в конце обеда подается десерт.
3. Блюда в меню а ля карт готовятся по заказу.
4. Меню табльдот обычно предлагает ограниченный выбор блюд.
5. Блюда в меню carte du jour подаются только в этот день.
6. Циклическое меню обычно используется в больницах, на авиалиниях и в столовых на заводах.

### **COOKERY BOOK**

**Ex. 80. You have some receipts before you. The task is to translate these receipts from the cookery book from English into Russian** (Перед вами несколько рецептов приготовления блюд из кулинарной книги. Переведите с английского языка на русский данные рецепты).

#### **1. Mushrooms in sour cream**

#### **Ingredients:**

- 1 pounds fresh sliced mushrooms,
- 2/3 cup sliced spring onions,
- 2 tablespoons butter or margarine,
- 1 tablespoon fresh lemon juice,
- 1 tablespoon flour,
- 1 cup dairy sour cream,
- 2 tablespoons chopped fresh dill,
- 1/4 teaspoon salt,
- 1/8 teaspoon pepper

#### **2. Pickled mushrooms**

#### **Cooking**

1. Sauté mushrooms and onions in butter and lemon juice for 4 minutes.

Add flour. Cook stirring 1 minute. Add sour cream, dill, salt and pepper. Cook and

#### **Cooking**

1. Cut the mushroom stems off even with the caps.
2. Boil in water with salt 10 to 15 minutes.
3. Place mushrooms in small jars.
4. Make marinade. Boil water with peppercorns and bay leaves for 30 minutes. Add salt and sugar and stir until dissolved. Add vinegar and bring to boiling.
5. Pour hot marinade in the jars with mushrooms. Close the jars. Keep refrigerated 2 or 3 days before serving.

**Ingredients:**

4 pounds of small mushrooms,  
 4 cups boiling water,  
 1 1/2 tablespoons salt.

**Marinade:**

1 3/4 cups water,  
 15 peppercorns,  
 2 bay leaves,  
 2 1/2 tablespoons salt,  
 3/4 cup sugar,  
 3/4 cup vinegar

**1 Read by roles and translate:**

Jim: Hello! Nice to see you.

Helen: Good afternoon! Glad to meet you too.

Jim: What a nice day today! Where will we go?

Helen: Would you like to go to the restaurant "Moscow" and to try some dishes of the Russian cuisine? I'm rather hungry.

Jim: OK! I want to taste Russian shchee or borsch.

Helen: And I can recommend you Russian bliny and blinchiki with mushrooms, caviar or minced meat. They are so tasty.

Jim: Well! Let's go! It seems to me I'm hungry now too.

\*\*\*

Jane: It is a hot day today, isn't it?

Mary: Sure. And I'm very thirsty.

Jane: Let's drop into this Russian cafe.

Mary: Well, what would you like to have?

Jane: I'd like to eat okroshka or cold beetroot soup.

Mary: And I prefer only kvas now.

\*\*\*

Waiter: Good morning! Nice to see you in our cafe.

Mrs Deans: Good morning! Glad to meet you too.

Waiter: What can I do for you?

Mrs Deans: Breakfast for me, please.

Waiter: Here is a menu card.

Mrs Deans: Thank you, but I'm on a diet. What can you recommend?

Waiter: We have a large variety of milk products: tvorog, smetana, ryazhenka and kefir, different kinds of kasha.

Mrs Deans: Can you tell me some words about tvorog and ryazhenka? I don't know what they are.



Waiter: Tvorog is a sort of dry granulated cream cheese and ryazhenka is a sour-milk product made from baked milk.

Mrs Deans: OK! I don't like kasha, so will you bring me tvorog and ryazhenka!

Waiter: Anything else? Would you like to taste Russian krendeli, boubliki or sooshki?

Mrs Deans: Sooshki? What is it?

Waiter: Sooshki are small ring-shaped crackers. They are rather good for tea.

Mrs Deans: Then a cup of fresh-made tea with lemon and sooshki.

Waiter: I'll do it in no time... Here is your breakfast. Good appetite!

Mrs Deans: Thank you. How much is it?

Waiter: 85 roubles.

Mrs Deans: Here is the money, keep the change.

Waiter: Thank you. Come to our cafe again.

\*\*\*

Waiter: Good afternoon, sir! Glad to see you. Can I help you?

Mr Campbell: Good afternoon! Nice to see you too. I would like to have a birthday party in your restaurant.

Waiter: When do you want to come? And how many of you?

Mr Campbell: Tomorrow at seven o'clock in the evening. A table for four, please. We would like to taste national Russian cuisine.

Waiter: OK! Here is a menu card. We have a big choice of appetizers, salads, pelmeni, meat and fish dishes.

Mr Campbell: Well, I would like to have red caviar, herring, pickled cucumbers and salted mushrooms.

Waiter: I advise you to order traditional Russian meat dish kholodets. It is an aspic dish made with pig's trotters or ox cheek. And what main courses do you prefer? Meat or fish dishes?

Mr Campbell: We want to taste Russian pelmeni. Can you tell me some words about them?

Waiter: They are meat dumplings, dough is rolled thin, cut into small pieces and then filled. Pelmeni are cooked in boiling water. We have pelmeni with different kinds of filling: meat, fish, mushrooms.

Mr Campbell: OK! I'll take pelmeni with meat filling. What can you recommend for dessert?

Waiter: We have fruit and berry kissels.

Mr Campbell: What are they?

Waiter: Kissels are made from fruit or berry juice and potato flour. They are tasty. And of course, you should order Guryevskaya kasha for dessert. It's a many-layered cooked semolina with layers of jam and baked milk skin. It's delicious.

Mr Campbell: Thank you. I'll order kissel and Guryevskaya kasha for dessert. And what about zbiten for drink? They say it's an old Russian beverage made from kvas, cognac or vodka, honey, tea and spices, isn't it?

Waiter: Oh yes! We have it.

Mr Campbell: Well! How much is my bill?

Waiter: Just a minute, please. I won't be long... Here is your bill.

Mr Campbell: Thanks a lot. It's not very expensive. We'll be at seven tomorrow.

Waiter: You are always welcome. See you tomorrow.

Mr Campbell: Goodbye! Have a nice day!

### 3 Read the menu of the restaurant "Russian Style":

#### Menu Card

<p><b>Appetizers</b> Lightly salted salmon Soaked apples Jellied calf's tongue</p>	<p><b>Main course</b> Roast beef Stroganoff with macaroni Pike-perch rolls Carp baked with mushrooms Meat, mushrooms, fish <i>pelmeni</i></p>
<p><b>Salads</b> Russian salad Salad "Olivier" Vegetable salad</p>	<p><b>Desserts</b> <i>Guryevskaya kasha</i> <i>Bliny</i> with strawberries <i>Cranberry kissel</i> with ice cream Baked apples</p>
<p><b>Soups</b> Sauerkraut <i>shchee</i> Mushroom soup Fish soup (<i>ukha</i>)</p>	<p><b>Beverages</b> <i>Kvas</i> <i>Zbitten</i></p>

#### Order:

1 Моченые яблоки, щи из кислой капусты, пельмени с грибами, квас.

2 Слабосоленого лосося; овощной салат; уху; карпа, запеченного с грибами, для себя и своей подруги.

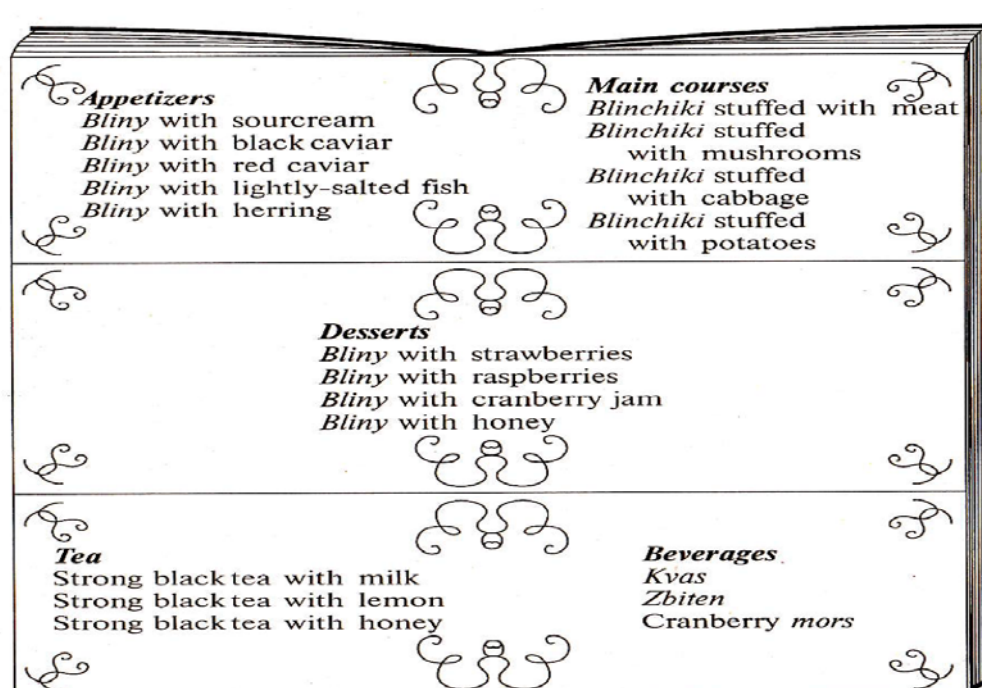
3 Для себя и трех своих друзей салат «Оливье», бефстроганов, запеченные яблоки.

4 Грибной суп, пельмени с рыбой, сбитень, гурьевскую кашу.

5 Заливной телячий язык, квас, клюквенный кисель с мороженым.

### 4 Read the menu of the restaurant "Russian Style":

#### Menu Card



### Order:

- 1 Блины со сметаной, чай с лимоном .
- 2 Для семьи из трех человек блины с красной икрой, блины с малиной, сбить.
- 3 Для себя и двух своих друзей блинчики с грибами, квас.
- 4 Блинчики с мясом, блины с медом, чай с молоком.

### Критерии самооценки выполненной работы:

	Very well	OK	A little
Содержание текста			
Организация текста			
Лексика			
Грамматика			
Орфография и пунктуация			
Устная речь			

### Практические занятия №20,21

Французские заимствования в названиях блюд.

**Цель:** *Формирование и развитие языковой компетенции через изучение профессионально-ориентированных текстов.*

**Приобретаемые умения и навыки:**

**Знание:** Лексического материала по теме, терминологии.

**Умение:** составить связное сообщение с четкой структурой и логикой изложения, диалоги, уметь отвечать на вопросы по содержанию.

**Формируемые компетенции:** ОК 01- ОК 11.

## **Норма часов рабочего времени: 2 час**

**Оснащение рабочего места: раздаточный материал, инструкционные карты.**

### **Литература:**

1. Агабекян И.П. Английский язык для средних профессиональных заведений. Ростов-на-Дону: Феникс, 2020. – 319 с.

2. Безкоровайная Г.Т., Соколова Н.И., Койранская Е.А. и др. Planet of English: Учебник английского языка для учреждений НПО и СПО: (+CD): Рекомендовано ФГАУ «Фиро», 2019. - 256

3. Интернет ресурсы

1. [http:// enghelp.ru](http://enghelp.ru) Все для изучающих английский язык

2. <http://www.2uk.ru/slang>

## **Содержание**

### **Группы французских лексических заимствований в сфере кулинарии**

#### **1. Кухонная мебель, утварь, посуда**

бидон (bidon), антреме (entremets m) – блюда, бокал (bocal) подаваемые между основными блюдами, перед десертом, корнеты (cornet) – воронки, напетта (napette) – скатерть, банкет (banquet) салфетка, букет (bouquet) – аромат напитка, сервант (servante f – служанка), гарнир (garnir – украшать) 7. сервиз (service – услуга), деликатес (délicatesses f) фужер (fougère f)

#### **2. Продукты животного происхождения и растительного происхождения**

антрекот (entrecôte f), ваниль (vanille f), желатин (gélatine f), ванилин (vanilline f), кальмар (calmar), мускат (muscat), карбонад (carbonnade f), креветка (crevette), лангет (languette f), олива (olive), лангуст(а) (langouste f), патиссон (pâtisson), маргарин (margarine f), редис (radis), омар

**3. Приправы** 14. филе (filet m) 15. фритюр (friture f) 1. букет гарни (bouquet garni) – эскалоп (escalope f) пучок трав для приправы 2. майонез (mayonnaise f) 3. маринад (marinade f) 4. соус (sauce f): беарнез (béarnaise), бешамель (béchamel)

**4. Хлебобулочные и кондитерские изделия.** батон (baton – палка), бульон (bouillon), безе (baiser m), винегрет (vinaigrette f), бисквит (biscuit), желе (gelée f), булка (boule f – шар) (galette), канапе (canapé m) – бутерброд 6. гренки (grain m – крошка), грильяж (grillage) крепкий бульон, котлета (côtelette), карамель (caramel m), конфитюр (confiture f), крем (crème f) круассан

#### **5. Профессии. Прочая лексика**

рагу (ragoût m), мусс (mousse f), рулет (roulette f), пломбир (plombières f), салат (salade f), гурмэ (gourmet), гурман (gourmand), (soupe f) – суп, профитроли (profiterole f), (julienne иногда обжора), (petits fours) – ассорти, тартинка (tartine), метрдотель (maître d'hôtel), саварен (savarin) – сдобное,

фрикаделька (fricadelle), суфле (soufflé m) – воздушный пирог, фрикасе (fricassée f), ресторатор (r

#### **6. Кулинарные термины**

аперитив (apéritif), абессе (abaissier) – раскатать тесто, арманьяк (armagnac, (abeiller) – тщательно очистить, компот (compote f), бланшировать (blanchir), коньяк (cognac) , бьен-кюи (bien cuit) – хорошо прожаренный, кофе глясе (café glacé), гарнировать (garnir) – украшать блюдо, ликёр (liqueur f), глазировать (glacer) – украшать глазурью, лимонад (limonade f) ,

#### **Группа учащихся 4. Образование французских слов в сфере кулинарии**

Можно выделить следующие способы образования французских слов в сфере кулинарии:

1. **Суффиксальный:** – маринад (marinade): от mariner – «мариновать» – ade, оранжад (orangeade): от orange – «апельсин» – ade; – ресторан (restaurant): от restaurer – «подкреплять, восстанавливать силы» – ant; – эскарготьерка (escargotière): от escargot – «улитка» – ère;– напетта – скатёрочка (napette): от nappe – «скатерть» – ette.

2. **Сложение целых слов:** – антрекот (entrecôte: от entre – «между», и côte – «ребро»);– антреме (entremets: от entre – «между» и mets – «блюдо»); – бьен-кюи (bien cuit); – метрдотель (maître d'hôtel).

3. **Субстантивация:** – желе (gelée: от gelé – «замерзший»); – куверт (couvert: от couvrir – «покрытый»); – фюме (fumée: от fumer – «дымиться»).

#### **4. Метонимический перенос французских собственных имён**

##### **а).место производства б).продукт производства:**

– беарнез (béarnaise): беарнский соус, «изобретённый» на юге Франции, в Беарне, столице королевства Наварра (Привезён в Париж Генрихом IV.);  
– коньяк (cognac): по названию города Коньяк, где производился этот сортвина;  
– пломбир (plombières): от названия курорта Plombières-les-Bains  
– фужер (fougère): большая рюмка для прохладительных напитков названа по городу Фужер

##### **б).имя производителя → продукт производства:**

– бешамель (béchamel): соус, создание которого приписывается гофмейстеру Людовика XIV Луи де Бешамелю маркизу де Нуантель;  
– (суп) жюльен, шарлот(ка): от женских имён Julienne, Charlotte;  
– монпансье (Montpensier): мелкие разноцветные леденцы с ароматом, продаваемые в фабричной упаковке. Название происходит от имени герцогини Монпасье, известной по романам А. Дюма как Гранд Мадемуазель;  
– эскимо (esquimaux) – мороженое, которое французы называли по именинародности (эскимос), живущей в холодном климате, по полярному побережьюСеверной Америки, в Гренландии, в Северо-Восточной Азии.

#### **5. Гласные звуки могли заменяться близкими русскими:**



Have you ever eaten a fondue? If not, we can help you. We are going to make a fondue together now. Something from the history of the name of this dish. Fondue is a French word for "melted" because the principle of its preparing is based on cheese or fat melting. First of all we advise you to choose wine and cheese for preparing a tasty dish. A Swiss cheese fondue is normally made from the Swiss cheese Emmentaler and Gruyere, but any hard cheese can be used. You could take cheddar, for example. You need alcohol in a fondue, not just for flavour, but to lower the boiling point and stop the protein in the cheese from curdling. Use dry Swiss white wine if you can, or a Riesling.

Then take 1 large garlic clove, peeled and cut in half, 400 ml dry white wine, 1 teaspoon fresh lemon juice, 350 g grated cheese Gruyere and 350 g grated cheese Emmentaler, 1 tablespoon corn flour, 2 tablespoons kirsch and a large pinch of ground nutmeg. For serving you should have 1 — 2 French sticks and/or a bowl of freshly boiled small new potatoes and green salad. (Per serving for six 499 calories, protein 34 g, carbohydrate 3 g, fat 35 g, saturated fat 22 g, fibre trace, added sugar none, salt 1.34 g.)

1) Rub the sides and base of the fondue pot with the cut garlic. Pour in the wine and lemon juice and heat on the point of simmering.

2) Turn the heat down low and add the cheese, a handful at time, stirring well with a large wooden fork or spoon. Stir slowly and continuously over a low heat so the mixture just bubbles gently. The cheese will take a good few minutes to melt into the wine, but be patient and you'll end up with a lovely smooth sauce.

3) When all the cheese has been added, blend the corn flour and kirsch in a small bowl and then mix into the pot. Stir until the mixture is smooth. Season with pepper and nutmeg. Transfer to the fondue burner at the table and serve with the chunks of bread and/or potatoes for dipping, and a big green salad to eat after the fondue is finished.

This recipe is good enough as a main course (4 — 6 servings) or an appetizer (12 servings). It takes you 10 minutes for preparation and 15 minutes for cooking.

Fondue etiquette. During the meal stir the fondue from time to time in a figure eight. Keeping it on the move will stop it becoming lumpy and sticking to the bottom. If the mixture gets too thick, add a little warmed wine and stir well, but don't ever let the fondue boil.

When the fondue is nearly finished, there will be a crusty layer of cheese on the bottom. Scrape this out and divide it between the guests, it's delicious. You can serve the bread lightly baked or toasted, but day-old bread is best for dipping. Don't ever drink water with a fondue as this causes violent indigestion. The water coagulates the cheese into a solid mass giving you terrible stomach pains. Do as the Swiss do — drink white wine or hot tea.

### **Словарь к тексту**

fondue фондю (*блюдо из кусочков мяса, рыбы, сыра или фруктов, готовится в кипящем масле или вине на открытом огне непосредственно на столе в специальном приборе*)

cheese fondue фондю из сыра

to melt плавиться

Emmentaler эмменталь (*сорт светло-желтого твердого неострого швейцарского сыра с крупными дырками*)

Gruyere грюер (*сорт твердого швейцарского сыра с запахом орехов*)

boiling point температура кипения

protein f'prautein] белок

to curdle сворачиваться

Riesling рислинг (*сладкое или сухое белое вино с легким цветочным вкусом*)

fondue set набор для приготовления

фондю

cast-iron set чугунный котелок с горелкой

tablemat stand подставка (для котелка)

clove долька

grated тертый

kirsch вишневая наливка

pinch щепотка

ground молотый  
 nutmeg тертый мускатный орех  
 French stick багет (*французский длинный батон хлеба*)  
 calorie калория  
 carbohydrate углевод  
 saturated насыщенный  
 fibre клетчатка  
 trace след  
 to rub тереть  
 simmering закипание  
 handful горсть  
 to stir мешать, перемешивать  
 to bubble кипеть  
 smooth однородный  
 burner горелка  
 chunk кусок, ломоть  
 to dip макать  
 lumpy комковатый  
 to stick прилипать  
 crusty хрустящий  
 violent сильный  
 indigestion несварение, нарушение пищеварения  
 to coagulate свертывать, коагулировать

### **Лексические упражнения**

#### **1. Найдите в тексте английские эквиваленты к следующим словосочетаниям и выражениям:**

любой твердый сыр; не только для аромата; чтобы понизить точку кипения; не забудьте о наборе для приготовления фондю; очищенный и разрезанный пополам; для подачи вам следует иметь 1 — 2 багета; этот рецепт хорош (годится) для второго блюда или для закуски; вам потребуется 10 минут для подготовки и 15 минут для приготовления; мешайте фондю время от времени в виде цифры восемь; если смесь становится очень густой; не позволяйте фондю кипеть; хрустящий слой сыра на дне; это вызывает сильное несварение; вода коагулирует сыр в твердую массу; сильные желудочные боли.

#### **2. Ответьте на вопросы к тексту:**

1. What kind of cheese is normally fondue made of?
2. Do you need alcohol in a fondue?
3. Which wine is better for a Swiss fondue?
4. What does a fondue set consist of?
5. How many ingredients should you have for a fondue?
6. Could you name all of these ingredients?



7. How long does it take you for preparation and for cooking?
8. Why should you stir the fondue from time to time?
9. What should we do if the mixture (fondue) gets too thick?
10. Day-old bread is best for dipping, isn't it?
11. Which is better, to drink water, white wine or hot tea with a fondue?
12. Would you like to taste this Swiss fondue?
13. Do you want to become a good cook of Swiss fondue?

**Критерии самооценки выполненной работы:**

	<b>Very well</b>	<b>OK</b>	<b>A little</b>
Содержание текста			
Организация текста			
Лексика			
Грамматика			
Орфография и пунктуация			
Устная речь			





