

МИНИСТЕРСТВО ОБРАЗОВАНИЯ И НАУКИ ЗАБАЙКАЛЬСКОГО КРАЯ

Государственное профессиональное образовательное учреждение

«Забайкальский государственный колледж»

АНГЛИЙСКИЙ ЯЗЫК

Методические рекомендации

к практическим занятиям

(2 часть) для студентов 3 курса

специальности

43.02.15. «Поварское и кондитерское дело»

Чита 2021

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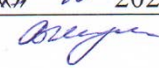
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Автор: Матюшенко К.Н., преподаватель английского языка, ГПОУ «Забайкальский государственный колледж»

Рецензенты: Николаенко Т.И., преподаватель английского языка, ГПОУ «Забайкальский государственный колледж»

Ивасенко О.В., преподаватель английского языка, ГПОУ «Забайкальский государственный колледж»

АНГЛИЙСКИЙ ЯЗЫК - Методические рекомендации
по выполнению практического задания для студентов специальности
43.02.15 «Поварское и кондитерское дело», 3 курс.

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

В настоящее время в России большое внимание уделяется подготовке специалистов в системе среднего профессионального образования.

Согласно требованиям Федеральных государственных образовательных стандартов третьего поколения +, профессиональных стандартов, и стандартов Worlds Skills Russia выпускник колледжа должен уметь использовать иностранный язык в межличностном общении и профессиональной деятельности.

Для успешной реализации требований ФГОС необходим профессионально-ориентированный подход к изучению иностранного языка. Совершенствуя формы, методы и средства обучения, используя современные образовательные технологии, можно добиться высокой эффективности не только в повышении качества знаний обучающихся, но и в активизации их познавательной деятельности, укреплении мотивации к изучению иностранного языка, формировании общих и профессиональных компетенций.

В связи с этим основная цель обучения иностранным языкам – это формирование общих и профессиональных компетенций будущих специалистов, позволяющее использовать иностранный язык как средство профессионального и межличностного общения.

Профессиональная направленность обучения требует интеграции иностранного языка с профильными дисциплинами, тщательного отбора содержания учебного материала. Такие возможности учебной дисциплины определяются следующими причинами.

Во-первых, обучение иностранным языкам рассматривается сегодня как обучение коммуникативной деятельности, умению общаться.

Во-вторых, иностранный язык должен служить средством профориентационной работы со студентами, в процессе которой решаются задачи, влияющие на профессиональное становление личности.

В-третьих, профессионально ориентированное преподавание иностранного языка обусловлено характером межпредметных связей с другими предметами, как общеобразовательными, так и специальными.

Суть практической направленности преподавания дисциплины «Иностранный язык» состоит в том, чтобы показать студентам связь изучаемой дисциплины с их специальностью и будущей профессиональной деятельностью. Тем самым мы формируем одну из общих компетенций - понимать сущность и социальную значимость своей будущей профессии, проявлять к ней устойчивый интерес.

Общение на иностранном языке становится весомым компонентом профессиональной деятельности будущих специалистов.

ТЕМАТИЧЕСКИЙ ПЛАН ПРАКТИЧЕСКИХ ЗАНЯТИЙ

№ темы, раздела	Вид, название и содержание задания	Количество часов	Форма отчетности и контроля
Тема 7	ПЗ №26, 27, 28 Кухни народов мира» «Русская национальная кухня» Украинская и белорусская национальные кухни»	6	Поисковое чтение
	ПЗ № 29, 30 Английская национальная кухня. Американская национальная кухня. Немецкая национальная кухня	4	Упражнения по грамматике
	ПЗ № 31,32 Французская национальная кухня» Итальянская национальная кухня	4	Поисковое чтение
	ПЗ № 33, 34 Национальные кухни народов востока» Кавказская национальная кухня	4	Упражнения по грамматике

Практические занятия №26, 27, 28

Кухни народов мира»

«Русская национальная кухня», «Украинская и белорусская национальные кухни»

Тема: Национальные кухни.**Цель:** Формирование и развитие языковой компетенции через изучение профессионально-ориентированных текстов.**Приобретаемые умения и навыки:** У1 – У3, 31**Формируемые компетенции:** ОК 1 – ОК 11**Норма часов рабочего времени:** 6 часов**Оснащение рабочего места:** раздаточный материал, видеозаписи, инструкционные карты**Литература:**

1. Агабекян И.П. Английский язык для СПО - Изд.3-е. перераб. и доп.- Ростов-на-Дону: Феникс, 2020.-316 с.(Среднее профессиональное образование).- ISBN978-5-222-31012-0.

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3. Гончарова, Т.А., Английский язык для профессии «Повар-кондитер» : учебное пособие / Т.А. Гончарова, Н.А. Стрельцова. — Москва : КноРус, 2021. — 267 с. — ISBN 978-5-406-02469-0. — URL:<https://book.ru/book/936236> (дата обращения: 03.03.2022).

4. Зорина, Е.Г., Английский язык для специальности «Технология продукции общественного питания» : учебник / Е.Г. Зорина, М.Ю. Иванова. — Москва : КноРус, 2021. — 216 с. — ISBN 978-5-406-08701-5. — URL:<https://book.ru/book/940488>

1. Интернет ресурсы

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

Содержание работы**Read Limerick in English and its translation, and give your opinion.**

<p><i>There was an old man of Tobago, Who lived on rice, gruel and sago Till, much to his bliss, His physician said this - To a leg, sir, of mutton you may go. (Anonymous author)</i></p>	<p>Столько лет старичок из Тобаго Жил на рисе, овсянке и саго, Что, когда в рацион Врач включил и бекон, Просветлел от восторга бедняга. (Неизвестный автор)</p>
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Read and translate the text.***Russian meals***

The usual meals in Russia are breakfast dinner and supper. As a rule people have breakfast at 7 or 8 o'clock in the morning. Russians like fried or boiled potatoes with some sausage or ham or a chop (cutlet). Sometimes we prefer an omelette, boiled or fried eggs or just some porridge (a plate of boiled rice, semolina, buckwheat porridge), or vermicelli (macaroni), fruit -dumplings or curd-fritters.

Children and grown-ups are fond of pancakes and fritters with butter and jam. Then you have a cup of tea with milk or lemon or coffee (strong, weak, black, white, with cream) and a couple of ham and cheese sandwiches or slices of bread and butter. At about 1:00 or 2:00 p.m. we have dinner. It often consists of 3 courses.

For the 1-st course we eat chicken soup or cabbage soup (shchi), or beetroot and cabbage soup (borshch), noodle soup or just broth. Some people choose mushroom soup or fish-soup. In spring and summer when it's hot it's so nice to have the so-called "okroshka", a traditional Russian dish (cold kvass soup with chopped vegetables and meat or fish), a kind of hodge-podge.

For the 2-nd course Russians eat different kinds of salad (meat salad, fish salad, vegetable salad), fried, boiled or stewed meat or fish. At times we cook a roast chicken, especially on a holidays.

For the 3-d course (for dessert) we have a glass of juice, a piece of a cake or a pie (cookies) if we aren't on a diet. A lot of people eat ice-cream, fruit and berries for dessert (pineapples, tangerines, apricots, cherries, mangoes; strawberries, raspberries, gooseberries and etc.). In summer everybody; adores to have a piece of melon or a water-melon).

In the evening we have supper. Some people prefer mashed potatoes with pickled or fresh vegetables, such as tomatoes, cucumbers, carrots, onions (leek). Others eat stewed cabbage with a beefsteak or fried liver or kidneys.

Russians also like stuffed peppers, tomatoes, squashes, potatoes. A special Russian dish is "pyelmeni", a kind of ravioli – small cases of pasta containing chopped meat.

After that we have a glass of milk or stewed fruit with biscuits, crackers, or sweets (candies). But if you are thirsty you drink a coke, lemonade, some beer or even champagne.

1. Answer the questions.

1. Do Russian people have same meals a day as foreigners?
 2. What are their preferable dishes for breakfast? dinner?
 3. Why do we have many pickled or salted vegetables in winter?
2. *Explain in English how to cook: okroshka, pyelmeni, borshch.*

Read the dialogue, stage it.**HAVING MEALS AT A RESTAURANT)**

Waiter: Welcome to our restaurant. Did you book a table in advance?

David: Hello. Yes, we ordered a table for Laurins.

W: All right. Follow me. Here's your table, as you wanted, by the window. Let me take your and your lady's coats.

D: Yes, please. Sit down, dear.

W: Check out our menu. I'll come in a minute ... Are you ready to order?

D: No, not yet. Give us a little time to study the menu.

W: Good. Call me when you're ready.

D: Darling, what will you eat?

Amanda: Oh, there is such a chic choice of dishes. I am even confused. What would you advise?

D: I can recommend fried duck with cream sauce. A tasty dish. The fish here is also gorgeous. Actually, the chef in this restaurant is a true master. All his dishes are delicious.

A: Then I'll order a salad with seafood and a duck.

D: And the dessert?

A: I would like to try a cheesecake. I love to cook it myself, but I will not refuse from the ready dish.

A: Excellent. Waiter!

W: I'm listening to you.

D: Bring us, please, a salad with seafood and a duck for the lady, and I'll order a julien with mushrooms and entrecote.

W: Will you order the dessert?

D: Yes, of course. One cheesecake and a slice of banana cake.

W: What will you drink?

D: Today we have a holiday, an anniversary, which means that we will drink champagne.

W: Dry, sweet or semisweet?

D: White semisweet.

W: Excellent choice. Your order will be ready in 15 minutes. Shall I bring the champagne right now?

D: Yes, so it will not be boring to wait for our order.

W: Here is your champagne. And this is a gift from the chef in honor of your holiday.

D: Thank you very much. We are very pleased!

A: Your order, sir. Anything else?

D: Thank you. All is perfect.

live on – 1. питаться (чем-либо); 2. продолжать жить, пережить

lived on rice – постоянно питаться рисом, поддерживать свои жизненные силы, питаюсь рисом...

gruel [gru:əl] – жидкая овсяная каша

mutton ['mʌt(ə)n] – баранина

Do the vocabulary exercises, underline the correct option.

Rice cereal – кукурузные хлопья, рисовая каша.

Fried eggs – омлет, жареные яйца.

Orange juice – апельсиновый сок, грейпфрутовый сок.

Boiled eggs – жареные яйца, вареные яйца.

Semolina – перловая каша, манная каша.

Cornflakes – кукурузные хлопья, гречневая каша.

Ham sandwich – бутерброд с ветчиной, бутерброд с колбасой.

Vegetable soup – овощной суп, грибной суп.

Apple pie – яблочный пирог, яблочный сок.

Boiled new potatoes – вареный молодой картофель, жареный картофель.

Stewed cabbage – тушеная капуста, жареный кабачок.

Fried mushrooms – жареные грибы, тушеная капуста.

Mashed potatoes – картофельное пюре, картофель по-французски.

Cold boiled meat – холодец, охлажденное вареное мясо.

Roast chicken – запечённая курица, жареная курица.

Noodle soup – суп с лапшой, суп с клёцками.

Fried potatoes – картофельное пюре, жареный картофель.

Cabbage salad – овощной салат, салат из капусты.

Mutton chop – телячья отбивная, свиная отбивная.

Bread and butter – хлеб с маслом, хлеб с сыром.

Boiled meat – вареное мясо, жареное мясо.

Roast goose – запеченный гусь, жареный гусь.

Beef tea – крепкий чай, говяжий бульон.

Watermelon – арбуз, дыня.

Rissole – котлета, мясной фарш.

Read the text, translate it and answer the questions

UKRAINIAN CUISINE

Ukrainian cuisine is closely linked to the customs, culture, and way of life of the Ukrainian people. It is famous for its diversity and flavours.

The most popular Russian dish is borsch. This thick and delicious soup is prepared with a variety of ingredients including meat, mushrooms, beans, and even prunes.

Mushroom soups, bean and pea soups, soups with dumplings and thick millet chowders are also popular.

"Holubtsi", or stuffed cabbage, is another favourite dish, as are "varenyky" filled with potatoes, meat, cheese, sauerkraut or berries such as blue-berries or cherries.

"Varenyky" are often mentioned in folk songs.

Ukrainians like dairy products. Some samples: cheese pancakes and "riazhanka" (fermented baked milk). There are no holidays without pies, "pampushky" (type of fritters), "baba" (a tall cylindrical cake) and honey cakes.

Russian sausage is delicious. It is preserved in a special way — in porcelain vessels filled by melted fat.

Of course, every region of Ukraine has its own recipes and traditions.

VOCABULARY

diversity [daɪ'və:sɪtɪ] — разнообразие

flavour ['fleɪvə] — привкус, приправа

dish [dɪʃ] — блюдо

prune [pru:n] — чернослив

dumplings [dʌmpəlɪŋz] — галушки

millet ['mɪlɪt] — просо, пишено

chowder ['tʃaʊdə] — похлебка из свинины, овощей и т. п.

sauerkraut ['sauəkraut] — кислая капуста

blue-berry ['blu:bəri] — черники

cheese pancakes [tʃi:z 'ræŋkeɪks] — сырники

fritter ['fɪtə] — оладьи

to fill [fɪl] *by smth.* — заполнять (чем-либо)

recipe ['resɪpɪ] — рецепт

QUESTIONS

1. What is Ukrainian cuisine famous for?
2. What is the most popular Russian dish ?

3. What are the other popular Ukrainian dishes?
4. What products do Ukrainians like ?
5. What is your favourite Russian dish ?
6. What Russian dishes do you like to cook?

Read the dialog

An Englishman: Boys and girls tell me please what you know about Ukrainian cuisine?

S1: Ukrainian cuisine is very rich.

An Englishman: What are the best known Ukrainian traditional dishes?

S2: The most popular Ukrainian dishes are borsch, varenyki, holubtsi, banosh which is usually eaten at the western part of Ukraine, bograch.

An Englishman: What do you prefer to eat for desserts?

S3: We prefer pancakes or syrnyki with sour cream and fruit.

An Englishman: What is traditional Ukrainian drink?

S4: Ukrainian people and children of course like to drink uzvar and compot.

An Englishman: Thank you very much for your answers.

Project work. (in groups)

- 1) Ukrainian food for Christmas.
- 2) Ukrainian food for Easter.
- 3) Ukrainian food for a Birthday Party.

Reference material

1) Christmas in Ukraine is very important family holiday and it is celebrated on January 7. Holly **Eve or Svyatii vechir** is celebrated with specific food. There are 12 of them. They are:

1. Kutya.
2. Compote with dried fruits.
3. Fried fish.
4. Meatless borscht.
5. Cabbage with mushrooms.
6. Cabbage rolls with rice and stewed carrots.
7. Porridge with mushroom sauce.
8. Salad of beets and herring.
9. Salad with cucumbers, cabbage and onions.
10. Bean cakes.
11. Bean with black pepper, green dill, tomato paste and oil.
12. Boiled potatoes.

2) **Easter** is one of the most joyful and beautiful religious holidays. This holiday is one of the most important in our country. There are number of special dishes which are cooked only at Easter.

1. Easter cake ('Kulich')
2. Cottage cake (Tvorozhnaya paska)
3. Painted eggs ('Krashanki')
4. Holodets
5. Home sausages (kolbosa po domashnemy)

3) For a Birthday Party we usually have "sweet table" for birthday.

1. Fruit salad
2. Birthday cake
3. Sandwiches

4. Biscuits
5. Pirohi with cherries
6. Pancakes

Read the text, translate it, and answer the questions

Belarusian cuisine

Belarusian cuisine is considered to be one of the most diverse cuisines in Europe. First of all I'd like to mention dishes from potato, which is called "the second bread" in Belarus. Potato is at the Belarusian table every season and in any state - fried, boiled, baked, stuffed. Potato is an ingredient for soups, salads and patties. The most popular dishes from potato are draniki, pancakes, babki, kolduny, kletski. The second place in Belarusian national cuisine belongs to meat and meat products, especially to pork and salted pork fat. Belarusians eat a lot of vegetables such as carrots, cabbage, radish, peas, etc. Belarusian national cuisine also offers fresh, dried, salted and pickled mushrooms and various berries.

When speaking about drinks, the specialties of the cuisine are myadovukha, berezavik, kvas. Kholodnik and okroshka are traditional cold soups. My favourite dish is borscht which is a beet soup served hot or cold, usually with sour cream.

Belarusian Food

Belarusian cuisine is considered to be one of the most diverse cuisines in Europe. It has been largely influenced by Baltic, Slavic and even partially German cuisines. Traditional dishes of this country mainly consist of vegetables, meats and breads. Today, visitors of Belarus can try peasant cuisine of the countryside as well as the sophisticated dishes for the nobility. A traditional peasant meal has included a soup and a main course. One of the most delicious Belarusian soups is called "khaladnik". It's a cold type of borscht, which is mainly eaten in summer. This beetroot soup is eaten with sour cream. Potato is the main ingredient of many dishes. It is known as the second bread of Belarusians. Perhaps, everyone has heard of "draniki". These are thick pancakes made of shredded potatoes. Meat is also widely used in Belarusian cuisine, especially pork. One of the traditional holiday dishes is called "pyachysta". It is a delicious stew made of large chunks of pork or beef. Slightly smoked salty pork with onions and garlic is also popular. Most meat dishes in this country are served with potatoes or other vegetables. Historically, Belarus has little access to any type of seafood however there are some special fish-based dishes. For example, "yushka" — a fish soup boiled without any seasonings. In general, seasonings are not very popular in Belarusian cuisine. The most famous hard drink in Belarus is "harelka". It's similar to Russian vodka, but can be flavored with birch sap or forest herbs. Other traditional Belarusian drinks include kvass, beer, myadukha, etc. Traditional desserts, that are famous far beyond the country, are sweet pancakes with cottage cheese.

Brief History of Russian Cuisine

Russia stretches from the White Sea in the north to the Black Sea in the south, from the Baltic Sea in the west to the Pacific Ocean in the east.. Russians speak Russian and share the same culture and traditions nationwide. An essential part of every nation is its cuisine. Ethnographers start studying every nation with its cuisine because it can reveal its history, everyday life and traditions. Russian Cuisine is no exception and is a very important part of Russia and its history.

Russian cuisine dates back to the 10th century. Old Russian cuisine became really diverse by the 15th century. Of course it was influenced by natural and geographical

conditions. The abundance of rivers, lakes and forests contributed to the appearance of dishes made from fish, game, mushrooms and berries.

In the fields they planted different grains like rye, oat, wheat, barley, buckwheat and others. They made grain porridges (каша) from it of different kinds. Porridge (каша) has always been a traditional national dish. Russians eat porridges throughout their lives: young kids eat manna-croup kasha, adults like buckwheat kasha.

As the Old Russian saying goes «Каша - матушка наша, а хлебец ржаной - отец наш родной» - (Porridge is our mother, bread is our father).

From the early times in Russia they used dough to make noodles (лапша), pelmeni (пельмени), vareniki (вареники), brown rye bread (черный ржаной хлеб) without which one cannot imagine the Russian cuisine. By the X century they got wheat grain and an assortment of pastry increased largely - they started baking karavai (каравай), kalach (калач), pies (пироги), pancakes (блины), oladii (оладьи) and others.

In the 9th century the most common ingredients were turnip (репа), cabbage (капуста), radish (редька), peas (горох), cucumbers (огурцы). They were eaten raw, baked, steamed, salted, marinated. Potatoes did not appear until the 18th century, and tomatoes until the 19th century. Up until the beginning of the 19th there not hardly any salads. The first salads were prepared from a certain vegetable. That's why they got names like : cabbage salad (салат капустный), cucumber salad (салат огуречный) or potato salad (картофельный). Later on the recipes became more complex and many salad were made from many different vegetables, sometimes with fish or meat, and they got more interesting names too: Spring (Весна), Health (Здоровье), Sea Gem (Морская жемчужина) and others.

Hot liquid dishes appeared from the early times as well: first fish soup (уха), shchi (щи), and later borsch (борщ), rassolnik - sour soup (рассольник), and then different sorts of Soyinka (солянка). In the XIX century these liquid dishes were named Soups (супы)

Among drinks popular were kvass (квас) and different wild berries' drinks. Spices (Пряности) were used extensively since the XI century. Russian and overseas merchants brought clove (гвоздика), cinnamon (корица), ginger (имбирь), coriander (кориандр), bay leaf (лавровый лист), black pepper (черный перец), olive oil (оливковое масло), lemons (лимоны) etc. Russia was trading with western countries and was a passing way to China.

Tea was first brought to Russia in the XVII century. As for alcoholic drinks, in the Old Russia they drank low-alcohol drinks based on honey and berries. Vodka was first brought to Russia in XV century, and was immediately banned and did not appear until the reign of Ivan the Terrible in the middle of XVI century. At that time the first Tsar Bar was opened (Царский Трактир).

Russian cuisine was not only unique because of the ingredients they used but because the food was cooked in the Russian Stove (в русской печи). They baked bread in them, brewed kvass and beer, and on stoves they dried food. And they were generally used to heat houses and many people slept on them.

The food cooked in stoves was delicious because it was heated evenly from all sides. Russian stoves are no longer used these days, even in the countryside. They have been replaced by electric stoves and microwave ovens. In the old times the food of the elite class was no different from what the common people ate. By the XVII century the food of the elite became more sophisticated, differing not only in quantity but in the serving manner and ingredients.

Tsar feasts were very pompous and huge with a great variety of dishes. The number of dishes could reach 150-200.

The sizes of dishes increased, and the duration of the banquet. They normally started at lunch time and continued eating till late night.

XVIII century was a new era in the development of Russian society. Peter I not only transferred the capital to St. Petersburg closer to the Western Europe and changed the calendar, he changed many traditions. Russia was becoming more and more influenced by western European cuisine, first German and then Dutch and French.

The Russian aristocracy was hiring foreign chefs that totally replaced lady-cooks. The Russian cuisine got dishes like sandwiches (бутерброды), salads (салаты) and bouillon (бульон), and a choice of pan fried dishes (beefsteaks, entrecote, meat patties (котлеты), as well as sauces (соусы), желе (jellies), creams etc. Russian traktirs (трактиры) were replaced by restaurants with waiters and hosts. Most of this did not affect the common people.

Russian food was also diverse in different parts of the country because of the different climates and nature of those parts.

Критерии самооценки выполненной работы:

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

Практические занятия № 29, 30

Тема: Национальные кухни.

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

Приобретаемые умения и навыки: У1 – У3

Формируемые компетенции: ОК 01 – ОК 11

Норма часов рабочего времени: 4 часа

Оснащение рабочего места: раздаточный материал, видеозаписи, инструкционные карты

Литература:

1. Агабекян И.П. Английский язык для СПО - Изд.3-е. перераб. и доп.- Ростов-на-Дону: Феникс, 2020.-316 с.(Среднее профессиональное образование).- ISBN978-5-222-31012-0.

2. Безкоровайная Г.Т. и др. Planet of English учебник для учреждений СПО 3-е изд., стер.- М.: Издательский центр "Академия", 2019

3. Гончарова, Т.А., Английский язык для профессии «Повар-кондитер» : учебное пособие / Т.А. Гончарова, Н.А. Стрельцова. — Москва : КноРус, 2021. — 267 с. — ISBN 978-5-406-02469-0. — URL:<https://book.ru/book/936236> (дата обращения: 03.03.2022).

4. Зорина, Е.Г., Английский язык для специальности «Технология продукции общественного питания» : учебник / Е.Г. Зорина, М.Ю. Иванова. — Москва : КноРус, 2021. — 216 с. — ISBN 978-5-406-08701-5. — URL:<https://book.ru/book/940488>

2. Интернет ресурсы

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

Содержание работы

Make up the plan of the text.

The usual meals in England

The usual meals in England are breakfast, lunch, tea and dinner. Breakfast is usually a bigger meal than they have on the Continent, that is in European countries. In the morning an Englishman has his favourite breakfast of cornflakes with milk and sugar or porridge (often oatmeal porridge) followed by fried bacon and eggs. If you are having breakfast in a restaurant you, first of all, help yourself to cornflakes with milk, which can be warm or even hot. Then a waitress will come up to you and ask if you would like "cooked breakfast", by which she means fried bacon or sausage and eggs hot from the oven. Then you are to have marmalade (made of oranges) with buttered toast, tea or coffee. The latter is either black or white. For a change you can have a boiled egg, cold ham, or perhaps fish.

In English households breakfast is often a quick meal, because the father of the family has to get away to his work, the children have to go to school, and the mother has her housework to do.

In offices and in colleges they often have a "coffee break" at about 11 in the morning. You have a cup of coffee or tea, or a glass of juice with some cookies, and for half an hour you are free to do what you choose: talk with your friends, have a quiet walk in the garden or just sit comfortably in an armchair watching TV.

Lunch is often the biggest meal of the day taken at 1 or 2 o'clock in the afternoon. It is midday meal which consists of two courses a meat course or a fish course accompanied by plenty of vegetables. After it comes a sweet pudding or some stewed fruit or ice-cream. Here are some possible variants of lunch menu:

- 1) smoked turkey breast and assort. Salad. Peach melba;
- 2) cold pork and assort. Salad. Fruit cheesecake;
- 3) smoked mackerel and assort. Salad. Queen of puddings.

Most Englishmen like what they call good plain food. Fried fish and chips are very popular. In the streets of both small and large towns you may come across Fish and Chips Shops with lots of people inside and even outside chewing the delicious food.

You have noticed that the English do not take soup at midday. They say that it fills them without leaving sufficient room for the more important meat or fish course.

English people drink a lot of tea. Some people have tea for breakfast, tea in the middle of the morning, tea in the afternoon, tea at tea-time and tea with supper. Afternoon tea is hardly a meal. It may be a cup of tea and a cake, taken in the sitting-room or at work. For some people it is a social occasion when their friends come in for a chat over their cup of tea. But some people like to have the so-called "high tea" which is quite a big meal

Read and discuss this story.

oatmeal porridge – овсяная каша
peach melba – ломтик персика

Read the following text and retell it.

Fish and chips

The English have a special taste for fish and chips. Everybody seems to have a fish and chip supper at [home at least once a week, and you discover the shops in the side streets of every town.

The shops are usually run by two or three persons, often a man and his wife. Cod, haddock and plaice sell at about a shilling a piece and potato chips at about 6d. a portion.

The pieces of fish are dipped¹ in a mixture of flour and water and then dropped into deep boiling oil for a few minutes. They come out crisp and hot and are then wrapped in grease-proof paper, so that the customer may take them away.

Some shops have a small cafe where the visitor can eat his fish and chips without taking them home. Towards the end of the evening there is a large demand for chips alone to be eaten out of paper bags in the streets.

Questions:

1. What other hot meals and snacks are sold in the street of a modern town?
2. Is "street catering" popular with public at large?

Прочитайте следующие предложения и скажите, какие из них соответствуют содержанию текста.

1. The usual meals in England are breakfast, lunch and dinner.
2. An Englishman's favourite breakfast is cutlets and potatoes.
3. By "cooked breakfast" they mean fried bacon or sausage and eggs hot from the oven.
4. It takes an English family quite a lot of time to have breakfast.
5. In offices and in colleges they often have a "coffee break" at about 11 in the morning.
6. Lunch is often the biggest meal of the day taken in the evening.
7. One of the most popular foods in England is fish and chips.
8. The English are very fond of soup and have it whenever they can.
9. English people drink a lot of beer.
10. Tea in the afternoon may be a social occasion when people come in for a chat over a cup of tea.
11. English people do not like cheese and it is a tradition with them to finish the last meal of the day with a trifle.
12. Packed lunches are very convenient because people can take food with them when they go on an excursion or for a long walk.

Find the answers to these questions in the text.

1. What are the usual meals in England?
2. What does an Englishman's breakfast consist of?
3. Why is breakfast often a quick meal in English households?
4. What can you have at a coffee break?
5. Lunch is often the biggest meal of the day, isn't it? What does it consist of?
6. Do most Englishmen like plain or exquisitely cooked food?
7. Can you prove that the English like good plain food?
8. Why don't the English like soup?
9. What is the favourite drink of the English?
10. What do people have at "high tea"?
11. What are the names under which the evening meal goes?
12. English people have cheese to finish the last meal of the day with, don't they?
13. Why do people carry packed lunches on Sundays and on holidays?

14. What does a packed lunch consist of?

Read the text and make a plan of it.

Traditional English food

Every country has its traditional food. England can be called the "Land of Puddings", so many puddings they have. The Christmas pudding is a very special thing. The hostess clears the table, and there it is, large dish, a big round dark-brown pudding, with a flag or a piece of holly stuck in at the top of it. It is covered with white sauce. It is made from eggs, flour, sugar, mixed dried fruit, chopped peel, grated carrot and suet.

Fruit is often eaten with custard. Custard is a sweet mixture of eggs and milk, sweetened and flavoured, and baked or boiled.

Another purely British institution is High tea. It is rather a heavy meal with tea, instead of late dinner. In the past it was more the custom to have something cold for high tea and something hot for supper. Nowadays foods for high tea and supper are interchangeable.

Fish and chips, very popular with the English and the visitors to the British Isles, are pieces of fish (cod, plaice) boiled in oil taken with small pieces of fried potatoes. Both the fish and the potatoes should be crisp on the outside and soft inside.

And finally, there is British marmalade, which is an important part of the English breakfast. It is made from oranges or any other citrus fruits. Grape fruits and lemons make a sweeter marmalade for tea-time.

Retell any passage to your liking.

Read and translate the text.

American meals

In the morning Americans have a bowl of serial or bacon, eggs, toast with jelly and a cup of tea or coffee. They also like pancakes with *maple syrup*.

At approximately 9:30 a.m. those who work will have a *coffee break*; and then at noon most people break for lunch. Most offices, factories and stores allow employees time for this. During "*lunch hour*" which is from 12:00 to 1:00 p.m. all the city sidewalks are usually crowded with people looking for a place to eat. A lot of them stop at small "fast food" places.

The usual noon time meal consists of something light, and quick to eat. It could range from a hot dog or hamburger from a restaurant or something they have packed in a brown bag. This is called "brown bagging it". Americans seldom eat large lunches and don't enjoy very many "sweets".

After work people often have dinner at about 5:00 p.m.

It is usually the largest meal of the day. It consists of milk, vegetable and some type of meat. Often dinner is served with potatoes. Americans also enjoy carrots, peas, spinach, beets, tomatoes, green beans, squash and many other types of vegetables.

The meat could be chicken, turkey, beef or pork. Many Americans enjoy a salad with their dinner. They either have vegetables from a can or they buy them fresh from the supermarket.

Americans seldom have desert and if they do it is usually very light.

They seldom sit at the table and eat for very long; they "*eat and run*". But many people have different tastes and enjoy different foods.

maple syrup – кленовый сироп

a coffee break – перерыв, чтобы выпить кофе

lunch hour – обеденный перерыв

to "eat and run" – есть на ходу

Read the dialogue, stage it.

Amber: - Oh, George! I love national American cuisine! I'm ready to eat it all day and all night. So delicious! Promise me that you will cook your hamburgers again!

George: - Actually, I have to disappoint you: there is no national cuisine in the USA.

Amber: - Are you kidding me? Everybody knows that it exists, and we just tasted it some minutes ago!

George: - Don't you know that such food as pizza, hot dog or big mac - are not national American cuisine, these foods are from France or Italy? The USA is a very young country composed of people from different countries, that's why Americans don't have a major "national cuisine».

Amber: - Oh, stop it! That's a fib. You're pulling my leg.

George: - No, I'm not. Both the hamburgers and hot dogs with cheese sauce are dishes created by German people of similar make. Americans just founded McDonald's corporation and gave to the food new names. Modern pizza is American but its origins trace to Italy. Do you seriously think that the first recipe of your favorite «American» apple pie was written by Americans? How foolish of you! It was created by British people.

Amber: - Ok, probably you are right and all these dishes are not American. But what could you say about Buffalo Wings or Barbecue? Are these dishes created by Italian or British people too?

George: - It's ridiculous! Even cave men cooked it. Americans just modernized and perfected it. Americans have no national cuisine, but they have international one thanks to their roots. People usually say that America is a melting-pot of cultures.

Amber: - Ok, I give up. But I still want your hamburgers!

George: - Put it there! Agreed! Nevertheless, you'd better read some books about your culture and people who live in your country. It'll give you so much new information you never knew before and broaden your outlook

ГРАММАТИКА

УПРАЖНЕНИЯ "ВРЕМЕНА ГРУППЫ PERFECT"

Поставьте глагол в форму Present Perfect, Past Perfect или Future Perfect.

to arrive

Our taxi ... by 9 o'clock yesterday morning.

Let's go. The guests already

They ... by the time the meeting starts.

to be

I am tired of waiting. Where you ... ?

By the time I'm 30 I ... a famous scientist.

He didn't remember where he ... before the accident.

to paint

We ... the house by next Tuesday.

She ... more than 10 pictures already.

I wondered if they ... the room.

2. Раскройте скобки, употребив глагол в форме Present Perfect, Past Perfect или Future Perfect.

Sam ... (lose) his keys. So he can't open the door.

When I woke up in the morning, the rain already ... (stop).

I hope I ... (finish) my test by midnight.

The film turned out to be much longer than we ... (expect).

My sister just ... (leave) for the bank.

The girls were good friends. They ... (know) each other for 5 years.

Mother ... (lay) the table before we come.

I never ... (try) Japanese food.

Ted was so happy because his dream ... (come) true.

We ... (be) to Paris many times.

3. Выберите в скобках подходящее слово или словосочетание. Переведите предложения.

She will have finished her resume ... (on Monday/by Monday/last Monday).

The aircraft hasn't landed ... (yet/just/already).

We have lived in New York ... (since/from/for) three years.

... (After/Already/Ago) they had eaten the cake, they cleared the table.

They will have decorated the Christmas tree ... (by the time/before/by then).

My uncle has ... (already/yet/ago) repaired his car.

I haven't met them ... (from/since/for) their wedding.

... (By the time/Already/Just) the sun set, the farmers had already stopped working.

Have you ... (just/ever/yet) been married, Kelly?

... (When/How much/How long) has he known her?

Read the text. make up 10 questions about its content. Stage the resulting dialogue.

GERMAN CUISINE

The cuisines of Germany varies from region to region. German cuisine is ancient, it originates from Roman times when the ancient Germans, the ancestors of the Germans lived on the territory of today's Germany. It should be noted that in German cuisine there is no unity, each region has its own characteristics. An abundance of original dishes of the local cuisine in the southern regions of Bavaria and Swabia.

MEAT DISHES(МЯСНЫЕ БЛЮДА)

Particularly popular in Germany pork. The average German consumes per year 84 kg of meat. Germany is famous for its huge number of varieties of sausages. It is believed that Germany produces more than 1500 different types of sausages.

SAUSAGE(КОЛБАСЫ)

It is believed that in Germany it produces about 1500 different varieties, and to highlight some specific simply impossible, because everything is very tasty and deserve attention. It is noteworthy that any foodie will find something to their liking, because there are as smoked sausages, and boiled.

“SOUR CABBAGE OR «SAUERKRAUT» (КИСЛАЯ КАПУСТА ИЛИ «SAUERKRAUT»)

She is considered a national German dish, and in the English language even used his name. The Germans are so fond of sauerkraut, that they are sometimes jokingly referred to as "Krauts"

STRUDEL(ШТРУДЕЛЬ)

German traditional flour dish that is a roll of curled into a tube of dough with filling. Commonly used sheet of thin dough. The filling can be any, but the most popular choices are apples and cherries.

“OAST PORK KNUCKLE, OR "AUSBAUNA". (ЗАПЕЧЁННАЯ СВИНАЯ РУЛЬКА ИЛИ «АЙСБАЙН».)

This dish is usually present on the holiday table. By the way, the name means "ice leg", and there are two explanations for this. First, the shank is usually prepared in the winter for Christmas, but this time it is stored in frozen form. Secondly, when cooked, the crust is shiny so that it becomes similar to the ice. **EINTOPF (АЙНТОПФ)** It is a thick soup, usually boiled in broth or water. It can replace at the same time and the first dish and the second. The composition may be different. So, usually, vegetables (carrots, cabbage, potatoes), legumes, pasta, meat, sausages and other meat products. The name literally translates as "one pot," and there was this dish, if you believe one legend, in a peasant family, where the hostess wanted to eat to feed all household members.

BLACK FOREST CAKE BLACK FOREST(ШВАРЦВАЛЬДСКИЙ ТОРТ «ЧЁРНЫЙ ЛЕС»)

This is a traditional German dessert which is a chocolate-cherry cake. It has a chocolate sponge cake which is soaked with cherry syrup and greased with cream. But sometimes the filling is a thick curly mass resembling jelly.

Different cuisines of the world» с переводом

Food is necessary for living, especially when you are young and your body grows up. You wake up, and you are ready for the first meal of the day, it is a breakfast. The healthy breakfast should not burden your body in the morning. The composition of the meal should be based on the natural balance. The first dish for lunch is raw food followed by boiled dishes. The dinner should be as light as it's possible, because a hearty dinner can disturb night sleeping. Therefore, it should be taken early. Every country has its traditions and its cuisines. The national first dish in Russia is a beetroot soup, called borscht. Russian soups are very thick. The peculiarities of the Russian cuisine include also various dishes from potatoes. There is an interesting and sweet dish of berries, it is called kissel. This is neither a drink nor food, it seems like a jelly. The national Russian drink is kvass. You can drink it when the weather is rather hot.

Traditional British cuisine is simple. Most of all the British try to show a natural taste of food, but not to change it. A pudding is a traditional dessert. The British are famous by their love for having tea. The UK has four state parts that is why they have a lot of local dishes. One of them is typical for Scotland; another is for Wales or for the Northern Ireland. It can be Welsh croutons with cheese or Yorkshire jelly.

German cuisine has a variety of dishes from vegetables, pork, poultry and fish. The German eat a lot of boiled vegetables: cauliflower, beans, carrot. The second dish is also cooked from meat; it can be sausages as a rule. The sweet dish includes a fruit salad that is mixed with a sauce. The national drink is beer. There is even a festival called Oktoberfest that is dedicated to this drink.

Japanese cuisine is very popular in the world. It is different not only from European cuisine, but also from Asian one. The great number of dishes is made from sea products. Rice is a very important product for cooking too. There are a lot of fish shops and restaurants in Japan. The most famous restaurants serve sushi as a traditional dish.

French cuisine is rich of vegetables. It is similar with the other European cuisines, but the French use less milk for cooking. The most popular dish is scrambled eggs or an omelet. They prefer drink coffee with sugar.

Even if you live in another country, you can try dishes from around the world.

Критерии самооценки выполненной работы:

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

Практические занятия № 31,32

Тема: Национальные кухни. Французская и итальянская кухни.

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

Приобретаемые умения и навыки: У 1 – У 3, З 1

Формируемые компетенции: ОК 01 – ОК 11

Норма часов рабочего времени: 4 часа

Оснащение рабочего места: раздаточный материал, видеозаписи, инструкционные карты

Литература:

1. Агабекян И.П. Английский язык для СПО - Изд.3-е. перераб. и доп.- Ростов-на-Дону: Феникс, 2020.-316 с.(Среднее профессиональное образование).- ISBN978-5-222-31012-0.

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3. Гончарова, Т.А., Английский язык для профессии «Повар-кондитер»: учебное пособие / Т.А. Гончарова, Н.А. Стрельцова. — Москва : КноРус, 2021. — 267 с. — ISBN 978-5-406-02469-0. — URL:<https://book.ru/book/936236> (дата обращения: 03.03.2022).

4. Зорина, Е.Г., Английский язык для специальности «Технология продукции общественного питания»: учебник / Е.Г. Зорина, М.Ю. Иванова. — Москва : КноРус, 2021. — 216 с. — ISBN 978-5-406-08701-5. — URL:<https://book.ru/book/940488>

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. make up 10 questions about its content. Stage the resulting dialogue.

1. French people have great passion for good food in all its varied forms. France is famous for its wide ranges of cheeses and wines. French cuisine uses French wine and French cheese as they are an integral part of this cuisine and they are used as accompaniments as well as ingredients. Ranging from the conventional baguette or the cheese or the wine, French meals can be simple or elaborate affairs comprising different courses. The amazing range of different climates and geographies support France's local production of many ingredients that are necessary for their cuisine. French cuisine is one of the most refined styles of cooking, be it the famous haute cuisine or the provincial styles and can be rated as one of the world's classical styles of

cooking. There are some major influences of French cooking techniques in most Western cuisine.

Distinctive french cuisine

French cuisine has distinctive features in every region of France and is also known for its diversity and style. Many of the dishes are prepared using olive oil, herbs and tomatoes in the French Mediterranean cuisine, while in the northwest France cuisine use of butter, soured cream (Crème fraîche) and apples will be more. The northeast France like Alsace or Lorraine includes beer and sauerkraut in their cuisine which may be regarded as a German influence. Use of more vegetables and fruits is noticed throughout the south of France because of the favorable climate. Seafood is a favorite with people near the Atlantic coast and the Mediterranean. Those who live in the inland areas near Loire valley use freshwater fish.

Some of popular dishes **like Foie Gras and Coq au Vin** are famous throughout France. Other regional specialties enjoy their popularity too. The reason for this is the availability of quality ingredients and a superior preparation in the respective regions. The choice of ingredients and the style of cooking make it unique. It is little wonder that each region of France can boast of its local specialties. The traditionally elaborate haute cuisine is more popular outside France and is a costly proposition. Mostly influenced by the regional cuisine of northern France and Lyon, it has a significant touch of refinement.

French Food Styles

In terms of ingredients and preparation there are regional influences which are distinctive. French cooking styles also follow three general approaches which vie with each other.

Cuisine bourgeois which is the classical French cuisine typically includes dishes that use cream-based sauces and hence the food is rich and filling.

The most sophisticated and extremely classical French cuisine known as **haute cuisine** offers elegant and elaborate food. The expensive meals use the finest ingredients and tend to be heavy, particularly because of the use of cream in most of the dishes. Presentation is given a strong emphasis; there is precision and uniformity in even cutting the vegetables.

As a reaction to the classical school of cooking, **Cuisine Nouvelle** was developed in the 1970s. This simpler and lighter food is less rich avoiding heavy cream sauces of the classical style and the portions tend to be smaller. With more emphasis laid on local and seasonal ingredients, cooking is quicker and not so elaborate.

Regional specialties are focused in **Cuisine de terroir** which is more rustic in nature. The main focus in this cooking style is on local produce and food traditions.

Wine and cheese are standard accompaniments to a French meal, besides bread and water. Considered as a standard accompaniment to everyday meals, wine is not very expensive. Also it is not reserved for special occasions, like in other countries.

Ordinary wines are served with everyday meals and care is taken to see that the style of wine matches the style of food.

Besides cooking, cheese is served as a separate course in French style of food.

Normally, after the main meal, cheese is served before dessert. The cheese platter typically consists of three or four different varieties of cheeses. It is left for the guest to choose the cheese of their preference and these cheese slices can be taken along with slices of baguette or bread.

French Food

The French love their food and this can be gleaned from time-honored family gatherings around the home dinner table, especially on Sundays and other holidays. They prepare their feasts lovingly over many hours and consume the same leisurely. These feasts include many appetizers and main courses followed by a number of wines. A typical French lunch or dinner consists of:

L'entrée

Le plat principal

Le fromage

Le dessert

Always an aperitif is served before lunch and coffee is offered after dessert. A digestive is offered eventually. The popular aperitif in north is Kir which is white wine with cassis while Pastis made with anise is used in south France. Whisky, Martini or Porto are also some of the other popular aperitifs. For special events, Champagne is offered as aperitif or with dessert. Generally aperitif is served with appetizers.

Starters or L'entrée can be cold or hot or an assortment of both Hors d'oeuvre (small salads and/or vegetable), charcuterie (smoked hams, patés) are some of the starters.

The main course meal is known as Le plat principal. Traditional French main course consists of meat or sometimes fish added with one or two vegetables. Rosbif or the roast beef and Gigot or the legs of mutton or lamb are some classical meats served with flageolets, pommes de terre (potatoes) or haricots verts (French beans). In

between, the main course and cheese are served Une salade verte or the green salads. A minimum of 3 or 4 cheeses like Camembert, Roquefort and Brie are included in a cheese platter which is called Le fromage

At the end of every meal, Le dessert or a dessert is served. Compared to desserts served in other countries French desserts are not very heavy and range from tarte aux pommes to tarte aux fraises -a tart with fruits or a chocolate cake.

A strong espresso coffee or Le café is served after dessert. A digestive like Cognac or Armagnac is offered after coffee.

Beer or soft drinks are not served for a classical lunch. Instead white and or red wine (Le vin) is offered during lunch or dinner. Two glasses are kept for each person, one for the wine and one for water.

An important basic food in France is bread and it is a necessary item with most meals. A long crusty roll known as baguette, which is a normal French bread is brought fresh every day from the bakery.

French Food recipe

Read the recipes of French cuisine, translate them in writing.

Bressane Salad

½ kg poultry livers

200g bacon pieces

8 eggs

4 medium sized tomatoes

Salad dressing

Wash and remove excess water from the salad leaves and separate them as individual leaves. Prepare individual salad portions. Boil the eggs for about 8 minutes, peel and cut into four pieces. Place the eggs over the salad leaves. Cut the cherry tomatoes into two halves or the ordinary tomatoes into four and place them on top of the leaves even before the eggs are placed. In little oil, fry the chicken livers and place them on the

salad. In a non-stick pan, fry the bacon pieces on medium heat without oil till the bacons are crispy. Spread the cooked bacon bits over the salad discarding the fat. Add desired salad dressing.

Poires au Caramel

Caramelized pears known as Poires caramel is a popular pudding in France

4 medium-sized ripe pears

2 or 3 tablespoons lemon juice

100g granulated sugar

300 ml water

50 g butter

Preheat the oven at 200 degree C or 400 degree F. Peel the pears, leaving the stalks on. Brush each pear with lemon juice. In an oven-proof dish, place the pears. In 150 ml water dissolve the sugar and bring it to boil without stirring. Boil the mixture until the syrup turns a light golden caramel. Removing from heat, quickly pour on the remaining water, and stir over a mild heat until the caramel gets dissolved. Pour this caramel over the pears.

Cover with a lid or aluminum foil and cook for 30-40 minutes in a pre-heated oven till the pears are soft and translucent. You can turn the pears in the syrup occasionally while cooking. Lift out the pears carefully and make them stand upright in a serving dish. Put the syrup in a saucepan and boil until it thickens. Add small butter pieces. Pour over the pears and allow it to cool. You can serve the pears with ice cream or lightly whipped cream.

2. Read the text, translate, write a retelling plan for the content.

Describe the French cuisine - a thankless task. It has long been considered one of the best in the world, it has absorbed the culinary traditions of many peoples, and has itself become a source of inspiration for followers from around the world. Many gourmets consider, that French cuisine is the best in the world. National cuisine - is the pride of France. Cooks conceal their secrets, like the Renaissance alchemists, because of their culinary creativity are valued more than gold.

The French - aesthetes. For centuries, they formed the culinary traditions, not only for their own pleasure, but for the subjugation of other nations. France is famous by Norman cheeses, refined wines, and, of course, champagne, which was named in honor of the area Champagne. The cuisine is very varied, so there are three types of French cooking: - widespread, - regional, - high, which might be an example of cuisine kings and upper classes. The general features of the local cuisine should be attributed rather bold combination of many products, the widespread use of fresh ingredients, plenty of vegetables and root vegetables, sauces and seasonings. French cuisine has many features that set it apart from other national cuisines. So the French used in the preparation of red and white wine and cognac and calvados. An integral piece of French cuisine are the spices. The French did not use ground spices, they add them in the form of herbs and taken out before serving dish. It differs from all other French cuisine and the presence of sauces. It is the masterpieces of chefs, and the secrets of cooking sauces are kept in the strictest confidence. The most prominent place is given in cooking meat. If all the world there are three stages of cooking meat (low, medium and strong roasted), then in France, there are six stages. Blue (almost raw meat), as well as raw meat - the least popular. Average raw meat, the meat medium, slightly roasted meat with blood. There is also a ready-made meat and overcook. For breakfast, the French prefer coffee, tea or hot chocolate and croissant. Sometimes, yogurt, and

toast with cheese. French dinner starting at 12 per minute they do not have distribution in the morning / afternoon / evening / night, so that dinner can be called all within 12 to 16. Typically, dinner consists of three courses. At first the French served soup. The French prefer the clear soup, vegetable soups, onion soup, filled with cheese, served in a special pot with baked cheese on the edges, as well as fish soup. On the second - the meat and fish in all its diversity and subtleties of cooking. Served as a garnish vegetables. French supper at 7-9 pm. Supper is usually light, consists of salads, cheeses and cakes. French wine is not only added to the food, but drink almost every day. High cuisine is like a work of art. Frog legs, snails, oysters, foie gras and other delights of French cuisine have created international fame.

3. Italian cuisine

Italian cuisine is known and popular worldwide. Everybody knows pizza, pasta and ciabatta.

But there are a lot of other delicious dishes. Italian cuisine is characterized by fresh food of the Mediterranean region, which significantly differs the original Italian cuisine from its simulation in the world. Italian cuisine

Typical products, used in Italian cuisine are:

- different vegetables
- wheat flour
- cheese
- olives and olive oil
- spices
- fish and seafood
- beef
- poultry
- beans
- fruits (lemons, oranges, peaches) and berries
- white mushrooms
- almonds
- wine, Italian liqueurs, grappa

Italian cuisine differs from region to region.

Roman cuisine

Sicilian cuisine

Sardinian pastries

Lazio cuisine.

Roman cuisine

Cuisine of Rome is based on seasonal ingredients coming mainly from the Roman Campaign, and a fairly simple way of cooking.

It is therefore important ingredients are vegetables, meat (lamb and goat meat) and cheese (Pecorino romano and ricotta).

Typical dressing in the Roman kitchen serves Strutt - lard, served every winter.

Widely used fat from prosciutto, while olive oil - only raw vegetables and sometimes when frying.

Sicilian cuisine

The island of Sicily for centuries been under the domination of different cultures, so cuisine combines elements of different countries.

From these cuisines Sicilian cuisine has adopted a love to spices, as well as to the "exotic" fruits and vegetables (melon, apricots, citrus fruits, sweet peppers).

Sicilian cuisine can be broadly described in three words: pasta, fish and sweets. The most famous Sicilian dishes include arancini (rice balls with fillings), Pasta alla Norma, caponata.

Sardinian cuisine

Sardinian cuisine is based on simple ingredients that originate pastushechih and peasant traditions: bread, cheese and meat.

The central role in the kitchen Sardinia got tuna, eel, lobster and other seafood. The traditional

Sardinian cuisine is famous for its desserts, many of which consist of honey, nuts and fruit.

Pecorino sardo - one of the varieties of pecorino.

Lazio cuisine

The capital of Lazio and the whole Italy is Rome, where the best restaurants and many famous cafes, specializing in ice cream are placed.

Extensive use of lamb and veal are typical for regional cuisine and cooking of high quality products is simplified. One of the typical dishes of Lazio is Suppli al telefono (means "Telephone line"), presenting risotto balls stuffed with hot melt mozzarella cheese.

Italian cuisine is very popular all over the world, but there are a lot of different dishes, which you haven't tried yet.

Try as many different Italian dishes, as you can, because it's worth it.

4. **Traditional Italian food** is arguably the most popular and well known cuisine in Europe and indeed the entire world.

Typical Italian ingredients, methods and dishes influence other palettes across the globe, and even spawn sub-cultures such as American-Italian food.

Generally Italian dishes are characterised by their simplicity, focusing heavily on fresh, quality, seasonal ingredients. Of course, Italian cuisine is mostly known worldwide for being the home of pizza, pasta and ragu.

Authenticity lies at the heart of traditional Italian cooking with a significance placed on preserving original recipes that have been passed down generations.

Furthermore, Italian dishes are often defined by regionality with certain foods being traceable back to a very specific region of Italy and sometimes even being named after that part, *bolognese* from *Bologna* for example.

The diversity by region, especially between the north and the south, is what makes Italian food so incredibly rich and varied, with so much to uncover.

Italian delicacies and specialities are also defined by family traditions and regional styles, so each Italian food experience you have can differ from one place to the next.

Whenever I travel to Italy I am constantly amazed by the difference it makes to eat the most authentic versions of dishes straight from the source.

If you only indulge in one thing on your Italian travels, make sure it is the food!

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Критерии самооценки выполненной работы:

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Практические занятия №33, 34

Тема: Национальные кухни. Восточные кухни. Кавказская национальная кухня

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

Приобретаемые умения и навыки: У1 – У3

Формируемые компетенции: ОК 01 – ОК 11

Норма часов рабочего времени: 4 часа

Оснащение рабочего места: раздаточный материал, видеозаписи, инструкционные карты

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Содержание работы

Chinese food

Chinese food is famous all over the world, but you may be shocked by its surprising range and variety of ingredients if you've only eaten in Chinese restaurants abroad. Chinese food has countless delicious and fantastic dishes. And people from different



areas have different cuisine types, which can be bland, sweet, salty, spicy, or sour.

China's Regional Food Types

China can be divided into several regions with distinct styles of cooking. The ingredients used are based on the natural and agricultural products of each region.

Northern China food — salty, simple, less vegetables with wheat as the staple food. Food using wheat as its main ingredient, such as noodles and dumplings is prevalent there.



Pickled cabbages

Northerners tend to eat more (red) meat and dairy, as the calories, fat, and protein strengthen their bodies against the chilly weather.

Western China food — hearty halal food /сытняя

There is no pork or carnivorous animals on the menu. **Wheat** is the main staple grain, and a **few vegetables** are grown there, mostly onions, carrots, peppers, eggplants, and tomatoes. Xinjiang is also famous for its fruit, particularly **dried fruit**.

Protein foods include **mutton** top of its ingredients list, beef, camel meat, horse meat, and various dairy foods.

Central China food — spicy with a lot of seasonings. It is characterized by lots of preserved foods, particularly pickled vegetables and tofu, which give it its sour flavor.



Sichuan hotpot

Eastern China food — sweet and light. Eastern food features an abundant use of seafood, fish, pork, poultry, a **wide variety of vegetables**. Both rice and wheat are common staples.



Sweet and sour fish

Southern minority food — sour, and many minorities eat chilies every day.

Southern ethnic food is typically **simple and full of natural ingredients, with little wastage**. Heads, feet, and innards are all eaten. **Pickling in brine or vinegar, sun-drying, and curing** were traditionally the only ways to preserve foods in the damp southern weather. The "mountain peoples" pickle vegetables, tofu, and chilies; smoke meat, poultry, fish, and tofu; and sun-dry fruits, fish, vegetables, and chilies.



Guizhou sour fish

Tastes of Chinese food are traditionally categorized into **five flavors: salty, spicy, sour, sweet, and bitter.**

Chinese **emphasize "he" harmony** of five flavors. According to traditional Chinese medicine, the harmony of the five flavors can not only improve taste enjoyment, but also have the function of achieving balance to promote health, as well as treating diseases and aiding recovery from injury.

Chinese food has a distinctive culinary style all its own. The emphasis is on fresh, seasonal ingredients, prepared with a minimum of fuss and beautifully balanced for color, texture, and presentation.

Questions for the text. (on the contrary)

1. What tastes can be Chinese food?
2. What are the main features of Northern China food ?
3. What are the main dishes of **Western China food**?
4. What products include protein?
5. What are the main dishes of **Central China food**?
6. How can you characterize dishes of **Eastern China food** ?
7. What are the main dishes of **Southern minority food**?
8. What **five flavors** of Chinese food are traditionally categorized into?
9. What do Chinese **emphasize** ?
10. What can food improve?
11. What way do Chinese cook?

FOODS OF THE JAPANESE

Japan accounts for about 8 percent of all the fish caught in the world. Each person in Japan eats more than 150 pounds of fish per year, or around three pounds of fish per week.

Rice and noodles are the two primary staples of the Japanese diet. Rice, either boiled or steamed, is served at every meal. Noodles come in many varieties. Among the most popular are:

- Ramen - thin, curly noodles, also made from wheat flour (egg noodles with soup, vegetables and meat or fish)



Udon - thick white noodles made from wheat flour . (Thick noodles with soup that can be with tofu, meat or vegetables. For the hot dish, noodles and soup are usually served together in the same bowl. For the cold dish, noodles and soup are usually served in different dishes)



Soba - thin brown noodles made from buckwheat flour. (Thin noodles with soy-sause-based soup. In hot dishes, noodles and soup are usually served

together in the same bowl. For cold dishes, the noodles and soup are usually served in different bowls).

Noodles (like in most Asian foods) are used often in Japanese foods. The dishes usually come originally from China; nevertheless they have reached a unique development in Japan.

Soy sauce and other soybean products are also staples in Japan. These include miso (fermented soybean paste) and tofu (a soybean curd that resembles custard).

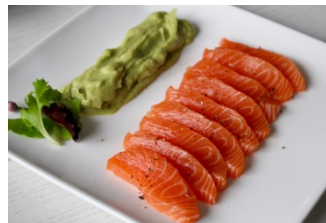
Soya beans are a very important ingredient in Japanese cooking; it is used in soya sauce, miso and tofu. Soya milk is also used as a drink. One example of a dish with soya beans in it, is tofu. Tofu is made from pressing soybeans into cubes and then boiling them. Tofu is often in soups and stews. Deep fried tofu is also used in many popular Japanese dishes, for example as kitsune udon and inari sushi. Soya beans also have omega 3 fatty acids, that can also be found in salmon.

Other common ingredients in Japanese food include bamboo shoots, daikon (a giant white radish), ginger, seaweed, and sesame seed products.

Japanese pickles called *tsukemono* are served at every meal. Seafood is also plentiful in this island nation.

Green tea is the national beverage of Japan, although black tea is also available. *Sake* (SAH-kee, wine made from rice, usually served warm) and beer are also very popular.

Two uniquely Japanese foods are *sushi* (fresh raw seafood with rice) and *sashimi* (fresh raw seafood with soy sauce); both rely on freshly caught fish or seafood. Dishes prepared in a single pot (*nabemeno*) are popular throughout Japan.



Wasabi is a spice traditionally prepared from a plant from the cabbage family. Its root is used as a spice and has a very strong flavor. The root is smashed up into paste and used as a condiment. Its hotness is more like hot mustard or horseradish than chili pepper, because it irritates the nose more than the tongue. Eating too much wasabi can cause a very painful feeling in the nose. It is often eaten with sushi.



Sukiyaki is a dish made up of paper-thin slices of beef (or sometimes chicken), vegetables, and cubes of tofu cooked in broth.

Shabu-shabu is beef and vegetables, also cooked in broth but then dipped in flavorful sauces.

Each region has its own selection of favorite foods. People living on the cold northern island of Hokkaido enjoy potatoes, corn, and barbecued meats. Foods in western Japan tend to be more delicately flavored than those in the east.

The Japanese are known for using very fresh ingredients in their cooking. They prefer using fresh, seasonal foods for their meals, buying it the same day it will be cooked. The Japanese are also famous for their skill in arranging food so that it looks beautiful. The people of Japan live long lives and have a low rate of heart disease because of healthy eating habits.

Questions for the text. (on the contrary)

1. How much fish does each person in Japan eat per year?
2. What are the two primary staples of the Japanese diet?
3. What types of noodles are there?
4. What is made of soya beans?
5. What is tofu?
6. What other common ingredients are in Japanese food?
7. What are the national beverages of Japan?
8. What is sushi?
9. What is sashimi?
10. What is Wasabi?
11. What are others Japanese dishes?

Turkish cuisine

Turkish cuisine has something for every taste, from sweet Baklava and rich yogurt to amazing **pickles** and Turkish coffee.

The better-known meat dishes come in different styles depending on the region of origin: the **spicy Adana**; the **mellow Urfa**; the *Antep*, sandwiched between thick eggplant slices; a simple *dürüm* wrap in thin unleavened *lavaş* bread. The most famous is the *İskender kebab*, where **razor-thin** slices of lamb are smothered in yogurt, tomato sauce, and butter.

Turks adore their yogurt, they use yogurt in combination with salty dishes. It is **denser** and has a touch of acidity. Do not be surprised to find some next to your meat and your vegetables. A favorite beverage is the cool, salty *ayran*.

The Turkish breakfast is usually oven-fresh bread accompanied by honey and Turkish clotted cream (or *kaymak*), preserves like rose and fig marmalade, sheeps' milk cheeses, and tomatoes and cucumbers drizzled in olive oil are standard fare, but every region has its own specialties. You have to try the *menemen*: runny **scrambled** eggs cooked with onions, green peppers, and tomatoes.

Rose. Its petals also make **incredible** marmalade or can be infused in apple vinegar and olive oil.

Baklava. This dessert is the sweet stacks of fine filo pastry, drenched in milky honey and covered in pistachio nuts.

Nuts and fruit. figs, cherries, strawberries, peaches, melons, watermelons, mandarin oranges, apples, chestnuts, walnuts, pistachios, olives, lentils, chickpeas, green beans, peppers, tomatoes, cucumbers, eggplant, beets, and honey.

Pide. Dubbed “Turkish pizza,” *pide* is flatbread baked in a wood-fired oven. It comes with a variety of meaty toppings: *sucuk* (Turkish sausage), pastrami, and minced (*kıyma*) or chopped (*kuşbaşı*) lamb meat are popular offerings. Cheese and veggies are also utilized. Some restaurants will break an egg on top of your *pide* when they take it out the oven, which keeps everything super succulent.

Turks will pickle just about anything. Eggplants, tomatoes, cabbage, plums — there are even reports of pine cones — they all get immersed in tart vinegar.

Turkish ice cream is like no other you’ve had. It has the distinctly smoky taste of natural mastic. The thickness comes from *salep*, made from the root of the *Orchis mascula*.

In almost every country, from Poland to Japan, there’s a version of meat **wrapped** in steamed dough. The Italians call it *ravioli*, the Georgians eat *khinkali*, and Turks tuck into plates of *mantı*. This version of dumplings is served with **dollops** of fresh, tart yogurt, doused with melted butter, and sprinkled with chopped herbs and chili flakes. It’s as tasty as it sounds.

Turkish *dolma* is a dish where rice and meat gets stuffed into hollowed-out peppers, tomatoes, zucchini, or dried eggplants, then slowly braised. *Sarma* sees the same ingredients rolled in vine or cabbage leaves.

Turks have very sweet teeth, and sugared chestnuts, or *kestane şekeri*, are just one of a plethora of candied fruits, vegetables — even nuts with their shells still on — you’ll find here.

The dessert is *tavuk göğsü*, or chicken breast pudding. This strange-seeming blend of boiled chicken, milk, and sugar that’s been dusted with cinnamon is — perhaps surprisingly — delicious. Pictured above is the caramelized version, called *kazandibi*.

Find the synonyms: **pickled** - spicy, **unbelievable** - incredible, **mixed** - scrambled, **minced** meat - ground meat, **juicy** - mellow, succulent, **abundance** - plethora [ˈpleθərə] избыток, изобилие,, **thick** - dense, **tasty** – delicious, **filled** – stuffed, **sliced** - razor-thin, **rolled** – wrapped, **dollops** - spoons.

Name

Kinds of meat	Fruit & vegetables	Seasoning

c) Answer the questions.

What have you known about the Turkish cuisine?

What types of dishes do you prefer?

V. Listening - Speaking. Watch a short video. What recipe does it describe?

Try to do the same thing yourselves. Work in pairs. One of you read the given recipe and the other translate it without looking.

How to Cook Sweet and Sour Pork



One of the classic dishes of the Han people (90% of Chinese), sweet and sour pork is included in Zhejiang cuisine, Shandong cuisine, Sichuan cuisine, and Cantonese cuisine, of

which the Shandong-cuisine style is the most popular.

Sweet and Sour Pork Nutrition The tenderloin is the most tender cut of pork. It is very rich in protein and contains fat and some trace elements, such as calcium, phosphorus, thiamin (vitamin B1), iron, and niacin (vitamin B3).

Ingredients and Seasonings

Main ingredients: 200g pork tenderloin, 1 egg, water

Seasonings: 2g salt, 5g white sugar, 10g light soy sauce, 10g starch, 30g tomato sauce, 10g vinegar, coriander



pork tenderloin



tomato sauce



coriander



egg

Preparation

1. Crack the egg into a bowl. Separate the egg white and yolk.



2. Slice the pork tenderloin into strips.

3. Prepare the marinade using a pinch of salt, one teaspoon of starch, two teaspoons of light soy sauce, and an egg white.

4. Marinate the pork strips for about 20 minutes.

5. Put the remaining starch in a bowl. Add some water and vinegar to make a starchy sauce.



Cooking Instructions

1. Pour the cooking oil into a wok and heat to 190°C (375°F). Add the marinated pork strips and fry them until they turn brown. Remove the cooked pork from the wok and place on a plate.

2. Leave some oil in the wok. Put the tomato sauce and white sugar into the wok, and heat until the oil and sauce are fully combined.

3. Add some water to the wok and thoroughly heat the sweet and sour sauce before adding the pork strips to it.

4. Pour in the starchy sauce. Stir-fry all the ingredients until the pork and sauce are thoroughly mixed together.

5. Serve on a plate and add some coriander for decoration.



How to Cook Yangzhou Fried Rice

Yangzhou fried rice is also called Yangzhou fried rice with egg. It is a popular Yangzhou

specialty with a long history. It's said that it originates from a powerful minister, Yang Su, from the Sui Dynasty (581–618) and his favored dish, Sui Jin Fan (fried rice with egg).

It is dazzling with many colorful ingredients. It is also a good choice to make with leftover rice.

Ingredients and Seasonings

Main ingredients: 250g cooked rice (or leftover rice), 2 eggs, 2 carrots, 4 mushrooms, 50g corn kernels, 1 cucumber, 1 red bell pepper, 50g sausage

Seasonings: 1 soup spoon salad oil, 4g salt

(The amount of the seasonings can be adjusted according to personal taste.)



Preparation

1. Crack the eggs into a bowl and whisk them until thoroughly mixed using a wire whisk or chopsticks.
2. Cut the sausage into $\frac{1}{2}$ cm cubes. Finely chop the mushrooms, carrots, red bell pepper, and cucumber.



Cooking Instructions

1. Heat some cooking oil in a wok. Add the beaten eggs and fry them on a medium heat. After the eggs have set, break them up into small pieces. Remove the egg mixture from the wok and place it onto a plate.
2. Add some cooking oil to the wok. Add the mushrooms, corn kernels, carrots, cucumber, red bell pepper, and sausage, and stir-fry them briefly.
3. Add the fried egg mixture to the rest of the ingredients in the wok along with the cooked rice, and stir-fry evenly. Add some salt and continue to stir-fry until the ingredients are thoroughly mixed.
4. **Serve the Yangzhou fried rice on a dish for sharing or into a bowl for one person.**

VI. Reflection.

1. **Match pairs the country and the dish.**

1. Japan 2. China 3. Turkish	a) manti	
	b) miso	
	c) sweet and sour fish	
	d) pickled cabbages	
	e) sushi	
	f) menemen	
	g) sashimi	
	h) pide	
	i) Guizhou sour fish	

2. Translate the recipe.

Gohan (Boiled Rice)

Ingredients

1 cup Japanese short-grain rice, uncooked (available at most supermarkets and Asian food stores)

1¼ cups water

Procedure

Wash the rice and allow it to soak in a saucepan for about 30 minutes; let drain.

Return the rice to the saucepan, add water, and bring to a boil over high heat.

Reduce heat, cover, and let simmer, cooking about 15 minutes more until water has been absorbed by the rice.

Reduce the heat to medium and keep covered, allowing rice to steam for about 15 minutes.

Serve in individual bowls with chopsticks (optional).

Serves . To eat rice, the rice bowl is held in the left hand, close to the mouth. The chopsticks are used to push the rice into the mouth as the bowl is slowly rotated in the hand.

Read and translate the text.

Put 8 questions to the text

Caucasian Cuisine

The Caucasus has always been famous for its cooking. It is often called “the home of long life”. The longevity of the people living in the Caucasus is explained not only by the excellent climate, but also by their healthful and nourishing cuisine. The abundance of vegetables, fruit, and fragrant herbs and spices help the cooks to invent a distinctive style of cuisine. The gourmets like the exquisite taste and aroma of these dishes.

In recent years there has been a growing interest in Europe and North America in what is usually called a “Mediterranean” cuisine. A number of Caucasian specialties such as kebabs, dolmas, pilaf, and pahlava are the same in Turkish and Greek restaurants. Nevertheless, there are many unique and distinctive qualities in the way Caucasian cooks and chefs prepare these dishes.

One of the most characteristic peculiarities of Caucasian culinary is a combination of tart with sweet, produced by the addition of pomegranate juice, dried lemons, or sour plums, along with dried fruits such as apricots, quince, raisins, and persimmons.

Chestnuts are also used to garnish meat and other dishes, and fresh pomegranate seeds are added to the plate just before it is brought to the table.

Caucasian cuisine is rich in various appetizers, soups, hot and cold dishes. A great variety of green vegetables are used in making appetizers. They are: egg-plants, tomatoes, cabbage, sauerkraut, cauliflower, beets, potatoes, garlic, brown onions, spinach and also greens, spices, mushrooms and walnuts. Walnuts are widely used in making sauces to dishes of any kind. Caucasian cuisine has recipes of lots of appetizers:

Fried egg-plants with tomato sauce.

Salted egg-plants and walnuts.

Stuffed egg-plants with walnuts, garlic, brown onions, cress salad, celery, parsley, dried cinnamon, clove, vinegar, cayenne, salt.

Baked egg-plants with walnuts and pomegranate.

Fried mushrooms with tomatoes and walnut sauce.

Caucasian cuisine has many meat dishes:

Boiled beef in tomato sauce with greens.

Roast beef and string-beans with green.

Beef fillet stewed in walnut and tomato sauce.

Pork fillet stewed with quince.

Boiled mutton in garlic sauce.

Liver in pomegranate sauce.

Rice pilaf.

Everywhere you can taste shashlyk (meat on a spit). It is made of suckling, lamb, beef and chicken.

The poultry dishes are also very popular in Caucasian cookery:

Chicken in garlic sauce.

Chicken in walnut sauce. The sauce is made from minced walnuts, garlic, kinza, salt and vinegar. The chicken is roasted or boiled, then cut in pieces, put on a dish and poured over with this sauce.

Chakhobily of chicken.

Chicken "Tabaka".

Satsiviy with poultry.

Caucasian cuisine

Caucasian cuisine is rich in various appetizers, soups, hot and cold dishes. A great variety of green vegetables is used in making appetizers. They are: egg-plants, tomatoes, string-beans, cabbage, sauerkraut, cauliflower, beets, potatoes, garlic, brown onions, spinach and also greens, spices, mushrooms, eggs and walnuts. The latter are used in making sauces to dishes of all kind. What appetizers can guests taste? Here are some of them. 1) Egg-plants stuffed with walnuts, garlic, brown onion, cut small kinza, celery, parsley, dried cinnamon, clove, winy vinegar, cayenne, salt. 2) Baked egg-plants with walnuts and pomegranate. 3) Fried egg-plants and tomato sauce. 4) Salted egg-plants and walnuts. 5) Grilled mushrooms and walnut sauce. 6) Stewed tomatoes and walnuts. 7) String-bean salad. 8) Spinach, garlic and thick sour-cream etc.

There are soups to any taste but most popular are spicy soup khartcho, tender chihirtma and thick chanahy.

As for meat dishes, the guests can taste meat-boiled, roast, stewed, grilled **and on a spit. For example: 1) boiled beef in tomato sauce with greens; 2) roast beef and string-beans with greens; 3) beef fillet stewed in walnut and tomato sauce;**

4) pork fillet stewed with quince; 5) boiled mutton in garlic sauce; 6) liver in pomegranate sauce; 7) pilaf.

Meat on a spit shashlyk is served everywhere in Georgia. It is suckling, lamb, beef, chicken and even kidneys.

The poultry dishes are also very popular in Caucasian cookery: 1) oiled chicken in garlic sauce; 2) roast or boiled chicken in walnut sauce (bazha). The sauce is made from minced walnuts, garlic, cut small kinza, salt and vinegar. The chicken is roasted or boiled, then cut in pieces, put on a dish and poured with this sauce. 3) chakhobily of chicken; 4) chicken "Tabaka"; 5) satsivy of poultry.

How about fish and fish dishes? The guests can taste: 1) fried fish in tomato sauce; 2) boiled fish in garlic sauce; 3) satsivy of fish. There are many egg-dishes: 1) cheese-sulguny and eggs; 2) tomatoes and eggs; 3) string-beans and eggs; 4) walnuts, pomegranate and eggs and some others.

Let us add a few words about baked items. We all know khachapouri - pies with cheese and egg filling. But not everybody knows that khachapouri can be baked with potatoes, kidney-beans or top beets. Then go pies with raisins and walnuts, honey pies and sweet, delicious gozinaky (shelled chopped walnuts boiling with honey). Gozinaky is a traditional New-Year dish. For tea you can have a great variety of jams: apricot, sweet cherries, water-melon, fig, quince and even green tomato jams.

Найдите в тексте следующие эквиваленты:

Запеченные баклажаны с орехами и гранатом, тушеные помидоры и грецкие орехи, отварная говядина в томатном соусе с зеленью, жареная или вареная курица, фаршированные грецкими орехами, пироги с сыром и яйцом, традиционное новогоднее блюдо, чесночный соус.

Ответьте на вопросы по тексту:

1. What green vegetables are used in making appetizers?
2. What appetizers can guests taste?
3. What spicy soups are popular in Caucasian cookery?
4. What meat dishes can the guests taste?
5. What poultry dishes are very popular in Caucasian cookery?
6. What is khachapouri?
7. What is gozinaky made of?

Критерии самооценки выполненной работы:

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

