

МИНИСТЕРСТВО НАУКИ И ВЫСШЕГО ОБРАЗОВАНИЯ
РОССИЙСКОЙ ФЕДЕРАЦИИ

Федеральное государственное автономное образовательное учреждение
высшего образования «Национальный исследовательский Нижегородский
государственный университет им. Н.И. Лобачевского»,
Институт филологии и журналистики

Meals

Учебное пособие

Рекомендовано методической комиссией ИФИЖ для студентов ННГУ,
обучающихся по направлению подготовки 45.03.01 «Филология».

Нижний Новгород

2021

УДК 811.111(075.8)

ББК Ш143.21я73

S 43

S 43 Ю.Н. Meals: Учебное пособие / сост. Ю.Н. Хусяинова. – Нижний Новгород: Изд-во ННГУ, 2021. – 136 с.

Рецензенты: кандидат пед.наук, доцент Ю.Н. Карпова,
кандидат филол.наук, доцент Ю.Н. Зинцова

В настоящем пособии изложен материал по теме «Meals». Данное пособие направлено на развитие языковых навыков, а также на тренировку всех видов речевой деятельности. Пособие состоит из 7 разделов и содержит современные аутентичные материалы, соответствующие учебной программе. Пособие предназначено для студентов ННГУ, обучающихся по направлению подготовки 45.03.01 «Филология», изучающих английский язык, как в аудитории для выполнения заданий под руководством преподавателя, так и для самостоятельной работы студентов.

Ответственный за выпуск:
председатель методической комиссии
ИФИЖ ННГУ канд. филол. н., доцент Л.С. Макарова

УДК 811.111(075.8)

ББК Ш143.21я73

©Нижегородский государственный университет им. Н.И. Лобачевского, 2021

Оглавление

Введение.....	4
Part 1. FOOD AND EATING HABITS. TOPICAL VOCABULARY...5	
PART 2. FOOD AND MEALS. READING AND VOCABULARY PRACTICE.....	18
PART 3. TOPICAL VOCABULARY RESTAURANTS. EATING AND DRINKING.....	50
PART 4. EATING OUT.	53
PART 5. PROVERBS AND IDIOMS.	70
PART 6. ADDITIONAL READING.....	79
PART 7. CHECK YOURSELF.....	118
Список источников информации.....	135

ВВЕДЕНИЕ

Данное учебное пособие предназначено для студентов 2 и 3 курсов, обучающихся по направлению «Филология» (45.03.01), а также для студентов других языковых специальностей, изучающих тему «Meals».

Основная цель данного учебного пособия – развитие устной речи на основе совершенствования речевых навыков, развитие техники чтения и умение понимать учебные и аутентичные тексты, содержащие усвоенную лексику, а также развитие навыков письменной речи.

Пособие состоит из 6 частей и включает в себя словарь по темам «Food and Eating Habbits» и «Restaurants. Eating and Drinking», различные тексты, в том числе и диалоги, по теме, разнообразные упражнения к текстам, направленные на закрепление лексических единиц, развитие диалогической и монологической речи, а также подготовку презентаций. 6 и 7 части «Additional Reading» и «Check yourself» направлены на самостоятельную работу студентов.

PART 1. FOOD AND EATING HABITS

1. TOPICAL VOCABULARY

1. Food and Meal

Food is a general term for anything that people eat: bread, meat, fish, vegetables, fruit, dairy products, tinned goods, sweets, etc.

eg. Man cannot live without food.

Meal is a generalizing collective term for breakfast, lunch, tea, dinner and supper.

eg. How many meals a day do you have?

Dish [n C] several foods cooked together in a particular way, especially in a way that is typical of a country or place.

eg. a delicious vegetable dish with a spicy nut sauce

Specialty [n C] is a type of special food that a restaurant, country or area is famous for.

eg. The village is famous for its seafood specialties.

Fish curry is a local specialty.

Snack [n C] is a small amount of food eaten between main meals or instead of a meal.

eg. I only had time to grab a quick snack.

Takeaway (Br E) **takeout** (Am E) – a meal that you buy from a restaurant and then eat at home.

eg. Dave just lives on beer and takeaways.

I don't feel like cooking tonight – let's get a takeout.

Breakfast is the meal you eat when you get up in the morning.

eg. What do you want for breakfast – cereal or toast?

have breakfast

eg. George was having breakfast when the phone rang.

Brunch is a meal eaten in the late morning, as a combination of breakfast

and lunch.

Lunch is the meal you eat in the middle of the day.

eg. We had an early lunch and spent the afternoon shopping.

At work we are allowed one hour for lunch.

have lunch

eg. Shall we have lunch before we go out?**Dinner** is the meal you eat in the evening.

eg. What shall we have for dinner?

go out for dinner – to go to a restaurant or to someone else's house.

eg. We went out for dinner at the Ritz.

have dinner

eg. Why don't you come and have dinner with us?

Supper is the meal you eat in the evening. (In British English **supper** is usually a less formal meal than **dinner**, and you have it at home, not in a restaurant.)

eg. After supper we watched a video.

Tea (Br E) is a meal you eat at home early in the evening.

eg. What's for tea?

have tea

eg. The children came home from school, had their tea, and did their homework.**Dinner party** is a formal meal in your home when you invite friends or guests.

have a dinner party

eg. We are having a dinner party on Tuesday, would you like to come?

Picnic is a meal that you take with you to eat outside.

eg. We took a picnic down to the beach.

have a picnic

eg. It was a beautiful day – we had a picnic by the river. **Barbecue** is a party when you cook and eat food outside.

have a barbecue

eg. If the weather is nice, we'll have a barbecue.

2. Part of a meal

Course is a dish served at a meal; a part of a meal served at one time.

eg. Dinner may consist of two or more courses.

Soup was followed by a fish course.

main course is the biggest course in a meal.

eg. For the main course we had roast turkey with vegetables.

a three-course meal/a five-course meal

eg. In La Porcetta you can get a really nice three-course meal for \$20.

Refreshments – small amount of food and drink that are provided at a meeting.

eg. Refreshments will be served after the meeting.

Hors-d'oeuvre [o:d'3:vr] /**hors-d'oeuvres** (pl) – food that is served in small amounts before the main part of the meal (usually on the menu).

Starter (Br E) **appetizer** (Am E) is the first part of a meal in a restaurant.

eg. What would you like for a starter – soup or garlic mushrooms? / a delightful appetizer of small clams.

Dessert/pudding (Br E)/**sweet** (Br E) is the sweet part of a meal that you have at the end.

eg. “Would you like a dessert, Madam?” “Yes, please, I'll have the cheesecake.”

have smth for dessert/pudding/sweet

eg. I had fruit salad for dessert.

What are we having for pudding?

Would you like a sweet, or some cheese and biscuits?

3. Ways of Cooking

to make breakfast, lunch, dinner, etc.

to cook- to prepare food by heating (boiling, roasting baking, frying).

to fry- to cook (or be cooked) in boiling fat. We usually fry fish, potatoes, eggs, bacon, pancakes, etc.

to roast- to cook (or be cooked) in an oven or over an open fire. In this way we may cook meat (veal, pork), fowl (chicken, turkey), etc.

to stew – to cook by slow boiling in a closed pan with little water. In this way meat may be cooked, also vegetables, fruit, etc.

to bake – to cook food in an oven, without any liquid or fat.

eg. Put the cake into a hot oven and bake for 35 minutes.

to grill (Br E) broil (Am E) – to cook food, especially meat or fish, by putting it directly underneath a flame or a heated electric object.

eg. Grill the steak for about five minutes on each side.

to steam – to cook food in steam.

eg. Steam the courgettes [kʊə'ʒets] for 3-4 minutes.

to stuff – to put chopped up and specially flavoured food into (a bird) before cooking it.

eg. stuffed pepper

to boil – to cook something in boiling water.

eg. a soft/hard boiled egg

casserole – a kind of stew that is cooked slowly in an oven

barbecue – a meal or gathering at which meat, fish, or other food is cooked out of doors on a rack over an open fire or on a special appliance

season – add salt, herbs, pepper, or other spices to (food)

4. Ways of preparing food before you cook it

to mix – to put two or more types of food together.

eg. Add eggs to the flour and butter, and mix well.

to mix smth with smth; to mix smth together

to stir – to mix things together by moving them slowly around with a spoon or fork.

eg. She kept stirring the mixture until it was completely smooth.

to beat – to mix eggs, cream etc together thoroughly with a fork or a special tool, using quick, strong movements.

eg. Carry on beating the margarine and sugar until they are light and fluffy.

to whisk – to mix eggs, cream etc very quickly with a special tool or machine, so that they get air in them and become thicker.

eg. My mother whisked eggs and sugar in a large bowl.

to grate – to rub cheese, fruit etc against a rough or sharp surface in order to break them into small pieces.

eg. grated carrot

to pour – to make a liquid or a substance such as salt or pepper flow out of or into a container.

to pour smth out/into/down etc

eg. Kim poured some water into a glass.

Why don't you pour yourself another drink?

to peel – to remove the skin from fruit or vegetables.

eg. peeling potatoes

to carve – to cut a large piece of cooked meat into smaller pieces using a big knife.

eg. Carve the lamb into slices and arrange in a hot serving dish.

to cut - to divide something into two or more pieces using a knife.

eg. Do you want me to cut the cake?

to slice/slice up – to cut meat, bread etc into thin flat pieces.

eg. Could you slice the joint for me? (a large piece of meat for cooking usually containing a bone).

to chop/chop up – to cut food into smaller pieces.

eg. Chop an onion into pieces.

to dice/dice up – to cut food into small square pieces.

eg. diced carrots

to drain – to make the water or liquid flow away from something.

eg. Can you drain the spaghetti, please.

to crush – to press something in order to break it into very small pieces, or into a powder.

eg. Crush two cloves of garlic.

to mash/mash up – to crush something especially a food that has been cooked, until it is soft and smooth.

eg. Do have the rest of the mashed potato.

to squeeze – to get liquid from smth by pressing it.

eg. Squeeze a bit of lemon onto the fish.

to skewer ['skjuə] – to make a hole through a piece of food with a skewer or with something similar.

eg. Grant skewered bits of meat and put them on the barbecue.

to sprinkle - to scatter small drops of liquid.

to sprinkle smth on/over smth/with smth

eg. Sprinkle the pasta with cheese.

to mince - cut up (food, especially meat) into very small pieces, typically in a machine

5. Laying the Table

a salt-cellar

a pepper box/ pepper shaker

a mustard pot

a sauce boat/ gravy boat

a cruet stand - cruet ['kru:ɪt] a small container or set of containers for salt, pepper, oil, or vinegar for use at a dining table

a bread plate /bread basket a bread bin/ bread box

a butter dish

a sugar basin/sugar tongs

china

crochery

a dinner set

a dish

a dinner plate

a soup plate

a soup tureen [tʃʊ'ri:n] – a deep covered dish from which soup is served

cups and saucers

a mug

a glass/a white/red wine glass / a sherry glass / a brandy glass / a beer glass/mug

/ a champagne glass

a goblet ['gɒblɪt] - a drinking glass with a foot and a stem

a decanter [dɪ'kæntə]

a water/milk jug

a tea-pot

a tea-kettle

a coffee-pot

a tray

cutlery/silverware

a fork

a knife

a carving knife/fork

a spoon / a tea-spoon / a coffee spoon

a ladle

a table-cloth

oil-cloth – КЛЕЕЧКА

a table napkin/serviette [ˌsɜːvɪ'et]

a bowl /a fruit bowl /a salad bowl

a cheese board

oil and vinegar bottles

6. The First Course

clear soup

chicken broth [brɒθ]

cabbage soup

pea soup

noodle soup

tomato soup

vegetable soup

garlic soup

onion soup

fish soup

oyster ['ɔɪstə] **soup**

7. The Second Course / The Main Course/ Entrees

entrée [a:n'trei] – the main dish of a meal

meat: beef, pork, mutton, lamb, veal, steak, ground meat (фарш), bacon, ham, chops, chicken, goose, turkey, filet (boiled, fried, stewed, roasted, grilled, smoked, jellied, tinned).

fish: herring, pike, tuna, plaice/flat fish, salmon, sturgeon ['stɜ:dʒ(ə)n] (осетр), haddock ['hædək] (пикша), catfish, trout (форель), lobster, crayfish/crawfish [ˈkreɪfɪʃ] (речной рак), oysters, caviare, kipper (копченая рыба, копченая сельдь) (boiled, fried, smoked, salted, coated in batter, stuffed, stewed, jellied).

garnish: French fries/chips, potatoes (boiled, fried, mashed,...in their jackets), vegetables (fried, stewed, stuffed), macaroni, spaghetti, vermicelli, rice, maize, millet, oats, wheat, barley, buckwheat.

to garnish with..... –to add something to food in order to decorate it.

8. Salads

fruit salad, meat and vegetable salad, cheese salad, Greek salad, mixed salad/Russian salad/medley ['medli].

9. Fruits

apple, (a bunch of) grapes, clementine, coconut, pineapple, mango, papaya, dragonfruit, grapefruit, guava, orange, tangerine, kiwifruit, lemon, nectarine, lime, (a bunch of) bananas, pear, plum, peach, pomegranate, avocado, melon, watermelon.

10. Berries

gooseberries, blackberries (ежевика), cranberries, blueberries, bilberries ['bilb(ə)ri] (черника), strawberry, raspberries, cherries.

11. Dairy products

milk, milk shake, butter, cheese yogurt cream (heavy cream, sour cream, etc), ice cream, whey, ghee, ayran, condensed milk, cottage cheese, cream cheese, whipped cream

12. Nuts

cashew(s), peanut(s), almond(s), chestnut(s), pistachios [pɪ'stɑːʃiəʊ], hazelnuts ['heɪz(ə)lnʌts] (фундук), almonds, macadamia nuts, walnuts ['wɔːlnʌts] (грецкий орех)

13. Vegetables

Artichoke, asparagus, broccoli, (a head of) cabbage, brussels sprouts, lettuce, spinach, (an ear of) corn, French beans, string beans, kidney beans, black beans, (a clove of) garlic, tomato, (bell) pepper, cucumber, potato, (spring) onion(s), carrot, mushrooms, peas, (a head of) cauliflower, eggplant, pumpkin, zucchini, radish, black radish, beet/beetroot, turnip.

14. Seafood: prawns, shrimps, crab, lobster, crayfish, squid (кальмар), mussels (мидии), oyster (устрица)

15. Herbs

Anise ['ænis], basil ['bæzɪ], caraway ['kærəweɪ] (тмин), coriander [ˌkɔːri'ændə], chamomile ['kæməmaɪl], daikon, dill, fennel, lavender ['læv(ə)ndə], lemongrass, marjoram ['mɑːdʒ(ə)rəm], oregano [ˌɔːri'gɑːnəʊ], parsley, rosemary, thyme [taɪm] (тимьян, чабрец)

16. Spices: curry, cinnamon, ginger, nutmeg ['nʌtmeg] (мускатный орех)

17. Desserts

Cakes, cookies, custards, doughnuts, ice cream, pastries, pies, tarts, puddings, jello, chocolate, candies

18. Vegetable Preparation

to wash thoroughly from dust and dirt

to peel potatoes (thin or thick)

to scrape new potatoes

to pare/scrape a carrot

to trim a cabbage

19. Containers and Quantities

a carton of milk

a container of yogurt

a bottle of soda

a package of cookies

a loaf of bread

a bag of flour

a jar of coffee

a can of soup
a box of cereal
a cube/lump of sugar
a hunk of cheese ([hʌŋk] - a large piece of something, especially food, cut or broken off a larger piece)
a rasher of bacon ([ˈræʃə] - a thin slice of bacon)
a slice of cake/pizza/bread/lemon
lump of butter (крупный кусок)
a segment of lemon
a pinch of salt = a dash of salt — щепотка соли
a dash of sauce = a drop of sauce
a bar of chocolate
a square of chocolate

20. Quality of Food

How do you like/find the.....?

How is the.....?

Is it eatable?

The sauerkraut ([ˈsauəkraʊt] кислая, квашеная капуста) is simply uneatable.

The meat is unfit for the table.

The steak is too tough/hard to bite.

The cutlet is underdone.

Do you call this stuff salad? Do you call this a dinner?

The coffee is undrinkable.

The fish is excellent/delicious.

It tastes all right.

It is just to my taste/liking.

The soup is first-class/rate.

The beefsteak is done to a turn (cooked for exactly the right amount of time).

I've had a hearty meal.

I've eaten to my heart's content (do something enjoyable for as long as you want to do it:).

It tastes of vinegar.

The yogurt tastes sour/ bitter/sweet.

Do not smoke on an empty stomach!

I'm dying for a drop of water.

The chocolate trifles simply melt in the mouth.

The beef stew makes my mouth water. /My mouth is watering.

You are very good at baking.

I'm starving!

The layer cake is a delight to see.

Ketchup is sure to improve the impression.

I don't care for mustard.

Do you take milk in your coffee?

21. Synonyms and Antonyms

to be underdone # to be overdone

to be undersalted # to be oversalted

a hard boiled egg # a soft boiled egg

tough = hard to bite # tender = soft

delicious = tasty # tasteless = uneatable = unfit for the table/eating

to chill = to cool = to make cool

dressed with... = seasoned with... = flavoured with...

to be a success # to be a failure

to begin with = to start with # to finish with

black coffee # milky/white coffee = coffee with milk

soft drinks # strong drinks = alcoholic beverages

a heavy/hearty eater # a poor eater

a picky eater = a fussy ['fʌsi] eater = a choosy eater

a hasty ['heɪsti] meal = a fixed meal = a light meal # a substantial meal = a solid meal
a home party # an outing party

to lay the table = to set the table

to serve = to wait upon

to wait = to expect

to one's taste = for one's liking

to leave for... # to stay

to have a bite = to have a snack

to leave = to forget

22 Flavours and tastes – adjectives and some opposites (#)

sweet # **bitter** [sharp/unpleasant]

sour [eg. unripe fruit]

hot, spicy [eg. curry] # **mildbland** [rather negative]

salty [a lot of salt]

sugary [a lot of sugar]

sickly [too much sugar]

savoury [pleasant, slightly salty or with herbs]

tasty [has a good taste/flavour] # **tasteless** [no flavour at all]

23. General appearance, presentation and quality

These chips are terribly **greasy**. [too much oil/fat]

This meat is **overcooked/overdone** / **undercooked/underdone**.

British cooking can be very **stodgy**. [heavy, hard to digest]

Mm, this chicken's **done to a turn**. [just perfect, not overdone]

These pistachio nuts are terribly **moreish**. [informal; you want to eat more]

PART 2. FOOD AND MEALS. READING AND VOCABULARY PRACTICE

Exercise 1

- a) Say when you have meals and what you like to eat and drink for breakfast, lunch, dinner and supper.
- b) Say what you dislike for breakfast, dinner and supper.
- c) Say what they serve in the refectory at your university and what you usually choose.
- d) Say what you can cook in five minutes.

TEXT 1.

Living in Russia one cannot but stick to a Russian diet. Keeping this diet for an Englishman is fatal. The Russians have meals four times a day and their cuisine is quite intricate.

Every person starts his or her day with breakfast. Poor Englishmen are sentenced to either a continental or an English breakfast. From the Russian point of view, when one has it continental it actually means that one has no breakfast at all, because it means drinking a cup of coffee and eating a bun. A month of continental breakfasts for some Russians would mean starving. The English breakfast is a bit better, as it consists of one or two fried eggs, grilled sausages, bacon, tomatoes and mushrooms. The English have tea with milk and toast with butter and marmalade. As a choice one may have corn flakes with milk and sugar or porridge.

In Russia people may have anything for breakfast. Some good-humoured individuals even prefer soup, but, of course, sandwiches and coffee are very popular. One can easily understand that in Great Britain by one o'clock people are very much ready for lunch. Lunch is the biggest meal of the day. That would be music for a Russian's ears until he or she learns what lunch really consists of. It may be a meat

or fish course with soft drinks followed by a sweet course.

The heart of a Russian person fills with joy when the hands of the clock approach three o'clock. His or her dinner includes three courses. A Russian will have a starter (salad, herring, cheese, etc.), soup, steaks, chops, or fish fillets with garnish, a lot of bread, of course, and something to drink. The more the better. At four or five the Russians may have a bite: waffles, cakes with juice, tea, cocoa, or something of the kind.

In Great Britain they have dinner at five or six. Soup may be served then, but one should not be misled by the word "soup". British soup is just this paste and a portion is three times smaller than in Russia. A lot of British prefer to eat meat. "Fish and Chips" shops are very popular with their take-away food. The more sophisticated public goes to Chinese, Italian, seafood or other restaurants and experiments with shrimp, inedible vegetables and hot drinks.

Supper in Russia means one more big meal at seven. The table groans with food again. In England it is just a small snack – a glass of milk with biscuits at ten.

Most Russians have never counted calories and they are deeply convinced that their food is healthy. Some housewives may admit that it takes some time to prepare all the stuff, including pickles, home-made preserves and traditional Russian pies and pancakes. But they don't seem to mind too much and boil, fry, roast, grill, broil, bake and make. Paraphrasing a famous proverb one can say: "What is a Russian man's meat is a British man's poison".

Notes on the text

cuisine – a particular style of cooking.

intricate – containing mainly small parts or details that all work or fit together.

fillet [ˈfilit] [fiˈlei] - a piece of fish or meat without bones.

waffles [ˈwɒfəl] [ˈwa:fəl] –flat thin cakes marked with a pattern of deep squares.

inedible –not suitable for eating.

take-away food – a meal that you buy at a shop or restaurant to eat at home.

sophisticated – 1) having a lot of experience of life, good judgement about socially important things such as art, fashion, etc.

2) having a lot of knowledge and experience of difficult or complicated subjects and therefore able to understand them well.

to groan with food – if a table **groans with food** there is a very large amount of food on it.

calori – a unit for measuring the amount of energy that food will produce.

pickle – a strong-tasting liquid made with vinegar, used to preserve vegetables.

preserve – a substance made from boiling fruit or vegetables with sugar, salt or vinegar.

to broil - to cook something under direct heat, or over a flame or a barbecue.

refectory – a large room in a school, college etc where meals are served and eaten (Am. – cafeteria).

VOCABULARY PRACTICE

Exercise 2. Study the text. Look up the words in a dictionary, transcribe and learn them.

diet, fatal, cuisine, intricate, actually, starving, sausage, marmalade, porridge, sandwich, course, approach, soup, steak, fillet, garnish, waffles, cocoa, sophisticated, Chinese, restaurant, inedible, groan, biscuit, calories, preserves.

Exercise 3. Give the English equivalents to the following, using the words and word-combinations from the text.

-живя в России, нельзя не придерживаться русской диеты

-для англичанина такая диета смерти подобна

-русская кухня не простая (замысловатая)

-бедные англичане обречены либо на континентальный, либо на английский завтрак

-с точки зрения русского человека континентальный завтрак означает на самом деле ничего не есть совсем

-выпить чашку кофе с булочкой

-месяц континентального завтрака для русского человека означал бы умереть голодной смертью

-для разнообразия можно позавтракать хлопьями с молоком или овсянкой

-русские на завтрак едят все, что угодно

-некоторые шутники даже предпочитают суп

-самый значительный прием пищи

-для русского человека это был бы бальзам на душу

-сердце русского человека переполняется радостью, когда время подходит к 3 часам дня

-русские едят обед из трех блюд

-к обеду могут подать суп

-но само слово “суп” может быть обманчиво

-британский суп – это похлебка, да и порция в три раза меньше, чем в России

-многие британцы предпочитают мясо

-ресторанчики быстрого питания “Fish and Chips” очень популярны своей едой на вынос

-более изысканная (изощренная) публика отправляется в разного рода рестораны

-где они куражатся, поглощая креветок, несъедобные овощи и горячие напитки

-стол снова ломится

-многие русские никогда в жизни не подсчитывали калорий

-они глубоко убеждены, что их пища здоровая

-некоторые хозяйки признают, что приготовление пищи отнимает довольно много времени

-традиционные русские пироги да блины

-но они не очень-то сетуют

Exercise 4. Use the taste and flavour words to describe the following.

1. Indian curry
2. pizza
3. sea water
4. an unripe apple
5. a cup of tea with five spoonfuls of sugar
6. strong black coffee with no sugar
7. factory-made white bread

Exercise 5. Sort these dishes out under the headings *starters, main courses or desserts.*

chicken casserole, coffee gateau ['gætəu], fresh fruit salad, sorbet, Irish stew, prawn cocktail, rump steak, chocolate cake, grilled trout, shrimps in garlic.

Exercise 6. What might you say to a person / people with you in a restaurantif.....

1. your chips had too much fat on them?
2. your dish had obviously been cooked too much/too long?
3. your piece of meat was absolutely perfectly cooked?
4. your dish seemed to have no flavour at all?

Exercise 7. How do you like the following foods prepared? What do you like to put on the foods from the list below?

- 1) a leg of chicken, a fillet of cod, eggs, prawns, potatoes, mushrooms,

cheese, sausages

- 2) salt, pepper, vinegar, mustard, brown sauce, ketchup, salad-dressing, oil, mayonnaise, lemon juice

Exercise 8.

1. Which are *fish* and which are usually called *seafood*?

prawns, sardines, squid, oysters, mackerel, mussels, hake, crab, plaice, trout, lobster, cod, sole, whiting.

2. What do we call the *meat* of these animals?

calf, deer, sheep, (two names), pig (three names).

3. Which of these fruit grow in your country/region? Are there others not listed here?

peach, plum, grapefruit, grape, nectarine, star-fruit, blackcurrant, raspberry, melon, lime, kiwi-fruit, mango.

Exercise 9. Put each of the following verbs into its correct place in the sentences .

to chew, to lick, to polish off, to swallow, to gnaw, to consume, to peck at, to gorge, to digest, to bolt.

1. The children have no appetite. They just their food. They hardly eat anything.
2. My mother always used to say to me: "Now make sure you meat carefully before you it."
3. Statistics show that we more fruit and meat than 10 years ago.
4. He has an enormous appetite. I've seen him four hamburgers and a pile of chips at a sitting.
5. As children we used to ourselves on ice-cream, chips and chocolate, and then feel very sick.
6. The starving prisoners were so desperate they would any meat bones they could find.

7. It's not good for your body to your food so quickly. Eat slowly so that you can.....it properly.
8. He was so hungry that when he'd finished his food, he began to the plate!

Exercise 10. Answer the following questions using words from the list at the top of Exercise 9.

1. How do people eat ice-cream cones?
2. How do hungry people eat?
3. How do very greedy people eat?
4. How do people eat if they are not very hungry?
5. How do dogs eat?
6. What is a good, healthy way to eat meat?
7. What is an unhealthy way to eat, and why?

Exercise 11. Some meat is given a different name from the animal it comes from. What animals do the following meats come from?

- | | |
|---------|--------|
| pork | veal |
| beef | mutton |
| bacon | ham |
| venison | lamb |

Exercise 12. Match each verb on the left below with the food item on the right it is most often associated with.

- | | | |
|----|----------|-----------------|
| 1. | to pluck | cheese |
| 2. | to crack |an orange |
| 3. | to grate | a chicken |
| 4. | to knead | a nut |
| 5. | to peel | a rabbit |
| 6. | to skin | a joint of meat |

7.	to slice	dough
8.	to carve	a loaf
1.	to mince	cream
2.	to shell	meat
3.	to toss	a hard-boiled egg
4.	to whip	eggs
5.	to stuff	a cake
6.	to mash	a chicken
7.	to beat	a pancake
8.	to ice	potatoes

Exercise 13. Explain the difference between the words or phrases in each of the following pairs.

1. starving and parched
2. a snack and a square meal
3. stale and mouldy
4. puckish and ravenous
5. uneatable and inedible
6. a beer-bottle and a bottle of beer
7. a starter and a dessert
8. a restaurant and a café

TEXT 2.

A MEAL OR MURDER?

Exercise 1. What is the name for:

- somebody who doesn't eat meat?
- somebody who doesn't eat any animal products?
- somebody who eats meat?

Exercise 2. Read Text A and Text B. Do you agree with Kerry who thinks that “it is natural for humans to eat meat” or with Helen who feels “guilty after eating meat”? Give your reasons.

Text A

Helen’s Point of View

Helen has been a vegetarian for a year and a half.

“It happened all of a sudden,” she says, “I just couldn’t eat meat any more. It made me feel sick. I suddenly thought of it as eating an animal, like a piece of cow instead of a piece of beef. I did have a few meat meals during the first few weeks, but I felt so incredibly guilty and ashamed afterwards that I soon stopped. I wouldn’t eat meat now if you paid me.

“When I told my mum I wanted to be a vegetarian, she went: “No, no, no”, but I talked to dad and he said I could. I got round them by telling them I’d probably be sick if they give me meat. Mum took me to the doctor who gave me loads of advice, I’ve felt fine ever since. I’ve got thinner, but that’s O.K. by me. I gave up meat because I think it’s wrong to kill animals.

“Chickens and turkeys are the worst – it’s easier to imagine them as whole animals. I eat eggs and cheese, but we have our own chickens so the eggs are free-range. Some vegetarian foods annoy me, like when they are called vegetarian beef or something, because that’s imitating meat which is nearly as bad as having the real thing. I don’t find vegetarian food boring, though. School’s no problem either because they always have a soya meal for vegetarians.

“I do get a bit of stick from my friends about my beliefs. They say: “I’ll get you a pig’s heart for Christmas.” But I can be a bit annoying sometimes because I’m always trying to convert them. I try to, but it’s always difficult.

“I feel so strongly about vegetarianism and I’m convinced it’s a healthier way of life.”

I feel proud because turning vegetarian is a big decision to make. You do feel so much better inside for doing it, though. To be honest, I don’t know how people can’t feel guilty tucking into a big, juicy steak.

Text B

Kerry's Point of View

“A diet with meat in it is a lot more healthier than a vegetarian one”, says Kerry. “Vegetarians always look a bit skinny and I should imagine a lot of them miss out on their protein. I mean, you don't get much protein from vegetables and fruit, do you? And lots of them need to take vitamin tablets and things.

“I've never considered becoming a vegetarian. I love meat and I'll eat any kind – except possibly rabbit. That's because I see rabbits as pets, whereas a cow isn't, and my father brings a lot of rabbits home to chop up and eat and that puts me off a bit. I'd eat rabbit if it was already chopped up and came in a packet, but I don't like seeing animals killed.

“I think being a vegetarian is a bit half-hearted, to tell you the truth. A bit hypocritical. You should either be a complete vegan or a meat eater. Lot's of vegetarians wear leather and it seems to me as if they can't make up their minds. The only stand I make is not to wear fur. I'd never wear a fur jacket because certain animals are killed for their fur and nothing else. If you kill a cow, you eat the meat and wear the skin. That's O.K. because it's natural for humans to eat meat. Animals kill animals, and humans are animals – so they kill animals to stay alive.

“Vegetarians tend to learn all there is to know about vitamins and all that, but I don't really think about food that much. I just eat what my parents eat. I can understand people wanting to save animals, because I love animals myself, but killing animals for meat doesn't strike me as being wrong. It's not as if the animals are tortured or anything – it's just one shot. That's it. Anyway, I don't see an animal on a plate when I have some meat. I don't think of it like that. I just like my meat that's all.”

Notes on the texts

Text A

to get round smb = to persuade smb

free-range = kept, produced in natural, non intensive conditions

stick (*пазл*) = порка

to tuck into smth – есть с жадностью, вливаться зубами во что-либо

Text B

to miss out on smth = notice or regret absence of...

to put off - вызывать отвращение (e.g. it puts me off – это вызывает у меня отвращение)

to make a stand = to be against

Exercise 3. Find the following words or phrases in the texts. Try to work out from the context the most likely meaning of the words from the alternatives provided:

Text A

a) it happened all of a sudden (without anyone noticing; quickly and unexpectedly)

b) I do get a bit of stick from... (something to hit somebody with; unfriendly comments)

c) I'm always trying to convert them (have a conversation with them; change what they believe in)

d) ...and I'm convinced it's... (completely certain; not sure if)

e) ...feel guilty tucking into a... (eating enthusiastically; refusing to eat)

f) to get round somebody (to invite; to persuade somebody)

Text B

a) ...miss out on their protein (something in food that builds up the body; lunch)

b) ...is a bit half-hearted (not making much real effort; very sad)

c) a bit hypocritical (too worried about their health; dishonest in their feelings)

d) ...as if they can't make up their minds (invent something; reach a decision)

e) ...the animals are tortured or anything (caused great pain and suffering; killed quickly)

- f)...puts me off (makes me dislike something; is puzzling)
g) stand (wish; opinion that you state firmly and publicly)

Exercise 4. Give the English equivalents to the following: Text A

- 1) быть вегетарианцем
- 2) я просто не могла больше есть мясо
- 3) меня от этого тошнило
- 4) испытывать острое чувство вины и стыда
- 5) я бы сейчас не стала есть мясо, даже за деньги
- 6) убедить кого-либо
- 7) он дал мне массу советов
- 8) я немного похудела
- 9) перестать есть мясо
- 10) вегетарианская пища не кажется мне однообразной
- 11) друзья порой издеваются над моими убеждениями
- 12) я всегда стараюсь переубедить их
- 13) я убеждена, что это более здоровый образ жизни
- 14) стать вегетарианцем – это поступок
- 15) как можно не чувствовать себя виноватым
- 16) есть с жадностью, впиваться зубами

Text B

- 1) выглядеть худым, как щепка
- 2) им не хватает белка
- 3) принимать поливитамины и все такое
- 4) я никогда не собиралась стать вегетарианкой
- 5) я считаю кроликов домашними животными
- 6) разделать и съесть
- 7) нерешительный

- 8) лицемерный
- 9) абсолютный вегетарианец
- 10) принять решение
- 11) быть против
- 12) людям свойственно есть мясо
- 13) я не считаю, что убивать животных на мясо, неправильно
- 14) ведь животных же не мучат

Exercise 5. Complete these sentences:

Text A

- a) Helen became a vegetarian because...
- b) She persuaded her parents to agree by...
- c) She eats...
- d) She feels that being a vegetarian...

Text B

- a) Kerry thinks it's healthier to eat meat because...
- b) She won't eat rabbit, unless it's chopped up, because...
- c) She thinks vegetarians are hypocritical because a lot of them...
- d) She feels strongly about fur because...
- e) She is happy to eat meat because...

Exercise 6. Answer the following questions:

1. When did Helen give up eating meat and why?
2. What did her parents say and do?
3. What kind of animals does she think the worst to eat?
4. What kind of food does she eat?
5. How does she feel about being a vegetarian?
6. What is the difference between a vegetarian and a vegan?
7. Why does Kerry think that eating meat is healthier?
8. Does she eat all kinds of meat?

9. Does she wear fur?
10. How can she eat animals when she is an animal lover?

Exercise 7. Work in groups of three. Each person should take one of the roles below:

- a) You are a vegan. You strongly disagree with people eating meat, fish, eggs, cheese or milk.
- b) You are a vegetarian. You do not eat fish or meat but see nothing wrong in eating dairy products.
- c) You are a gourmet. You love good food, including meat, fish and dairy products.

Think about the things you can eat. Compare your diets and try to persuade each other of your point of view.

Exercise 8.

Some people who are keen on dieting do not cook at all. They say: “Why cook? Raw food is fine!” Read the text about raw food and say what you agree or disagree with. Use the phrases below to express your agreement, disagreement, surprise, approval, disapproval.

I agree.....

I disagree....

It's true....

It's unheard of

It sounds strange/unbelievable/absurd.....It's common knowledge.....

TEXT 3

WHY COOK? RAW FOOD IS FINE!

Cooking, we are told, came in by accident, when a man tried to rescue a pig from a fire. Having burnt his fingers and licked them to soothe the pain, he liked

the taste and decided to burn more pigs, and so the idea of cooking came into being.

Now, when so much of our food is denatured, raw food therapy is coming to the fore, and besides being so much more healthful, can be very appetizing.

Grated raw carrot, swede, beetroot, turnips, etc..., should be eaten daily, and with some finely chopped green peppers; indeed anything from the greengrocer's will make a good meal with either meat or cheese.

Mushrooms too are a very good protein, equal in value to the most expensive "cut of the joint". Add to all this some garlic (a natural antibiotic), some raw green stuff such as lettuce, watercress, even dandelion or comfrey leaves and you have the basis of a really tasty and health-giving meal.

Any herbs can be sprinkled over the salad and a dressing of lemon juice and vegetable oil, with a little sea-salt if desired, and you will feel well fed and not stuffed, as one does with an ordinary cooked meal.

For a snack, why not try an apple with a piece of your favourite cheese, instead of the usual starchy bun or biscuit. In fact, it is worthwhile to cut out all the so-called foods, made from white flour and white sugar, especially if you are trying to slim.

White flour and white sugar should find no place in the diet, as they are completely devoid of any food value. Your children will not need to visit the dentist so often and there will be better health all round.

Many people are afraid of eating garlic because they think it will make them unattractive to their friends but if some raw green stuff is eaten with the raw garlic, then there will be no smell on the breath at all. Garlic will neutralize any body smell, which is very often the result of eating very highly seasoned and unhealthy foods, particularly the refined carbo-hydrates.

By eating raw food, one gets all the vitamins instead of pouring them down the drain with the cooking water. If you cook, then use the water for soup or gravy. Another thing will appeal to the busy person – there will be much less washing up!

Exercise 9. Make a list of rules for those who are keen on slimming.

Exercise 10.

It's common knowledge that raw food diet is a way out for those who overeat. How do you think people get into the habit of overeating? Is it easy to give up this habit?

Herbert suffered from overeating. Now read the story "A Reward for Virtue" and say if he managed to give it up.

TEXT 4.

REWARD FOR VIRTUE.

My friend Herbert has always been fat, but things got so bad recently that he decided to go on a diet. He began his diet a week ago. First of all, he wrote out a long list of all the foods which were forbidden. The list included most of the things Herbert loves: butter, potatoes, rice, beer, milk, chocolate, and sweets. Yesterday I paid him a visit. I rang the bell and was not surprised to see that Herbert was still as fat as ever. He led me into his room and hurriedly hid a large parcel under his desk. It was obvious that he was very embarrassed. When I asked him what he was doing, he smiled guiltily and then put the parcel on the desk. He explained that his diet was so strict that he had to reward himself occasionally. Then he showed me the contents of the parcel. It contained five large bars of chocolate and three large bars of sweets.

Comprehension Questions:

1. Why did Herbert decide to give up his bad habit?
2. What things did his list of forbidden things include?
3. What did he hide under his desk when his friend came to see him?
4. How did he explain the fact? Was he a strong-willed person?

TEXT 5

WE SHOULD ALL GROW FAT AND BE HAPPY!

What a miserable lot dieters are! You can always recognize them from the sour expression on their faces. They spend most of their time turning their noses up at food. They are forever consulting their calorie charts; gazing at themselves in mirrors; and leaping on to weighing-machines in the bathroom. They spend a lifetime fighting a losing battle against spreading hips, protruding tummies and double chins. Some wage all-out war on fat. Mere dieting is not enough. They exhaust themselves doing exercises, sweating in sauna baths, being pummeled and massaged by weird machines. Don't think it is only the middle-aged who go in for these fads either. Many of those bright young things you see are suffering from chronic malnutrition: they are living on nothing but air and water.

“Wonderfood is a complete food”, the advertisement says. “Just dissolve a teaspoonful in water.....”. A complete food it may be, but not quite so complete as juicy steak.....

What's all this self-inflicted torture for? It will be a great day when all the dieters in the world abandon their slimming courses; when they hold out plates and demand second helpings!

Exercise 1. Answer the questions.

- 1) What is your opinion on the problem?
- 2) Do you know people who are overweight?
- 3) Do they keep a diet? Which one?
- 4) Have you ever experienced any diet? What are your impressions?

Exercise 2. You have received an order to make a film advertising raw food. What are your arguments for and against?

Exercise 3. You have just found out that your best friend decided to become a vegetarian. Write him a letter sharing your ideas and opinion about his choice.

TEXT 6. Read the dialogue in pairs.

VISIT TO DIETICIAN

Dr. Jones: Good morning, Mrs. Fat. Sit down, please.

Mrs. Fat: Good morning, Dr. Jones. Do you mind if I sit on the sofa?

Dr. Jones: No, not at all. You can take any seat you like. So you would like to lose weight, wouldn't you?

Mrs. Fat: Exactly. I've been overweight all my life and now I think it's time I started dieting.

Dr. Jones: Oh, yes. I see. You know... before I can recommend you a particular diet I must learn all about your eating habits. How many meals a day do you normally have?

Mrs. Fat: I usually have only three meals a day. I mean breakfast, lunch and dinner, but unfortunately I very often eat between meals.

Dr. Jones: What do you have for breakfast?

Mrs. Fat: A traditional English breakfast. I have a glass of orange juice, a bowl of cereal and bacon and eggs. And then I drink tea.

Dr. Jones: Do you take milk in your tea?

Mrs. Fat: I normally drink tea with cream, though I realise that I should have it with skimmed milk.

Dr. Jones: And what about lunch?

Mrs. Fat: Well, that depends. On some days I just have a couple of sandwiches for lunch, but sometimes I also have a bowl of soup and cakes or pies to follow.

Dr. Jones: What do you have for dinner and when do you have it?

Mrs. Fat: I normally have dinner at 8 p.m. I know it's a bit too late, it just happens so. What do I have? You know, I like to have a very substantial dinner – a starter, like a salad or assorted meat, followed by a main course such as beefsteak or fish and chips and then dessert and tea or coffee.

Dr. Jones: What do you have for dessert as a rule?

Mrs. Fat: Ice-cream or cakes, or both.

Dr. Jones: And what do you eat between meals?

Mrs. Fat: Peanuts, chocolate, popcorn, crisps and stuff. Sometimes I just like to nibble candies.

Dr. Jones: In fact, many people do the same and yet they have no problems with excess weight. Let me see... Do you fry one or two eggs with your bacon in the morning?

Mrs. Fat: I actually take eight eggs, but I share my breakfast with my toy-poodle dog.

Dr. Jones: I see. Here is my prescription: Don't change your diet. Change your dog. Replace it with a Labrador. Or keep both dogs and share all your meals with them. And here is the telephone number of a vet, who is a very good dog dietician, just in case your dogs might need a correction of their diet.

Exercise 1. Explain the meaning of the following words:

food, meal, dish, course, overweight, diet, breakfast, lunch, dinner, supper, snack.

Exercise 2. Give the English equivalents to the following, using the words and word combinations from Text 3.

-не возражаете, если я присяду на диван?

-итак, Вы хотите похудеть, не так ли?

-я всегда была полной

-самое время садиться на диету

-рекомендовать какой-либо рацион питания

- я должен знать все о Вашем режиме питания
- сколько раз в день Вы едите?
- к сожалению, я очень часто перекусываю
- тарелка каши
- Вы пьете чай с молоком?
- хотя я понимаю, что мне надо бы пить чай с обезжиренным молоком
- как сказать/по-разному/раз на раз не приходится
- я ем суп, а потом пирожки или пирожные
- просто так получается
- плотный обед
- для начала салат или какое-нибудь мясо в ассортименте
- затем горячее
- а что вы принимаете в пищу в промежутках?
- я люблю “поклевать” конфеток
- другие делают тоже самое, но у них нет проблем с избыточным весом
- делиться завтраком с кем-либо
- нуждаться в коррекции рациона питания

Exercise 3. Dramatize the dialogue between Mrs. Fat and Dr. Jones.

Exercise 4. Read and discuss the text 4.

What will people eat in future? Eating habits change from generation to generation. Before scientists learned about vitamins and other ingredients of food, people believed in eating large quantities of food and didn't pay attention to a balanced diet. A good eighteenth century meal consisted of as many as twenty courses. The Romans were famous for their great feasts and big appetites.

In the year 2100 people's eating habits may be just as surprising but in a very different sort of way. Probably there will be an end to food as we know it today. Meals as we know them may become the thing of the past. Food and vitamins will

be taken in the form of capsules, tablets and pills. Maybe this idea is not very pleasant but it may be an answer to food shortages and world famine.

Exercise 5. Answer the questions.

- 1) Do you agree that eating habits change from generation to generation?
- 2) What did people believe before scientists learned about vitamins?
- 3) What did a good eighteenth century meal consist of?
- 4) What were the Romans famous for?
- 5) What will probably happen by the year 2100?
- 6) Do you believe this will really happen?

Exercise 6. Translate into English:

1. Я завтракаю в восемь часов утра.
2. За завтраком я обычно съедаю бутерброд и выпиваю чашку чая.
3. Мой брат всегда ест яичницу с ветчиной на завтрак.
4. Что ты ешь в обед на второе?
5. Какой десерт нравится твоей маме?
6. Я никогда не перекусываю между завтраком, обедом и ужином.
7. Вы хотели бы похудеть?
8. У тебя нет лишнего веса и тебе не надо садиться на диету.
9. Я терпеть не могу рыбу с картошкой.
10. Мой друг постоянно ест жареный арахис или соленую воздушную кукурузу. Меня это раздражает.
11. – Что такое традиционный английский завтрак? – По-моему, это стакансока, кукурузные хлопья с молоком, яичница с ветчиной и чай.
12. Я люблю плотно поесть в обед – закуску, суп, второе, десерт и выпить чашечку крепкого кофе.

TEXT 7

EXPECTING GUESTS

Mother: Jane, dear, the Browns are coming to visit us today and I should like to treat them to a really good dinner. Do help me. I'm so pressed for time.

Jane: Gladly, Mother. I have some time to spare, and you know I'm not so bad at cooking.

Mother: Then let's draw up the menu and see what provisions we'll need. What kind of soup do you think they would like?

Jane: I'm sure they'll find beet soup with sour-cream delicious.

Mother: Well, I don't object to that and you can cook it yourself: you really are very good at it.

Jane: Shall we have fish or meat for the second course?

Mother: If I am not mistaken Mrs Brown prefers fish to meat; as for her husband, he doesn't like fish at all. I suppose we'd better have fish and meat. The women can have stuffed fish with boiled potatoes while Dad and Mr Brown will have roast beef, Yorkshire puddings, roast potatoes, carrots, Worcester sauce and mustard.

Jane: Mother! And what about salad?

Mother: Goodness! Of course we must have some kind of appetizer. I quite forgot about it. Only let's have a nice salad of fresh vegetables – tomatoes, cucumbers, radish, green peas and lettuce – with mayonnaise, besides it can be made in no time.

Jane: Oh, and what wonderful fruit salad we can make of apples, pears, plums and cherries for dessert.

Mother: Remind me, darling, to ring Father up and tell him to come home early. On his way home he can drop in at one of the shops and buy a bottle of wine and some sweets.

Notes on the text

Yorkshire pudding – йоркширский пудинг (жидкое тесто, которое

запекается под куском мяса на рашпере и впитывает стекающий сок и растопленный жир).

Worcester sauce – вустерский соус (пикантный соевый соус).

Exercise 1. Look up the words and word-combinations in a dictionary, transcribe and learn them.

time to spare, to draw up a menu, provisions, delicious, Yorkshire pudding, Worcester sauce, appetizer, mayonnaise, dessert.

Exercise 2. Give the English equivalents to the following, using the words and word-combinations from Text 5.

- мне бы хотелось угостить их хорошим обедом
- у меня времени в обрез
- ты же знаешь, я неплохо готовлю
- давай-ка набросаем меню
- им наверняка понравится твой свекольник со сметаной
- я не против
- приготовь его сама, у тебя это хорошо получается
- а на второе будем мясо или рыбу готовить?
- предпочитать рыбу мясу
- фаршированная рыба с отварным картофелем
- нам нужно приготовить холодные закуски
- его, кстати, очень быстро готовить

Exercise 3. Answer these questions. Work with a group-mate:

1. Who did the mother and Jane expect on a visit?
2. What did the mother ask Jane about?
3. What were they going to cook for dinner?
4. Why did Jane want to cook fish?

5. Why did they decide at last to have both fish and meat?
6. Did the mother forget about salad?
7. They thought it was necessary to have some kind of a starter, didn't they?
8. They decided to make mixed salad with cheese, didn't they?
9. What did they plan to make for dessert?
10. The mother decided to drop in at a shop and buy some sweets, didn't she?
11. What do you think of the menu of their reception?

Exercise 4. Are the following statements true or false?

1. The mother would like to treat the Browns to a real fine dinner.
2. Jane was sure the guests would find beet soup to their taste.
3. The mother and Jane agreed to cook fried chickens for the second course. The mother forgot about salad.
4. The mother thought that the guests would find mixed salad delicious.
5. Jane and the mother decided not to cook appetizers.
6. Jane was good at cooking beet soup.
7. Mrs. Brown preferred fish to meat. Her husband did not care for fish at all.
8. Jane and her mother decided to cook both fish and meat.
9. The mother asked Jane to buy some ice-cream for dessert.

Exercise 5. These are 4x4 dialogues. Each situation is expressed by four dialogues arranged in parallel, so that any of A's first utterances may be followed by any of B's first utterances and so on. That means that with a 4x4 arrangements, you have many different variations of the same situation. Dramatize them.

AT LUNCH.

I

A You must have some more chicken.

B No, thanks. I'm supposed to be slimming.

A Can't I tempt you?

B Well, may be I could manage a very small piece.

II

A Would you like to finish up the omelette?

B No, really, thank you. I just couldn't eat any more.

A Come on now. Surely you can manage it.

B No, thank you, really. I must have put on pounds as it is.

III

A Another piece of meat pie?

B No, thanks, really. I'm on a diet.

A Please do. You've hardly eaten anything.

B It's delicious, but I don't think I ought to.

IV

A Do have the rest of the mashed potato.

B No, thank you. I've had too much already.

A Just take it to please me.

B OK, but only a small piece or I shan't have room for any pudding.

Tea is the number one drink in Britain and the average person has about four cups of tea a day. In times of disaster or tragedy "a nice cup of tea" is offered as a kind of universal cure.

TEA-TIME.

I

A Would you care for a cup of tea?

B Only if you are having one.

A Do you take milk and sugar?

B A dash of milk and two lumps, please.

II

A I expect you could do with a cup of tea, couldn't you?

B I'd rather have a cup of coffee, if you don't mind.

A Milk and sugar?

B A milky one without sugar, please.

III

A How about a nice cup of tea before you go?

B Yes, I'd love one.

A How do you like it?

B A strong one with three spoons for me, please.

IV

A Would you like a cup of tea?

B Only if it is not too much trouble.

A Do you like it with milk and sugar?

B Not too much milk and just half a spoonful, please.

Notes

a dash of milk: a very little milk

two lumps: two sugar cubes

Exercise 6. Prepare a report.

- a) Prepare a report on a traditional meal that you have in your family. The meal can be for a holiday, an anniversary, or any time family members traditionally get together. Plan to speak for about 15 minutes.
- b) Present an oral report to your group. Give people a chance to ask you questions.
- c) Write a summary of the information you give in your report.

Exercise 7. Study the following recipes.



Picture1. Shepherd's pie.

Shepherd's Pie comes to us from England, and is traditionally made with lamb or mutton. In the USA people are more of a beef eating culture than a lamb eating one, and when one is served "shepherd's pie" here, it is most often made with ground beef.

In England (and Australia and New Zealand) they would call the beef dish a "cottage pie" and the lamb dish "shepherd's pie".

Regardless of what you call it, a shepherd's pie is basically a casserole with a layer of cooked meat and vegetables, topped with mashed potatoes, and baked in the oven until the mashed potatoes are well browned.

When you dig in you get a spoonful of mashed potatoes, some crispy bits, meat, and vegetables all in one bite. It's pure comfort food.

Ingredients

3 large (1 1/2 - 2 pounds) potatoes , peeled and quartered

8 tablespoons (1/2 cup) butter

1 medium onion, chopped (about 1 1/2 cups)

1-2 cups vegetables—diced carrots, corn, peas

1 1/2 pounds ground round beef

1/2 cup beef broth

1 teaspoon Worcestershire sauce

Salt, pepper, other seasonings of choice

Method

Boil the potatoes:

Place the peeled and quartered potatoes in medium sized pot. Cover with at least an inch of cold water. Add a teaspoon of salt. Bring to a boil, reduce to a simmer, and cook until tender (about 20 minutes).

Sauté vegetables:

While the potatoes are cooking, melt 4 tablespoons of the butter in a large sauté pan on medium heat. Add the chopped onions and cook until tender, about 6 to 10 minutes.

If you are including vegetables, add them according to their cooking time. Carrots should be cooked with the onions, because they take as long to cook as the onions do.

If you are including peas or corn, add them toward the end of the cooking of the onions, or after the meat starts to cook, as they take very little cooking time.

Sprinkle grated cheddar cheese over the top of the mashed potatoes before baking.

Apple pie



Picture 2. Apple pie.

Ingredients

- 3 transparent apples - peeled, cored and sliced
- 3 Granny Smith apples - peeled, cored and sliced
- 1/3 cup white sugar
- 1/4 cup all-purpose flour
- 1/4 teaspoon ground cinnamon
- 2 cups all-purpose flour
- 1 teaspoon salt
- 2/3 cup shortening
- 3 tablespoons butter
- 1/4 cup cold water
- 1 teaspoon white sugar

Directions

Step 1

Place apple slices into a large bowl. In a small bowl, mix together 1/4 cup flour, 1/3 cup sugar, and cinnamon, and then sprinkle over apples. Cover, and let sit overnight in refrigerator.

Step 2

When you are ready to make the pie, begin by making the pastry. In a large bowl, mix together 2 cups flour and salt. Cut in the shortening and 2 tablespoons butter until the mixture is the consistency of cornmeal. Make a well in the center of the mixture, and add cold water. Stir together to form a ball. Let rest 20 minutes.

Step 3

Roll out dough, and place in pie pan. Spread apple mixture into the pastry lined pan, and dot with 1 tablespoon butter. Cover with top crust, and seal the edges. Cut a few slits in the top to allow steam to escape. Using a pastry brush, lightly brush half-and-half over the top crust. Sprinkle with 1 teaspoon sugar.

Step 4

Bake in a preheated 400 degrees F (205 degrees C) for 10 minutes. Turn oven to 350 degrees F (175 degrees C). Continue cooking for 30 to 40 minutes, or until crust is golden brown.

Exercise 8. Which pie would you like for dinner? Why? Have you ever tried them?

Exercise 9. Tell the group about your favourite dish. Make up a presentation.

Exercise 10. Find out and tell the main ingredients of the following dishes.

1. Shepherd's pie
2. paella
3. pizza

4. moussaka
5. spaghetti Bolognese
6. spring roll
7. Waldorf salad

Exercise 11. Put the correct form of the verbs in the list into the sentences.

bake, roast, barbecue, boil, casserole, grill, steam, fry

1. It's best toan omelette in a deep pan.
2. Potatoes are delicious if you them in their jackets.
3.vegetables are healthier than boiled ones.
4.meat tastes better if you cook it slowly in the oven.
5. Put butter on trout before you it under a strong heat.
6. Tough meat is easier to cook if youit in the oven
withvegetables.
7. Do you think the British.....their cabbage for far too long?
8. I love the smell of lamb chops from next-door's garden.

Exercise 12. Match the food (1-10) with the words from the list. You may use words more than once.

minced, mashed, chopped, spiced, sliced, grated

- | | | |
|----|----------|-----------|
| 1. | meat | 6.curry |
| 2. | onions | 7.bananas |
| 3. | potatoes | 8.tomato |
| 4. | cheese | 9.carrots |
| 5. | bread | 10.apple |

Exercise 13. Underline the odd word out.

Example: water coke bread wine juice

- 1.meal food cuisine feast corkscrew
- 2.wine starter main course appetizer dessert

- 3.boil fry bake bowl grill
- 4.slice boil chop grate peel
- 5.salty savoury pan sweet bitter
- 6.dish meal bowl plate cup
- 7.courgette mushroom bean plum broccoli
- 8.bill tip receipt menu cheque

Exercise Tell your friend from Great Britain about Russian cuisine.

Exercise 11. Prepare a monologue about British cuisine.

PART 3. TOPICAL VOCABULARY Restaurants. Eating and Drinking

1. places to eat

restaurant – a place where you buy and eat a meal, which is usually brought to your table, especially a place that you go to with other people as a social event. *eg.* Have you ever been to “La Porchett”? It is a really nice restaurant.

A new Japanese restaurant just opened on Upper Street.

café – a place where you can drink coffee or tea and sometimes alcoholic drinks, and eat cakes or small meals.

eg. We found a small café just off the main street.

canteen (Br E) **cafeteria** (Am E) – a place in a school, factory or company building where the students or workers can buy and eat meals.

fast food restaurant – a place where you can buy and eat small meals such as hamburgers that are ready to eat so that you do not have to wait for them.

eg. Fast food restaurants such as McDonald’s and Burger King can be found in almost every country in the world.

diner [ˈdaɪnə] (Am E) – a small restaurant where you can buy cheap meals.

eg. They stopped for breakfast at a roadside diner.

deli [ˈdeli] – a shop that sells cheese, salads, cooked meats etc, and where you can also buy small meals and sandwiches.

sandwich bar – a place where you can buy sandwiches and drinks that you can take away to eat and drink somewhere else.

takeaway (Br E) – a place that sells complete meals that you take away to eat at home, or one of the meals it sells.

eg. a Chinese takeaway

Shall we get a takeaway tonight?

2. places to drink

bar – a place where you can buy and drink alcoholic drinks.

eg. I met her in a bar in Manhattan.

pub – a place, especially in Britain or Ireland, where people meet their

friends and drink alcoholic drinks.

wine bar - a fashionable, fairly expensive place that serves many different types of wine and small meals.

coffee shop – a small café where you drink coffee, tea, and other non-alcoholic drinks, and which also sells cakes, sandwiches etc.

microbrewery [ˈmaɪkrɜːbruːəri] – a place in the US where you can buy meals and drink beer that is made by the bar's owners.

eg. The number of microbreweries has increased dramatically in recent years.

3. when you go somewhere to eat and drink

eat out – to have a meal in a restaurant, not at home.

eg. I don't feel like cooking tonight – let's eat out.

go out to dinner/lunch = **go out for a meal** – to go to a restaurant and have a meal

eg. We went out to lunch as a celebration.

When was the last time we went out for a meal?

go out for a drink – to go to a bar, pub etc in order to meet your friends and drink alcoholic drinks.

eg. “What did you do at the weekend?” “Oh, nothing much – just went out for a drink on Friday.”

4. in a restaurant

bill (Br E) **check** (Am E) – a piece of paper with a list of what you have had and how much you must pay.

book a table (Br E) **make a reservation** (Am E) – to tell the restaurant that you want to eat there, so they do not give your table to somebody else.

dessert – the sweet part of your meal that you have after the main course.

house wine /house red / house white – ordinary, inexpensive wine that you can buy in a restaurant to eat with your meal.

I'll have..... - say this to tell the waiter or waitress that you want to eat.

main course – the biggest separate part of a meal.

menu - a list of all the meals that a restaurant serves.

to order – to tell the waiter or waitress what you want to eat or drink.

set menu (Br E) – a complete meal that you pay a fixed price for, instead of ordering and paying for the different parts separately.

starter (Br E) **appetizer** (Am E) – the part of a meal that you have before the main course.

table for two/three etc – say this to the waiter or waitress when you arrive, so that they know how many people are with you.

eg. We'd like a table for four, please.

tip – money that you give to the waiter or waitress, as a way of showing your thanks, in addition to the money you pay for your meal.

to leave a tip – to put a tip on the table when you leave.

waiter - a man who serves food and drinks at the tables in a restaurant.

waitress - a woman who serves food and drinks at the tables in a restaurant.

(In American English, **waitperson** is sometimes used instead of **waiter** or **waitress**.)

wine list – a list of all the alcoholic drinks that a restaurant serves.

PART 4. EATING OUT

TEXT 1.

Exercise 1. Answer the question before you read the text: What do you know about eating habits in the USA? Summarize your own experience, if any, or mention the source of your information (books, films, TV programs).

Exercise 2. Read the text. What is the quickest and cheapest way of getting a meal in the United States?

EATING OUT IN NEW YORK CITY

A wide variety of dining pleasures awaits a visitor to New York City, from luxuriating in the fanciest of French restaurants to grabbing a hot dog. With cuisines from every corner of the globe, New York City will feed you very well regardless of your budget.

The least costly alternatives are those used by many natives at lunch time: street vendors, fast food places and delis.

Street vendors' offerings – hot dogs for \$2.00 or less – are fast, inexpensive and very “New York”. Hot dogs (also called “franks” or “frankfurters”) are a kind of sausage placed inside a bun. They are often made from pork and can be steamed, boiled or grilled.

The fast food places, such as McDonald's and Burger King are much the same everywhere in the United States. They offer a pretty standard fare: hamburgers, French fries, and coke (Coca-Cola), at a pretty standard price. A meal will rarely exceed \$4.00 per person. Hamburgers are made from beef, not ham, and served in a round bun. They are often eaten with tomato, or lettuce, or onion, mustard, and ketchup. A hamburger with melted cheese is called a cheeseburger. There are also some other kind of burgers with other names, such as the jumbo burger (very big), mushroom burger, or bacon burger, depending on the extra ingredients added.

With so many people travelling in cars, fast food places can be found all along the highways. If you are in a hurry, you can drive round to a “drive through” window

and pick up your food packed in a paper bag without leaving your car. Likewise, other fast food places may have “drive-in” facilities. A waiter will meet you in the restaurant’s parking lot, take your order and deliver the food to your car, where you can eat in the relative comfort of the parking area.

Along highways and in town, “diners” give you a fine opportunity to have a quick snack. They are small-size restaurants, traditionally shaped like a railroad car.

Another option, the delis – short for delicatessen – offer sandwiches and assorted salads. Americans eat a lot of sandwiches, especially for lunch. They are made with two pieces of bread and a filling. Some common fillings are: tuna fish, eggs, ham, chicken, turkey, roast beef, cheese, and peanut butter and jelly. Some sandwiches are served hot, for example, a hot roast beef sandwich. Another special type is the “club sandwich” which is made with three pieces of bread and two fillings between them. One common sandwich is called a BLT, which means bacon, lettuce, and tomato. Although the bill in delis may run as high as \$8.00 per person, their advantage is quick service, and of course, as the name implies, the food is delicious.

Another relatively inexpensive alternative is the gourmet take-out shop stocked with foods for home or picnic.

Some places call themselves “family restaurants”. This usually means home style cooking. The food is almost as reasonably priced as in delis or better cafeterias.

In a cafeteria you walk through a line, choose your food, put it on a tray, pay at the end of the line, and carry your food to a table.

Turning to foreign cuisine, New York City’s excellent and inexpensive offerings include pizza and a wide choice of Chinese and Mexican food. Pizza comes in two varieties – thin-crust “Neapolitan” and thick-crust “Sicilian” – and is served by the slice or by the pie. The best Chinese food, of course, is in China-town. To snatch a quick taste of Mexican cooking one may go to Taco Bell or Taco-time, where you will be offered tacos, marinated and broiled meat rolled in tortillas (flat bread made from wheat or corn), or chili, a spiced (“hot”) seasoned dish of beef, beans, chili peppers, and tomatoes.

Notes on the text

to await – if a situation, event etc **awaits** you, it is going to happen in the future.

to luxuriate in something – to relax and consciously enjoy something.

fancy (adj.) – fancy hotels, restaurants, cars etc are expensive and fashionable.

costly (adj.) – 1) too expensive and wasting a lot of money

2) some thing that is **costly** causes a lot of problems or trouble

native (n) – a person who was born in a particular place.

street vendor - someone who sells ice-creams, newspapers etc in the street.

frankfurter also **frank** (Am E) – a long reddish smoked sausage = hot dog.

fare (n) – the price you pay for.....

standard (adj.) – accepted as normal or usual.

to exceed –1) to be more than a number or amount, especially a fixed number.

2) to go beyond an official or legal limit.

likewise (adv.) – (formal) in the same way; similarly.

parking lot (Am E) **car park** (Br E) – an open area for cars to park in.

gourmet (adj.) ['guəmei] – producing or connected with very good food or drink.

(n) – someone who knows a lot about food and wine and who enjoys good food and wine.

crust - the baked pastry on a pie.

taco ['ta:kʊ] – a type of Mexican food consisting of a flat circle made of cornflour folded and filled with beef, beans etc.

tortilla [to:'ti:jə] – a piece of thin flat bread made from corn or wheat flour from Mexico.

chili / chilli – 1) a dish made with beans and usually meat cooked with chilies.

2) a small, thin type of pepper with a very strong, hot taste

3) a hot-tasting red powder made from this pepper and used in cooking.

VOCABULARY PRACTICE

Exercise 3. Answer the following questions on the text.

1. What new information about eating habits in the USA, if any, have you gathered?
2. Where can one have lunch in the USA?
3. What fast food chains are spread all over the USA? What do they offer?
4. What two kinds of fast food places can one discover while travelling in the USA by car? How are you served there?
5. What kind of food is one offered at delis?
6. What foreign dishes have become popular in the United States?

Exercise 4. Replace the words and expressions in italics with expressions from the text which have the same meaning.

1. A *rich choice* of dining pleasures awaits a visitor to New York City, from *luxuriating in the most exquisite* French restaurants to *snatching* a hot dog.
2. With cuisines *from all over the world*, New York City will feed you very well *whatever your budget may be*.
3. *The cheapest varieties* are those used by many natives at lunch time.
4. A meal at McDonald's *will seldom be over* \$4.00 per person.
5. There are some other kinds of burgers with other names, such as the *giant* burger.
6. Although the bill in delis may run high, their advantage is quick service, and the food is *extremely tasty*.
7. Another *comparatively cheap* alternative is the gourmet take out shops stocked with foods for home or picnic.

8. The food in family restaurants is almost as *inexpensive* as in delis or bettercafeterias.

9. Pizza comes in two *kinds*: thin-crust “Neapolitan” and thick-crust “Sicilian”.

Exercise 5. Say which drinks are good for health and which are not. Give your reasons.

Orange juice, milk, skimmed milk, tea, coffee, beer, brandy, cognac, Scotch whisky, Coca-Cola, Pepsi-Cola, apple juice, tomato juice, pineapple juice, gin, rum, vodka, champagne, port, dry sherry, sweet sherry, vermouth, ale.

Exercise 6. Read the text “Eating Out in New York City” once more and take turns telling your fellow students where they can get a meal in New York if they have only \$2; \$4; \$8; \$25, etc.

Model: If you have \$100, you can go to an expensive, first class restaurant.

Exercise 7. Change the verb forms in the sentences below to refer them to thepast. Add appropriate time expressions.

Model: If we *went* to a fast food place now, we *would save* a lot of money.(Unreal Condition)

If we *had gone* to a fast food place last night, we *would have saved* a lotof money. (Unrealized Condition)

1. If I was short of time now, I would grab a hot dog.
2. If they were really hungry, they would order a jumbo burger.
3. If Jack had enough money, he would go to a better restaurant.
4. If she wanted Chinese food, she would find it in Chinatown.
5. I would pay the bill if I invited you to lunch.
6. Sue would eat faster, if the French fries were not so hot.
7. If I had only a couple of dollars to spare, I would buy something from

a street vendor.

8. Jane and Bill would celebrate their wedding at the Metropol, if it wasn't so outrageously expensive.

Exercise 8. Complete these sentences using different types of conditional sentences.

1. I'll be glad to take you out to dinner if you.....
2. If we wanted some hot and spicy food, we.....
3. If the car hadn't broken, they.....
4. I would have ordered half the menu if.....
5. If I see a deli that is still open, I.....
6. We would have enjoyed the meal much better if.....
7. If you order now,
8. We would go to a take-out restaurant if.....
9. If we had chosen a family restaurant,
10. If the bill runs too high,

Exercise 9. Supply the missing questions using different types of conditional sentences.

1. A:.....?
B: I would go to a fancy French restaurant.
2. A:.....?
B: I'll gladly go with you, for I'm terribly short of cash.
3. A:.....?
B: I wouldn't have invited her to a deli on an occasion like that.
4. A: ?
B: I'm so hungry I'll pay any price.
5. A: ?
B: I'd prefer pizza, but I don't think they serve it here.
6. A:.....?
B: I would recommend a cheeseburger – it has less cholesterol.

7. A:..... ?

B: I wouldn't have drunk even the tiniest glass of whisky before driving a car.

8.A:..... ?

B: For a typically American snack I would go to McDonald's.

Exercise 10 Study the text to find sentences where the words *other / another* are used. Read the dialogues below and fill the blanks with the right words.

A. Choose between *another* and *the other*.

Note: *the other* – “the second of two”; followed by a noun in the singular: *the other hand/eye/shoe etc.*

Another “a different one, some other” or “one more”; followed by a noun in the singular: “*I don't like this cafeteria, let's go to another place.*”

“*Would you like another cup of tea?*”

1. WAITER: Anything else, sir?

CUSTOMER: I'd like to havehelping of pudding.

2. CUSTOMER: Is Chablis the only wine you have?

WAITER: If you don't care for Chablis, sir, I'll bring youdry whitewine.

3. CUSTOMER: Could you give us table, please, this one is too close to the door.

WAITER: Only two tables aren't taken. One is near the piano,is near the window.

4. RENSKY: I'm hungry. Is there a diner near here?

STENTON: Two. One is just around the corner.,is two blocks down the road.

5. WAITER: I'd recommend Andyburgers.

CUSTOMER: Andy..... what?

WAITER: A-n-d – y –burger, justname for hamburgers.

6. SECRETARY: Here is an invitation to a cocktail party for you from Dr.Pickering.

STENTON: What,cocktail party in two days! I was already invited by Fred Nelson.

SECRETARY: Which one will you accept? Pickering's? STENTON: No, I guess I'll accept..... one.

B. Choose between *other*, *others* and *the others*.

Note: *other* – “different from those mentioned earlier”; followed by a noun in the singular or plural: “*I’m sorry this place is closed, but there are other Indian restaurants in town.*” – “*O.k. Let’s go and find some other place.*”

others – “some of the rest”; not followed by a noun: “*Some people like fast food, others don’t.*”

the others – “all the rest”; not followed by a noun: “*We stayed at the table while the others went to the bar.*”

1. A: Do you mind terribly if I smoke?

B.: No. I don’t smoke myself, but I don’t mindsmoking in my presence.

2. A: She believes in raw vegetables and herbs.

B: Oh! Does she never eat any.....food?

3. A: Are we all going to the restaurant together?

B: No. You and Fred and Molly will go in my car, will take a taxi.

4. A: How can you eat raw oysters?

B: Well, some people eat raw fish, prefer oysters on the shell.

5. A: Are we having lunch at the cafeteria today?

B: No. I have...plans for today. It’s a surprise!

6. A: Dinner is ready but I can't see anybody except Jim.
Where are.....?

B: Some people are in the library,.....are in the garden. I'm not sure about the rest.

C. Choose the right word from *other, another, the other, others, the others.*

1. A: What do people eat on a picnic?

B: Sandwiches, salads, barbecue and some.....things.

A: Could you give me.....sandwich? I'm starving.

B: Here is the last one, all..... are in Bob's car.

2. A: When McDonald's became very popular, fast food chains started up.

B: Oh yes, I've noticed kind called Wendy's and a number of.....chains.

3. A: Would you like cup of coffee?

B: Thank you, no. May be a soft drink. What do they have here?

A: They have two brands, one is Coke,.....is Pepsi.

4. A: I'm going to a dinner party. Should I put on..... suit?

B: Not necessarily. Some people do dress for dinner parties, butdon't. You could change the tie, if you have one.

A: I'm afraid this is the only dark tie I have, all..... are too bright.

5. A: Shall we order Chinese food for Rensky?

B: Oh, no. He said he preferred American cuisine to any..... food.

A: What do you suggest, then? A rump steak?

B: No, I havesuggestion. Let's have turkey, pumpkin pie, and cranberry sauce.

DIALOGUES

Exercise 11. Practise and dramatize the dialogues. Then make up your own dialogues .

With a Friend in a Coffee Bar

Many cafes in the U.K. are self-service, but sometimes you will be served at the table by a waiter or waitress.

I

A What would you like to drink?**B** A black coffee for me, please. **A** How about something to eat?

B Yes, I'd love a portion of that strawberry tart.

A Right. I'll see if I can catch the waitress's eye.

II

A What can I get you to drink?

B An iced Coke would go down well.

A Wouldn't you like some cake, too?

B Yes, I think I'll have a slice of chocolate sponge.

A Right. Sit down there and I'll bring it over.

III

A What are you going to have to drink?

B I'd like something cool.

A Would you care for some cake?

B Yes, I'll try a piece of cheese cake.

A It certainly looks tempting. I wouldn't mind some myself.

IV

A What do you want to drink?

B I feel like a cup of tea.

- A** Do you fancy something to eat?
- B** Yes, I'd rather like some of that fruit cake.
- A** That's a good idea. I think I'll join you.

In a Pub

The hours during which English pubs are allowed to open are strictly controlled by the law. Times vary in different parts of the country, but they are approximately from 11 a.m. to 2.30 p.m. and from 6 p.m. to 10.30 or 11 p.m. on weekdays, and from 12 noon to 2 p.m. and from 7.00 to 10.30 p.m. on Sundays. It is normal to buy one's own drinks at the bar, and the barman is not tipped unless he brings drinks to the table. Each order is paid for separately, and not at the end of the evening.

I

- A** What are you going to have?
- B** A half of bitter, please.
- A** Are you sure you won't have a scotch?
- B** Thanks very much, but I'm driving.

II

- A** What is it to be?
- B** The same again, please.
- A** Won't you make it a pint this time ?
- B** I'd better not, thank you all the same.

III

- A** What would you like to drink?
- B** Just a light ale for me, please.
- A** Won't you have a gin and tonic with me?
- B** That's very kind of you, but I don't think I will.

IV

A What can I get you?

B I'd like a larger, please.

A Wouldn't you care for something a little stronger?

B No, I think I'd better stick to halves, thanks.

Notes

a bitter – a light draught beer.

to stick to halves - to continue to drink half pints of beer.

In a Restaurant

There is a wide variety of international restaurants in the U.K.: Indian, Chinese and Italian restaurants are especially popular, but there are also many others. Apart from restaurants, there are also many take-aways, where you can buy cooked meal to take home.

I

A Can I take your order, sir?

B Yes, I'd like to try the steak, please.

A And to follow?

B Ice-cream, please.

II

A Have you decided on something, sir?

B Yes. Haddock and chips for me, please.

A How about the sweet?

B No sweet thanks. Just coffee.

III

A Have you chosen something, sir?

B Yes, I think I'll have the curry, please.

Peter: Yes, a bottle of Santa Helena then, please. Waiter: Thank you.

Waiter: Everything all right, sir?

Peter: Yes, thank you. That was very nice. Waiter: Would you like a dessert?

Maria: Not for me, thank you.

Peter: No, thank you. Just two coffees. And could we have the bill, please?

Waiter: Yes, sir.

Exercise 13. Give the English equivalents to the following.

- виноградный лист, фаршированный мясом и луком
- это блюдо подают с лимонным соусом
- чем заправить ваш салат?
- не хотите ли вы что-нибудь выпить?
- будете заказывать десерт?
- можно принести нам счет?

Exercise 14. Reproduce the conversation . Work in groups of three.

Exercise 15. Make up a conversation “In a restaurant”, using the vocabulary of the dialogue “In a Greek Restaurant” and the substitutional dialogues above.
Discuss the menu.

Exercise 16. Study the following.

- a) If you are invited to a party, you should brush up your table manners.

Can you answer the following questions?

1. What are the ABC of the table manners?
2. How must you sit at table?
3. When you cannot reach something on the table what must you do?
4. If the party is small when do you start eating?
5. If the party is large when do you start eating?

6. What words of the hostess are the signal to start eating?
7. Why mustn't you eat too fast/slowly?
8. How do you indicate that you have had enough?
9. When you do not wish a dish what do you say?
10. When you want some more what do you say?

b) Now you are given the text for silent reading. You should be ready to answer the same questions after you have read the text.

The ABC of the Table Manners

1. Do not attract undue attention to yourself in public.
2. When eating, take as much as you want, but eat as much as you take.
3. Do not eat too fast or too slowly, eat as you eat.
4. Take a little of every dish that is offered to you.
5. Sit straight and face the table, do not put your elbows on the table while eating.
6. Do not reach across the table – simply say: “Would you please pass the salt.” etc.
7. At a large party it is not necessary to wait for all. The hostess gives a signal to her guests by saying: “Start eating, please, your food will get cold.”
8. There is no rule about eating everything on your plate. To indicate that you have had enough, place knife and fork together, not criss-cross.
9. When refusing a dish or a helping simply say: “No, thank you.”
When accepting – “Yes, please.”
10. Do not leave the spoon in your cup, when drinking tea or coffee.
11. Do not empty your glass too quickly – it will be promptly refilled.
12. English people do not wish each other “Good appetite”. They say “Enjoy your meal”.

c) Don't forget, that having received an invitation to a party, the host and hostess will expect you to:

1. Answer the invitation promptly.
2. Write or telephone to express your regret that you can't come.
3. Do not come before the time indicated on the invitation and don't be late. Come on time.
4. Do not sit down until the hostess has done so.
5. Compliment the hostess on the party and food.
6. Thank the host and hostess when leaving the party.
7. Do not overstay.

d) Role Play. You have received an invitation to a party. Mr and Mrs Williams are giving the party. They want their foreign guests to see a typical English family. But they expect them to know some formulae of etiquette. What are they?

Student 1. You haven't met Mrs. Williams before. You don't like to compliment people. You may be late for the party and feel uncomfortable about it. Ask your friend, who knows Mrs. Williams what she expects her guests to do.

Use this: Must I... .. ?

Will I have to..... ?

May I..... ?

Will she expect me to

Am I supposed to..... ?

Student 2. You have met Mrs. Williams before. You know she is a teacher. She doesn't like compliments but she expects people to be punctual and polite. Answer your friend's questions about Mrs. Williams.

Use this: She will expect you to

You must

You needn't

You'll have to

You are expected to

e) If you are at a party, which do you think is more important, meeting and talking to people or food? Why?

PART 5. PROVERBS AND IDIOMS

Exercise 1. Read the following proverbs and say under what circumstances you would use them.

1. It's no use crying over spilt milk.
2. Too many cooks spoil the broth.
3. First come, first served.
4. The proof of the pudding is in the eating.
5. One man's meat is another man's poison.
6. Hunger is the best sauce.
7. Every cook praises his own broth.
8. Live not to eat, but eat to live.
9. Better an egg today than a hen tomorrow.
10. A watched pot never boils.
11. Eat at pleasure, drink with measure.
12. Hope is a good breakfast but a bad supper.
13. After dinner comes the reckoning.
14. You can't make an omelette without breaking eggs.
15. After dinner sit a while, after supper walk a mile.
16. Appetite comes with eating.
17. When the belly is full, the music goes better.
18. An apple a day keeps a doctor away.
19. An apple after every meal, then no more toothache will you feel.

Let the proverbs help you in your arguments. Introduce them by:

- 1 There's always a grain of truth in what people say.
- 2 People are right saying...
- 3 As the proverb/saying goes...
- 4 It just goes to show the truth of the phrase...

Exercise 2. Read the following text and, together with a partner, work out approximate meanings for the underlined phrases.

Mavis decided to turn her talent for sewing into a money earner. She made ties, belts and bags of exquisite silk which sold, amongst her friends, like hot cakes. She was amazed how easy it was to make money. 'This is a piece of cake,' she thought. 'Soon I'll be the breadwinner of the family. Derek can give up his job and become my financial adviser.'

Things carried on like this for some months. Mavis found her new life very stimulating and was always full of beans, unlike Derek, who seemed to be getting quieter and quieter. One day they decided, or rather Mavis decided, that they should take pot luck and expand into dresses, trousers and jackets. Derek gave up his job to look after the money side of the business, but one problem arose which could not have been foreseen – due to a severe climatic disaster, silk production came to a standstill. This was food for thought. What now? Give up or try another material? Mavis decided to try cotton and, although the new line was not as successful as the silk goods, the company, according to Derek, still made good profits. Derek, who seemed to have found a renewed interest in life, egged Mavis on to invest and expand, which she did.

Then one day she was visited by the tax inspectors who pointed out one or two financial irregularities – irregularities which meant only one thing... Derek had been cooking the books and the company was not growing; it was, in fact, bankrupt.

1. to sell like hot cakes
2. a piece of cake
3. the breadwinner
4. to be full of beans
5. to take pot luck
6. food for thought
7. to egg someone on
8. to cook the books

Exercise 3. Write a sentence illustrating the use of one of these idioms. Don't put the idiom in the sentence, use a synonymous expression instead. Then put a key word from the idiom in brackets after the sentence.

Pass this to your neighbour, who will rewrite the sentence using the idiom. Eg. *The new Fiat has been so well designed, I'm sure it will sell quickly. (cakes)*

1. Eating Out

Ana: I enjoy *going out* to lunch.

David: I, too. It's good to *eat out* and *to get away* from the ups and downs of work.

Ana: This restaurant is really a great place to take our time eating and relaxing during our lunch hour.

David: *Take off* your coat, Ana, and let me *hang it up*. Where would you like *to take a seat* (to sit down)?

Ana: At a table near the window.

David: Good idea. Oh, here's the menu. Do we need *to look it over*? We come here so often that we almost know it by heart.

Ana: You know what to order for me, David. You know, I really enjoy this restaurant. The service is *out of this world* and the food is truly *top-notch*.

David: Why don't we wait for our favorite waitress *to wait on* us? She's courteous, friendly, and takes great pains carrying out our orders.

Ana: Most definitely, and after this delicious meal, we'll be ready *to get back* to work.

Definitions

to go out: to go somewhere for enjoyment, to attend social functions David and Ana are going out tonight. They are attending a social function.

to eat out: to eat in a restaurant, to go out to eat

Let's eat out. Let's eat in a restaurant.

to get away: to leave, to be free, to do something different

When can you get away from the office? When can you leave work?

to take off: to remove

He took off his hat when he entered the building. He removed his hat.

to hang up: to put upon a hanger or hook

She hangs up her jacket in the closet. She puts it on a hanger in the closet.

to take a seat (to sit down): to sit, to seat oneself, to sit upon a seat
Take a seat at the counter. Sit at the counter.

to look over: to read, to examine

They are looking over the menu. They are reading it.

out of this world: exceptionally good, extraordinary, fantastic, the best
quality
The food is out of this world! It is exceptionally delicious!

top-notch: the best quality, extraordinary, fantastic
This is a top-notch restaurant. This is one of the best.

to wait for: to anticipate, to await, to expect

Whom are you waiting for? Whom are you expecting?

to wait on: to serve someone, to perform services for someone
The waitress waits on her customers. She serves them their food.

to get back: to return

Ana got back to work after lunch. She returned to work.

These idioms may be separated by the object. Each idiom may be said in two ways

to take off He took off his coat. He took his coat off.

to hang up She is hanging up her jacket. She is hanging her jacket up.

to look over Let's look over the menu. Let's look the menu over.

Exercise 9.1. Answer these questions from the dialogue orally.

1. Where do David and Ana go out to lunch?

2. Why do they enjoy eating out?
3. From what do they get away?
4. Where does Ana take off her coat?
5. Who hangs it up?
6. Where does Ana want to take a seat?
7. Do they need to look the menu over? Explain.
8. In what way is the service out of this world?
9. Why does Ana say that the food is top-notch?
10. Why do they wait for their favorite waitress?
11. How does the waitress wait on them?
12. How do David and Ana feel when it's time to get back to work?

Exercise 9.2. Write the idioms from the dialogue that correspond to the words in parentheses.

1. David and Ana enjoy (going somewhere)_____ to lunch.
2. It's good (to eat in a restaurant)_____ sometimes.
3. It's good (to be free)_____ from the ups and downs of work.
4. David tells Ana (to remove)_____ her coat.
5. He (puts on a hanger)_____ her coat.
6. Ana wants (to sit)_____ at a table near the window.
7. They don't need (to read)_____ the menu.
8. The service is (exceptionally good)_____.
9. The food is (extraordinary)_____.
10. They (await)_____ their favorite waitress.
11. The waitress (serves)_____ them exceptionally well.
12. David and Ana are ready (to return)_____ to work.

Exercise 9.3. Answer these questions orally.

1. How often do you get away from work at lunch time?
2. When do you go out to restaurants?

3. Why do you enjoy eating out?
4. Do you prefer to go out alone, or do you wait for your friends? Why?
5. Which restaurants have service that is out of this world?
6. What do you consider top-notch food?
7. Why do you take your hat and coat off in a restaurant?
8. Where do you hang them up?
9. Where do you usually take a seat? Why?
10. Do you always have to look the menu over before ordering? Explain.
11. Who waits on you in a restaurant?
12. Do you like to get back to work after eating out? Why?

Exercise 9.4. Match the idiom to its definition by writing the letter of the definition on the line next to the idiom number.

1. _ to get back
 2. _ to eat out
 3. _ to hang up
 4. _ to wait on
 5. _ out of this world
 6. _ to wait for
 7. _ to go out
 8. _ to get away
 9. _ top-notch
 10. _ to take off
 11. _ to look over
 12. _ to take a seat
- a. fantastic
 - b. to serve someone
 - c. to sit
 - d. to remove

- e. to return
- f. to eat in a restaurant
- g. to put upon a hanger
- h. to read
- i. to expect
- j. to be free
- k. extraordinary
- l. to attend social functions

Exercise 9.5. Respond to these statements orally.

1. Name one restaurant where the service is out of this world.
2. Name two places where you like to eat out during the week.
3. Name one place to buy top-notch food.
4. Name one place to hang a coat up.
5. Name one piece of clothing you take off when you arrive home.
6. Name two places to go out to on the weekend.
7. Name two places to take a seat at a restaurant.
8. Give two reasons why you enjoy getting back home after a day at work.

Exercise 9.6. Underline the words in parentheses that best correspond to the italicized idioms.

1. They serve *top-notch* Oriental food. They serve (excellent, mediocre, fair) Oriental food.
2. We *eat out* occasionally. We eat (at work, in the house, at a restaurant).
3. They like *to get away* from everyday chores. They like to (perform services, return to work, do something different).
4. The restaurant is *out of this world*. It is (fairly good, rather good, exceptionally good).

5. David is *waiting for* a seat near the window. He (is, anticipates, doesn't like) sitting near the window.
6. A waitress *waits on* customers in a restaurant. She (attends to, cooks for, samples the food of) her customers.
7. They *go out* often. They (sit in the yard, go to parties, stay home).
8. She *takes a seat* at the table. She (sits, stands, orders) at the table.
9. I *look over* the menu before ordering my meal. I (memorize, read, return) the menu.
10. Ana *took off* her coat when she entered. She (dressed herself in, continued wearing, removed) her coat.
11. He *got back* last night. He (left, returned, went somewhere) last night.
12. He is *hanging up* his vest and his jacket. He is (dropping them on the floor, wearing them, putting them on a coat hanger).

Exercise . Look at the menu and decide what you will order if you have 10 / 15 / 20 / 25 / 50 €.

PAPRIKA FUSION RESTAURANT MENU		MAIN COURSES		normal/large	KIDS 3-10 YRS
STARTER/TAPAS		18. FISH AND CHIPS		8,90	11,90
1. ANCHOVY FILLED OLIVES WITH ALIOLI AND BREAD	3,50	19. FILLET STEAK WITH FRIED POTATO WEDGES		250g	18,95
2. GREEK SALAD WITH TZATZIKI	3,95	20. SOUVLAKI (FILLET) STEAK WITH CHIPS, VEGETABLES AND TZATZIKI SERVED ON PITA		12,95	18,95
3. AUBERGINE DIP WITH BREAD	3,50	21. PORK SOUVLAKI WITH CHIPS		7,95	9,95
4. GRAPE SALAD WITH WINE SAUCE	2,50	22. BEEF MOUSSAKA		8,95	10,50
5. GRILLED SARDINES WITH BREAD	3,50	23. VEGETARIAN MOUSSAKA		7,50	9,50
6. CREAMY ONION SOUP	3,00	24. CHICKEN PAELLA		7,95	9,95
7. GOULASH SOUP WITH BREAD	4,50	25. SEAFOOD PAELLA		8,95	10,95
8. CHICKEN LIVER PATÉ WITH BREAD	3,50	26. VEGETARIAN PAELLA		6,50	8,50
9. STEAK FILLET TARTARE WITH BREAD, BUTTER, EGG YOLK AND SEASONING	7,95	27. MOROCCAN LAMB TAGINE, WITH VEGETABLES, DRIED FRUIT AND AROMATIC SPICES		9,95	12,95
10. ALIOLI AND BREAD	2,00	28. BEEF GOULASH STEW WITH BOILED POTATOES		8,95	11,95
DESSERTS		29. PORK STRIPS MUSHROOM SAUCE OR RATATOUILLE WITH POTATOES		7,00	9,00
11. VANILLA ICE CREAM		30. WIENER SCHNITZEL CHICKEN OR PORK WITH CHIPS		7,50	9,50
12. CHOCOLATE ICE CREAM		31. PORK SCHNITZEL MILANESE		9,95	12,95
13. STRAWBERRY ICE CREAM	each	32. TRONED HONEY-MUSTARD CHICKEN WITH POTATO WEDGES		7,50	9,50
14. SOMLO TRIFLE	2,85	33. IRONED CHICKEN WITH RATATOUILLE AND FRIED POTATO WEDGES		7,50	9,50
15. MILLE-FEUILLE		34. GNOCCHI CARBONARA		7,50	9,50
16. DRIED OR FRESH FRUIT		35. EWE CHEESE GNOCCHI		7,50	9,50
17. CHEESE CAKE		36. GNOCCHI BOLOGNESE		7,50	9,50
PAPRIKA FUSION RESTAURANT WITH SEPHARDIC TWIST 635 299 626 640 074 394 865 753 445 CIUDAD QUESADA, AVE. DE LAS NACIONES IC WITH A CAR PARK BEHIND		37. CORDON BLEU WITH CHIPS		13,95	
		38. FILLET STROGANOFF		12,95	18,95
		39. PIZZA MARGARITA		7,00	
		40. PIZZA HAM AND CHEESE		7,50	
		41. PIZZA PEPPERONI		7,50	
		42. PIZZA HUNGARIAN CALZONE		9,50	
		43. PIZZA SEAFOOD CALZONE		9,50	
		44. STEINBURGER (ANGUS) & CHIPS		9,50	
		45. CHICKEN NUGGETS & CHIPS			
		46. TRONED CHICKEN & CHIPS			
		47. CHICKEN PAELLA			
		48. GNOCCHI BOLOGNESE			
		49. PIZZA MARGARITA OR HAM AND CHEESE OR PEPPERONI			
		50. FISH FINGERS AND CHIPS			
		SPECIAL OFFERS			
		STARTER + MAIN: 9,95			
		STARTER + DESSERT: 9,95			
		STARTER + MAIN + DESSERT: 11,90			
		MAKE THE STARTER LARGE: + 2 EUR			
		(THIS OFFER DOES NOT INCLUDE ANY FILLET MEAL, LAMB, CORDON BLEU, PZZA CALZONE, SCHNITZEL MILANESE)			
		KIDS MEALS 5,50 WITH DESSERT AND A DRINK: 7,50			
		FREE DRINK OPTIONS:			
		A BOTTLE OF HOUSE WINE FOR A GROUP OF 4 PEOPLE			
		OR A SMALL BOTTLE OF WATER			
		OR A GLASS OF FIZZY DRINK			
		OR A SMALL BEER OR WINE			
		MAKE YOUR BEER A PINT: +2 EUR			
		MAKE YOUR WINE LARGE: +2,50			
		EXCLUSIVE OFFERS			
		WITH A STARTER AND A DESSERT:			
		FILLET AND SOUVLAKI			
		STEAK MENUS: 22,95			
		STROGANOFF MENU:			
		NORMAL: 15,95 LARGE: 22,95			
		MILANESE OR LAMB TAGINE MENU:			
		NORMAL: 12,95 LARGE: 16,95			
		CORDON BLEU MENU: 16,95			
		CALZONE MENU: 13,95			
		TARTARE FOR 2: 14,95 FOR 4: 28,95			

Picture 3. Menu

Exercise. Make up a dialogue. Discuss with your friend where will you eat out on Saturday.

Exercise. Monologue. Tell about your eating out. Who did you go with? Where did you go? What was the food / service like? What was the atmosphere like? Would you like to go there again?

PART 6. ADDITIONAL READING

TEXT 1.

FROM PASTA TO PINEAPPLES.

What are your favourite foods? Do you love to bite into a juicy peach or pear? Do you crave pasta for lunch? Is chocolate your passion? No matter what your taste, you may be surprised at the origins of some of your favourite foods.

When you think of spaghetti or macaroni you probably think of Italy. Spaghetti and macaroni are both kinds of pasta made of wheat. Pasta comes in over 100 different shapes. In fact the names of the different kinds of pasta are Italian words that tell us about their shapes. But did you know that pasta was first prepared in China at least 3000 years ago? Did you know that this wonderful food was first made from rice and bean flour?

What about milk? Milk is a staple in the diets of many people. Most children and many adults in the Western world enjoy it as a drink. The milking of farm animals began in China where drinking milk was a symbol of wealth. In fact a favourite dish of Chinese nobility was a frozen paste made from rice and milk. This was the beginning of ice-cream. Strangely enough, it is the only form of milk that many Chinese people still consume today.

The milk we buy in supermarkets nowadays comes from cows. But people have consumed the milk of animals such as buffalo, pigs, goats and even reindeer. The richest milk on earth will not be found in a supermarket, however. It is the milk of a killer whale, which has more than 5 times as much fat as cow's milk.

Do you like to eat fruit? People have enjoyed the sweet juicy taste of apples, pears and oranges for centuries. In fact, the remains of apples have been found in Asia dating back to 6500 BC.

Did you know that watermelons were very popular with the ancient Greeks and Romans? They didn't eat the watermelons, though. They hollowed out the fruit and dried the shells in the sun. They used the watermelon shells in a very strange

way: they used them to protect their heads. They thought that watermelon shells made good hats.

You probably don't think of olives as fruit, but in fact they are. One of the most favourite foods of the Mediterranean, olives were a favourite main dish for a meal. The oil from olives was very important as well. It was used as a medicine and to clean the body. The Egyptians found olive oil very useful when they were building the pyramids. They found it difficult to move the giant

blocks of stone they used to build the pyramids until someone thought of using olive oil to make the block slide.

Perhaps the banana is your favourite fruit? Did you know that the banana is not really a fruit at all? It is an herb. Bananas first made their appearance 4000 years ago. They reached North America in 1516 and they were an item of curiosity in the Centennial Exposition in Philadelphia in 1875. At the fair they were wrapped in tin foil and sold for a dime a piece.

The inside of a pineapple is sweet and juicy. But the outside is rough and prickly. You should be happy that you were not the one to discover it. According to legend, the first person in Europe to try the pineapple was King Louis the Fourteenth of France. One day King Louis' gardener brought in a pineapple to taste, but King Louis, well-known for his greed and impatience, couldn't wait for his chef to cut and peel the fruit. King Louis grabbed the unpeeled pineapple from his gardener's hands and bit into it. Needless to say, he cut his royal lips badly. After that no one was allowed to grow pineapples in France for many years.

Is chocolate your passion? Well, the chocolate that we know and love today did not exist for thousands of years. It was first tasted as a bitter drink. In fact, the original name for chocolate was "bitter water". When chocolate reached Europe, it was served as a beverage mixed with sugar. It became known as cocoa and it created a sensation in the Royal Court of Spain. In fact, it was so popular that the King issued an order: nobody was to give out the information about the new drink under penalty of death.

Then there is the matter of how to serve your food. Today we use plates made of china or plastic. But long ago, before people had plates, they had a custom that may seem strange to us. Bakers made flat round loaves of bread which were sliced in half to make two plate-like disks. People used these plates to serve their dinners. It was considered very bad manners to eat your plate, though.

Notes on the text

a killer whale – a black-and-white whale that eats meat

tin foil – metal sheets that are as thin as paper, used for wrapping food.

a dime – a coin of the USA and Canada, worth one tenth of a dollar – 10 cents

prickly – covered with prickles

Exercise 1. Answer the questions.

1. What country do most people associate with spaghetti or pasta?
2. What is pasta made of?
3. Where did pasta originate?
4. What was pasta made of originally?
5. Where did people first begin to milk farm animals?
6. What is the only form of milk that many Chinese people consume today?
7. Name some animals from which people get milk to drink.
8. Which animal has the richest milk on earth?
9. Explain how the ancient Greeks and Romans used watermelons.
10. Name three ways olive oil was used in the Mediterranean region.
11. How were bananas sold at the Centennial Exposition in Philadelphia?
12. Who was the first person in Europe to bite into a pineapple?
13. What happened when he bit into the pineapple? Why?
14. What was the original name for chocolate?
15. How was chocolate served in Europe?
16. What order did the king issue about chocolate?

17. What were plates made of, long ago?
18. What was considered bad manners?

TEXT 2.

PEANUT BUTTER: IT WON'T GROW UP

Exercise 1. Get ready to read.

Discuss these questions in a group.

- 1) What are some common foods that people bring to school or work for lunch?
- 2) What are some foods people take on a picnic or when they are camping out?
- 3) What kind of sandwiches do you think are the most popular in North America?
- 4) Do you ever eat peanut butter? How?

Exercise 2. Read quickly for general ideas.

Read the text quickly. Which of these is the main idea?

- a) where peanuts come from originally
- b) different ways in which peanut butter can be used
- c) cooking traditions around the world

Enough of this kid stuff. Now that peanut butter is 100 years old, let's face facts and stop beating around the bush. Isn't it time for peanut butter to grow up? It is almost embarrassing to admit. But we North Americans are still serving most of our peanut butter with jelly when so many other parts of the world are using it subtly to enhance stews, thicken soups, or top grilled fish. Isn't it time to start thinking of peanut butter in terms of finesse and fine crystal? "Beyond the cookie," commanded Ellen Brown, a food consultant, who, as part of peanut butter's 100th anniversary celebration, optimistically unveiled 30 new recipes recently at the

International Association of Culinary Professionals in Atlanta in the hopes that a more sophisticated image will emerge.

Her creations include recipes for peanut-butter salad dressing, sauces, stews and soups.

There is disagreement about the origin of peanut butter. Some attribute its creation to a St. Louis physician whose identity is not known; others to a man named Joseph Lambert, who ran a nut business out of Battle Creek, Mich. But both are said to have emerged with their creations in the year 1890 and the process was patented seven years later. It became commercially available around the turn of the century.

George Washington Carver, who in 1925 published a paper at Tuskegee Institute titled "Bulletin No. 31, How to Grow the Peanut and 105 Ways of Preparing It for Human Consumption" is credited with being among the first to concoct the peanut-butter sandwich.

Now peanut butter is among North America's most popular foods, with annual sales of an estimated 800 million pounds a year, said Mitch Head, a spokesman for the Peanut Advisory Commission, a trade association based in Atlanta. An estimated 85 per cent of households have a jar stashed away in a cupboard, he said.

But to keep this in perspective, the peanut is believed to have been first cultivated 1,000 years ago in South America. It was eventually taken to Africa and Asia in the 16th century by explorers from Europe.

Today the peanut and peanut butter are prominently featured in many cuisines. In Thailand, for example, they are used in the preparation of sauces and noodle dishes. In Indonesia, they are the base for a dipping sauce served with chicken and pork dishes.

The peanut is served in soups and stews in African countries like Ghana – where it is combined with tomatoes, onions, eggplant and okra in a stew-like chicken preparation – and in Senegal, where it is combined with sweet potatoes and cabbage. In the Szechuan province of China, it is commonly served in sauces that top noodles and cold chicken.

It is not that these more sophisticated uses of the peanut, which has long been

appreciated as an inexpensive source of protein, never occurred to a North American. Indeed Evan Jones, the food historian and author of *American Food: The Gastronomic Story* (Vintage Books, 1981), said George Washington Carver tried valiantly to show North Americans the many subtle joys of the peanut.

But today the majority of us – 58 per cent – continue to prefer our peanut butter on bread, according to research done by CPC International, which manufactures Skippy brand peanut butter. Some 14 per cent prefer it on crackers, while another 10 per cent eat it out of the jar. It is not surprising then to discover that Dr. Peter McCann, a 37-year-old Manhattan surgeon, an otherwise sophisticated diner and exacting food aficionado, prefers his peanut butter on white bread with jelly so thick it leaks through the other side.

Interviews with peanut-butter lovers revealed that, like McCann, many share rather uninhibited childlike delight in the spread. Larry Zisman, for example, who is co-author with his wife, Honey, of the *The Great American Peanut Butter Book* (St. Martin's Press, 1985), said he, too, often eats his peanut butter on bread. His favorite combination, he said, is "putting some peanut butter in your mouth, adding chocolate chips and chewing them together." Frank Treadway, 61, of Fort Meyers, Fla., prefers it "with meat loaf, bacon, cheese and cold baked beans." Norma Carpenter, a 45-year-old Idaho homemaker, routinely eats peanut butter mixed with margarine on popcorn.

Other common ways of eating peanut butter are with apples, celery sticks and bacon, and combined with mayonnaise, pickles, pretzels, corn chips, chocolate pudding, grilled cheese, graham crackers, saltines and whole-wheat toast.

All this may simply mean that peanut butter has just not been around long enough. Maturity, after all, has as much to do with experience as age; not to mention the desire to grow up. Perhaps it should come as no surprise that one of North America's leading brands of peanut butter is called Peter Pan.

Exercise 3. Read carefully for details.

Work with a partner. Look in the text for the answers.

1. How is peanut butter most often used in North America?
2. What are some ways peanut butter is used in other parts of the world?
3. Why did Ellen Brown unveil 30 new peanut-butter recipes?
4. When was peanut butter patented?
5. How much peanut butter is sold in North America every year?
6. Where was the peanut first grown?
7. How is peanut butter used in Thailand?
8. Where is the peanut used with sweet potatoes and cabbage?
9. What did George Washington Carver try to show North Americans?
10. Name three ways North Americans prefer to eat peanut butter.
11. How does Dr. Peter McCann like to eat peanut butter?
12. How does Larry Zisman prefer to eat peanut butter?
13. Name some other ways peanut butter is eaten in North America.

TEXT 3

Traditional British Foods and Where to Find Them

1. Shepherd's Pie



Picture 4. Shephed's pie

A wholesome and classic British meal, Shepherd's Pie originated in Scotland and the North of England and is primarily made from minced lamb and potatoes. Many families will make this dish using beef, but then it should actually be referred to as Cottage Pie, as shepherds only herd sheep (duh).

Where to find it

Most Brits would agree that Shepherd's Pie is best eaten at home with your family and, in fact, the dish is not often served in restaurants. But, if you're desperate to try an impressive Shepherd's Pie then the most iconic can be found at the Ivy in London.

2. Beef Wellington



Picture 5. Beef Wellington

Beef Wellington is a fillet of steak coated in pâté and then rolled in pastry. Although the dish shares its name with the famous Duke of Wellington, it actually shares no link with the British nobility. In reality, it is thought that Beef Wellington was based around the French dish *filet de bœuf en croûte* (fillet of beef in pastry).

Where to find it

Beef Wellington is served in posh pubs and restaurants up and down the country, but if you're looking for something really special, then try it at the House Restaurant in Brighton's Lanes.

3. Fish and Chips



Picture 6. Fish and chips served on newspaper

Perhaps nothing is more synonymous with British food than fish and chips. But, unfortunately, this dish can often be a bit disappointing if you don't get it in the right place. A top tip is to look for chip shops that cook their fish fresh to order-avoid a chippy that displays stacks of precooked fish behind the glass!

Where to find it

Although there are fish and chip shops all over the UK, we find that this dish is always at its most delicious when eaten by the sea. That's why if you're looking to experience a true British seaside delicacy it's best to try it somewhere coastal. If you're studying at our English language school in Brighton we recommend checking out the Melrose by the seafront.

4. Chicken Tikka Masala



Picture 7. Chicken Tikka Massala

Although it may have South Asian roots, there's a lot of evidence to suggest that Chicken Tikka Masala was first created in Britain by a Bangladeshi chef in Glasgow. Nowadays, it's considered one of the country's most popular dishes and is served in curry houses all over Britain.

Where to find it

Alongside a stunning array of British-Asian cuisine, some of the best curries in the UK can be found on Manchester's curry mile. If you're studying at BSC Manchester, you might also want to check out our guide to Manchester's halal restaurants.

5. Steak and Kidney Pie



Picture 8. Steak and Kidney pie

Or any kind of pie for that matter. Whether they're covered in pastry or covered in potato, pies feature heavily in British cuisine and are the perfect antidote to the harsh British winter.

Where to find it

For the home of pies, it's best to head to the North of England to Manchester or York where you can find delicious homemade pies in local markets and restaurants. For those based in the South, Pimminster offers an incredible range of pies and has branches all over the UK.

6. Eton Mess



Picture 9. Plate of Eton Mess captured from above

The perfect treat on a summer's day, Eton Mess is a dessert made with meringue, a variety of berries, and cream. The dish was first served at Eton College in the late 19th century at school cricket matches and is now popular all over Britain.

Where to find it

Eton Mess is so simple and delicious that it's best made at home or brought on a picnic. Find out how to make this traditional British dessert with this Eton Mess recipe.

7. Afternoon Tea



Picture 10. Afternoon tea

Scones, finger sandwiches, cake and tea- what could possibly be better? Although we Brits are famed for having afternoon tea every day at 5pm- that's really a bit of a myth. Afternoon tea is a rare treat that is generally taken at around 3-4pm.

Where to find it

For a traditional afternoon tea, there's no better place than the infamous Betty's Tea Room in York.

8. Cornish Pasty



Picture 11. Cornish Pasty

A pastry stuffed full of meat and vegetables, Cornish pasties first became popular among tin miners as they were easily transportable and eaten without a plate or cutlery. Nowadays, the humble pasty plays an important part in British food culture. It's even thought that there were the inspiration for the South American empanada.

Where to find it

In Cornwall- obviously! But if you can't make it that far down the country, you can find delicious Cornish Pasties at most markets and bakeries. Or grab one on the go from the West Cornwall Pasty Company.

9. A Full Breakfast



Picture 12. Full English breakfast

Also known as a ‘fry-up,’ a full breakfast is made up of eggs, bacon, sausages, beans, toast, tomatoes, and sometimes black pudding (blood sausage). This hearty breakfast is popular all over England, Ireland, Scotland and Wales and is often consumed on the weekend. There are also regional variations, with a 'Full Scottish' served with black pudding and 'tattie scones.'

Where to find it

You can find fry-ups at greasy spoons (cafes a bit like diners) all over the UK, but if you're studying at our English language school in Edinburgh we particularly recommend the Quick and Plenty cafe.

10. Roast Dinner



Picture 13. Roast dinner

The humble roast dinner began as a meal that was eaten after the Sunday church service, as the meat and vegetables could be left in the oven to cook while the family was out at worship. Today, a Sunday Roast is still an important part of British life with around one-fifth of British people sitting down to a roast every week.

Where to find it

Every self-respecting pub will have a roast dinner menu on a Sunday and nowadays, it's not just beef and dripping. Do a little research and you can find yourself just about any kind of roast you like! Head to Rudie's in London's Shoreditch for a mouthwatering Jamaican roast or check out one of these Vegan Roast Dinners in Brighton.

TEXT 4.

AMERICAN FOOD AND EATING HABITS

Exercise 1. Read the text. What would you call “a typical American dish”? What is the quickest way of getting something to eat?

Speaking about typical American food, well, we have a phrase “as American as apple pie”, so that is the first thing that comes to mind. I suppose that a hamburger is rather American and pancakes with maple syrup. Pumpkin pie, of course. Hot dogs, I guess, would be another American thing. We’ve had people from all over the world come into America throughout its history and so we’ve rather absorbed all the world’s cooking. You know, pizza is a very American thing now. I am not positive, but I believe it really comes from Italy.

Now, for main dishes – especially for dinner – Americans eat a lot of red meat, but more and more people are eating fish and poultry. Beef is the most popular red meat, followed by pork, and, least popular, lamb. In general, Americans like thick steaks. There are three way to cook the meat: rare (not cooked very much), medium, and well-done (cooked a lot).

The favourite American vegetable is the potato. It is served in many ways, but the most common are: baked potato, mashed potato, and French fries. Corn, too, is a truly American vegetable. It is especially popular to eat the whole ear (cob) holding the ends with your fingers. This is called “corn on the cob”.

Eating out is popular in the USA. Some restaurants are open even for breakfast, many restaurants, especially the better ones, open at about 11.30 a.m., others are open twenty-four hours a day. It is often necessary to make a reservation. Otherwise the restaurant you choose may be filled up. By the way, do not expect to share the table with other parties. It just isn’t done. If you want to ask for a bill, which is usually called the check, signal the waiter with a raised hand. If that doesn’t work, you can say: “Excuse me, may we have the check, please.”

As the charge for service is not included in your restaurant check, everyone

from waiters to porters anticipate tips. The amount you give should take into account the quality of service you receive. You should give 15 percent for good service, 20 percent for outstanding service and 10 percent for less than adequate service. Figure the tip on the total of the bill (excluding tax). Don't tip the headwaiter, though. Now, many restaurants post menus in the window so you can see the prices before you enter. If they do not, it is acceptable to enter the restaurant and ask for a menu before you sit down. If it is too expensive, it is OK to leave. If you do not eat all your food, you may ask for a "doggie bag".

The waiter will put your uneaten food in a paper or plastic bag and you can take it home. You should not do it at an expensive first class restaurant, of course.

Exercise 2. Study the text and try to find answers to the following questions.

1. Why is it difficult to speak about typically American foods?
2. Why is it advisable to reserve a table in a restaurant?
3. What can be done if a portion of food you ordered is too large for you?
4. Do you know now who and how much you should tip?

Exercise 3. Do you know how the word "sandwich" came into English? Read the story. Answer the comprehension questions.

In 1762 there was a very famous English politician. Everybody knew about him because he enjoyed playing cards so much. One night he stayed at the card table for 24 hours, and he ate nothing but slices of bread with pieces of meat inside. His name? John Montague Sandwich. The English name for a sandwich comes from this man. John Montague is dead but the sandwich lives on.

Sandwiches were great favourites in Victorian England. It was the custom to "take" afternoon tea at about four o'clock, and many rich families ate sandwiches at this time. Cucumber sandwiches were very popular. The servants always cut the crusts off the bread, so the sandwiches were very small and delicate. Sandwiches are less elegant now and often much bigger. The American comic strip character Dagwood Bumpstead is famous for his "Dagwood" sandwiches which have up to

ten slices of bread packed with different fillings all on top of the other. The English eat millions of sandwiches every day. They are a “typical” meal because they are easy and quick to prepare. You can buy sandwiches if you don’t want to make them yourself. There are thousands of “sandwich bars” and cafes and even some restaurants that sell them.

Comprehension questions:

1. Who was Lord Sandwich? Was he a famous writer?
2. What did he enjoy doing most? What did he eat while playing cards?
3. Were sandwiches great favourites in Victorian England? When did many rich families eat sandwiches? What kind of sandwiches were most popular?
4. Are sandwiches different nowadays? What is a “Dagwood” sandwich?
5. Why are sandwiches a typical “snack” meal in England?
6. Where can one buy sandwiches?
7. What about the Russian word “бутерброд”? How did it come into the Russian language?

TEXT 5

DINNER

Waiter: Here are your drinks. What would you like for dinner?

Mr. Hunt: We would like two steaks.

Waiter: Would you like any vegetables?

Mr. Hunt: Yes, some peas and some roast potatoes.

Susan: I’d like some chips, please.

Waiter: Would you like anything to start with?

Mr. Hunt: Yes, melon for us.

Mrs. Hunt: I don’t want melon. I’d prefer a prawn cocktail.

Waiter: And you, Miss?

Susan: I’d like grapefruit first and then roast beef and Yorkshire pudding.

Have you got any cauliflower?

Waiter: I'm sorry, we haven't got any cauliflower.

Susan: Oh! I want some carrots. I don't want any potatoes.

Waiter: And you, Miss?

Sheila: The same, please. Waiter: What would you like?

Simon: A lobster and some new potatoes, a salad and some French beans.

Mr. Hunt: Do you want anything to start with, Simon?

Simon: Yes, some tomato juice.

Waiter: Would you like any wine?

Mr. Hunt: Yes, we would. We'd like some red wine. Do you like red wine, Sheila?

Sheila: Yes!

Mr. Hunt: Simon, what would you like?

Simon: Red wine.

Mr. Hunt: A glass of milk for him, please.

Waiter: Does the young lady want milk too? Daughter: No, I'd like red wine.

Mr. Hunt: Red wine for her.

TEXT 6

We all feel happy to be alive in the summer, but it may not only be the warmer weather that makes us feel like this. Although we think we choose what to eat because it tastes or looks good, in fact we make unconscious choices based on the way food makes us feel. Summer foods like seafood and salads are full of chemicals that put us in a good mood.

One chemical that is found in high protein foods is serotonin. It makes you feel calm and relaxed. It can also be found in coffee and tea, ginger and honey, but the best source is spinach which also contains folic acid in large quantities. A deficiency in folic acid can cause depression, sleeplessness, forgetfulness and irritability.

Fish has traditionally been considered an ideal brain food because it contains high levels of the mineral selenium, which can also affect how you feel. A lack of selenium in your diet can produce tiredness and depression. Apart from fish, sunflower seeds, oysters, cereals, grapes and chicken are good sources.

If you want a food that will cheer you up instantly then chilies are the answer. They can have a dramatic effect on your mood. When you eat a dish containing chilies, your body reacts because it is encountering something that is almost like a poison. This leads to the release of the body's natural pain killers, giving a sense of well-being. But the experience can become addictive, sometimes causing people to search out stronger and stronger chilies. A slower acting but longer lasting antidepressant called DMAE can be found in anchovies and sardines. DMAE also heightens intelligence and makes it easier to learn. So if you've got an important exam coming up, make sure you eat all these foods that keep you feeling good and thinking clearly.

Exercise 2. Complete the following notes:

Typical summer foods: (1).....

Effect: good mood Contain chemicals such as:

Serotonin

Effect: Makes you feel (2).....

Found in (3)....., ginger and (4).....

Best source: spinach

Folic Acid

Deficiency causes (5)., sleeplessness, forgetfulness, irritability

Selenium

Deficiency causes (6).....

Found in (7)....., sunflower seeds, oysters, cereals, grapes and (5).....

DMAE

Found in: anchovies and sardines

Effect: Improves (9).....and ability to (10).....

TEXT 7. EATING OUT

This week we decided to look at a small family-run restaurant in the village of Wardleton. “The Old Mill” is newly opened and overlooks the river and the green meadows beyond it and we had heard several favourable comments about it. Because we had been advised to book early, we managed to get a nice table with a view of the quay. We were made very welcome and the service was excellent because it is a small family business. The proprietor runs the kitchen himself and his wife showed us to our table in the corner.

Although the choice of items on the menu was very extensive, it was rather traditional. A long menu always worries me, because a large menu always means a huge freezer! We started with fish and although it was fresh, it was spoilt by the number of herbs. For my main course I chose the pepper steak, which was the specialty of the day. I thought it was almost perfect because the chef had chosen excellent meat and it was cooked just long enough.

My wife ordered the roast lamb, and although the quality of the meat was good, she thought it was a little underdone. Though the vegetables were fresh, they came in very small portions and were rather overcooked for our taste. However, the bread was fresh because it had been baked on the premises. I have always complained about the difficulty of finding any restaurant which serves fresh fruit salad. Luckily, this one did. Even though it must have been very time-consuming to prepare, it was a delight to see, and I had a second helping.

As usual I chose house wine, as this is often the best way to judge a restaurant’s wine list. It was quite satisfactory and reasonably priced. The bill, including coffee and brandy, was acceptable for that kind of restaurant, but it did not include service.

TABLE MANNERS

Good table manners avoid ugliness. All rules of table manners are made to avoid ugliness. To let anyone see what you have in your mouth is offensive, so is to make a noise and to make a mess is disgusting. On the other hand there are a number of things in table etiquette that are merely unreasonable and silly.

Fingers or forks? All juicy or soft fruit or cake is best eaten with a fork. If you are able to eat a peach or ripe pear with your fingers and not smear your face, let the juice run down, or make sucking noises, you are one in a thousand who may continue to do so. But if you cannot eat something – no matter what it is – without getting it all over your fingers, you must use a fork, and when necessary, a spoon or knife also.

Elbows are never put on the table while one is eating. Don't encircle a plate with the left arm while eating with the right hand. Don't push back your plate when finished. It remains exactly where it is until whoever is waiting on you removes it. Don't lean back and announce "I'm through." The fact that you have put your fork or spoon down shows that you have finished.

Don't even put liquid into your mouth if it is already filled with food.

AT TABLE

Jane: It's good to be in a company like this, I admit. Ann: Let me help you to some salad, Jane.

Jane: Please, do. It looks so inviting. That's quite enough, thank you. Ann: Some soup, Jane?

Jane: Why, yes. I think I could manage a plateful. Ann: How do you find the salad?

Jane: Awfully nice. I have never tasted such a lovely salad; will you tell me how you make it?

Ann: I'm glad you've enjoyed it and it is very nice of you to say so. It's quite easy to make. I'll write down the ingredients and the directions for mixing.

Jane: Thank you very much. Don't you think it's lovely, Fred? Fred: Yes, it

is, indeed. Kindly pass me the salt, Ann, will you? Ann: Here you are. Some more bread, Fred?

Fred: Yes, please. What comes next, Annie? Ann: Chops with roast potatoes and vegetables. Fred: And what follows that?

Ann: Would you like to make a guess? Fred: Ice-cream, I suppose.

Ann: There you are wrong, Fred, it's coffee. Jane: Coffee. It's just to my taste.

Ann: I'm happy that I've suited your taste, Jane. Do you take milk in your coffee?

Jane: Yes, I like it milky.

Fred: Well, Jane, what about fruit? Jane: I'd be delighted.

TEXT 8. FOOD

A: Listen to this: would you eat what you eat if you knew what the thing you ate had last eaten?

B: Pardon? What on earth are you talking about?

A: It is the article in the paper, talking about what we eat. It says many of the incidents of food poisoning in humans are a result of diseased food fed to animals.

B: Oh, I'm with you now. I agree, it's horrifying. Soon it won't be safe to eat anything.

A: Right. First it was eggs and chicken, now it's beef. Personally, I'm thinking of becoming a vegetarian.

B: That's no answer. Think of all the chemicals they spray on fruit and veg. I honestly believe we've got to be more radical than that.

A: You mean stop eating altogether?

B: No, what I'm trying to say is that we, the consumers, are going to have to think again about what we eat. Mass production of food leads to lower prices, but also all these health-care problems too.

A: On the other hand, are we willing to pay more for food produced more

naturally and in smaller quantities?

B: Exactly. In the end, it is a question of money.

A: It seems to me that the government will have to consider more subsidies to keep the price of food down.

B. Quite. Have an apple.

A: No, thanks, not after that discussion.

TEXT 9. A CUP OF TEA

Mrs. Smith: How nice of you, Mrs. Brown, to drop in. I'm so glad to see you. Jane and I are just having a cup of tea. Do join us.

Mrs. Brown: Thank you ever so much. I've been doing some shopping, as you can see, and I'm a bit thirsty. I'd enjoy a cup with you.

Mrs. Smith: Jane, lay the table for Mrs. Brown and bring some fresh buns and rolls from the pantry. I haven't any cake to offer you today, Mrs. Brown, but I can treat you to a wide choice of jams, I've made this year. I'm especially fond of strawberry and black currant, while Jane prefers cherry. We always have several jars of raspberry jam in the house in case of colds. It is a good remedy, you know. Strong tea or weak, Mrs. Brown?

Mrs. Brown: Weak tea, please. What tasty buns you have here! Are they from the baker's?

Mrs. Smith: Jane did the baking today. She rather likes cooking. Mrs. Brown: Would you mind telling me how to make such buns?

Mrs. Smith: Most willingly. All you need is a few cups of flower, some shortening (fat), a little yeast, four egg-yolks, a glass of milk and sugar. You knead the dough stiff, and then cut it up into tiny buns. When the dough has risen, you bake the buns in a hot oven for 20-25 minutes. It's rather quick work and not much trouble. Served with tea, they are delicious. Help yourself to some more, Mrs. Brown.

Mrs. Brown: They are simply wonderful with strawberry jam. I must have another.

Mrs. Smith: Won't you have another cup of tea?

Mrs. Brown: I've had quite enough, thank you.

TEXT 10. SERVICE, PLEASE

Mike: Mum, I'm in a terrible hurry. Can I have my lunch right away? We are going to Sheldon for a game of golf. The boys are picking me up at one o'clock, and I've promised to be ready on time. Gosh, it's twenty to one already! Is that clock right?

Mum: No, it's ten minutes fast. It's not quite half past twelve yet. But it doesn't make any difference – I've just put our lunch in the oven and it won't be ready for more than half an hour.

Mike: Mmm! It smells marvelous! Is it ham and egg pie? I can't wait for that now though. Put some by for me and I'll have it this evening. What can I have straight away? I'm starving.

Mum: I can make you a mushroom omelette in five minutes or you can have what is left of this pork pie. It looks a bit stale, though – try a bit first.

Mike: It doesn't taste too bad. I'll have this with some cheese and tomatoes. It's not much of a lunch but at least I'll be ready in time.

Mum: I'm used to your racing in and out and expecting a meal within five minutes, but this is not a restaurant with a 24 hour service and I'm not a magician. You just have to take pot luck, if you can't make your arrangements in advance and give me some warning of your movements.

Mike: Well, it is a rotten restaurant and I'm going to complain to the manager. If I die of food poisoning, they'll put you in prison for years.

TEXT.11. GUESTS FOR SUPPER

Rod and Paul have invited Barbara and Sue, Paul's girlfriend, to supper. They are in the kitchen getting supper ready.

Paul: What have we got in the fridge, Rod?

Rod: Nothing much. We've got some ham, eggs, cheese.....

Paul: Have we got any potatoes?

Rod: I think so. Yes, we have. And we've got some onions too.

Paul: Well, why don't we have some ham and a Danish potato salad? I copied down the recipe from the radio yesterday.

A few minutes later.

Rod: Let's see now. Cut the potatoes into small cubes.....

Paul: Yes, but don't cut them yet. Wait until they are cool. Where is the big red plastic bowl?

Rod: On the bottom shelf in the cupboard under the sink.

Paul: What's Barbara like, by the way?

Rod: Barbara? Well, she's in her mid-twenties. She's very lively. She has got a good sense of humour. I think you'll like her. What about Sue?

Paul: Oh, Sue is very easy-going and friendly.

Rod: Could you get me the mayonnaise from the cupboard? Paul: Yes, sure. Which cupboard is it in?

Rod: It's in the small one beside the cooker.

Paul: There's no mayonnaise here.

Rod: Oh, isn't there? Oh, no! The recipe says parsley and lemon. I know we haven't got (*Doorbell rings.*) They are here!

Barbara: Hello! Here we are! You're Paul, are you? What's the matter? You both look miserable!

Paul: We're making a potato salad and...

Rod: we haven't got any mayonnaise, or parsley or lemon! Sue: Well, that's all right. I'm on a diet.

Barbara: And I hate potato salad. So, that's fine! Here: I've got some wine. Let's have a glass now.

TEXT 12. AT A RESTAURANT

John: This is the place where I usually eat lunch. George: It looks like a good restaurant.

John: It is very good. They always have good roast beef here. Good steak, too. George: I've been eating in the office for the last few weeks. I've been bringingsandwiches. I tried the cafeteria around the corner yesterday, but it is alwayscrowded.

John: Well, this is a lot more pleasant. And it doesn't even cost too much. About a dollar and a half for lunch.

Waiter: Are you ready to order?

George: What's good?

John: I always order the special. It's never bad and it is always inexpensive.

George: Have you ever tried the chef's salad?

John: No, I don't like salads very much.

George: I eat them sometimes, but I'll take the special today. What is it? I haven't seen the menu yet.

Waiter: It's club steak, Sir, with French fries and green peas.

George: All right. That's sounds good.

Waiter: Would you like your steak rare, medium or well-done?

George: Rare.

John: And I'll have the same. But make mine medium, please.

Waiter: What would you like to drink?

George: Coffee, please.

John: I'll have coffee, too.

Waiter: With or after?

George: After.

John: I'll take mine with.

TEXT 13. MR. MILES DINES AT A RESTAURANT

- May I take your order, Sir?

- I haven't seen a menu yet. May I have one, please?

- I'm sorry. I thought that the hostess who seated you had given you a menu.

(Waiter hands menu to customer.) Here is one, Sir.

- *(Mr. Miles looking at menu)* There are so many different dishes listed that it is hard to decide.

- The a la carte dishes are on the left. The regular dinners are on the right-hand page.

- I'll have the regular dinner. I'm pretty hungry. With the regular dinner I get appetizer, soup, and so forth. Isn't that the idea?

- Yes, Sir. The regular dinner includes appetizer, soup, salad, choice of desserts, tea or coffee.

- Is there any particular dish you would recommend?

- The roast beef is very good tonight. We also have several good chicken dishes, if you like chicken. We have roast chicken with dressing, Southern-fried chicken, chicken livers in casserole....

- I'm not very fond of chicken.

- How about fish? Fish is one of the specialties of the house. We have filet of sole, flounder, baked shad, halibut au gratin.

- What is this minute steak that is on the menu?

- It's a small steak cooked over a grill. Of course, it is not a porterhouse or tenderloin steak. But it's steak. I believe it must be a cut of round steak. It's pounded flat with something heavy in order to make it tender.

- I think I'll try that. For vegetables, give me French-fried potatoes and stewed corn.

- How do you want your steak - rare, medium, or well-done?

- Well-done, please. What salad do I get with the dinner?

- You have a choice of lettuce and tomato or cucumber and beets. You also have a choice of appetizer and soup. What appetizer would you like to have?

- What appetizers have you?

- The appetizers are there at the top of the page. You can have shrimp cocktail, fresh fruit cocktail, tomato juice, clam juice, antipasto.....
- I'll have the fruit cocktail. I'll also have the cream of mushroom soup and the lettuce and tomato salad.
- What kind of dressing would you like on your salad: French, Russian, mayonnaise?
- French dressing, please! That steak won't take long to prepare, will it? I'm pretty hungry.
- It will be ready as soon as you finish your appetizer and soup.
- (*Waiter brings appetizer, soup. Later serves salad, steak, etc. Returns at conclusion of meal.*) Are you ready to order dessert, Sir? How did you find your steak?
- Oh, it was not difficult. I just moved aside one of the French-fried potatoes and there it was hiding underneath.
- You mean it was rather small. I warned you that it wasn't a porterhouse or sirloin steak.
- It really wasn't half-bad. I was only kidding.
- But why didn't you call me over and say something about it? I could have taken it back to the kitchen and brought you something else.
- The fact that I was so hungry probably made it seem smaller than it really was. What do you have for dessert?
- We have pie, chocolate pudding, rice pudding, ice-cream, French pastry, chocolate layer cake.....
- What kind of pie do you have?
- Apple, peach, pineapple, custard, pumpkin, mince.....
- I'll have peach pie a la mode and coffee.
- Here is your check, Sir. You can pay the cashier on your way out.

TEXT 14

THREE MEN IN A BOAT by J.K.Jerome

Chapter XIV

We got out at Sonning, and went for a walk round the village. It is the most fairy-like little nook on the whole river. It is more like a stage village than one built of bricks and mortar. Every house is smothered in roses, and now, in early June, they were bursting forth in clouds of dainty splendour. If you stop at Sonning, put up at the "Bull," behind the church. It is a veritable picture of an old country inn, with green, square courtyard in front, where, on seats beneath the trees, the old men group of an evening to drink their ale and gossip over village politics; with low, quaint rooms and latticed windows, and awkward stairs and winding passages.

We roamed about sweet Sonning for an hour or so, and then, it being too late to push on past Reading, we decided to go back to one of the Shiplake islands, and put up there for the night. It was still early when we got settled, and George said that, as we had plenty of time, it would be a splendid opportunity to try a good, slap-up supper. He said he would show us what could be done up the river in the way of cooking, and suggested that, with the vegetables and the remains of the cold beef and general odds and ends, we should make an Irish stew.

It seemed a fascinating idea. George gathered wood and made a fire, and Harris and I started to peel the potatoes. I should never have thought that peeling potatoes was such an undertaking. The job turned out to be the biggest thing of its kind that I had ever been in. We began cheerfully, one might almost say skittishly, but our light-heartedness was gone by the time the first potato was finished. The more we peeled, the more peel there seemed to be left on; by the time we had got all the peel off and all the eyes out, there was no potato left – at least none worth speaking of. George came and had a look at it – it was about the size of a pea-nut. He said:

"Oh, that won't do! You're wasting them. You must scrape them."

So we scraped them, and that was harder work than peeling. They are such an extraordinary shape, potatoes – all bumps and warts and hollows. We worked steadily for five-and-twenty minutes, and did four potatoes. Then we struck. We said we should require the rest of the evening for scraping ourselves.

I never saw such a thing as potato-scraping for making a fellow in a mess. It seemed difficult to believe that the potato-scrapings in which Harris and I stood, half smothered, could have come off four potatoes. It shows you what can be done with economy and care.

George said it was absurd to have only four potatoes in an Irish stew, so we washed half-a-dozen or so more, and put them in without peeling. We also put in a cabbage and about half a peck of peas. George stirred it all up, and then he said that there seemed to be a lot of room to spare, so we overhauled both the hampers, and picked out all the odds and ends and the remnants, and added them to the stew. There were half a pork pie and a bit of cold boiled bacon left, and we put them in. Then George found half a tin of potted salmon, and he emptied that into the pot.

He said that was the advantage of Irish stew: you got rid of such a lot of things. I fished out a couple of eggs that had got cracked, and put those in. George said they would thicken the gravy.

I forget the other ingredients, but I know nothing was wasted; and I remember that, towards the end, Montmorency, who had evinced great interest in the proceedings throughout, strolled away with an earnest and thoughtful air, reappearing, a few minutes afterwards, with a dead water-rat in his mouth, which he evidently wished to present as his contribution to the dinner; whether in a sarcastic spirit, or with a genuine desire to assist, I cannot say.

We had a discussion as to whether the rat should go in or not. Harris said that he thought it would be all right, mixed up with the other things, and that every little helped; but George stood up for precedent. He said he had never heard of water-rats in Irish stew, and he would rather be on the safe side, and not try experiments.

Harris said:

"If you never try a new thing, how can you tell what it's like? It's men such as you that hamper the world's progress. Think of the man who first tried German sausage!"

It was a great success, that Irish stew. I don't think I ever enjoyed a meal more. There was something so fresh and piquant about it. One's palate gets so tired of the old hackneyed things: here was a dish with a new flavour, with a taste like nothing else on earth.

And it was nourishing, too. As George said, there was good stuff in it. The peas and potatoes might have been a bit softer, but we all had good teeth, so that did not matter much: and as for the gravy, it was a poem – a little too rich, perhaps, for a weak stomach, but nutritious.

TEXT 15. HEALTHY DIET (*from WHO*)

Eating a healthy diet is very important during the COVID-19 pandemic. What we eat and drink can affect our body's ability to prevent, fight and recover from infections.

While no foods or dietary supplements can prevent or cure COVID-19 infection, healthy diets are important for supporting immune systems. Good nutrition can also reduce the likelihood of developing other health problems, including obesity, heart disease, diabetes and some types of cancer.

For babies, a healthy diet means exclusive breastfeeding in the first six months, with the introduction of nutritious and safe foods to complement breastmilk from age 6 months to 2 years and beyond. For young children, a healthy and balanced diet is essential for growth and development. For older people, it can help to ensure healthier and more active lives.

Tips for maintaining a healthy diet:

1. Eat a variety of food, including fruits and vegetables
 - Every day, eat a mix of wholegrains like wheat, maize and rice, legumes like lentils and beans, plenty of fresh fruit and vegetables, with some foods from animal sources (e.g. meat, fish, eggs and milk).

- Choose wholegrain foods like unprocessed maize, millet, oats, wheat and brown rice when you can; they are rich in valuable fibre and can help you feel full for longer.

- For snacks, choose raw vegetables, fresh fruit, and unsalted nuts.

2. Cut back on salt

- Limit salt intake to 5 grams (equivalent to a teaspoon) a day.

- When cooking and preparing foods, use salt sparingly and reduce use of salty sauces and condiments (like soy sauce, stock or fish sauce).

- If using canned or dried food, choose varieties of vegetables, nuts and fruit, without added salt and sugars.

- Remove the salt shaker from the table, and experiment with fresh or dried herbs and spices for added flavor instead.

- Check the labels on food and choose products with lower sodium content.

3. Eat moderate amounts of fats and oils

- Replace butter, ghee and lard with healthier fats like olive, soy, sunflower or corn oil when cooking.

- Choose white meats like poultry and fish which are generally lower in fats than red meat; trim meat of visible fat and limit the consumption of processed meats.

- Select low-fat or reduced-fat versions of milk and dairy products.

- Avoid processed, baked and fried foods that contain industrially produced trans-fat.

- Try steaming or boiling instead of frying food when cooking.

4. Limit sugar intake

- Limit intake of sweets and sugary drinks such as fizzy drinks, fruit juices and juice drinks, liquid and powder concentrates, flavoured water, energy and sports drinks, ready-to-drink tea and coffee and flavoured milk drinks.

- Choose fresh fruits instead of sweet snacks such as cookies, cakes and chocolate. When other dessert options are chosen, ensure that they are low in sugar and consume small portions.

- Avoid giving sugary foods to children. Salt and sugars should not be added to complementary foods given to children under 2 years of age, and should be limited beyond that age.

5. Stay hydrated: Drink enough water

Good hydration is crucial for optimal health. Whenever available and safe for consumption, tap water is the healthiest and cheapest drink. Drinking water instead of sugar-sweetened beverages is a simple way to limit your intake of sugar and excess calories.

6. Avoid hazardous and harmful alcohol use

Alcohol is not a part of a healthy diet. Drinking alcohol does not protect against COVID-19 and can be dangerous. Frequent or excessive alcohol consumption increases your immediate risk of injury, as well as causing longer-term effects like liver damage, cancer, heart disease and mental illness. There is no safe level of alcohol consumption.

7. Breastfeed babies and young children

Breastmilk is the ideal food for infants. It is safe, clean and contains antibodies which help protect against many common childhood illnesses. Babies should be breastfed exclusively during the first 6 months of life, as breast milk provides all the nutrients and fluids they need.

- From 6 months of age, breast milk should be complemented with a variety of adequate, safe and nutrient-dense foods. Breastfeeding should continue under babies at 2 years of age or beyond.

Women with COVID-19 can breastfeed if they wish to do so and should take infection prevention and control measures.

Tips for Food Safety during COVID-19

There is no evidence that COVID-19 can be spread through contact with food or food packaging. COVID-19 is generally thought to be spread from person to person. However, it's always important to practice good hygiene when handling food to prevent any food-borne illnesses.

Follow WHO's Five keys to safer food:

1. Keep clean
2. Separate raw and cooked
3. Cook thoroughly
4. Keep food at safe temperatures
5. Use safe water and raw materials.

Corny Restaurant Jokes

Client: Waiter, there's a dead fly in my soup!

Waiter: Yes sir, it is the hot liquid that kills them.

Client: Waiter, there's a dead fly in my soup!

Waiter: That's impossible. A dead fly can't swim.

Client: This restaurant must have a very clean kitchen. Waiter: Thank you.

Why do you say that?

Client: Everything tastes of soap.

Client: Waiter, will my hamburger be long?

Waiter: No, sir, it will be round.

Client: What on earth is this broth made from? Surely it isn't chicken broth!

Waiter: Well, sir, it is chicken broth in its infancy. It is made out of the water the eggs were boiled in.

Client: Waiter, there's a fly in my soup!

Waiter: Shh! Don't talk too loud – everyone will want it.

Client: Waiter, is this apple pie or peach pie? It tastes like glue.

Waiter: Well then, sir, it is peach pie. Our apple pie tastes like cardboard.

Client: It says on the menu that there is a choice of greens.

Waiter: There is. Broccoli.

Client: But that's no choice.

Waiter: Yes, it is. Take it or leave it.

Client: Are waiters tipped?

Waiter: Of course.

Client: Good, then tip me. I have been waiting for service for twenty minutes.

Client: Waiter, is there egg custard on the menu?

Waiter: Not now, sir, I've wiped it off.

PART 7. CHECK YOURSELF.

Cover the words, look at the pictures and check your knowledge of the topical vocabulary.

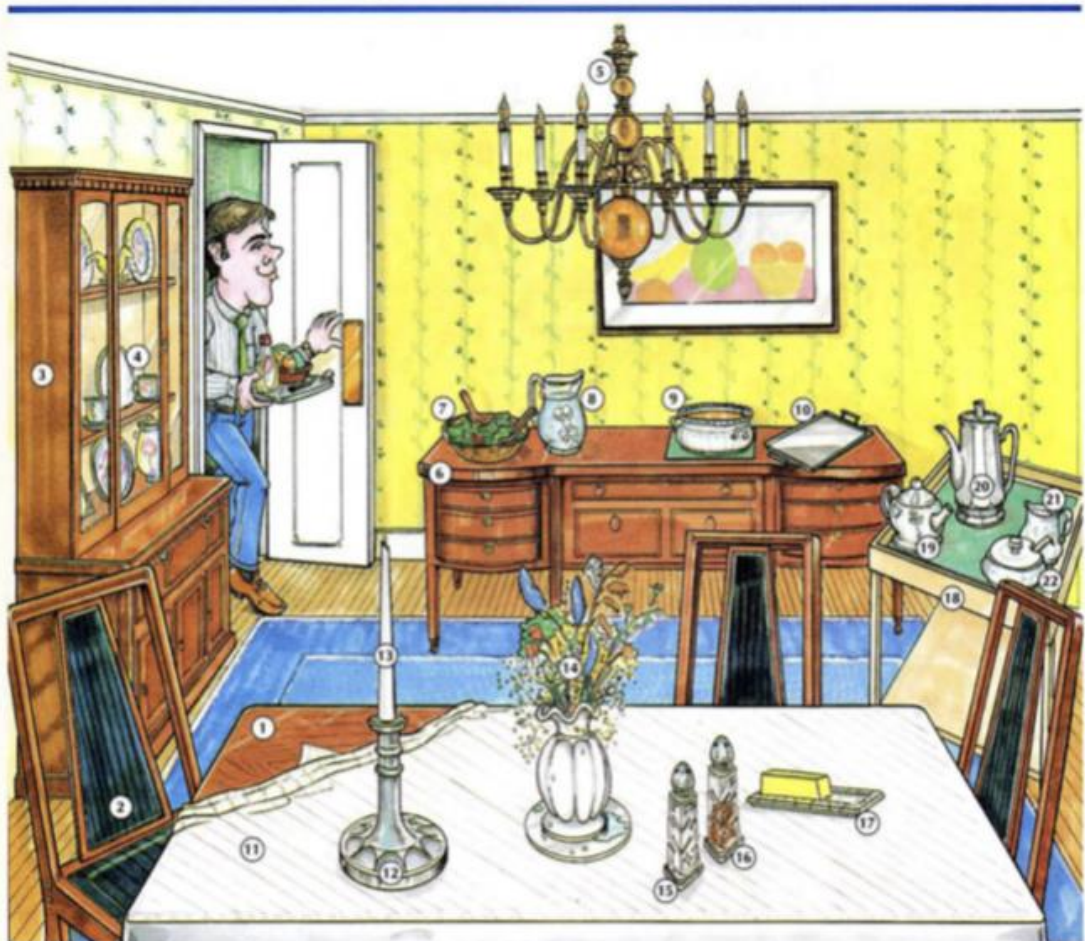
THE DINING ROOM



A. This **dining room table** is very nice.

B. Thank you. It was a gift from my **grandmother**.*

*grandmother/grandfather/aunt/uncle/...



1. (dining room) table
2. (dining room) chair
3. china cabinet
4. china
5. chandelier
6. buffet

7. salad bowl
8. pitcher
9. serving bowl
10. serving platter
11. tablecloth
12. candlestick

13. candle
14. centerpiece
15. salt shaker
16. pepper shaker
17. butter dish
18. serving cart

19. teapot
20. coffee pot
21. creamer
22. sugar bowl

Picture 14. Dining room

THE DINING ROOM: A PLACE SETTING



- A. Excuse me. Where does the **salad plate** go?
 B. It goes *to the left of the dinner plate*.



- A. Excuse me. Where does the **soup spoon** go?
 B. It goes *to the right of the teaspoon*.



- A. Excuse me. Where does the **wine glass** go?
 B. It goes *between the water glass and the cup and saucer*.



- A. Excuse me. Where does the **cup** go?
 B. It goes *on the saucer*.



1. salad plate
 2. bread-and-butter plate
 3. dinner plate
 4. soup bowl

5. water glass
 6. wine glass
 7. cup
 8. saucer
 9. napkin

- silverware**
 10. salad fork
 11. dinner fork
 12. knife

13. teaspoon
 14. soup spoon
 15. butter knife

Picture 15. Place setting

THE KITCHEN



- A. I think we need a new **dishwasher**.
 B. I think you're right.



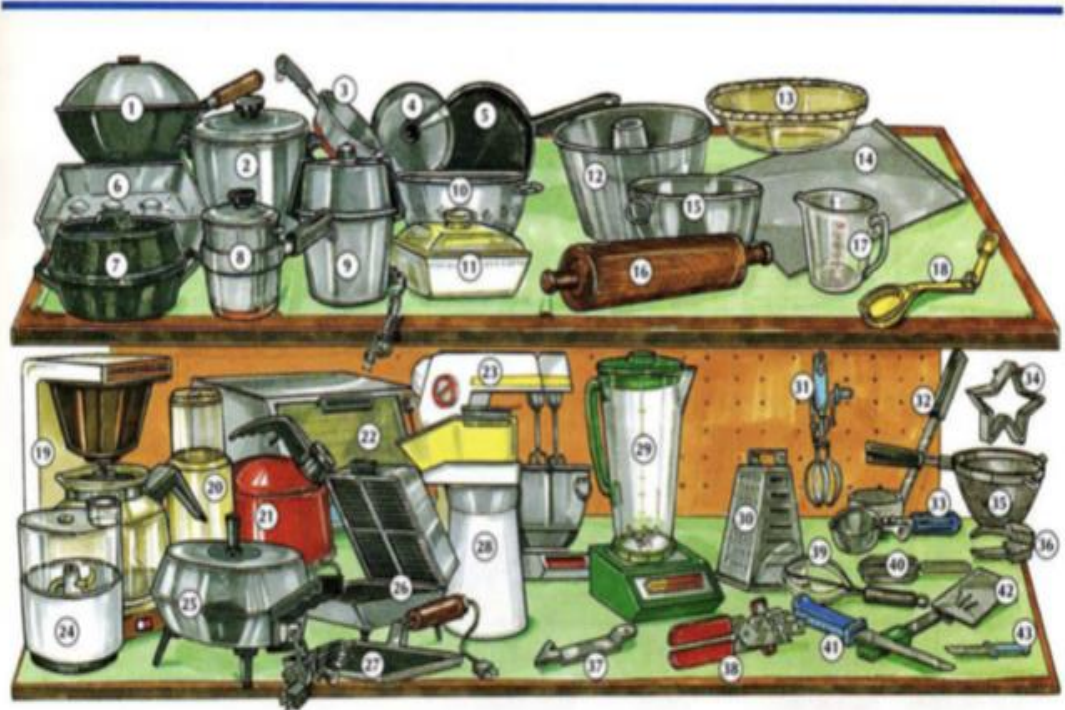
- | | | | |
|-------------------------|------------------------|---------------------------|-------------------------|
| 1. dishwasher | 10. dish rack | 19. stove/range | 28. freezer |
| 2. dishwasher detergent | 11. paper towel holder | 20. burner | 29. ice maker |
| 3. dishwashing liquid | 12. dish towel | 21. oven | 30. ice tray |
| 4. faucet | 13. trash compactor | 22. potholder | 31. refrigerator magnet |
| 5. (kitchen) sink | 14. cabinet | 23. toaster | 32. kitchen table |
| 6. (garbage) disposal | 15. microwave (oven) | 24. spice rack | 33. placemat |
| 7. sponge | 16. (kitchen) counter | 25. (electric) can opener | 34. kitchen chair |
| 8. scouring pad | 17. cutting board | 26. cookbook | 35. garbage pail |
| 9. pot scrubber | 18. canister | 27. refrigerator | |

Picture 16. Kitchen

KITCHENWARE



- A. Could I possibly borrow your **wok**?
 B. Sure. I'll get it for you right now.
 A. Thanks.



- | | | | |
|-----------------------|---------------------|-------------------------|------------------------|
| 1. wok | 12. cake pan | 23. (electric) mixer | 34. cookie cutter |
| 2. pot | 13. pie plate | 24. food processor | 35. strainer |
| 3. saucepan | 14. cookie sheet | 25. electric frying pan | 36. garlic press |
| 4. lid/cover/top | 15. (mixing) bowl | 26. waffle iron | 37. bottle opener |
| 5. frying pan/skillet | 16. rolling pin | 27. (electric) griddle | 38. can opener |
| 6. roasting pan | 17. measuring cup | 28. popcorn maker | 39. whisk |
| 7. roaster | 18. measuring spoon | 29. blender | 40. (vegetable) peeler |
| 8. double boiler | 19. coffeemaker | 30. grater | 41. knife |
| 9. pressure cooker | 20. coffee grinder | 31. (egg) beater | 42. spatula |
| 10. colander | 21. tea kettle | 32. ladle | 43. paring knife |
| 11. casserole (dish) | 22. toaster oven | 33. ice cream scoop | |

- A. What are you looking for?
 B. I'm looking for the _____.*
 A. Did you look in the drawers/
 in the cabinets/next to the
 _____/.....?
 B. Yes. I looked everywhere!

*With 2, 4, 12-15, 41, use:
 I'm looking for a _____

[A Commercial]

Come to Kitchen World! We have everything you need for your kitchen, from _____s and _____s, to _____s and _____s. Are you looking for a new _____? Is it time to throw out your old _____? Come to Kitchen World today! We have everything you need!

What things do you have in your kitchen?
 Which things do you use very often?
 Which things do you rarely use?

Picture 17. Kitchenware

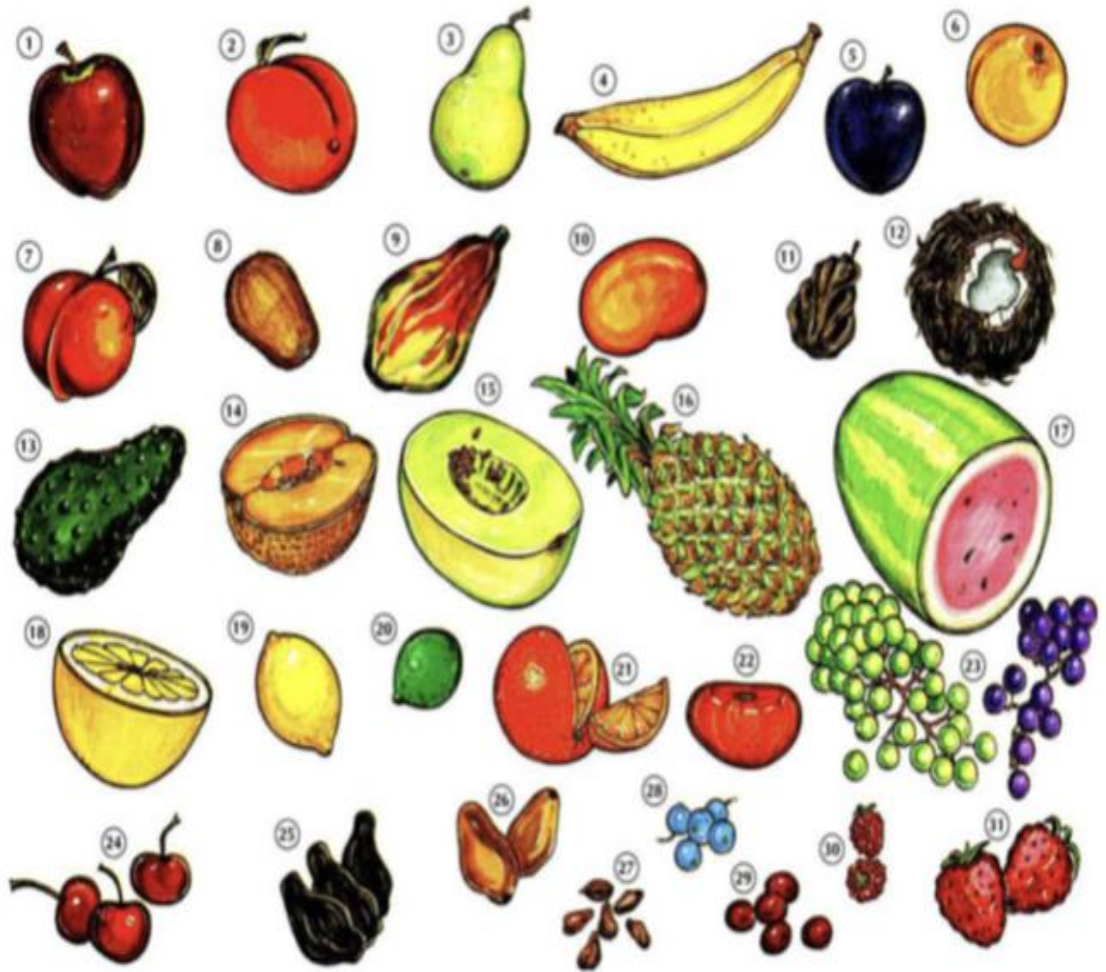
FRUITS



[1-22]
 A. This **apple** is delicious!
 Where did you get it?
 B. At *Shaw's Supermarket*.



[23-31]
 A. These **grapes** are delicious!
 Where did you get them?
 B. At *Farmer Fred's Fruit Stand*.



- | | | | | |
|------------|--------------|-------------------------|----------------|------------------|
| 1. apple | 7. nectarine | 13. avocado | 18. grapefruit | 25. prunes |
| 2. peach | 8. kiwi | 14. cantaloupe | 19. lemon | 26. dates |
| 3. pear | 9. papaya | 15. honeydew
(melon) | 20. lime | 27. raisins |
| 4. banana | 10. mango | 16. pineapple | 21. orange | 28. blueberries |
| 5. plum | 11. fig | 17. watermelon | 22. tangerine | 29. cranberries |
| 6. apricot | 12. coconut | | 23. grapes | 30. raspberries |
| | | | 24. cherries | 31. strawberries |

Picture 18. Fruits

VEGETABLES



- A. What do we need from the supermarket?
 B. We need lettuce* and peas.†

*1-12 †13-36



- | | | | |
|----------------|----------------------------|------------------|--------------------------|
| 1. lettuce | 10. zucchini (squash) | 19. cucumber | 28. green pepper |
| 2. cabbage | 11. acorn squash | 20. tomato | 29. red pepper |
| 3. celery | 12. butternut squash | 21. carrot | 30. beet |
| 4. corn | 13. pea | 22. radish | 31. onion |
| 5. cauliflower | 14. string bean/green bean | 23. mushroom | 32. scallion/green onion |
| 6. broccoli | 15. lima bean | 24. artichoke | 33. red onion |
| 7. spinach | 16. black bean | 25. potato | 34. pearl onion |
| 8. asparagus | 17. kidney bean | 26. sweet potato | 35. turnip |
| 9. eggplant | 18. brussels sprout | 27. yam | 36. parsnip |

Picture 19. Vegetables

THE SUPERMARKET I



A. I'm going to the supermarket to get **milk** and **soup**.*

Do we need anything else?

B. Yes. We also need **cereal** and **soda**.*

*With 43, 44, 46, 49, and 55, use: a _____

A. Dairy Products

1. milk
2. low-fat milk
3. skim milk
4. chocolate milk
5. buttermilk
6. orange juice[†]
7. cheese
8. butter
9. margarine
10. sour cream
11. cream cheese

12. cottage cheese

13. yogurt
14. eggs

B. Canned Goods

15. soup
16. tuna fish
17. (canned) vegetables
18. (canned) fruit

C. Packaged Goods

19. cereal
20. cookies
21. crackers
22. spaghetti
23. noodles
24. macaroni
25. rice

D. Juice

26. apple juice
27. pineapple juice

28. grapefruit juice

29. tomato juice
30. fruit punch
31. grape juice
32. cranberry juice
33. juice paks
34. powdered drink mix

E. Beverages

35. soda
36. diet soda
37. bottled water

Picture 20. Supermarket



- | | | | |
|---|--|---|---|
| <p>F. Poultry</p> <p>38. chicken
39. chicken legs
40. drumsticks
41. chicken breasts
42. chicken wings
43. turkey
44. duck</p> <p>G. Meat</p> <p>45. ground beef
46. roast
47. steak
48. stewing meat</p> | <p>49. leg of lamb
50. lamb chops
51. pork
52. pork chops
53. ribs
54. sausages
55. ham
56. bacon</p> <p>H. Seafood</p> <p>FISH</p> <p>57. salmon
58. halibut</p> | <p>59. flounder
60. swordfish
61. haddock
62. trout</p> <p>SHELLFISH</p> <p>63. oysters
64. scallops
65. shrimp
66. mussels
67. clams
68. crabs
69. lobster</p> | <p>I. Baked Goods</p> <p>70. English muffins
71. cake
72. pita bread
73. rolls
74. bread</p> <p>J. Frozen Foods</p> <p>75. ice cream
76. frozen vegetables
77. frozen dinners
78. frozen lemonade
79. frozen orange juice</p> |
|---|--|---|---|

- A. Excuse me. Where can I find [1-79] ?
- B. In the [A-J] Section, next to the [1-79].
- A. Thank you.

- A. Pardon me. I'm looking for [1-79].
- B. It's/They're in the [A-J] Section, between the [1-79] and the [1-79].
- A. Thanks.

Which of these foods do you like?
Which foods are good for you?
What brands of these foods do you buy?

Picture 21. Supermarket

THE SUPERMARKET II



[1-70]

- A. Look! _____ is/are on sale this week!
 B. Let's get some!

A. Deli

1. roast beef
2. bologna
3. salami
4. ham
5. turkey
6. corned beef
7. American cheese
8. Swiss cheese
9. provolone
10. mozzarella
11. cheddar cheese
12. potato salad

13. cole slaw

14. macaroni salad
15. seafood salad

B. Snack Foods

16. potato chips
17. corn chips
18. tortilla chips
19. nacho chips
20. pretzels
21. popcorn
22. nuts
23. peanuts

C. Condiments

24. ketchup
25. mustard
26. relish
27. pickles
28. olives
29. salt
30. pepper
31. spices
32. soy sauce
33. mayonnaise
34. (cooking) oil
35. olive oil
36. vinegar
37. salad dressing

D. Coffee and Tea

38. coffee
39. decaffeinated coffee/
decaf coffee
40. tea
41. herbal tea
42. cocoa/
hot chocolate mix

E. Baking Products

43. flour
44. sugar
45. cake mix

Picture 22. Supermarket



- | | | | |
|--|---|--|---|
| <p>F. Jams and Jellies</p> <p>46. jam
47. jelly
48. marmalade
49. peanut butter</p> <p>G. Paper Products</p> <p>50. tissues
51. napkins
52. toilet paper
53. paper cups
54. paper plates
55. straws
56. paper towels</p> | <p>H. Household Items</p> <p>57. sandwich bags
58. trash bags
59. soap
60. liquid soap
61. aluminum foil
62. plastic wrap
63. waxed paper</p> <p>I. Baby Products</p> <p>64. baby cereal
65. formula
66. baby food
67. wipes
68. (disposable) diapers</p> | <p>J. Pet Food</p> <p>69. cat food
70. dog food</p> <p>K. Checkout Area</p> <p>71. aisle
72. shopping cart
73. shopper/customer
74. checkout counter
75. conveyor belt
76. coupons
77. scanner</p> | <p>78. scale
79. cash register
80. cashier
81. plastic bag
82. paper bag
83. bagger/packer
84. express checkout (line)
85. tabloid (newspaper)
86. magazine
87. (chewing) gum
88. candy
89. shopping basket</p> |
|--|---|--|---|

- A. Do we need [1-70] ?
B. No, but we need [1-70].

- A. We forgot to get [1-70] !
B. I'll get it/them.
Where is it/Where are they?
A. In the [A-J] Section over there.

Make a complete shopping list of everything you need from the supermarket.
Describe the differences between U.S. supermarkets and food stores in your country.

CONTAINERS AND QUANTITIES



- A. Would you please get a **bag** of flour when you go to the supermarket?
 B. A **bag** of flour? Sure. I'd be happy to.



- A. Would you please get two **heads** of lettuce when you go to the supermarket?
 B. Two **heads** of lettuce? Sure. I'd be happy to.



- | | | | |
|-----------|----------|--------------|----------|
| 1. bag | 4. box | 7. carton | 10. ear |
| 2. bar | 5. bunch | 8. container | 11. head |
| 3. bottle | 6. can | 9. dozen* | 12. jar |

Picture 24. Containers



13. loaf-loaves
 14. pack
 15. package
 16. roll

17. six-pack
 18. stick
 19. tub

20. pint
 21. quart
 22. half-gallon

23. gallon
 24. liter
 25. pound

Picture 25. Containers

UNITS OF MEASURE



teaspoon
tsp.



tablespoon
Tbsp.



1 (fluid) ounce
1 fl. oz.



cup
8 fl. ozs.



pint
pt.
16 fl. ozs.



quart
qt.
32 fl. ozs.



gallon
gal.
128 fl. ozs.



- A. How much water should I put in?
B. The recipe says to add one _____ of water.



- A. This fruit punch is delicious! What's in it?
B. Two _____s of orange juice, three _____s of grape juice, and a _____ of apple juice.



an ounce
oz.



a quarter
of a pound
 $\frac{1}{4}$ lb.
4 ozs.



half a pound
 $\frac{1}{2}$ lb.
8 ozs.



three-quarters
of a pound
 $\frac{3}{4}$ lb.
12 ozs.



a pound
lb.
16 ozs.



- A. How much roast beef would you like?
B. I'd like _____, please.



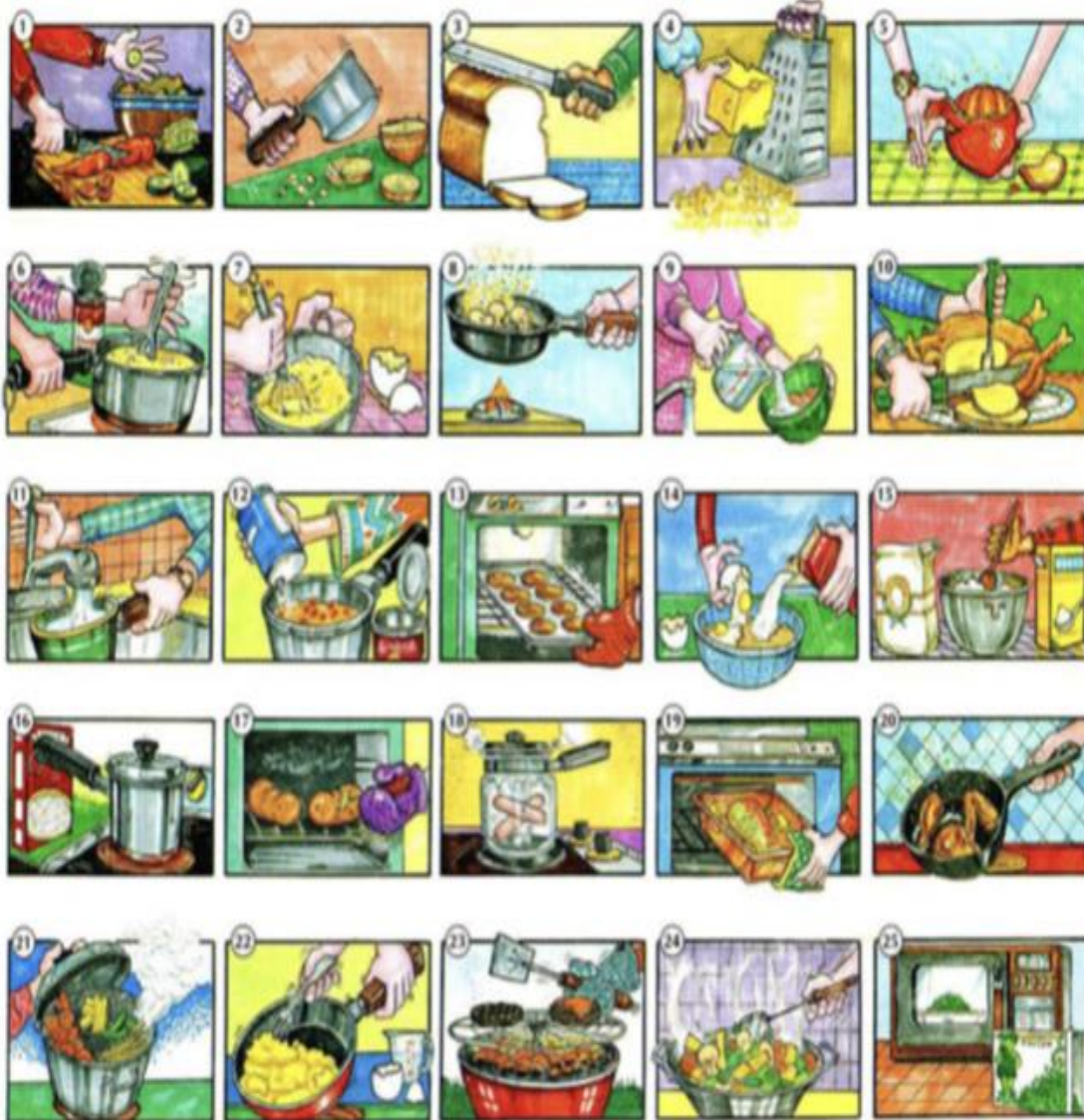
- A. This chili tastes very good! What did you put in it?
B. _____ of ground beef, _____ of beans, _____ of tomatoes, and _____ of chili powder.

Picture 26. Units of measure

FOOD PREPARATION AND RECIPES



- A. Can I help?
B. Yes. Please **cut up** the vegetables.



- | | | | | |
|--------------|-----------|---------------------------|-----------|--------------------|
| 1. cut (up) | 6. stir | 11. fill ____ with ____ | 16. cook | 21. steam |
| 2. chop (up) | 7. beat | 12. add ____ to ____ | 17. bake | 22. scramble |
| 3. slice | 8. saute | 13. put ____ in ____ | 18. boil | 23. barbecue/grill |
| 4. grate | 9. pour | 14. combine ____ and ____ | 19. broil | 24. stir-fry |
| 5. peel | 10. carve | 15. mix ____ and ____ | 20. fry | 25. microwave |

Picture 27. Food preparation

FAST FOODS AND SANDWICHES



- | | | | |
|------------------|-----------------------------------|-----------------------------|---|
| 1. donut | 11. taco | 19. tea | 28. BLT/bacon, lettuce, and tomato sandwich |
| 2. muffin | 12. slice of pizza | 20. iced tea | 29. white bread |
| 3. bagel | 13. bowl of chili | 21. milk | 30. rye bread |
| 4. bun | 14. order of fried chicken | 22. tuna fish sandwich | 31. whole wheat bread |
| 5. danish/pastry | 15. Coke/Diet Coke/Pepsi/7-Up/... | 23. egg salad sandwich | 32. pumpernickel |
| 6. biscuit | 16. lemonade | 24. chicken salad sandwich | 33. pita bread |
| 7. croissant | 17. coffee | 25. ham and cheese sandwich | 34. a roll |
| 8. hamburger | 18. decaf coffee | 26. roast beef sandwich | 35. a submarine roll |
| 9. cheeseburger | | 27. corned beef sandwich | |
| 10. hot dog | | | |



- A. May I help you?
 B. Yes. I'd like a/an [1-14], please.
 A. Anything to drink?
 B. Yes. I'll have a small/medium-size/large/extra-large [15-21].



- A. I'd like a [22-28] on [29-35], please.
 B. What do you want on it?
 A. Lettuce/tomato/mayonnaise/mustard/...

Picture 28. Fast food

THE RESTAURANT



A. Appetizers	
1. fruit cup/fruit cocktail	4. chicken wings
2. tomato juice	5. nachos
3. shrimp cocktail	6. potato skins
B. Salads	
7. tossed salad/ garden salad	10. antipasto (plate)
8. Greek salad	11. Caesar salad
9. spinach salad	12. salad bar
C. Main Courses/Entrees	
13. meatloaf	16. baked chicken
14. roast beef/prime rib	17. broiled fish
15. veal cutlet	18. spaghetti and meatballs
D. Side Dishes	
19. a baked potato	22. rice
20. mashed potatoes	23. noodles
21. french fries	24. mixed vegetables
E. Desserts	
25. chocolate cake	28. jello
26. apple pie	29. pudding
27. ice cream	30. ice cream sundae

[Ordering dinner]

- A. May I take your order?
 B. Yes, please. For the appetizer I'd like the [1-6].
 A. And what kind of salad would you like?
 B. I'll have the [7-12].
 A. And for the main course?
 B. I'd like the [13-18], please.
 A. What side dish would you like with that?
 B. Hmm. I think I'll have [19-24].



[Ordering dessert]

- A. Would you care for some dessert?
 B. Yes. I'll have [25-29] /an [30].

Picture 29. Restaurant

Test

Translate into English

1. Если бы она не интересовалась готовкой, она бы не приготовила такой шикарный обед вчера.
2. Джейн придерживается стандартов традиционной кухни.
3. Том нарезал сваренное вкрутую яйцо после того как он его очистил.
4. Пока Энн терла сыр, Том очищал (от кожуры) морковь.
5. Мясо будет запечено к вечеру.
6. Энн замесила тесто и испекла вкусный пирог.
7. Было бы чудесно, если вы смогли завтра прийти к нам на ужин.
8. Она накрывает на стол уже 15 минут.
9. Если бы она не была сладкоежкой он бы не пекла яблочный пирог так часто.
10. Она взбивала яйца в течении 5 минут перед тем как добавить муку.
11. Он сказал, что поставит сок в холодильник, чтобы остудить его.
12. В этом кафе подают одни и те же блюда.
13. Тот ресторан известен своей отменной кухней и предлагает большое разнообразие от закусок до полноценных блюд.
14. Я бы не отказался от тарелки лукового супа.
15. Если ты Тед не держал локти на столе и не ел с открытым ртом, он бы произвел хорошее впечатление на родителей Сьюзан.

Список источников информации

1. Ильичева Н.М., Орехова Г.Н., Рогожина Г.В., Савина И.В. Meals: Учебное пособие. Самара: Издательство «Самарский университет», 2005. – 60 с.
2. Практический курс английского языка. 3 курс. учеб. для студентов вузов; под ред. В.Д. Аракина; 4-е изд., перераб. и доп. – М., Гуманит. изд. центр ВЛАДОС, 2006. – 431 с.
3. Molinsky, Steven J. Word by word picture dictionary / Steven J. Molinsky, Bill Bliss. New York, 2004. – 126 p.
4. <https://www.british-study.com/en/blog/traditional-british-foods/>
5. <https://edition.cnn.com/travel/article/classic-british-food/index.html>
6. <https://www.twinenglishcentres.com/blog/7-traditional-british-dishes-you-need-to-try>
7. <https://britishgrubhub.com/traditional-british-food-classics/>
8. <https://www.oxfordlearnersdictionaries.com/>
9. <https://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---healthy-diet#:~:text=%E2%80%A2%20Every%20day%2C%20eat,%2C%20and%20unsalted%20nuts.>

Юлия Наилевна **Хусяинова**

MEALS

Учебное пособи

Федеральное государственное автономное образовательное учреждение
высшего образования «Национальный исследовательский
Нижегородский государственный университет им. Н. И. Лобачевского»
603022, Нижний Новгород, пр. Гагарина, 23