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## MAN AND HIS WORK



### Людина та її справа

responsible – відповідальний  
irresponsible – безвідповідальний  
conscientious – сумлінний  
careless - недбалий  
attentive - уважний  
diligent - старанний  
unconcerned , indifferent - байдужий  
hard-working, industrious - працьовитий  
lazy - лінивий  
disciplined - дисциплінований  
punctual - пунктуальний  
sloppy - неакуратний  
concentrated - сконцентрований  
shirker - прогульник  
unskilled - некваліфікований  
masterly - віртуозний  
incompetent - некомпетентний  
dedicated - самовідданий  
slacker - нероба  
concerned - зацікавлений  
inert - інертний  
awkward – незграбний

### BUFFET, CAFÉ AND RESTAURANT Види закусочних, кафе, ресторанів



all-you-can-eat buffet – буфет- закусочна

buffet [ 'bufeɪ ] - буфет

café [ 'kæfeɪ ] – кафе

coffee shop – кафе, в якому подають каву та десерти

deli [ 'deli ] (від delicatessen [ delikə'tesn ]) – закусочна, в якій продають вже готову їжу

diner [ 'daɪnə ] – недорога закусочна, часто розташована при дорозі

drive-through / drive-thru / drive in – автомобільна закусочна, в якій відвідувачі роблять і приймають замовлення, не виходячи із машини

hotdog stand – кіос, в якому продають сосиски

restaurant [ 'restərɒnt ] - ресторан

## FRUITS

### Фрукти



Абрикос - Apricot

Авокадо - Avocado

Ананас - Pineapple

Апельсин - Orange

Банан - Banana

Бергамот - Bergamot

Виноград - Grape

Вишня - Cherry

Гранат - Pomegranate

Грейпфрут - Grapefruit

Груша - Pear

Гуава - Guava

Диня - Melon, cantaloupe

Інжир - Fig

Ківі - Kiwi

Кокос - Coconut

Лайм - Lime

Лимон - Lemon

Манго - Mango

Мандарин - Tangerine, mandarin

Маракуя - Passion fruit

Нектарин - Nectarine

Персик - Peach  
Помело - Pomelo  
Сливка - Plum  
Фінік - Date  
Хурма - Ebony, persimmon  
Яблуко - Apple

## VEGETABLES

### Овочі



Базилік - Basil  
Баклажани - Aubergine; eggplant  
Біб - Bean  
Брокколи - Broccoli  
Горох - Pea  
Кабачок - Vegetable marrow  
Капуста - Cabbage  
Картопля - Potatoes  
Цибуля - Onion  
Морква - Carrot  
Огірок - Cucumber  
Перець - Pepper  
Петрушка - Parsley  
Помідор - Tomato  
Редька - Radish  
Салат - Lettuce  
Буряк - Beet  
Спаржа - Asparagus  
Помідор - Tomato  
Кріп - Dill  
Часник - Garlic  
Шпінат - Spinach  
Щавель - Sorrel; dock

## **BERRIES**

### **Ягоди**



Кавун - Watermelon  
Барбарис - Barber(r)y  
Полуниця - Strawberry  
Калина - Arrowwood, snowball, guelder  
Клюква - Cranberry  
Малина - Raspberry  
Смородина біла - White currant  
Смородина червона - Red currant  
Смородина чорна - Black currant  
Черешня - Sweet cherry  
Чорниця - Bilberry, blueberries

## **MEAT**

### **М'ясо**



beef – яловичина  
pork – свинина  
veal – телятина  
lamb - м'ясо молодого баранчика  
mutton - баранина  
rabbit - кролик  
vension - оленина  
rib eye (steak) – стейк без кісток (ніжний)  
sirloin (steak) – стейк без кісток (великий шматок)  
spare ribs – реберця

strip (steak) – відбивна

T-bone (steak) – стейк із середньої частини (із жиром)

tenderloin (steak) – філе

poultry - м'ясо птиці

turkey – індичка

chicken – курка

duck - качка

goose – гуска

## **SALTWATER FISH**

### **Морська риба**



sardine – сардина

hake – хек

Pacific cod – тріска тихоокеанська

Atlantic salmon – лосось

pink salmon – горбуша

herring – оселедець

plaice, flounder – камбала

halibut – палтус

tuna – тунець

mackerel – скумбрія

grouper – морський окунь

carpin - мойва

## **FRESHWATER FISH**

### **Прісноводні риби**



eel – вугор

pikeperch – судак

bream – лящ

pike – щука

bass, perch – окунь  
Lake trout – озерна форель  
sturgeon – осетер  
crucian (carp) – карась  
carp – карп

## **SEAFOOD** **Морепродукти**



Crab - краб  
Crawfish (амер.) – річковий рак  
crayfish – річковий рак  
lobster – омар  
oyster – устриця  
shrimp – креветка  
squid – кальмар  
octopus – восьминіг  
rock / spiny lobster – лангуст  
caviar – ікра

## **SPICES** **Спеції, прянощі**



Allspice/English Spice – Перець  
Basil/ Sweet Basil - Базилік  
Vanilla - Ваніль  
Bay Leaf/Bay Laurel – Лаврове листя  
Ginger / East / Indian Pepper - Імбир



Spearmint – М'ята зелена  
 Tarragon - Естрагон  
 Nutmeg - Мускатний горіх  
 Cinnamon - Кориця  
 Clove - Гвоздика  
 Cardamom - Кардамон  
 Caraway/ Carvies - Тмин  
 Garden sorrel - Щавель  
 Dill - Кріп  
 Coriander /Chinese Parsley - Кориандр  
 Turmeric /Indian Saffron - Куркума  
 Curry - Карі  
 Lavender - Лаванда  
 Onion - Цибуля  
 Parsley - Петрушка  
 Opium poppy - Garden poppy - Мак  
 Olive - Маслина  
 Lemon Balm - Мелісса  
 Thyme / Garden thyme - Чебрець  
 Parsnip - Пастернак  
 Red Pepper – Червоний перець  
 Peppercorns - Перець горошком  
 Fennel/Common Fennel - Фенхель  
 Oregano/Wild marjoram - Орегано  
 Rosemary - Розмарин  
 White / Black Mustard Seed - Гірчиця біла/чорна  
 Soya - Соя  
 Sesame/Bene Seeds - Кунжут  
 Horseradish - Хрін  
 Celery - Селера  
 Garlic - Часник  
 Saffron – Шафран

## **TYPES OF MEALS** **Види харчування**



барбекю    barbesue





шведський стіл	buffet
чотириразове харчування	four-course meal
пікнік	picnic
закуси	snack
сніданок	breakfast
обід	dinner
обід з напівфабрикатів	TV dinner
вечеря	dinner, supper

## BREAKFAST Сніданок



(a stack of) pancakes – (гірка) млинців  
 bacon – бекон  
 bagel – бейгл (солоний круглий крендель з дріжджового тіста)  
 bun / roll – булочка  
 butter –масло  
 cereals [ 'siəriəls ] – збірна назва для мюслів, кукурудзяних пластівців, і т.п.  
 cheese – сир  
 cornflakes – кукурудзяні пластівці  
 doughnut [ 'dəʊnʌt ] / donut [ 'dɒnʌt ] (AmE) – пончик  
 eggs – яйця  
 eggs over easy (AmE) – яєчня, обсмажена з двох сторін  
 fried eggs / eggs sunny side up (AmE) – яєчня, обсмажена з двох сторін  
 graham [ 'greɪəm ] – булочка з борошна грубого помелу  
 granola [ grə'neɪlə ] – мюслі  
 ham – шинка  
 hash browns / hash brown potatoes – картопляні оладки  
 jelly – джем  
 maple syrup – кленовий сироп (вживається з млинцями)  
 muffin – маффін (маленьке пісочне тістечко з родзинками, шоколадом, та ін)  
 oatmeal – вівсяні пластівці  
 omelet [ 'ɒmlət ] / omelette [ 'ɒmlət ] – омлет  
 peanut butter – арахісово масло  
 rumpelstiltskin – пумпернікель (сорт чорного хліба)

sausage [ 'sɔːsɪdʒ ] – сарделька, сосиска  
 slice of bread – шматок хліба  
 slice of toast – шматок хліба, підсушений в тостері

## EATING AND DRINKING

### Харчування

кусати bite  
 жувати chew  
 ковтати swallow  
 пригубити, зробити маленький ковток sip

### SNACK

### Закуси



закуска appetizer; hors d'oeuvre; snack  
 гаряча закуска hot snack  
 легка закуска light snack  
 м'ясна закуска collation  
 на закуску as / for a starter  
 холодна закуска cold snack  
 бекон bacon  
 бутерброд sandwich  
 шинка ham  
 ікра (зерниста) soft caviar(e)  
 ковбаса wurst, sausage  
 ковбаса варена boiled sausage  
 ковбаса копчена smoked sausage  
 ковбаса сирокочена summer sausage  
 кукурудзяні пластівці corn flakes  
 масло вершкове butter  
 рослинна олія vegetable oil, vegetable fat, fat, seed-oil  
 оливкова олія olive oil, olive  
 масло топлене melted butter  
 омлет omelet(te)  
 паштет paste; pâté  
 салат з овочів salad

сметана sour cream  
 сир cheese  
 сир твердий hard cheese  
 сирний кулька cheese ball  
 моцарелла mozzarella  
 домашній сир curds, cottage cheese  
 хліб білий white bread, wheat bread  
 хліб чорний rye-bread  
 яєчня omelet, omelette  
 яєчня з беконом bacon and eggs  
 яєчня із шинкою ham and eggs  
 яйця круто зварені hard-boiled eggs  
 яйця некруто/рідко зварені soft-boiled eggs  
 бутерброд sandwich  
 бутерброд з ікрою caviare sandwich  
 бутерброд із сиром cheese sandwich  
 бутерброд з солониною corned-beef  
 бутерброд з яйцем egg sandwich

## **SOUP** **Супи**



борщ borsch  
 бульйон broth  
 міцний (яловичий) бульйон beef tea  
 гороховий суп pea soup  
 курячий бульйон chicken broth  
 овочевий суп vegetable soup  
 уха fish soup  
 квасолевий суп bean soup  
 щі cabbage soup

## MEAT COURSE

### М'ясні страви



асорті - assortment  
биточки meatballs  
біфштекс (beef) steak  
відбивна chop, cutlet  
паштет paste; pate  
пельмені meat dumplings  
печінка liver  
мясний рулет beef roll, meat  
ростбіф roast beef  
сосиски sausage  
язик tongue  
картопляна котлета - potato cake  
м'ясная котлета - meat rissole  
відбивна котлета - chop  
рублена котлета – rissole  
заливне - aspic, fish or meat in aspic / jelly  
жюльєн – julienne

## SEAFOODS

### Рибні страви та морепродукти



риба fish  
рибне філе filleted fish  
заливне jellied  
камбала plaice  
краби crabmeat

креветки shrimp  
лосось salmon  
морський окунь grouper  
омар lobster  
осетрина sturgeon  
сардини sardines  
оселедець herring  
судак pikeperch  
суші sushi  
устриці oyster  
форель trout  
щука pike  
рибні котлети fish cakes

## DESSERT

### Десерт



бісквіт biscuit  
булочка bun  
білий шоколад white chocolate  
булочка roll  
ванільна палочка vanilla stick  
ванільна пудра vanilla powder  
варення jam  
желе jelly  
кекс cake  
цукерки candy  
мед honey  
морозиво ice cream  
борошно flour  
картопляне борошно potato flour / starch  
кукурудзяне борошно cornmeal  
борошно грубого помелу- meal  
рисове борошно rice flour

рибне борошно fish meal  
печиво cookies  
пісочне печиво shortbread, shortcake  
песочне (тісто) short  
прісне тісто unleavened dough  
пиріжки empanada  
пудинг pudding  
цукор sugar  
цукор-пісок granulated sugar  
цукрова пудра - powdered sugar  
торт cake  
шоколад chocolate  
шоколадне асорті assorted chocolates  
заварне тісто choux pastry  
заварний крем - scalded cream; custard

### **HARD DRINKS (ALCOHOL)**

#### **Алкогільні напої**



beer – пиво  
bourbon whiskey [ 'bɜːbən 'wiski ] – віскі бурбон  
champagne [ ʃæm'peɪn ] / bubbly (разговорная форма) - шампанське  
cocktail – коктейль  
eggnog – яєчний лікер  
mulled wine - глінтвейн  
(red / white) wine – (біле / червоне) вино  
scotch whiskey – шотландське віскі  
(wine) cooler – ігристе вино з соком

### **SOFT DRINKS**

#### **Безалкогольні напої**



carbonated water / sparkling water / club soda – вода з газом  
 cream – вершки  
 (cup / mug of) coffee – чашка кави  
 decaf [ 'di:kæf ] – без кофеїну (кава)  
 (fruit) juice – (фруктовий) сік  
 grapefruit juice – грейпфрутовий сік  
 hot chocolate – гаряче какао  
 (hot / cold) milk – (гаряче / холодне) молоко  
 iced-tea – чай з льодом  
 lemonade - лимонад  
 milk (shake) – молоко (з морозивом), шейк  
 mineral water – мінеральна вода  
 orange juice – апельсиновий сік  
 refill [ 'ri:fil ] – додаткова порція напою  
 root beer – рутбїр, кореневе пиво, сарсапарїлла (алкогольний або безалкогольний газований напій на травах)  
 soda – газована ароматизована вода  
 soft drink – безалкогольний напій  
 sugar [ 'ʃugə ] – цукор  
 tea [ 'ti: ] – чай  
 water – вода  
 yogurt [ 'jogət ] / yoghurt [ 'jogət ] – йогурт

## PREPARING DRINKS Приготування напоїв



добавити add  
 наповнити fill  
 перемішати mix  
 налити pour  
 потрусити shake  
 збовтати stir

## OTHER RELATED WORDS Інші слова

крихти crumbs  
 їжа на швидку руку fast food



(не) товстіти (non)-fattening  
 пригощати helping  
 випічка pastry  
 худнути slimming  
 липкий sticky  
 стіл на двох table for two  
 крохмаль starch  
 лимонна кислота citric acid  
 молоко milk  
 згущене молоко condensed milk  
 паніровка breading  
 харчова плівка food plastic foil  
 за смаком to one's taste  
 подача serving  
 напівфабрикат half-finished / semi-finished product  
 харчові напівфабрикати prepared food, convenience food  
 приправа seasoning; relish, condiment  
 пюре puree  
 картопляне пюре mashed potatoes, potato mash  
 яблучне пюре apple sauce  
 розпушувач baking powder, leavening agent  
 рис rice  
 суфле souffle  
 сухарі панірувальні bread crumbs

## FAST FOOD

### Фаст-фуд, їжа швидкого приготування



burger [ 'bɜːgə ] – бургер  
 cheeseburger – чізбургер  
 buffalo wings / hot wings / chicken wings – курячі крильця смажені у фритюрі  
 fish and chips – риба смажена у фритюрі і картопля фрі (англійське блюдо)  
 French fries - картопля фрі

## VERBS WHICH ARE USED IN THE KITCHEN

Дієслова, які вживаються на кухні



варити - to boil, to cook  
збивати - to beat up, to whip, to whisk  
насипати - pour in  
готувати - to prepare, to cook  
їсти - to eat  
смажити - to roast; to fry; to grill  
снідати - to (have) breakfast  
замовляти - to order; to reserve, to book  
замочувати - soak (steep / water / wet)  
перемішувати – mix  
місити тісто - knead dough  
запікати - to bake  
заправляти ( їжу) - dress (with), season (with), add  
дирібно нарізати - to crumble up; (нарізати) - to chop; ( дробит) - to crush, to pound; (перетирати) - to grind  
карамелізувати - to caramelize  
маринувати - marinate, pickle  
мити посуду - to wash up, to do the washing- up/dishes  
накривати (на) стіл - to set/lay the table  
наливати - to pour (out)  
нарізати кубиками - to dice  
нарізати на дольки - to cut into segments  
нарізати соломкою - to cut into shreds  
обвалювати (покривати чим-небудь сипучим, повертаючи з боку на бік) - to roll (in)  
обідати - to have lunch/dinner, to dine  
смажити - to fry (on all sides; all over)  
відбивати - to beat  
обшпарювати – scald  
панірувати - (в сухарях) - to coat with breadcrumbs; (в муці) - to coat with flour; to bread, to crumb

пахнути - to smell (of)  
 перемішувати – stir  
 пекти - to bake  
 пити - to drink  
 посипати - strew (with), powder (with); sprinkle (with) посипати цукром - sugar,  
 посипати сіллю - salt, sprinkle with salt  
 пробувати - to try, to taste, to sample  
 проварювати - to boil thoroughly  
 промивати - wash (well / properly / thoroughly)  
 пропарювати - to steam (thoroughly)  
 прибирати зі столу - to clear the table  
 вечеряти - to have dinner/supper, to dine  
 формувати - to form, to shape  
 хотіти їсти - to be hungry  
 хотіти пити - to be thirsty  
 чистити - (фрукти, овочі) - to peel; (горіхи) - to shell; (рибу) - to scale  
 чистити рибу - to clean and gut fish  
 чистити курку - to clean chicken  
 чистити посуду - to scrub (scour) dishes

## HOW FOOD IS COOKED

### Як готується їжа



boiled – варений  
 steamed – приготовлений на пару  
 fried / sauteed – підсмажений на олії  
 stir-fried – швидко підсмажений на олії  
 pan-fried – підсмажений на сковорідці  
 roasted – підсмажений в духовці  
 grilled – приготовлений на грилі  
 baked – спечений, запечений в духовці  
 stewed – тушкований  
 casseroled – запечений у власному соці

## DISHES

### Назви страв

Here are some of the names of dishes you can see in restaurant menus:

starter / hors d'oeuvre / appetiser = the first thing you eat as part of a more formal meal  
main course = often a meat, fish or vegetarian dish  
dessert / pudding = a sweet course at the end of the meal. You might also see cheese or fruit offered.

## **DISHES**

### **Страви**



Біляш - Round fried meat pie  
Биточки - Round rissoles, meatballs  
Біфштекс - (Beef) steak  
Млинець - Pancake, flapjack  
Борщ - Borscht, borsch  
Бульйон - Bouillon; broth  
Бутерброд - Bread and butter (з маслом); Open sandwich (з другими продуктами)  
Вареник - Curd, fruit dumpling  
Варення - Preserve, jam  
Ватрушка - Curdtart  
Вермішель - Vermicelli  
Вінегрет - Beetroot salad  
Гамбургер - Hamburger, burger  
Гоголь-моголь - Egg-and-sugar shake  
Голубці - Stuffed cabbage roll  
Грінки - Pieces of toasted bread  
Гуляш - Goulash  
Деруни - Potato pancakes  
Печеня - Roast (meat)  
Заливне - Aspic  
Запiканка – Baked pudding  
Збитень - Sbiten  
Коравай - Round loaf  
Картопля в мундирi - Potatoes boiled in their jackets  
Картопля жарена - Fried potatoes  
Картопля фрі - Deep-fried potatoes  
Картопляне пюре - Mashed potatoes; potato mash  
Каша - Porridge; kasha  
Каша гречана - Boiled buckwheat  
Каша манна - Cooked semolina

Каша вівсяна - Porridge  
Каша перлова - Boiled pearl barley  
Каша пшенична - Millet porridge  
Каша рисова - Cream of rice  
Квашена капуста - Sauerkraut  
Кебаб - Kebab  
Кляр - Tempura  
Котлета - Cutlet  
Котлета відбивна - Chop  
Котлета по-київськи - Chicken Kiev  
Котлета рублена - Rissole  
Лапша - Noodles  
Лечо - Lecho  
Люля-кебаб - Minced mutton chop  
Мюслі - Muesli  
Окрошка - Okroshka  
Оладки - Thick pancake  
Олів'є - Salade Olivier  
Омлет - Omelette  
Відбивна – Cutlet  
Відбивна свинна - Pork chop  
Паштет – Paste  
Пельмені - Meat dumplings  
Пиріг - Pie  
Піца - Pizza  
Плов - Pilau, palaw, pilaff  
Пудинг - Pudding  
Рагу - Ragout  
Розсольник - Rassolnik  
Ростбіф - Roast beef  
Рулет (кондитер.) - Swiss roll  
Рулет (м'ясний, рибний) - Roll  
Салат - Salad  
Салями - Salami  
Оселедець під шубою - Dressed herring  
Солянка - Solyanka  
Спагеті - Spaghetti  
Холодець - Galantine; meat jelly  
Суп гороховий - Pea soup  
Суп грибний - Mushroom soup  
Суп курячий - Chicken soup

Суп лапша - Noodle soup  
 Суп молочний - Milk soup  
 Суп рибний - Fish soup  
 Суп харчо - Kharcho  
 Суші - Sushi  
 Сирник - Curd fritter, cottage cheese pancake  
 Сендвіч - Sandwich  
 Тефтелі - (Small) meatballs  
 Уха - Fish soup  
 Фондю - Fondue  
 Фрикадельки - Meatball, fishball  
 Фуа-гра - Foie gras  
 Халва - Halva, halavah  
 Хінкалі - Khinkali  
 Хот-дог - Hot dog  
 Чебурек - Cheburek  
 Чізбургер - Cheeseburger  
 Чізкейк - Cheesecake  
 Чіпси - (Potato) chips  
 Шаурма - Gyro  
 Шашлик - Shish kebab  
 Шніцель - Schnitzel  
 Щі - Cabbage soup  
 Яєшня - Fried eggs, scrambled eggs

### **Phrasal Verbs: Food and Meals**

*to bolt (it) down* – to eat food very quickly - уплітати, наминати  
 e.g. As we drank coffee, I was struck with the speed with which she bolted down her lunch.

*to pick at (it)* – to eat a small amount of a meal - з'їсти трохи чого-небудь, подзьобати (їжу)  
 e.g. He picked at his food without much appetite.

*to pig out* – to eat a lot of food - об'їдатися, налопатися, накидатися на їжу  
 e.g. We pigged out at breakfast in this restaurant.

*to cut back on* – to eat less of something in order to improve your health - їсти менше чого-небудь, обмежити себе у вживанні чогось  
 e.g. You should cut back on the amount of coffee that you drink.

*to knock (it) back* – to drink alcohol - випити залпом  
 e.g. The bartender poured David a whisky soda and he knocked it back and asked for another one.

*to warm (it) up* – to heat food again that has already been cooked - підігріти

e.g. Amy said she would warm up the pizza for us.

**IN THE RESTAURANT**  
**(A list of useful phrases relating to restaurants and food)**

**В ресторані**



- I'd like to book a table please.
- Could I/we have a table please?
- Would you have a table for 2 please?
- For how many people?
- How many of you are there?
- Inside or outside (in the garden/on the terrace)?
- Have you booked?
- Your name please?
- How long will we have to wait?
- I'm afraid you'll have to wait
- ... a little while
- ... for half an hour/30 minutes
- Can I have the menu please?
- Could we have some water please?
- What soft drinks do you have?
- Do you have a wine list?
- Could we have the wine list please?
- Do you have any vegetarian/vegan dishes?
- Do you have a menu/portions for children?
- Could I have some more bread/butter/water please?
- We'd like to order now please.
- What would you like to drink?
- Still or sparkling water?
- How would you like your steak cooked?
- ... rare? medium rare? well done?
- Would you like any vegetables / a side dish?
- Do you need anything else?
- Do you have everything you need?
- Is everything OK?



- Can I have the bill please?
- Do you take credit cards?
- Can I pay by credit card / cheque?
- Here you are.
- Yes of course.
- I'm afraid we don't take credit cards / cheques.

## QUANTITIES

### Кількість

міра	bar
літр	liter
батон	loaf
шматок	piece
порція	portion
скибочка	slice
столова ложка	spoonful

## TASTE

### Смак

гіркий	bitter
ніжний	bland
жирний	creamy
хрусткий	crisp
хрусткий	crunchy
гарячий	hot
негострий, неміцний, м'який	mild
солоний	salty
пікантний	savo(u)ry
нудотний	sickly
кислий	sour
гострий	spicy
густий	stodgy
солодкий	sweet
позбавлений смаку	tasteless

## DIETS

### Дієти



If you are overweight or obese, your doctor will probably recommend that you "go on a diet". Here are some words and phrases that we use to talk about dieting, body size and putting on weight.

watch what you eat = be careful about what you eat, and the quantities you eat (дивитися, що ви їсте)

watch your figure = refuse certain food because you want to stay slim (слідкувати за фігурою)

go on a crash diet = start a radical diet to lose weight quickly (сісти на радикальну дієту)

count the calories / a calorie-controlled diet = a diet where you measure the calories of each item of food you eat (рахувати калорії)

snack between meals = to eat between meals (avoid doing this if you are on a diet!) (закуски між прийомами їжі)

cut out certain foods altogether (i.e. stop eating bread or pasta, for example) (виключити певні продукти в цілому)

cut down on = reduce the amount of (fatty or sugary foods, for example) (скоротити кількість солодких продуктів, наприклад)

## BODY SIZE

### Розміри тіла

"You are what you eat!" = a common expression meaning that your body shape is directly related to what or how much you eat.

middle-age spread = where you put on weight especially around your waist and hips.

put on / gain weight = become heavier (набирати вагу)

pinch an inch = where you can measure at least an inch worth of fat around your middle (an inch is approximately 2.5 cm)

pile on the pounds = gain a lot of weight (a pound is approximately half a kilo)

lose / shed weight = become lighter (втрачати вагу)

go up a size = become one size larger (the opposite is to drop a size = become one size smaller)

have a sweet tooth = like eating sweet or sugary things like cakes, sweets or chocolate

eat sensibly = eat moderate quantities of food, and not over-indulging in unhealthy food  
 five a day = five portions of fruit or vegetables every day

**ТЕМА № 1 My Future Profession**  
**(Моя майбутня професія)**



**1) Find the professions in the line.**

Driver postman nurse teacher doctor librarian lawyer bodyguard economist vet programmer  
 guidedentist farmer housewife policeman actor writer designers sportsman pilot artist miner clerk  
 businesswoman fireman manager secretary worker director banker builder

**2) Put “+” (plus) in front of the job if you think that it is done by men, by women or by both.**

№	Jobs	Primarily done by men	Primarily done by women	Done by both men and women
1.	Teacher			
2.	Doctor			
3.	Postman			
4.	Builder			
5.	Pilot			
6.	Butcher			
7.	Surgeon			
8.	Singer			
9.	Journalist			
10.	Firefighter			
11.	Vet			
12.	Dentist			
13.	Engineer			

**3) There is a great variety of jobs. And some of them are very popular in our country. Now read and say which profession is described in each of the following examples.**

a) This profession requires special education; the person should be kindhearted, careful, courageous, sensitive to the need of others; should be sympathetic to the pain of other people; should be very handy, devoted to this duty, selfless.

To my mind this is a profession of...

I think...

It seems to me...

b) This profession requires special education; the person should be kind, generous, strict and just; should love children; should possess deep and broad knowledge of a subject; should be responsive, honest, tactful, reserved, patient and tolerant.

c) This trade requires special qualities; the person should be careful; should have quick reactions; should have vision and hearing; should know and observe the traffic rules; should be a good mechanic.

d) This profession requires special education and physical qualities; the person should be very well educated in physics, mathematics, astronomy; should be in a perfect state of health; should have good endurance and the ability to stand great strain and the state of weightlessness; should be courageous and daring.

e) This profession needs special qualities; ability to stand heights or depths, extremes of heat or cold, courage, curiosity, the sense of duty, the ability to risk, good health, devotion to one's idea, confidence in success.

f) This profession needs the following qualities; enterprise, the ability to foresee, to analyze and to risk; the ability to keep promises; the person should be disciplined, well behaved, communicative; should know foreign languages; to be a good psychologist.

#### **4) Read and translate the text.**

##### **My Future Profession**

Centuries ago there were only a few jobs: people were farmers, bakers, butchers or salesmen. Today there are thousands of different kinds of jobs, and new ones are constantly appearing. And the problem of choosing the future profession has always been very important and difficult matter because it determines our future life in many ways.

What I would like to become? This question puzzles me greatly. Every job has its difficulties and challenges. I think that nearly all the professions are very important in life. But to choose the right occupation is very difficult, because we must take into consideration many factors. We must consider our personal taste and our kind of mind. At the same time we must satisfy the requirements of our society and people's needs in one profession or another.

The end of school is the beginning of an independent life, the beginning of a more serious examination. In order to pass that very serious exam we must choose the road in life which will help us best to live and work. Each boy and girl has every opportunity to develop his or her mind and use knowledge and education received at school. Many opportunities to work and to satisfy at the same time the requirements of

the society and your own personal interest are offered in the sphere of transport, communications and many others.

### **Vocabulary**

farmer - фермер baker - пекар butcher - м'ясник salesman – продавець to appear - з'являтися to determine - визначати to puzzle - ламати голову difficulties - труднощі challenges можливості - to choose the right occupation - правильно вибрати заняття to take into consideration - брати до уваги personal taste - особистий смак kind of mind – склад розуму to satisfy the requirements of our society - задовільняти вимоги нашого суспільства the road in life - дорога в житті knowledge and education – знання та освіта opportunities - можливості

## **5) Read and translate the text.**

### **Employment**

Getting a job is a very hard period in the life of most people. Companies choose an employee from hundreds of candidates according to special rules. Among such factors are: age, sex, experience, family background and marital status, personality and references. If you're to go to an interview tomorrow, sleep well before it. Moreover, there're some recommendations, which can help you, for example, to read newspaper of the company to show your understanding of the corporate strategy on the interview. What's more, you should choose corresponding dress code for the interview. After getting a job, you may have some unexpected troubles with boss, too: e.g. if you dye your hair or wear something not appropriate. The best solution of such situation is to ask a trade union for advice, which can always help you in your fight with an employer. Of course, if you affect company discipline not coming in time or working badly, your dismissal wouldn't be unfair. To conclude, I can say that it is sometimes hard not only to get a job, but also to work in the staff, and if you don't want to be laid off, you should follow company rules.

### **Vocabulary**

an employee - робітник experience - досвід family background – походження marital status - сімейний стан references - посилення recommendations - рекомендації corporate strategy - корпоративна стратегія interview - інтерв'ю corresponding dress code - відповідний дресс-код dye - харбуватися not appropriate - не відповідний solution - рішення trade union – профспілка dismissal – звільнення unfair – несправедливий staff - колектив to be laid off – бути звільненим

## **6) Read and translate the text.**

### **World of Jobs**

We spend great part of our lives at our jobs, so choosing a right career is one of the most important decisions you will make in your life. First start with yourself, make a list of your interests, talents and abilities. Most people have a lot of these, but at the beginning they are undeveloped and may not seem outstanding. By concentrating on a

few, or on one you may surprise yourself at how good you can get. A real problem for millions of people is to be unemployed. Unemployment especially hits poor and working class families the hardest, not because this people are more likely to be unemployed, but because they don't have financial resource to fall back on. Unemployment exists primarily for two reasons: first - the existence of millions of unemployed people tends to present most of those working from asking for higher wages since they can be replaced easily, second - in their search for profits, corporations are interested in finding the cheapest labor. The problem of unemployment is also connected with the economic crisis in our country. And I think when this crisis comes to an end the problem of unemployment will not be so urgent.

### **Vocabulary**

decisions - рішення abilities - здатності undeveloped - незрозумілі outstanding – визначний to be unemployed - бути безробітним unemployment - безробіття to hit poor and working class families - вдаряти по бідних і робітничих сім'ях financial resource – фінансовий ресурс to fall back on – вдатися existence - існування search - пошук profits – прибутки, вигоди labor - праця economic crisis - економічна криза to come to an end - закінчиться urgent – термінова

### **7) Read and translate the text.**

#### **Choosing a career**

Choosing a career is like any other activity; it is best to work to a plan. Too many people start looking for a specific job before thinking over their aims. Having thought carefully about the sort of person you are, try to work out a realistic set of occupational requirements. In particular, you must answer some important questions. First: what sort of life do you want to live? For example, do you want to live in the country or in the town? Is leisure time of great importance to you? Is the size of your salary important? Do you want to put down roots or travel widely? Second: what sort of work do you want to do? For example, do you like working alone or with others? Does teaching people appeal to you? Do you want to be an organizer of other people's activities? Do you want to develop new ideas and initiate changes?

### **Vocabulary**

choosing a career - вибираючи кар'єру activity – діяльність carefully - ретельно to work out - виробити set - набір occupational requirements – професійні вимоги

### Психологічний тест «До якої групи професій ти відносишся?»

What would you like to be? Do you want to know what type of job you would like to have?

Answer the questions and see what our career specialist says about you/ You must put a cross in the box marked “Yes” or “No”

	Yes	No
Do you like to travel?		
Do you prefer to work indoors?		
Do you like talking to people?		
Do you prefer to work alone?		
Are you energetic?		
Do you like organizing things?		
Are you patient?		
Do you like animals?		
Are you noisy?		
Do you like to work with your hands?		
Are you artistic?		
Do you like working with numbers?		
Do you like children?		
Do you like looking after people?		
Are you calm?		
Are you musical?		
Do you like sport?		
Do you like working at night?		
Do you mind seeing blood?		
Do you like talking on the telephone?		

**Check your answers and add up your score.**

	Yes	No		Yes	No
1.	10	5	11.	5	5
2.	10	5	12.	2	2
3.	10	10	13.	2	5
4.	2	2	14.	10	2
5.	20	5	15.	2	10
6.	1	0	16.	4	2
7.	5	0	17.	5	4
8.	4	3	18.	5	7
9.	0	5	19.	1	4
10.	1	2	20.	5	4





**If your score is between 5 and 45:**

You enjoy working with people and helping them. You are also a practical person. One of these careers will suit you: teacher, doctor, nurse, social worker, psychologist, zoo keeper, policeman, policewoman

**If your score is between 45 and 90:**

You like to work quietly and concentrate on the task. You prefer to work on your own. One of these careers will suit you: laboratory technician, librarian, artist, bank clerk, hairdresser, architect.



**If your score is between 90 and 135:**

You like to be very busy. You like to be with people and you like organizing things for them. One of the following careers will suit you: travel agent, journalist, hotel manager, flight attendant, bus conductor, salesperson, fireman/woman.

## **ТЕМА № 2 Cook, chef, confectioner**

**(Кухар, шеф-кухар, кондитер)**

### **1) Read and translate the text.**

#### **Cook (profession)**



A cook is a person who prepares food for consumption. In Germany, Austria, Switzerland and Canada this profession requires government approval (examination after three years apprenticeship).

A cook is sometimes referred to as a chef, although in the professional kitchen, the terms are not interchangeable.

The term "cook" within a restaurant kitchen usually refers to a person with little to no creative influence on a menu and little to no command over others within the kitchen, such as a line cook. These are usually all members of a restaurant kitchen that are underneath the sous chef in the brigade de cuisine. Other establishments may have a relatively constant menu, often only having people that can prepare food quickly and consistently, having little need for an executive chef or sous chef. The kitchens in these particular restaurants would thus be entirely run by cooks. An example would be a short order cook, who is a cook who prepares fast, easily-assembled meals to order, often working in a diner or cafe.

### **2) Read and translate the text.**

#### **Chef**



A chef is a person who cooks professionally for other people. Traditionally it refers to a highly skilled professional cook who is proficient in all aspects of food preparation.

The word "chef" is adopted (and shortened) from the term chef de cuisine (French pronunciation: [ʃɛf.də.kɥi.zin]), the director or head of a kitchen. (The French word comes from Latin caput and is a doublet with English "chief".) In English, the title "chef" in the culinary profession originated in the haute cuisine of the 19th

century. Today it is often used to refer to any professional cook, regardless of rank, though in most classically defined kitchens, it refers to the head chef; others, in North American, are "cooks."

### **Job Descriptions**

Chefs and dinner cooks prepare, season, and cook food. Chefs spend time on their feet, cooking, chopping, and stirring. They need to be able to lift heavy pots and boxes of food.

The responsibilities of chefs and cooks are determined by a number of factors, including the type of restaurant in which they work.

#### **Job Description May include:**

- Create, plan and price menus
- Prepare and cook the food according to customer's order
- Arrange and garnish the food for serving
- Supervise other kitchen staff
- Maintain cleanliness in the work place
- Supervise cleaning and dishwashing
- Buy food supplies and cooking equipment
- Keep records of supplies.

### **Titles**

Below are various titles given to those working in a professional kitchen and each can be considered a title for a type of chef.

#### **Executive chef**

The executive chef is in charge of everything related to the kitchen, including menu creation, personnel management and business aspects. The executive chef can also be referred to as the "head chef" or "chef".

#### **Chef de Cuisine**

This person is in charge of all things related to the kitchen, which usually includes menu creation, management of kitchen staff, ordering and purchasing of inventory, and plating design. Chef de cuisine is the traditional French term from which the English word chef is derived. Head chef is often used to designate someone with the same duties as an executive chef, but there is usually someone in charge of them, possibly making the larger executive decisions such as direction of menu, final authority in staff management decisions, etc. This is often the case for chefs with multiple restaurants.

#### **Sous-chef**

The Sous-Chef de Cuisine (under-chef of the kitchen) is the second-in-command and direct assistant of the Chef de Cuisine. This person may be responsible for scheduling the kitchen staff, and substituting when the head chef is off-duty; he/she will also fill-in for or assist the Chef de Partie (line cook) when needed. This person is accountable

for the kitchen's inventory, cleanliness, organization, and the ongoing training of its entire staff. A sous-chef's duties can also include carrying out the head chef's directives, conducting line checks, and overseeing the timely rotation of all food product.

### **Chef de partie**

A chef de partie, also known as a "station chef" or "line cook," is in charge of a particular area of production. In large kitchens, each station chef might have several cooks and/or assistants. In most kitchens, however, the station chef is the only worker in that department. Line cooks are often divided into a hierarchy of their own, starting with "first cook," then "second cook," and so on as needed.

### **Commis**

A commis is a basic chef in larger kitchens who works under a chef de partie to learn the station's responsibilities and operation. This may be a chef who has recently completed formal culinary training or is still undergoing training.

### **3) Read and translate the text.**

#### **Station-chef titles which are part of the brigade system include:**

**sauté chef** Responsible for all sautéed items and their sauce. This is usually the highest stratified position of all the stations.

**fish chef** Prepares fish dishes and often does all fish butchering as well as appropriate sauces. This station may be combined with the saucier position.

**roast chef** Prepares roasted and braised meats and their appropriate sauce.

**grill chef** Prepares all grilled foods; this position may be combined with the rotisseur.

**fry chef** Prepares all fried items; this position may be combined with the rotisseur position.

**vegetable chef** Prepares hot appetizers and often prepares the soups, vegetables, pastas and starches.

**roundsman** Also referred to as a swing cook, fills in as needed on stations in the kitchen.

**pantry chef** Responsible for preparing cold foods, including salads, cold appetizers.

**butcher** Butchers meats, poultry and sometimes fish. May also be responsible for breading meats and fish.

**pastry chef** Makes baked goods such as pastries, cakes, breads and desserts. In larger establishments, the pastry chef often supervises a separate team in their own kitchen.

### **4) Read and translate the text.**

#### **Kitchen assistants**

Kitchen assistants are of two types, kitchen-hands and stewards. Kitchen-hands assist with basic food preparation tasks under the chef's direction. They carry out relatively unskilled tasks such as peeling potatoes and washing salad. Stewards are involved in the scullery, washing up and general cleaning duties. In a smaller kitchen, these duties may be incorporated.

A **communard** is in charge of preparing the meal for the staff during a shift. This meal is often referred to as the staff or family meal.

The **escuelerie** (from 15th century French and a cognate of the English "scullery"), or the more modern dishwasher, is the keeper of dishes, having charge of dishes and keeping the kitchen clean. A common humorous title for this role in some modern kitchens is "chef de plonge" or "head dishwasher".

#### **5) Read and translate the text.**

##### **Culinary education**

Culinary education is available from many institutions offering diploma, associate, and bachelor degree programs in culinary arts. Depending on the level of education, this can take one to four years. An internship is often part of the curriculum. Regardless of the education received, most professional kitchens follow the apprenticeship system, and most new cooks will start at a lower-level 2nd or 1st cook position and work their way up.

The training period for a chef is generally four years as an apprentice. A newly qualified chef is advanced or more commonly a commis-chef, consisting of first-year commis, second-year commis, and so on. The rate of pay is usually in accordance with the training status. Commis chefs, like all other chefs except the executive-chef, are placed in sections of the kitchen (e.g., the starter (appetizer) or entrée sections) under the guidance of a demi-chef de partie and are given relatively basic tasks. Ideally, over time, a commis will spend a certain period in each section of the kitchen to learn the basics. Unaided, a commis may work on the vegetable station of a kitchen.

The usual formal training period for a chef is two to four years in catering college. They often spend the summer in work placements. In some cases this is modified to 'day-release' courses; a chef will work full-time in a kitchen as an apprentice and then would have allocated days off to attend catering college. These courses can last between one to three years.

#### **6) Read and translate the text.**

##### **Uniform**



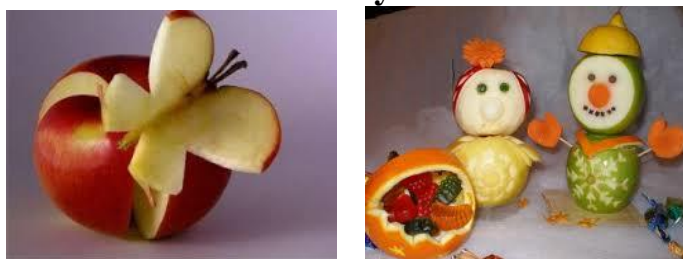
The standard uniform for a chef includes a hat, necktie, double-breasted jacket, apron and shoes with steel or plastic toe-caps. The modern chef's hat is tall to allow for the circulation of air above the head and also provides an outlet for heat. The hat helps to prevent sweat from dripping down the face. Neckties were originally worn to allow for the mopping of sweat from the face, but as this is now against health regulations, they are largely decorative. The chef's neck tie was originally worn on the inside of the jacket to stop sweat running from the face and neck down the body. The jacket is

usually white to show off the chef's cleanliness and repel heat, and is double-breasted to prevent serious injuries from burns and scalds. The double breast also serves to conceal stains on the jacket as one side can be rebuttoned over the other.

An apron is worn to just below knee-length, also to assist in the prevention of burns because of spillage. If hot liquid is spilled onto it, the apron can be quickly removed to minimize burns and scalds. Shoes and clogs are hard-wearing and with a steel-top cap to prevent injury from falling objects or knives. According to some hygiene regulations, jewelry is not allowed apart from wedding bands and religious jewelry. If wound dressings are required they should be blue—an unusual colour for foodstuffs—so that they are noticeable if they fall into food. Facial hair and longer hair are often required to be netted, or trimmed, for food safety. Bandages on the hands are usually covered with latex gloves.

#### **7) Read and translate the text.**

##### **Culinary art**



Culinary art is the art of preparing and cooking foods. The word "culinary" is defined as something related to, or connected with, cooking. A culinarian is a person working in the culinary art. A culinarian working in restaurants is commonly known as a cook or a chef. Culinary artists are responsible for skilfully preparing meals that are as pleasing to the palate as to the eye. They are required to have a knowledge of the science of food and an understanding of diet and nutrition. They work primarily in restaurants, delis, hospitals and other institutions. Kitchen conditions vary depending on the type of business, restaurant, nursing home, etc. The Table arts or the art of having food can also be called as "Culinary art".

**Vocabulary:** responsible - відповідальний skilfully – майстерно to require - потребувати nutrition – харчування

#### **8) Read and translate the text.**

##### **How to Become a Culinary Chef**

You love the kitchen and are always coming up with new recipes. You enjoy making each dish into a beautiful presentation. Now you want to become a culinary chef and wonder if you need to go to school or start working in a restaurant. Here is some advice to help you pursue a career as a culinary chef.

##### **Instructions**

1. Cook at home and keep a clean, organized kitchen.

2. Experiment with recipes. *Explore* cookbooks and cook the recipes that interest you. Study the *recipes* of famous culinary chefs and *figure out* what makes their dishes stand out from similar meals.
3. Decide if you want *to learn* a culinary speciality. Specialties include European food, *oriental food*, delicacies or *pastries*.
4. Start working in a restaurant kitchen.
5. Complete your education. ( a high school diploma is necessary for most chef jobs)

**Vocabulary:** to pursue a career – здобувати кар’єру to explore - досліджувати to figure out – виявляти recipes - рецепти to learn - вивчати oriental food - східна кухня pastry - випічка

**9) Answer the questions.**

1. What is culinary arts?
2. Who is a culinarian?
3. What are they required to have?
4. What are the main instructions for young cook?



**TEMA № 3 Food**  
**(Їжа)**



**1) What can't people live without?**

1.

**A.R**

2.

**W...R**

3.

**F...D**

**Why can't people live without food and water?** (*give energy, give vitamins, give strength*)

**2) What things do you associate with the word "Food "**

**Vegetables**

Potato  
Tomato  
Carrot  
Cucumber  
Pepper  
Radish

**Fruit**

Apricot  
Orange  
Banana  
Apple  
Plum

**Food**

**Dairy products**

Butter  
Milk  
Cream  
Yoghurt  
Cheese

**Drinks**

Milk  
Coffee  
Tea  
Juice  
Yoghurt

**Meat**

Chicken  
Beef  
Lamb  
Pork  
Turkey

**3) Write the names of these fruit and vegetables.**



1



3



5



2



4



6

#### 4) Can you write down a vegetable and fruit:

Vegetable

Fruit

beginning with the letter "b" \_\_\_\_\_

beginning with the letter "m" \_\_\_\_\_

beginning with the letter "c" \_\_\_\_\_

beginning with the letter "p" \_\_\_\_\_

beginning with the letter "a" \_\_\_\_\_

#### 5) Match the names with the pictures.

garlic

kiwi fruit

grapes

melon

broccoli

leeks

pear

mushrooms

strawberries

pineapple



1



2



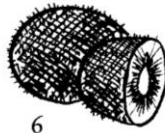
3



4



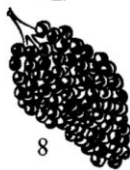
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6



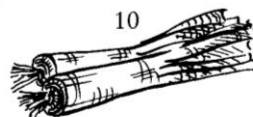
7



8



9



10

#### 6) Can you write down a vegetable and fruit:

Vegetable

Fruit

beginning with the letter "p" \_\_\_\_\_

beginning with the letter "b" \_\_\_\_\_

beginning with the letter "m" \_\_\_\_\_

beginning with the letter "c" \_\_\_\_\_

beginning with the letter "a" \_\_\_\_\_

#### 7) Divide these words into meat, fish, and vegetables.

carrot

liver

beet

cauliflower

spinach

radish

salmon

onion

mutton

pork

catfish

meat	fish	vegetables
		<i>carrot</i>

**8) Divide these words into meat, fish, and vegetables.**

<del>carrot</del>	ham	flounder	garlic
cauliflower	steak	radish	salmon
mutton	pork	catfish	

meat	fish	vegetables
		<i>carrot</i>

**9) Which is the odd one out in each group, and why?**

pork veal salmon beef  
 salmon shrimp oyster lobster  
 lettuce aubergine tomato cucumber  
 peach onion mushroom courgette  
 chicken lamb beef mussels

**10) Which is the odd one out in each group, and why?**

aubergine tomato cucumber lettuce  
 onion peach mushroom courgette  
 shrimp salmon oyster lobster  
 pork veal salmon beef  
 chicken mussels lamb beef

**11) Here are the names of some drinks with the letters mixed up. What are they?**

kiml  
 odas  
 uciej  
 eta  
 efecof  
 moatot ceuji  
 tirfu huncp  
 tobteld tarew  
 labreh eta  
 ereb

**12) Put words under the right table.**

banana	fish	peas
beans	ham	plum

beef  
butter  
carrots  
cheese  
chicken  
eggs

lemon  
mango  
melon  
milk  
onions  
pear

potatoes  
sausages  
berry  
tomato  
watermelon  
peach

<u>Fruits</u>	<u>Vegetables</u>	<u>Dairy</u>	<u>Meat</u>
1. banana	1. carrots		

**13) There is a tasty crossword. If you do it right, you'll know where you are going today.**

1. It's green and you have it in salad.
2. Monkeys like the yellow fruit.
3. Apples, bananas, plums are ....
4. It's a drink. In Ukraine people usually drink it hot, but in some countries people drink it cold.

**14) Here are some sentences. Fill in the gaps with "some" or "any".**

1. We have...milk.
2. Do you have ... honey?
3. I need ... eggs and ... milk.
4. She doesn't have ... bread.
5. He has ... tea in his mug.
6. They don't have ... potatoes.
7. Does he have ... cheese?

**15) Write down the words correctly.**

*stseew - sweets*

berccuu  
garus  
nehoy  
coban  
hgutroy  
gesuasa  
bshirbaamk  
uicej

**16) What can you do with the food from the second column? Match the verb and the noun.**

1. to chop
  2. to mix
- a) hands
  - b) potatoes

- |             |               |
|-------------|---------------|
| 3. to wash  | c) mayonnaise |
| 4. to add   | d) milk       |
| 5. to slice | e) cheese     |
| 6. to pour  | f) eggs       |
| 7. to peel  | g) salad      |

**17) Use the following words in the correct form – singular or plural to fill in the gaps.**

*a dishwasher a fridge a knife a tea set a grater a coffee grinder a spice rack a microwave oven*

1. Cooking in the \_\_\_\_\_ is very clean and efficient.
2. Evidently someone had stocked the \_\_\_\_\_ yesterday; there was a box containing bacon, packets of milk, eggs, butter and a few other things.
3. Some \_\_\_\_\_ will only hold a few ounces of beans, whereas some will hold a quarter pound or more.
4. I love, love, love that modern \_\_\_\_\_, it's adorable!! Maybe I'll buy one for myself, even though the last thing I need is more cups.
5. To use it you hold the \_\_\_\_\_ with one hand while the other hand holds the cheese.
6. Today's \_\_\_\_\_ use a lot less water and energy than they did in the past.
7. This exceptional and beautiful \_\_\_\_\_ is very well made and easy to hang.
8. Having good \_\_\_\_\_ skills will make you more efficient in the kitchen.

## **ТЕМА № 4 Ukrainian cuisine**

**(Українська кухня)**



### **1) Read and translate the text.**

#### **Ukrainian cuisine**

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

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

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

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

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

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

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

**Vocabulary:** diversity [daɪ'vɜ:sɪtɪ] — різноманітність, flavour ['fleɪvə] — присмак, приправа, dish [dɪʃ] — страва, prune [pru:n] — чорнослив, dumplings [dʌmplɪŋz] — галушки, millet ['mɪlɪt] — просо, пшоно, chowder ['tʃaʊdə] — юшка зі свинини, овочів тощо, sauerkraut ['sauəkraʊt] — кисла капуста, blue-berry ['blu:bəri] — чорниці, cheese pancakes [tʃi:z 'pæŋkeɪks] — сирники, fritter ['fɪtə] — оладки, to fill [fɪl] by smth. — заповнювати (чим-небудь), recipe ['resɪpɪ] — рецепт

### **2) Answer the questions:**

1. What is Ukrainian cuisine famous for?
2. What is the most popular Ukrainian dish?
3. What are the other popular Ukrainian dishes?
4. What products do Ukrainians like?
5. What is your favourite Ukrainian dish?
6. What Ukrainian dishes do you like to cook?

### 3) Read and translate the text.

#### Ukrainian meals



The hospitality of the Ukrainian people is well-known throughout the world. When a foreigner sets foot in Ukraine first he gets acquainted with our cookery – national dishes and meal-times. Frequently he gets to know that in this country they are not the same as in his. But he has to do in Ukraine as the Ukrainians do. The usual meals in Ukraine are breakfast, lunch, dinner and supper. Rest-homes, hospitals and other public establishments generally follow the former order of meals. But a number of Ukrainian families follow the latter order. Breakfast is the first meal in the day. Lunch or luncheon is a light meal usually in the middle of the day. Dinner is the chief and the most substantial meal. It isn't served at a definite hour in our country. When it is in the middle of the day, the lighter evening meal is called supper. Working people usually have a break for dinner at their place of employment. During the break they have either dinner or lunch.

In great many Ukrainian homes dinner is followed by a cup of tea with a slice of lemon, jam or home-made pastry. If you have a special dinner, a housewarming party for example, you should know how to lay the table on such an occasion. First you spread the table-cloth and put out table-mats to protect the table from the hot dishes: a tureen of soup, a bowl of hot vegetables, a platter of meat, a boat of sauce, etc. Then you take out of the drawer in the sideboard soup spoons for the soup, spoons for the sweet and all the cutlery – knives and forks, including a small knife for the butter, a small knife and fork for the hors d'oeuvres and a fruit knife for the dessert. You should put the knives and the soup spoon on the right-hand side and the fork on the left, except the spoon for the sweet which you should put across the top. Then you put out the bread-board and a knife to cut the bread. On the left of each guest you put a small plate for bread and on the right a wine-glass. Don't forget to put out the table napkins for each guest and place several salt-cellars. Once again have a look at the table and see if it is laid for each person. Then you are ready for the friends to come and don't forget to put a bowl of beautiful flowers on the dinner table.

**Vocabulary:** hospitality – гостинність a foreigner – іноземець to get acquainted with – знайомитись, cookery – кулінарія national dishes – національні страви establishment – заклад substantial – важливий employment – робота home-made pastry – домашня випічка to lay the table – накривати на стіл occasion – випадок, подія to spread – застилати to protect – захищати a tureen – супниця a platter –

дерев'яна тарілка sauce – соус, приправа; гарнір з овочей cutlery – ножі hors d'oeuvre (snack) – закуска for dessert – десерт a napkin – серветка a salt-cellar – солонка receiving the guests – прийом гостей a menu – меню a clear soup – бульйон a pasty, a pie – пиріг the second course – друга страва a candle – свічка

#### **4) Read and translate the text.**

##### **Ukrainian meals**



People in Ukraine like to eat good and tasty food cooked of fresh product. Fast food is not very popular in Ukraine as Ukrainian women prefer to cook at home. And many of them are real masters at cooking. Since old time Ukrainian national cooking has been famous for great variety of tasty and useful dishes. Ukrainian women always collected recipes of cooking different dishes. This tradition is kept nowadays as well.

The most popular dish in Ukraine which every Ukrainian lady can cook is borshch. It has up to 20 components. There is a proverb that says: “Each hostess has her borshch” as there is a lot of variants to cook it. Borshch is a national Ukrainian dish. Soups are very popular in Ukraine. And you can find a lot of them in Ukrainian cuisine. The most popular of them are yushka, sherba (fish soup), chicken broth, noodle soup, pea soup, mushroom soup and milk soup. All of them are very tasty.

Ukrainians cook meat in different ways. You will be able to try here cutlets, boiled meat, fried and roasted meat. People usually have meat as the second course or as main course. As a side dish they usually have fried, boiled or mashed potatoes, vegetables cooked in different ways or salads. There are a lot of dishes cooked from flour. In Ukraine you can try varenyks, pancakes, halushkas and different kinds of pies. Pancakes are very popular in Ukraine. Among traditional drinks you will find kvas, uzvar, stewed fruit, juice, sour milk. Sure, tea, coffee are also very popular here nowadays. Traditionally Ukrainian alcoholic drinks are not very strong. They are good wines, honey drinks and beer. Stronger drinks, like horilka, traditionally had herbs and were used in small doses to warm the body but not to make the person drunk.

#### **5) Read and translate the text.**

##### **Traditional Ukrainian borsch**





One of the most famous dishes from Ukrainian cuisine is Ukrainian Borsch. Its unique taste made it popular all over the world. There are many types and ways of cooking of borsch. In various regions of Ukraine it is cooked in different ways; even each housewife has her own recipe of this tasty dish. But there are some general recipes of cooking traditional Ukrainian Borsch. And we will describe it below.

**Ingredients:**

3 liter of water:

Soup bones with meat (pork, beef or chicken), 0,5 kg.

Beet 2 pieces(approx.200 g.)

2 carrots.(approx.200 g.)

Potatoes 4 pieces. medium

Onion 1 piece.

Cabbage200 g

Sweet pepper 1 piece

1-2 cloves of garlic

Tomato paste 2 tablespoons.

2 tablespoons of vegetable oil.

Greens of parsley.

Salt, sugar-to taste.

**The way to cook:**

For cooking Ukrainian Borsch take bones with meat, wash them and put them into the cold water, bring to boil and remove the foam. Cook the broth for about an hour (until meat is cooked). Clean all the vegetables. Carrots and beet cut into thin stripes and put into the broth. Cut potatoes into pieces of 1.5-2 cm. and put them into the pot in 15-20 minutes after the beet. Cut onion into small cubes, put into a pan with warmed oil and fry until golden brown, add the tomato paste and warm it up a couple of minutes. Cut cabbage and sweet pepper into stripes and put them into the broth. Then put 2 tablespoons of tomato paste. Boil everything till vegetables are ready. At the end add some salt. Cut parsley or dill and put it into the borsch before turning off the gas. Borsch is served with sour cream and garlic. Borsch is very tasty with pampushkas and garlic sauce; it is also very tasty to eat it with black bread and garlic.

**Bon appetite!**

**6) Read and translate the text.**

**Varenyky  
(Вареники)**



**Ingredients:**

Original recipe makes 10 servings

**Dough:**

5 cups all-purpose flour

1 teaspoon salt

2 tablespoons butter, softened

1 cup evaporated milk

1/2 cup water

**Filling:**

6 medium potatoes, cut into small cubes

2 large onions, finely chopped

1/2 cup butter

1 cup shredded Cheddar cheese

salt and pepper to taste

**Alternative filling:**

1 pound sauerkraut

2 large onions, finely chopped

1/2 cup butter

3 cups finely shredded green cabbage

1 cube chicken bouillon

2 teaspoons pepper

**Directions**

To make the dough, combine the flour and salt in a large bowl. Make a well in the center and add the soft butter and evaporated milk; stir gently until all the liquid is absorbed. Add water only as needed, kneading continuously until dough sticks together. Place dough into a greased bowl, turn to coat, and let rest for 30 minutes.

To make the potato filling, place potatoes into a saucepan with water to cover. Bring to a boil and cook until tender, about 10 minutes. Drain and set aside. Melt 1/2 cup butter in a medium skillet, over medium heat. Saute onions in butter until tender. Mix the onions into the potatoes along with the cheese and season with salt and pepper to taste.

To make the sauerkraut and cabbage filling, pour the drained sauerkraut into a large saucepan. In a medium skillet, saute 2 onions in 1/2 cup butter until tender, about 5 minutes. Stir the onions into the sauerkraut along with the cabbage and chicken bouillon cube. Cook over low heat until liquid evaporates. Season with pepper and remove from heat. Allow the mixture to cool, then run through a grinder or food processor.

Remove the dough from the bowl onto a lightly floured surface. Roll out to 1/8 inch in thickness. Cut into 3 inch circles. Place one tablespoon of filling onto one side of the circle. Fold the other half over and press the edges to seal. Place finished dumplings onto a floured tray and keep covered.

Bring a large pot of water to a boil. Drop 10 or so dumplings into the water at a time. Cook for 3 to 5 minutes, then remove to a colander to drain. Place finished dumplings onto a lightly oiled dish and turn them to coat with a thin layer. This will keep them from sticking together. Serve dumplings with fried onions and sour cream. Cooled dumplings also can be fried in oil and butter for a nice crispy surface.



## **ТЕМА № 5 British and American cuisine** **(Британська та американська кухня)**



### **1) Read and translate the text.**

#### **British Cuisine**

Some people criticize English food. They say it's unimaginable, boring, tasteless, it's chips with everything and totally overcooked vegetables.

The basic ingredients, when fresh, are so full of flavour that British haven't had to invent sauces to disguise their natural taste. What can compare with fresh peas or new potatoes just boiled and served with butter? Why drown spring lamb in wine or cream and spices, when with just one or two herbs it is absolutely delicious?

If you ask foreigners to name some typically English dishes, they will probably say "Fish and chips" then stop. It is disappointing, but true that, there is no tradition in England of eating in restaurants, because the food doesn't lend itself to such preparations. English cooking is found at home so it is difficult to find a good English restaurant with a reasonable prices.

In most cities in Britain you'll find Indian, Chinese, French and Italian restaurants. in London you'll also find Indonesian, Mexican, Greek... Cynics will say that this is because English have no "cuisine" themselves, but this is not quite the true.

### **2) Read and translate the text.**

#### **Meals in Great Britain**



The two features of life in England that possibly give visitors their worst impressions are the English weather and English cooking.

A traditional English breakfast is a very big meal – sausages, bacon, eggs, tomatoes, and mushrooms. People who do have a full breakfast say that it is quite good. The writer Somerset Maugham once gave the following advice: "If you want to eat well in England, eat three breakfasts daily." But nowadays it is often a rather hurried and informal meal. Many people just have cereal with milk and sugar, or toast with

marmalade, jam, or honey. Marmalade and jam are not the same! Marmalade is made from oranges and jam is made from other fruits. The traditional breakfast drink is tea, which people have with cold milk. Some people have coffee, often instant coffee, which is made with just hot water. Many visitors to Britain find this coffee disgusting!

For many people lunch is a quite meal. In cities there are lot of sandwich bars, where office workers can choose the kind of bread they want – brown, white, or a roll – and then all sorts of salad and meat or fish to go in the sandwich. Pubs often serve good, cheap food both hot and cold. School-children can have a hot meal at school, but many just take a snack from home – a sandwich, a drink, some fruit and perhaps some crisps. British kids eat more sweets than any other nationality.

“Tea” means two things. It is a drink and a meal! Some people have afternoon tea, with sandwiches, cakes, and, of course, a cup of tea. Cream teas are popular. You have scones (a kind of cake) with cream and jam.

The evening meal is the main meal of the day for many people. They usually have it quite early, between 6.00 and 8.00, and often the whole family eats together.

On Sundays many families have a traditional lunch. They have roast meat, either beef, lamb, chicken, or pork, with potatoes, vegetables, and gravy. Gravy is a sauce made from the meat juice.

The British like food from other countries, too, especially Italian, French, Chinese, and Indian. The British have in fact always imported food from abroad. From the time of the Roman invasion foreign trade was a major influence on British cooking. Another important influence on British cooking was of course the weather. The good old British rain gives us rich soil and green grass, and means that we are able to produce some of the finest varieties of meat, fruit and vegetables, which don't need fancy sauces or complicated recipes to disguise their taste. People often get take-away meals – you buy the food at the restaurant and than bring it home to eat. Eating in Britain is quite international!

### **3) Read and translate the text.**

- *Do English like to eat at home?*
- *Is lunch a light meal?*
- *What is the traditional Sunday dish?*

#### **British meals**

Traditionally English people have three meals a day : breakfast, lunch and dinner. Breakfast is served in the morning. It used to be large meal with cereal , eggs and bacon, sausages, tomatoes. But such a large breakfast takes a long time to prepare and is not very healthy. Nowadays, Britain's most popular breakfast consists of cereal, toast with marmalade, juice and yogurt with a cup of tea or coffee.

Lunch is a light meal. Most people have no time to go back home for lunch, cafes.

The main meal is dinner, which is usually between 6 and 7 p. m. A typical evening meal is a meat dish with vegetables and dessert.

The most important meal of the week is Sunday dinner. The traditional Sunday dish used to be roast beef, but nowadays pork, chicken or lamb are more common.

On Sunday evenings people have supper or high tea. The famous British afternoon tea is becoming rare, except at weekends.

**4) Complete the table about traditional English food.**

Traditional English food	Nowadays
Cereal Eggs and bacon sausages with tomatoes  Roast beef	

**5) Read and translate the text.**

**English Cookery and Meals**



With the exception of breakfast meals in England are much the same as in other countries. The usual meals in Great Britain are breakfast, lunch, tea and dinner. The English are very fastidious about their meals and keep to their meal times strictly. Breakfast time is between 7 and 9 a. m. Many people like to begin it with porridge. English people eat porridge with milk or cream and sugar, but the Scots — and Scotland is the home of porridge — never put sugar in it. Then comes bacon and eggs, marmalade with toast and tea or coffee. For a change you can have a boiled egg, cold ham or perhaps fish.

The two substantial meals of the day, lunch and dinner, are more or less the same. Lunch is usually taken at one o'clock. Many people, who go out to work, find it difficult to come home for lunch and go to a cafe or a restaurant, but they never miss a meal. Lunch is a big meal — meat or fish, potatoes and salad, puddings or fruit are quite usual for it.

In the afternoon, about four o'clock, the English have a cup of tea and a cake, or a slice or two of bread and butter. Tea is very popular with the English; it may be



called their national drink. The English like it strong and fresh made. Tea must be brewed as follows: one teaspoon for each person and one for the pot. They drink it with or without sugar, but almost always with milk. It is important to pour tea into milk, and not vice versa. Their "high tea" at 5 o'clock is very famous. Tea is accompanied by ham, tomatoes and salad, bread and butter, fruit and cakes.

Dinnertime is generally about half past seven or later. In some houses dinner is the biggest meal of the day. They begin with soup, followed by fish, roast chicken, potatoes and vegetables, fruit and coffee. But in great many English homes the midday meal is the chief one of the day, and in the evening they only have light meal, for example, bread and cheese and a cup of coffee and fruit.

#### **6) Read and translate the text.**

#### **British meals**



The usual meals are breakfast, lunch tea, dinner and supper. Breakfast is generally a bigger meal than you have on the Continent, though some English people like a "continental" breakfast of rolls and butter and coffee. But the usual English breakfast is porridge or "Corn Flakes" with milk or cream and sugar, bacon and eggs, marmalade (made from oranges) with buttered toast, and tea or coffee. For a change you can have a boiled egg, cold ham, or perhaps fish. We generally have lunch about one o'clock. The businessman in London usually finds it impossible to come home for lunch, and so he goes to a cafe or restaurant; but if I am making lunch at home I have cold meat (left over probably from yesterday's dinner), potatoes, salad and pickles, with a pudding or fruit to follow. Sometimes we have a mutton chop, or steak and chips, followed by biscuits and cheese, and some people like a glass of light beer with lunch. Afternoon tea you can hardly call a meal, but it is a sociable sort of thing, as friends often come in then for a chat while they have their cup of tea, cake or biscuit. In some houses dinner is the biggest meal of the day. We had rather a special one last night, as we had an important visitor from South America to see Mr. Priestley. We began with soup, followed by fish, roast chicken, potatoes and vegetables, a sweet, fruit and nuts. Then we went into sitting-room for coffee and cigarettes. But in my house, as in a great many English homes, we make the midday meal the chief one of the day, and in the evening we have the much simpler supper — an omelette, or sausages, sometimes bacon and eggs and sometimes just bread and cheese, a cup of coffee or cocoa and

fruit. But uncle Albert always has "high tea." He says he has no use for these "afternoon teas" where you try to hold a cup of tea in one hand and a piece of bread and butter about as thin as a sheet of paper in the other. He's a Lancashire man, and nearly everyone in Lancashire likes high tea. They have it between five and six o'clock, and they have ham or tongue and tomatoes and salad, or sausages, with good strong tea, plenty of bread and butter, then stewed fruit, or a tin of pears, apricots or pineapple with cream or custard and pastries or a good cake. And that's what they call a good tea.

**7) Answer the questions.**

1. What are the usual meals in Britain? What do they consist of?
2. What is the difference between a "continental" breakfast and a British one?
3. When do English people usually have lunch?
4. What is the English afternoon "high tea"?
5. Do national Ukrainian dishes differ from those of English?

**8) Find the following words and word-combinations.**

Вівсяні **хлоп'я**, мармелад, неможливо, мариновані огірки, біфштекс, світле пиво, дружня бесіда, шинка, банка консервованих продуктів.

**9) Read and translate the text.**

**Meals**

There are four meals a day in an English home: breakfast, lunch, tea, and dinner. Breakfast is the first meal of the day. It is at about 8 o'clock in the morning, and consists of porridge with milk and salt or sugar, eggs – boiled or fried, bread and butter with marmalade or jam. Some people like to drink tea, but others prefer coffee. Instead of porridge they may have fruit juice, or they may prefer biscuits. The usual time for lunch is 1 o'clock. This meal starts with soup or fruit juice. Then follows some meat or poultry with potatoes – boiled or fried, carrots and beans. Then a pudding comes. Instead of the pudding they may prefer cheese and biscuits. Last of all coffee – black or white. Englishmen often drink something at lunch. Water is usually on the table. Some prefer juice or lemonade. Tea is the third meal of the day. It is between 4 or 5 o'clock, the so-called 5 o'clock tea. On the table there is tea, milk or cream, sugar, bread and butter, cakes and jam. Friends and visitors are often present at tea. Dinner is the fourth meal of the day. The usual time is about 7 o'clock, and all the members of the family sit down together. Dinner usually consists of soup, fish or meat with vegetables – potatoes, green beans, carrot and cabbage, sweet pudding, fruit salad, ice-cream or cheese and biscuits. Then after a talk they have black or white coffee. This is the order of meals among English families. But the greater part of the people in the towns, and nearly all country-people, have dinner in the middle of the day instead of lunch. They have tea a little later – between 5 and 6 o'clock, and then in the evening, before going to bed, they have supper.

So the four meals of the day are either breakfast, dinner, tea, supper; or breakfast, lunch, tea, dinner.



## 10) Read and translate the text.

### My meals



It goes without saying that I prefer to have meals at home. At the weekend I like to get up late and have a good breakfast of scrambled eggs, or pancakes, or something like that. But on weekdays I'm always short of time in the morning. So I just have a cup of strong tea or coffee and a couple of sandwiches.

As I spend a lot of time at school (usually eight or nine hours) it's necessary to have a snack at midday just to keep me going. That's why I have to go to the school canteen to have lunch. Our school canteen leaves much to be desired. It has become a tradition with our canteen to serve chops and watery mashed potatoes every day with a glass of cocoa or stewed fruit.

But I enjoy my evening meal at home. My mother is a wonderful cook and her dinners are always delicious and various. To begin with, we usually have some salad - - tomato and cucumber salad or mixed salad (I like it very much). For the first course we have some soup — noodle, mushroom or cabbage soup, or maybe some fish soup for a change. For the main course we have meat, chicken or fish dishes, for example, steak or fried fish with spaghetti or potatoes (boiled or fried). We also have a lot of vegetables — green peas, carrots, tomatoes, cucumbers. I prefer meat to fish but my mother makes me eat fish from time to time. She says it's good for my brains. For dessert we have some fruit, fruit juice or just a cup of tea with a slice of cake.

On Sundays we sometimes go to McDonald's. I like everything there: cheeseburgers, hamburgers and Big Macs, apple pies and fruit cocktails. But unfortunately we can't afford to go there very often, because it's rather expensive for a family and besides, they say it's not very healthy to eat at McDonald's.

## 11) Read and translate the text.

### How to make a full English breakfast



The Full English Breakfast is a traditionally cooked "breakfast" that today is also served at other times during the day, like at a "Brunch" - breakfast and lunch - which is a late breakfast and a early lunch and quite often eaten on the weekends by many busy city people.

The usual ingredients of a traditional full English breakfast are bacon, eggs, fried tomatoes, fried mushrooms, fried bread or toast, and sausages, usually served with a large cup of tea or a "mug" of tea. Black pudding is sometimes part of English Breakfasts in places like Scotland; as well as fried leftover mashed potatoes, often called "Porato Cakes" or a "Bubble and Squeek"- a vegetable left over from the previous night that is fried with potatoes.

When an English breakfast is ordered in a pub or restaurant and everything available is added to it, it is often referred to as a "Full Monty".

## 12) Answer the questions.

Is an English breakfast only eaten at breakfast?

Where is Black pudding served?

Are baked beans a very popular ingredient in modern day English Breakfasts?

What's the name of the Full English Breakfast that includes everything?

## 13) Look at the table and say how often does Sally have these food for breakfast

	Always	Usually	Often	Sometimes	Never
Pizza		V			
Cereal				V	
Eggs					V
Sandwich				V	
Bread roll			V		
Fruit			V		
Tea	V				
Coffee					V
Milk		V			

*For example: She usually has pizza for breakfast*

## 14) Read and translate the text.

### English breakfast

All people in the world have breakfast, and most people eat and drink the same things for breakfast. They may eat different things for all the other meals in the day, but at breakfast time, most people have the same things to eat and drink – tea or coffee, bread and butter, fruit.

Some people eat meat for breakfast. English people usually eat meat at breakfast time, but England is a cold country. It is bad to eat meat for breakfast in hot country. It is bad to eat too much meat; if you eat meat for breakfast, you eat meat three times a

day; and that is bad in a hot country. It is also bad to eat meat and drink tea at the same time, for tea makes meat hard so that the stomach cannot deal with it

The best breakfast is tea or coffee, bread and butter, fruit. That is the usual breakfast of most people in the world.

**15) Read and translate the text.**

**What people drink**



The most common drinks in Europe are tea, coffee and cocoa. But in Britain people (especially children) also drink squash — a sweet fruit concentrate that has to be diluted with water. They also can be expected to drink water straight from the tap. Before the 1960s, wine was drunk only by the higher social classes and was associated with very expensive restaurants. Since that time, it has become extremely popular all over the country. Beer is still the most popular alcoholic drink in the country. The most popular pub beer is ‘bitter’, which is draught from the barrel, has no gas in it, and is drunk (as are all British beers) at room temperature. A sweeter, darker version of ‘bitter’ is ‘mild’. These beers are comparatively low alcoholic, this is one reason why people are able to drink so much of them! In most pubs, several kinds of bottled beer are also available. Beer which has gas in it is known as ‘lager’. Shandy is half beer and half lemonade. It is very good in hot weather. Tea in Britain is not just a drink, it is a tradition. The British are the most teadrinking nation on the globe - the average Briton drinks at least 5 cups a day.



**16) Read and translate the text.**



**How tea was first drunk in Britain**

By the time tea was first introduced into this country (1660), coffee had already been drunk for several years.

By 1750 tea had become the most popular beverage for all types and classes of people – even though a pound of tea cost a skilled worker perhaps a third of his weekly wage!

### **Tea ware**

Early tea cups had no handles, because they were originally imported from China. Chinese cups didn't (and still don't) have handles.

As tea drinking grew in popularity, it led to a demand for more and more tea ware. This resulted in the rapid growth of the English pottery and porcelain industry, which not long after became world famous for its products.

### **The tea break**

Nowadays, tea drinking is no longer a proper, formal, «social» occasion. We don't dress up to “go out to tea” anymore. But one tea ceremony is still very important in Britain – the Tea Break! Millions of people in factories and offices look forward to their tea breaks in the morning and afternoon. Things to do.

Make a display of as many pictures, cut from magazines. As you can show different kinds of tea pots and tea cups.

Design your own kind of tea pots and tea cups.

### **17) Read and translate the text.**

#### **Tea as the Most Popular Drink in Britain**

Everyone knows that tea is the most popular drink in Britain. It's even more popular than coffee, which is favoured throughout Europe and America. The Dutch brought the first tea to Europe in 1610. But it was not until 1658 that the first advertisement for tea appeared in a London newspaper. At that time a pound of the cheapest tea cost about one-third of a skilled worker's weekly wages. Tea was guarded by the lady of the house and kept in special containers, often with a lock and carefully doled out by the teaspoon. By 1750 tea had become the principal drink of all the classes in Britain. Later, tea-drinking developed into a fashionable social ritual. Tea parties were popular at home and soon the ritual of "afternoon tea" was firmly established.

Nowadays, throughout the homes, tea shops and hotels of Britain, the custom of tea-time continues. Tea in Britain is brewed in a teapot. Then the one spoonful of tea per person and one for the pot is added. Most people in Britain prefer a rich, strong cup of tea with milk, and sugar is sometimes added to taste.

## 18) Read and translate the text.

### British pubs



The attitude to alcohol in Britain is different. On the one hand, it is accepted as the part of British culture. The local pub plays an important role almost everywhere - and pubs, it should be noted, are mainly for the drinking of beer and spirits. The nearest pub is commonly referred to as 'the local' and people who go there often are known as 'regulars'. On the other hand, the puritan tradition has led to the widespread view that drinking is something dangerous which should be therefore restricted. Most people, including regular drinkers, consider that it would be wrong to give a child even half a glass of beer. People cannot be served in pubs until the age of 18, and they are not even allowed inside until they are 14. Many people in Britain drink only in pubs. Wine or beer is not as much a part of home life as it is in some other European countries. Most cafes are not allowed to serve even beer. The British pub (short for 'public house') is unique. This is not just because it is different in character from bars or cafes in other countries. It is also because it is different from any other public place in Britain itself. Without pubs, Britain would be a less sociable country. The pub is the only indoor place where you can meet others, even strangers, and get into a conversation with them. In cafes and fast food restaurants people are expected to drink their coffee and get out. The atmosphere in other eating places is often rather formal. But pubs are classless. A typical British pub looks very old. It is a tradition. Even a newly built pub is often designed to look, inside and out, as if it were several hundred years old. Windows in pubs are very small because, unlike the large glass windows of cafes, they help to make people feel comfortable and homely. It is difficult to see inside the pub from the outside. The Victorians thought that it was not proper for people to be seen drinking. That's why very few pubs have tables outside. Pubs have changed greatly during the last centuries. Not long ago they used to serve almost nothing but beer and spirits. These days, you can get wine, coffee and some hot food at most of them as well. This has helped to widen their appeal. At one time, it was unusual for a woman to go to pubs. These days, there are only a few pubs where it is surprising for a woman to walk in. Nevertheless, pubs have retained their special character. For example, there is no waiter service. If you want something, you have to go and ask for it at the bar. To be served at a table is discomforting for many people. It makes them feel they have to be on their best behavior. So people prefer more informal atmosphere. You can get up and walk around whenever you want - as if you are in

your own house. By the way, people who work in pubs usually know the regular customers personally.

**19) Answer the questions.**

1. What are the most common drinks in Europe? What is your favourite drink? 2. What do people drink in Britain? 3. What is 'bitter'? How is it made? 4. What role does tea play in Britain? 5. What is the attitude to alcohol in Britain? 6. Why do you think pubs are so popular among British people? 7. What are the rules in pubs?

**20) Find the following words and word-combinations.**

Розбавлений водою, цідити з бочок, з одного боку, сприймати, алкогольні напої, поширена точка зору, очікувати, безкласовий, зберігати, офіціант, до речі.

**21) Read and translate the text.**

**American food and drink**



The popular view outside the U.S.A. that Americans survive on cheeseburgers, Cokes and French fries is as accurate as the American popular view that the British live on tea and fish'n'chips, the Germans only on beer, bratwurst, and sauerkraut, and the French on red wine and garlic.

This view comes from the fact that much of what is advertised abroad as "American food" is a very pretty flat, tasteless imitation. American beef, for example, comes from specially grain-fed cattle, not from cows that are raised mainly for milk production. As a result, American beef is more tender and tasted better than what is usually offered as an "American steak" in Europe. When sold abroad, the simple baked potato that comes hot and whole in foil often lacks the most important element, the famous Idaho potato. This has different texture and skin that comes from the climate and soil in Idaho.

Even sometimes as basic as barbecue sauces shows difference from many of the types found on supermarket shelves overseas. A fine barbecue sauce from the Southside of Chicago has its own fire and soul. The Texas have a competition each year for the hottest barbecue sauce (the recipes are kept secret).

America has two strong advantages when it comes to food. The first is that as the leading agriculture nation, she has always been well supplied with fresh meats, fruits, and vegetables in great variety at relatively low prices. This is one reason why steak or beef roast is probably the most "typical" American food; it has always been more available. But good Southern-fried chicken also has champions, as do hickory-smoked or sugar-cured hams, turkey, fresh lobster, and other seafood such as crabs or clams.



In a country with widely different climates and many fruit and vegetable growing regions, such items as fresh grapefruit, oranges, lemons, melons, cherries, peaches, or broccoli, iceberg lettuce, avocados, and cranberries do not have to be imported. This is one reason why fruit dishes and salads are so common. Family vegetable gardens have been very popular, both as a hobby and as a way to save money, from the days when most Americans were farmers. They also help to keep fresh food on the table.

The second advantage America has enjoyed is that immigrants have brought with them, and continue to bring, the traditional foods of their countries and cultures. The variety of foods and styles is simply amazing. Whether Armenian, Basque, Catalanian, Creole, Danish, French, German, Greek, Hungarian, Italian, traditional Jewish, Latvian, Mexican, Vietnamese or what have you, these traditions are now also at home in the U.S.A.

There seem to be four trends in America at present which are connected with foods and dining. First, there has been a notable increase in the number of reasonably priced restaurants which offer specialty foods. These include those that specialize in many varieties and types of pancakes, those that offer only fresh, baked breakfast foods, and the many that are buffets or salad bars. Secondly, growing numbers of Americans are more regularly going out to eat in restaurants. One reason is that they are not many American women do not feel that their lives are best spent in the kitchen. They would rather pay a professional chef and also enjoy a good meal. At the same time, there is an increase in fine cooking as a hobby for both men and women. For some two decades now, these have been popular television series on all types and styles of cooking, and the increasing popularity can easily be seen in the number of best-selling specialty cookbooks and the number of stores that specialize in often exotic cooking devices and spices.

A third is that as a result of nationwide health campaigns, Americans in general are eating a much light diet. Cereals and grain foods, fruit and vegetables, fish and salads are emphasized instead of heavy and sweet foods. Finally, there is the international trend to “fast food” chains which sell pizza, hamburgers, Mexican foods, chicken, salads and sandwiches, seafood and various ice-creams. While many Americans and many other people resent this trend and while, as many be expected, restaurants also dislike it, many young, middle-aged, and old people, both rich and poor, continue to buy and eat fast foods.

**22) Read and translate the text.**

### **American Food and Drinks**



What is “American” food? The answer is that it is part Italian, part British, part German, part Mexican, part Chinese... When people from other countries came to live in the US, they brought different cooking traditions. Some of them opened restaurants. Today Americans enjoy food from all over the world. Over the years some foreign dishes changed a little. Doughnuts were originally from Holland. In 1847 a young American boy told his mother that her doughnuts were never cooked in the middle. He cut out the centre and his mother cooked them — and they were very tasty! Maybe the US is most famous for “fast foods”. The first fast food restaurants served hamburgers, but now they serve other kinds of food too. Inside there is often a “salad bar”, where you can help yourself to as much salad as you want. Americans eat a lot, and when they go to a restaurant, they don’t expect to be hungry afterwards. Most restaurants will put a lot of food on your plate — sometimes it can be too much. But if you can’t finish it all, don’t worry: they will give you a “doggy bag” and you can take it home. Most Americans now have a light breakfast instead of the traditional eggs, bacon, toast, orange juice and coffee. But on weekends there is more time, and a large late breakfast or early lunch is often eaten with family or friends.

**23) Read and translate the text.**

**American food**



Americans have a wider assortment of foods to choose from than consumers in any other country. Meats, fish, fruit, vegetables, nuts, cereals from various parts of the nation are available throughout the country during any season of the year. Frequently, the problem for the consumer is not the lack of variety of brands of food, but rather too wide assortment from which one must choose. In addition, the consumer can choose from foods that are fresh, frozen, canned and cooked or uncooked. Currently, virtually all food stores have available a wide array of frozen foods especially prepared to be heated or cooked in a microwave oven.

The microwave oven has revolutionized the home preparation of meals. It, along with the supermarket, where virtually any kind of foods are available, make the preparation of food the most time-efficient in the world. A family can make only one trip a week to the supermarket to purchase its food needs for an entire week. Americans have access to computer-based shopping enabling them to make their buying decisions at home and picking up their purchases at the store or having them delivered to their homes.

Since the 1950s fast-food and take-away restaurants have had a phenomenal proliferation, first in the US, and more recently throughout the world. The first fast-



food chains like McDonalds, Burger King, Arby's and Wendy's which offer sandwiches, hamburgers, French-fried potatoes, hot dogs, pizzas, pancakes, chili and fried chicken, have been joined by other chains some of which offer Mexican, Chinese and other ethnic foods. The cost of the food in such restaurants is frequently cheaper than if one were to prepare similar food in one's kitchen. Consequently, an entire family may frequently go to eat at fast food places for convenience and economy. A more recent development in the American food industry has been the demand for healthier foods. The food industry has made available a wide variety of low-fat dairy and meat products. Even low fat cheeses and ice creams are being produced. Vegetable, fruit and cereal consumption are increasing. A second demand is for foods grown and produced free of fertilizers, pesticides' and herbicides. This has led to the development of an "organic food" industry. Of course, the cost of organic foods is substantially higher. The market for organic food has nevertheless been expanding.

### **Vocabulary:**

consumer [kən'sju:mə] — споживач cereal ['siəriəl] — амер. блюдо з круп, злаків (напр., вівсяна каша, пластівці) virtually ['vɜ:tjuəlɪ] — фактично, по суті, насправді array [ə'reɪ] — безліч, сила-силенна, велика кількість, сукупність proliferation [prəʊ,lɪfə'reɪʃ(ə)n] — поширення, розповсюдження; convenience [ken'vi:njəns] — зручність dairy ['deəri] products — молочні продукти to expand [ɪks'pænd] — розширювати(ся); збільшувати(ся) в обсязі, в розмірах

### **24) Answer the questions.**

1. What problem do American consumers face when buying food?
2. How often does a family visit a supermarket to purchase its food for a week?
3. What will enable Americans to make their buying decisions right at home?
4. What is the secret of success of fast-food and take-away restaurants?
5. What is a more recent development in the American food industry?

### **25) Read the text. Write down in the table what belongs to ordinary restaurant (OR) and what - to fast food restaurant (FR).**

#### **"Fast food"**



Fast food restaurants and cafes are very popular all over the world. But they aren't like ordinary restaurants.

There are no waiters. You order your food at the counter and pay for it at the same time. You can get your food in a bag or a box or a tray. You often eat with your fingers.

Drinks are all in paper or plastic cups. There are no saucers. You eat your meal, then you throw all the bags, boxes and cups away. It's easy. It's cheap and it's fast.

		Fast food (FR)	Ordinary (OR)
1	You eat with a knife and a fork.		
2	You get your food at the counter.		
3	A waiter brings you food.		
4	You drink from a paper cup.		
5	You pay for your meal after eating.		
6	You get your hamburger in a bag or in a plastic box.		
7	You eat with your fingers.		
8	You drink from an ordinary cup.		
9	You throw away the bags and the boxes.		
10	You pay for your meal at the counter.		

**26) Read and translate the text.**

### Hot Dogs



Tad Dorgan, a sports cartoonist, gave the frankfurter its nickname in 1906. Munching on a frank at a baseball game, he concluded that it resembled a dachshund's body and put that whimsy into a drawing, which he captioned "Hot dog".

Sausages go all the way back to ancient Babylon, but the hot dog was brought to the U.S.A. shortly before the Civil War by a real Frankfurter – Charles Feltman, a native of Frankfurt, Germany, who opened a stand in New York and sold grilled sausages on warmed rolls – first for a dime apiece, later, a nickel.

The frank appealed to busy Americans, who – as an early 19<sup>th</sup> century comment put it – tend to live by the maxim of "gobble, gulp and go". Nowadays Americans consume more than 12 billion frankfurters a year.

**27) Read and translate the text.**



### Hamburgers

Modern hamburgers on a bun were first served at the St. Louis Fair in 1904, but Americans really began eating them in quantity in the 1920s, when the White Castle snack bar chain featured a small, square patty at a very low price. Chopped beef, tasty and easily prepared, quickly caught on as family fare, and today hamburger stands, drive-ins, and burger chains offer Americans their favorite hot sandwich at every turn.

The history of the hamburger dates back to medieval Europe. A Tartar dish of shredded raw beef seasoned with salt and onion juice was brought from Russia to Germany by early German sailors. The lightly broiled German chopped-beef cake, with pickles and pumpernickel on the side, was introduced to America in the early 1800s by German immigrants in the Midwest.

**28) Read and translate the text.**

### **Doughnuts**



It was early Dutch settlers and the Pennsylvania Germans who introduced the yeasty, deep-fried doughnut to America. To the Dutch it was a festive food, eaten for breakfast on Shrove Sunday. Legend has it that doughnut got its hole in 1847 when Hanson Gregory, a lad later to become a sea captain, complained to his mother that her fried cakes were raw in the center and poked holes in the next batch before they were cooked.

During World War I, when the Salvation Army served them to the troops, doughnuts really took off as popular fare. Since then, coffee and doughnuts become a national institution. Stores sell them plain, sugared, frosted, honey-dipped, or jam-filled.

**29) Read and translate the text.**

### **Apple pie**



At its best, with a savory filling and crisp, light-brown crust, apple pie has long been favorite on American tables.

Apples and apple seems were among the precious supplies the early colonists brought to the New World. The first large apple orchards were planted near Boston by William Blaxton in the 1600s. When he moved to Rhode Island in 1635, he developed the tart Rhode Island Greening, still considered one of America's finest apple pies.

As the fruit became abundant, many settlers ate apple pie at every meal. Garnished with a chunk of cheese, it was a favorite colonial breakfast dish. By the 18<sup>th</sup> century apple pie became so popular that Yale College in New Haven served it every night at supper for more than 100 years.

America's love affair with apple pie has remained constant. Today's housewives, pressed for time, can shortcut the tradition by buying the pastry ready-made at bakeries and supermarkets. Many variation on the good old original are available, but the classical apple pie, irresistible when topped with a slice of rat-trap cheese or slathered with vanilla ice cream, is still America's favorite.

**30) Read and translate the text.**

**Potato chips**



George Crumb, an American Indian who was the chef at Moon's Lake House in Saratoga Springs, New York, in the mid-19<sup>th</sup> century, was irked when a finicky dinner guest kept sending back his French fried potatoes, complaining they were too thick. In exasperation, Crumb shaved the potatoes into tissue-thin slice and deep-fried them in oil. He had a dishful of crisp "Saratoga chips" presented to the guest, who was delighted with the new treat.

Potato chips became the specialty of Moon's Lake House and, later, America's crunchiest between-meal snack.

**31) Read and translate the text.**

**Coca-Cola**



America's best known soft drink was first concocted by an Atlanta pharmacist in 1886. The syrup was cooked up by John S. Pemberton from extracts of coca leaves and the kola nut. He then organized the Pemberton Chemical Company, and Coca-Cola syrup mixed with plain water was sold in a local drug-store for 5 cents a glass.

Sales were slow until in 1887 a prosperous Atlanta druggist, Asa G. Candler, bought the Coca-Cola formula – then as now a carefully guarded secret – and added carbonate water to the syrup instead of plain water.

Advertisement stressing the words “delicious” and “refreshing” and carry coupons for free Coca-Cola added to the increase in consumption. A system of independent local bottling companies was developed, and the flared bottle, familiar worldwide and said to resemble the hobble skirt, was designed in 1916.

In 1919 the company was sold out for \$25 million to a group headed by Ernest Woodruff. Under his son, Robert W. Woodruff, Coca-Cola rapidly expanded its market. By the mid-1970s more than 150 million Cokes a day were sold in country all over the world.

Today Coca-Cola has to compete with many other soft drinks, but it is still one of the symbols of the United States.

### **32) Read and translate the text.**

#### **Pop-corn**



All corn does not pop. A seed or kernel of corn must have 14 percent water in it to pop. Other kinds of corn have less water and do not pop. When you put a kernel of corn on a fire, the water inside makes the corn explode. This makes a "pop" noise. That is why we call it pop-corn.

The American Indians popped corn a long time ago. The Indians knew there were three kinds of corn. There was sweet corn for eating, corn for animals and corn for popping. The Indians introduced corn to the first settlers, or Pilgrims, when they came to America in 1620. One year after they came, the Pilgrims had a Thanksgiving dinner. They invited the Indians. The Indians brought food with them. One Indian brought pop-corn!

Since that time Americans continued to pop corn at home. But in 1945 there was a new machine that changed the history of pop-corn. This electric machine popped corn outside the home. Soon movie theaters started to sell pop-corn to make more money. Pop-corn at the movies became more and more popular. Today, Americans still continue the custom of eating pop-corn at the movies.

Americans use 500 000 pounds of pop-corn every year. Many people like to put salt and melted butter on their pop-corn. Some people eat it without salt or butter. Americans love their pop-corn!

#### **Vocabulary:**

corn [kɔːn] — збірн. зернові; пшениця (у Великій Британії);

to pop [pɒp] — лопатися з тріском (про підсмажувані кукурудзяні зерна, каштани)

seed [siːd] — зерно; збірн. насіння

kernel ['kə:nl] — зерно

to explode [ɪks'pləʊd] — підривати

settler ['setlə] — колоніст, поселенець

**33) Answer the questions.**

1. What kinds of corn can pop?
2. What makes the corn explode?
3. Who introduced corn to the first settlers? When?
4. When was electric machine that popped corn outside the home invented?
5. Why did movie theaters start to sell pop-corn?
6. How do you like eating pop-corn?

**34) Read the dialogue. You want to order something to eat and to drink. Make up your own dialogues.**

**In the café**

Ann: What would you like, my friends? As for me, I would like an ice cream and a glass of orange juice.

Mike: I would like an ice cream and a glass of orange juice.

John: And I would like a cake, a bar of chocolate and a glass of mineral water.

Helen: I would like yoghurt and a glass of orange juice.

Ann: We would like two ice creams, three glasses of orange juice, a bar of chocolate, one yoghurt and a glass of mineral water.

**35) Read and translate the text.**

**“What do the stars eat?”**

Film stars are everyone's favourite subject. People love to talk about what they're wearing, who they're dating, and how much money they make. But have you ever wondered about what they eat? Chefs and caterers on film sets have the answers. “Every actor has different eating habits,” says chef John Sharp. “Some stars love meat, while others are strict vegetarians who don't eat meat, eggs, or fish. Some stars love junk food, while others are constantly on a diet and eat only healthy foods. Ninety-nine per cent of the time, actresses are on a diet and insist on eating only low-fat foods. During the filming of *Now and Then*, Demi Moore ate nothing but Basmati rice, steamed baby spinach, green beans with lemon, and turkey sandwiches on wholemeal bread. During the filming of *Twister*, Helen Hunt only ate low-calorie foods, including poached eggs, dry toast, and steamed brown rice with vegetables.

Other stars love to eat junk food, and never count calories during their meals. Eddie Murphy's favourite food is Kentucky Fried Chicken. Whoopi Goldberg doesn't worry about how healthy her diet is, and loves fatty bacon sandwiches with lettuce, mayonnaise and lots of butter.

One thing for sure is that cooking for the stars is never easy, because they are often fussy eaters. “They want food fixed exactly the way they like it and always have something to complain about,” says caterer Susan Tate. Bill Murray won't eat

watermelon with seeds in it, and Mickey Rourke insists on freshly squeezed carrot juice twice a day, but he won't drink it if it sits for more than six minutes.

Cooking for the stars is hard work, but few of these caterers ever think about changing jobs. "I love my work," says Susan Tate. "Where else can I see what Michelle Pfeiffer eats for breakfast or what Al Pacino has for a snack?"

**36) Choose the best answer A, B, C or D.**

**Vegetarians don't eat.....**

junk food.

vegetables.

meat.

healthy foods.

**Most actresses don't eat.....**

low-fat foods.

sandwiches.

fatty foods.

steamed vegetables.

**Who likes junk food?**

Eddie Murphy

Demi Moore

Susan Tate

Bill Murray

**Cooking for the stars is.....**

boring.

difficult.

easy.

scary.

**Caterers on film sets should .....**

be fussy eaters.

prepare only healthy food.

change their jobs often.

fix food the way each star likes it.

**37) Fill in the words from the list and complete the phrases.**

*dry, foods, eating, junk, freshly-squeezed, calories, poached, steamed, strict*

..... habits

..... brown rice

..... food

low-fat .....

..... eggs

..... toast

to count .....

..... carrot juice



..... vegetarians

**38) Fill in the correct preposition to complete the phrases: of, about, for, of.**

..... film sets;

..... a diet;

ninety-nine per cent ..... the time;

to insist ..... sth;

to worry ..... sth;

to cook ..... sb;

to complain ..... sth;

to think ..... sth.

**39) Read and translate the dialogue.**

**Dialogue**

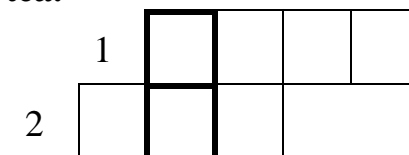
- Wow! I'm full up. I've had a hearty meal.
- So have I. I've eaten to my heart's content.
- Yes, presentation was superb. And all the courses were excellent.
- Especially zucchini with spaghetti Bolognese. It was delicious. Now I can realize why Sophie Loren adores zucchini and spaghetti. Such course makes a good meal. And it does not make any harm to your figure. Two in one: it's appetizing and healthy-giving.
- And wines! They were first-class.
- Frankly speaking, I've never tasted so many wines at a time. So, it's difficult to say which one was the best. But on the whole I agree with you.

**40) Read and translate the dialogue.**

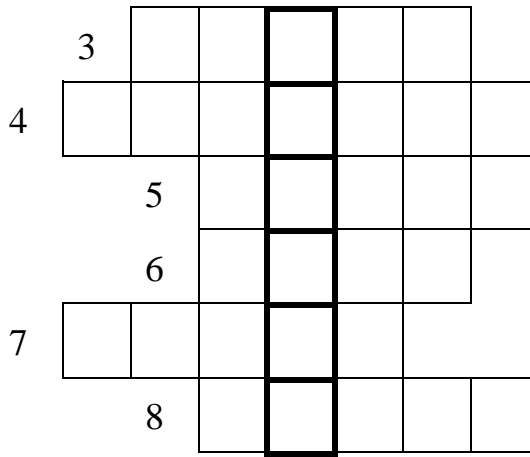
**Dialogue**

- Hi, Irwin. How are you?
- Still not well. And what about your visit to surprise restaurant?
- It was superb! It's a pity you couldn't join. They presented their dining room. It's magnificent!
- I think so. And what about the menu?
- You see, they prepared Traditional English Christmas Dinner. But it was fantastic!
- So, Surprise proved its name.
- Yes, absolutely. And I found a silver coin in my piece of Christmas Pudding.
- It's really great. And did you like a roast turkey?
- It was served with cranberry sauce and I did justice to it. And at the end Santa Claus turned to wish everyone the seasons greeting. So, Merry Christmas to you!

**41) Do a crossword. Write down sweet things correctly and you will know one more thing the British like with tea.**







- 1) People buy food in this place.
- 2) It is made from fruit or berries.
- 3) A meal between breakfast and dinner.
- 4) Christmas food.
- 5) The British have a ...tooth.
- 6) The British like this drink with tea.
- 7) This drink is made from fruit.
- 8) Children like them very much. They are made from potatoes.

**ТЕМА № 6 Sandwich**  
**(Бутерброд, сендвіч)**



**1) Read and translate the text.**

**The Sandwich Celebrates 250th Birthday(13th May, 2012)**

The sandwich is 250 years old this weekend and residents in the English town of Sandwich, where the bread meal was first eaten, are celebrating their culinary history. According to the town's records the English nobleman Earl, John Montague first ordered a sandwich in 1762. It is reported he was playing cards with friends and wanted something he could eat without a knife and fork. He requested slices of beef between two pieces of bread, and so the sandwich was born. Montague chose to live in Sandwich over another port town, Portsmouth. If he had chosen the latter, we would be eating portsmouths today. Sandwich is just a few kilometres from the town of Ham. The 11th Earl of Sandwich, also named John Montagu, hosted a celebratory lunch in honour of his ancestor and his contribution to the global fast food industry. He told reporters: "My ancestor...could never have imagined that his simple invention would spawn a multi-billion dollar industry, employing hundreds of thousands of people." He added: "My favourite sandwich is a traditional one - roast beef and hot horseradish on freshly baked bread." Organizers of the celebrations are equally excited about the historic event. Mandy Wilkins said: "The sandwich is a global food and Sandwich, our town, is just a little town full of medieval buildings. It's bizarre that such an important food item should be named after us."

**2) Read and guess if a-h are true (T) or false (F).**

- |  |       |
|--|-------|
| a. The sandwich is originally from an English town called Sandwich.  | T / F |
| b. The sandwich was invented by the personal chef of a king.   | T / F |
| c. The inventor of the sandwich wanted to eat it with a knife and fork.  | T / F |
| d. There is a town near Sandwich called Ham.   | T / F |
| e. A descendant of the sandwich inventor said his ancestor knew the sandwich would become a global phenomenon. | T / F |
| f. The current Earl of Sandwich's favourite filling is roast beef.   | T / F |
| g. The town of Sandwich has been rebuilt and is full of new buildings.   | T / F |
| h. A celebration organizer thinks its strange her town has such a history.                                     | T / F |

**3) Fast food. What's the best? Rank these and share your rankings with your partner. Put the best at the top. Change partners and share your rankings again.**

- |               |            |
|---------------|------------|
| sandwiches    | kebabs     |
| French fries  | hamburgers |
| fried chicken | pizza      |

**4) Match the following synonyms from the text.**

- |                |                   |
|----------------|-------------------|
| 1. Residents   | a. last-mentioned |
| 2. History     | b. generate       |
| 3. Ordered     | c. momentous      |
| 4. Latter      | d. background     |
| 5. Coincidence | e. strange        |
| 6. Hosted      | f. locals         |
| 7. Ancestor    | g. gave           |
| 8. Spawn       | h. fluke          |
| 9. Historic    | i. forefather     |
| 10. Bizarre    | j. requested      |

**5) Match the following phrases from the text.**

- |                               |                             |
|-------------------------------|-----------------------------|
| 1. residents in the           | a. history                  |
| 2. celebrating their culinary | b. two pieces of bread      |
| 3. he was playing             | c. excited                  |
| 4. slices of beef between     | d. coincidence              |
| 5. It is perhaps a            | e. of his ancestor          |
| 6. hosted a celebratory       | f. English town of Sandwich |
| 7. in honour                  | g. after us                 |
| 8. spawn a multi-             | h. cards with friends       |
| 9. equally                    | i. billion dollar industry  |
| 10. be named                  | j. lunch                    |

**6) Put the words into the gaps in the text.**

The sandwich is 250 years old this weekend and (1) \_\_\_\_\_ *pieces* in the English town of Sandwich, where the bread meal was first *first* eaten, are celebrating their (2) \_\_\_\_\_ *culinary* history. According to the town's records the English nobleman Earl, John Montague (3) \_\_\_\_\_ *coincidence* ordered a sandwich in 1762. It is reported he was *port* playing cards with friends and wanted something he could eat *residents* without a knife and fork. He (4) \_\_\_\_\_ *latter* slices of beef between two (5) \_\_\_\_\_ *requested* of bread, and so the sandwich was born. Montague chose to live in Sandwich over another (6) \_\_\_\_\_ town, Portsmouth. Had he chosen the (7) \_\_\_\_\_, we would be eating portsmouths today. It is perhaps a (8) \_\_\_\_\_ Sandwich is just a few kilometres from the town of Ham.

The 11th Earl of Sandwich, also (9) \_\_\_\_\_ John Montagu, hosted a celebratory lunch in honour of his ancestor and his (10) *equally*

\_\_\_\_\_ to the global fast food industry. He told reporters: *imagined*  
 “My ancestor...could never have (11) \_\_\_\_\_ that his simple *after*  
 invention would spawn a (12) \_\_\_\_\_ -billion dollar industry, *multi*  
 employing hundreds of thousands of people.” He added: “My *named*  
 favourite sandwich is a traditional one - roast beef and hot *bizarre*  
 horseradish on (13) \_\_\_\_\_ baked bread.” Organisers of the *contribution*  
 celebrations are (14) \_\_\_\_\_ excited about the historic event. *freshly*  
 Mandy Wilkins said: “The sandwich is a global food and Sandwich,  
 our town, is just a little town full of medieval buildings. It's (15)  
 \_\_\_\_\_ that such an important food item should be named  
 (16) \_\_\_\_\_ us.”

**7) Put the correct words from the table in the text.**

The sandwich is 250 years old this weekend and (1) \_\_\_\_ in the English town of Sandwich, where the bread meal was first eaten, are celebrating their (2) \_\_\_\_ history. According to the town's (3) \_\_\_\_ the English nobleman Earl, John Montague first ordered a sandwich in 1762. It is reported he was playing cards with friends and wanted something he could eat without a knife and fork. He (4) \_\_\_\_ slices of beef between two pieces of bread, and so the sandwich was born. Montague chose to live in Sandwich (5) \_\_\_\_ another port town, Portsmouth. Had he chosen the (6) \_\_\_\_, we would be eating portsmouths today. It is perhaps a coincidence Sandwich is just a few kilometres from the town of Ham.

The 11th Earl of Sandwich, also named John Montagu, (7) \_\_\_\_ a celebratory lunch in honour of his ancestor and his contribution to the global fast food industry. He told reporters: “My ancestor...could never have imagined that his simple invention would (8) \_\_\_\_ a multi-billion dollar industry, employing hundreds of thousands of people.” He added: “My favourite sandwich is a traditional one - roast beef and hot horseradish on (9) \_\_\_\_ baked bread.” Organisers of the celebrations are (10) \_\_\_\_ excited about the historic event. Mandy Wilkins said: “The sandwich is a global food and Sandwich, our town, is just a little town full of medieval buildings. It's (11) \_\_\_\_ that such an important food item should be named (12) \_\_\_\_ us.”

- |                  |                |                |               |
|------------------|----------------|----------------|---------------|
| 1. (a) residents | (b) residences | (c) resides    | (d) resists   |
| 2. (a) military  | (b) culinary   | (c) equestrian | (d) radical   |
| 3. (a) CDs       | (b) marks      | (c) records    | (d) bread     |
| 4. (a) reasoned  | (b) resonated  | (c) requited   | (d) requested |
| 5. (a) in        | (b) under      | (c) on top of  | (d) over      |
| 6. (a) natter    | (b) batter     | (c) latter     | (d) hatter    |
| 7. (a) hosted    | (b) basted     | (c) fasted     | (d) roasted   |
| 8. (a) tadpole   | (b) spawn      | (c) embryo     | (d) egg       |
| 9. (a) freshness | (b) refresher  | (c) freshly    | (d) freshen   |
| 10. (a) equally  | (b) equality   | (c) equaled    | (d) equals    |

11. (a) bazaar (b) souk (c) marketed (d) bizarre  
12. (a) along (b) after (c) next (d) post

**8) What food can you use for your sandwich (meat, fruit, vegetable)? Make a list of food in groups.**

*(Cucumber, cheese, salami, butter, mayonnaise, brown bread, tomato, ham, lettuce, spring onion, parsley, apple, orange, sweet pepper, banana, bacon, cabbage, chicken, pear)*

**9) Read and translate the text.**

**The history of sandwich**



It seems strange that the modest and democratic sandwich was the invention of an aristocrat. The Earl of Sandwich, the head of the British navy; was a passionate cardplayer. In 1762, during a 24-hour gambling session, he got hungry; picked up a piece of beef and popped it between two slices of bread. He then carried on playing cards while eating what was to become Britain's biggest contribution to gastronomy. The word for his invention soon entered the English language. In 1762, the historian Edward Gibbon wrote about a 'restaurant where 'twenty or thirty of the first men in the kingdom' could be seen at little table on a bit of cold meat, or a Sandwich.' Today the sandwich is enjoyed by all classes and both sexes, not just the 'first men in the kingdom'. In fact, every weekday, almost every office worker in the country has one for lunch, whether plain or toasted, on traditional British sliced bread, crusty French bread, Italian ciabatta or Middle Eastern pitta. Popular fillings include tuna salad with mayonnaise, prawn cocktail with avocado, BLT (bacon, lettuce and tomato), and cheese and pickle. Cucumber sandwiches on thin white, slightly soggy bread with the crusts cut off, are probably the most uniquely British type of sandwich. Cut into four neat triangles, their flavour has made them popular since Victorian times. They have to be eaten in the right context: in the summer at garden parties, cricket matches or even wedding receptions. They are most popular type of sandwich at Wimbledon where every year 190,000 sandwiches are sold during the two-week tennis tournament.

**10) Answer the questions.**

1. What are the most popular American dishes?
2. What do you know about sandwich? What is this? Who invented it? How?
3. Why do you think people are so fond of sandwiches?
4. What kinds of sandwiches do you know? Which ones would you like to taste?
5. What do you think is the difference between a sandwich, a hot-dog and a

hamburger? Which one is better? Why?

6. How often do you drink Coca-Cola? Do you know the history of its invention?

7. Coca-Cola is considered to be very dangerous for our health. What do you think about this?

**11) Find the following words and word-combinations.**

Винахід, завзятий гравець, швидко вкласти щось між шматками хліба, внесок у гастрономію, насолоджуватися, перші люди королівства, хліб зі шкоринкою, наповнювач, просочений хлібець, розрізаний трикутниками, смак, весільні прийоми.

**12) Read and translate the text.**

**English Sandwiches and English Tea**

A lot of people in England eat sandwiches for their lunch. There are a lot of sandwich shops in London. You can buy all sorts of sandwiches in these shops. You can get meat sandwiches, or salad sandwiches, or meat-and-salad sandwiches. And you can get cheese, egg or fish sandwiches. You can even buy fruit sandwiches. Each sandwich has two thin slices of bread. You put butter and meat between the two slices. Lots of foreigners don't like English sandwiches. They like the kind of sandwich we call a roll. Some foreigners don't like English tea either. English tea is very strong. We make it in a teapot. The English drink a lot of tea.

**13) Which of the following sentences is not true?**

- 1) People in England eat sandwiches only for lunch.
- 2) You can buy sandwiches in shops.
- 3) Lots of foreigners don't like English sandwiches.
- 4) English use ... for a sandwich.
  - a) one slice of bread
  - b) two slices of bread
  - c) a roll
- 5) Some foreigners don't like English tea because
  - a) it is too sweet
  - b) it is too strong
  - c) it is too hot

## **TEMA № 7 Chocolate** **(Шоколад)**



### **Chocolate**

Do you like chocolate? It's popular all over the world, but why? Scientists have been trying to discover its secrets. The main thing is that chocolate makes us happy. This may have something to do with the 380 known chemicals found in it. The problem is that many of these chemicals appear in other types of food too. So, it's difficult to know why the ones in chocolate make us feel good. But we aren't all lost. Adam Drewnowski at the University of Michigan found that chocolate makes the human brain produce natural opiates, called opitoids. These can stop pain and make us feel good.

#### **1) Read and translate the text.**

#### **Chocolate is good for your heart**



A study carried out in Germany has found that chocolate may be good for your heart. This is fantastic news for all chocolate lovers. The extensive research was conducted over eight years. The research team followed the chocolate-eating habits and health of almost 20,000 people. They compared how much chocolate was in their diet to the number of heart attacks and strokes people had. Lead researcher Brian Bruise said: "The good news is that chocolate is not as bad as we used to think, and may even lower the risk of heart disease and stroke." Mr. Bruise said his team found that dark chocolate was the healthiest kind to eat: "Dark chocolate exhibits the greatest effects, milk chocolate fewer, and white chocolate no effects," he said.

The German study showed that people who ate the most chocolate (at least one bar per week) reduced their risk of having a heart attack by 27 per cent. The risk of suffering a stroke was cut by as much as 48 per cent. Nutrition experts believe that natural compounds in chocolate called flavones are good for our heart. Flavones also help reduce blood pressure. They are found in cocoa beans so dark chocolate (which has more cocoa) contains more of them than milk chocolate (which has more fat). Bruise

warns people not to suddenly eat lots of chocolate: "Eating higher amounts will most likely result in weight gain. If people start eating small amounts of chocolate, it should replace something else, preferably other high-calorie sweets or snacks."

**2) Read the headline. Guess if a-h below are true (T) or false (F).**

- |  |       |
|--|-------|
| a. The article says German chocolate is the healthiest in the world. | T / F |
| b. A study looked at 20,000 people over an eight-year period.        | T / F |
| c. Researchers followed people who were on a chocolate diet.         | T / F |
| d. Researchers found white chocolate helped reduce heart attacks.    | T / F |
| e. Chocolate cut the chances of strokes more than heart attacks.     | T / F |
| f. Chemicals in chocolate called flavonols are not found in nature.  | T / F |
| g. The lead researcher warned people not to eat too much chocolate.  | T / F |
| h. The researcher suggested replacing sweets with chocolate.         | T / F |

**3) Match the following synonyms from the article.**

- |                |                 |
|----------------|-----------------|
| 1. Found       | a. chance       |
| 2. Fantastic   | b. experiencing |
| 3. Extensive   | c. cut          |
| 4. Risk        | d. volumes      |
| 5. Exhibits    | e. discovered   |
| 6. Reduced     | f. wide-ranging |
| 7. Suffering   | g. mixtures     |
| 8. Compounds   | h. wonderful    |
| 9. Amounts     | i. if possible  |
| 10. Preferably | j. shows        |

**4) Match the following phrases (Sometimes more than one choice is possible.)**

- |   |                           |
|---|---------------------------|
| 1. chocolate may                        | a. of heart disease       |
| 2. This is fantastic news for           | b. called flavonols       |
| 3. They compared how much chocolate     | c. eat lots of chocolate  |
| 4. lower the risk                       | d. be good for your heart |
| 5. dark chocolate was the healthiest    | e. stroke was cut         |
| 6. at least one                         | f. sweets or snacks       |
| 7. The risk of suffering a              | g. was in their diet      |
| 8. natural compounds in chocolate       | h. kind to eat            |
| 9. Buijsse warns people not to suddenly | i. bar per week           |
| 10. other high-calorie                  | j. all chocolate lovers   |

**5) Put the words into the gaps in the text.**

A study \_\_\_\_\_ out in Germany has found that chocolate may be good for your heart. This is \_\_\_\_\_ news for all chocolate *diet* \_\_\_\_\_. The extensive research was conducted over eight *lovers* years. The research team followed the chocolate-eating *kind* \_\_\_\_\_ and health of almost 20,000 people. They compared *carried* how much chocolate was in their \_\_\_\_\_ to the number of *greatest*



heart attacks and strokes people had. Lead researcher Brian Bruise *habits* said: "The good news is that chocolate is not as bad as we used to *fantastic* think, and may even lower the \_\_\_\_\_ of heart disease and *risk* stroke." Mr. Bruise said his team found that dark chocolate was the healthiest \_\_\_\_\_ to eat: "Dark chocolate exhibits the \_\_\_\_\_ effects, milk chocolate fewer, and white chocolate no effects," he said.

**6) Put the words into the gaps in the text.**

The German study showed that people who ate the most chocolate (at \_\_\_\_\_ one bar per week) reduced their risk of having a heart *suddenly* attack by 27 per cent. The risk of suffering a stroke was *cut* \_\_\_\_\_ by as much as 48 per cent. Nutrition \_\_\_\_\_ *pressure* believe that natural compounds in chocolate called flavones are good *else* for our heart. Flavones also help reduce blood \_\_\_\_\_. They *experts* are found in cocoa beans so dark chocolate (which has more cocoa) *least* \_\_\_\_\_ more of them than milk chocolate (which has more *gain* fat). Bruise warns people not to \_\_\_\_\_ eat lots of chocolate: *contains* "Eating higher amounts will most likely result in weight \_\_\_\_\_. If people start eating small amounts of chocolate, it should replace something \_\_\_\_\_, preferably other high-calorie sweets or snacks."

**7) Put the correct words from the table in the article.**

A study carried (1) \_\_\_\_\_ in Germany has found that chocolate may be good for your heart. This is fantastic news for all chocolate lovers. The extensive research was conducted (2) \_\_\_\_\_ eight years. The research team followed the chocolate-eating habits and health of almost 20,000 people. They compared how much chocolate was in their (3) \_\_\_\_\_ to the number of heart attacks and strokes people had. Lead researcher Brian Bruise said: "The good news is that chocolate is not as bad as we used to think, and may even (4) \_\_\_\_\_ the risk of heart disease and stroke." Mr. Bruise said his team found that dark chocolate was the healthiest kind to eat: "Dark chocolate (5) \_\_\_\_\_ the greatest effects, milk chocolate (6) \_\_\_\_\_, and white chocolate no effects," he said. The German study showed that people who ate the most chocolate (at least one (7) \_\_\_\_\_ per week) reduced their risk of having a heart attack by 27 per cent. The risk of suffering a stroke was cut by as (8) \_\_\_\_\_ as 48 per cent. Nutrition experts believe that natural compounds in chocolate called flavones are good for our heart. Flavones also help reduce blood pressure. They are found in cocoa beans (9) \_\_\_\_\_ dark chocolate (which has more cocoa) contains more of them than milk chocolate (which has more fat). Bruise warns people (10) \_\_\_\_\_ to suddenly eat lots of chocolate: "Eating higher amounts will most (11) \_\_\_\_\_ result in weight gain. If people start eating small amounts of chocolate, it should replace something else, (12) \_\_\_\_\_ other high-calorie sweets or snacks."

1.	(a) <i>in</i>	(b) on	(c) out	(d) up
2.	(a) <i>under</i>	(b) around	(c) above	(d) over
3.	(a) <i>diet</i>	(b) food	(c) weight	(d) nutrition
4.	(a) <i>low</i>	(b) lower	(c) lower	(d) lows
5.	(a) <i>exhibition</i>	(b) exhibits	(c) exhibited	(d) exhibit
6.	(a) <i>fewer</i>	(b) lower	(c) least	(d) last
7.	(a) <i>par</i>	(b) ear	(c) bar	(d) tar
8.	(a) <i>more</i>	(b) many	(c) most	(d) much
9.	(a) <i>so</i>	(b) as	(c) such	(d) should
10.	(a) <i>now</i>	(b) no	(c) not	(d) non
11.	(a) <i>liked</i>	(b) likely	(c) likelihood	(d) likes
12.	(a) <i>prefer</i>	(b) preference	(c) prefers	(d) preferably

**8) Write a letter to a chocolate expert. Ask him/her three questions about chocolate. Give him/her three of your favorite chocolate stories. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.**



**ТЕМА №8 Healthy way of life**  
**(Здоровий спосіб життя)**



- *What good and bad health habits can people have?*
- *In what way do bad habits affect people?*
- *Are there any changes in health habits?*
- *What is healthy way of life?*
- *What should you do to keep fit?*
- *How does sport help you stay healthy?*
- *What are the most popular ways to avoid gaining weight?*
- *What is a calorie-controlled diet?*
- *What are your health habits?*
- *What is your personal attitude towards health?*

**Vocabulary**

- 1)junk food- неповноцінна їжа
- 2)to count the number of calories – рахувати кількість калорій
- 3)to eat less fat and more fibre – вживати менше жирів і більше клітковини
- 4)to become increasingly popular - ставати все більш і більш популярним
- 5)to affect health - впливати на здоров'я
- 6)heart disease - хвороба серця
- 7)one of the main causes of obesity – одна з головних причин ожиріння
- 8)to be loaded with / to be full of calories - містити багато калорій
- 9)fast food establishments - заклади, де можна придбати фаст-фуд
- 10)to be high in fat - містити велику кількість жирів
- 11)to make one's own choice = to decide - вирішувати
- 12)this kind of food is not nutritious – така їжа не є поживною
- 13)to have good quality meal - вживати їжу хорошої якості
- 14)inexpensive = cheap - дешевий
- 15)and what's more – а крім того, що ще важливо (зазначити)
- 16)don't / doesn't have to wait for a long time – не доводиться довго чекати
- 17)home-made meals – домашня їжа
- 18)three/ four ...times larger than the amount you should consume – у 3/4 рази більше тієї кількості, яку вам слід з'їдати
- 19)high levels of sugar and salt - високий вміст цукру і солі
- 20)the best way to improve one's fit – найкращий спосіб поліпшити свою форму

- 21) effective and healthy – ефективний і корисний для здоров'я
- 22) on the one hand - з одного боку
- 23) on the other hand - з іншого боку
- 24) to keep an eye on what you consume - стежити за тим, що їсте
- 25) cut out snacks and desserts - виключити легкі закуски та десерти
- 26) normal food intake - звичайний прийом їжі
- 27) excessive dieting causes muscle loss - надмірна дієта може призвести до втрати м'язової маси
- 28) to cut down on fat – скоротити споживання їжі, насиченої жирами
- 29) severe circumstances - серйозні наслідки

**1) Read and translate the text.**

**What does a healthy way of life mean?**



People nowadays are more health-conscious than they used to be. They understand that good health is above wealth. To be healthy we should avoid different bad habits that can affect our health. In my opinion, smoking and drinking too much alcohol are the worst ones. It's common knowledge that smoking and drinking can shorten our lives dramatically. Smoking, for example, causes a number of heart and lung diseases, such as pneumonia, emphysema and cancer. Besides, it makes your teeth yellow and skin unhealthy. Fortunately, in recent years smoking has received a lot of publicity, and fewer people smoke nowadays. Some companies don't employ people who are smokers. Smoking has been banned in many public places because everyone agrees it does harm to our health. I don't smoke, because I don't want to have unhealthy skin and teeth and die young.

Smoking and drinking are joined by less dangerous habits, such as skipping meals, eating unhealthy food, or even overeating. Of course, they are not quite as deadly as smoking or drinking alcohol, but they also affect our health.

If we eat too much, we'll become obese, and obesity leads to serious health problems. A lot of people like drinking cola and coffee, and enjoys pizzas and hamburgers. But what is tasty is not always healthy. Fast food makes you fat, that's why Americans are the fattest people in the world.

In recent years eating habits have undergone a change. People are encouraged to eat less fat and more fiber. Fat is believed to be one of the major causes of obesity and heart disease. High fiber and low fat foods can now be found in all shops and supermarkets. Salads, beans, and fruit have taken the place of steak and ice-cream. The fashion for health food is growing all the time. Many people feel, they are too fat, even if their doctors disagree. And a lot of people try to improve their fitness. There are a lot

of ways to lose weight and avoid gaining it. Perhaps, the most popular of them is following a diet. If you want to lose weight, you should cut out snacks and desserts, and cut down on fat. People have also become more aware of calories, the energy value of food. Some people count the number of calories they eat every day; so that they can try to take in fewer calories and lose weight. /this is called a calorie-controlled diet. Manufactures are increasingly producing special foods with fewer calories for slimmers.

But excessive dieting may be dangerous, too. Some people refuse to eat meat as they consider it harmful. They say a vegetarian diet reduces the risk of cancer and vegetarians live longer than others. I can't agree with them, because meat is an excellent source of good nutrition. In my opinion, it's wrong to put down a food simply because excessive amounts can cause health problems. Consumed in moderate amounts, meat is perfectly good for our health.

To my mind, the only way to stay healthy and to keep fit is going in for sports. Among the benefits of regular exercise are a healthier heart, stronger bones, quicker reaction times and more resistance to various illness. Besides, you can eat and drink as much as you want because you are burning it all off. To be healthy, it is also very important to spend a lot of time in the open air. It is useful to go for a walk before going to bed, or to the room.

I think it is very important to be fit and healthy, and it is necessary to take care of your health. Being fat, in fact, can cause real problems. It is harder for fat people to get a good job, or even to make friends. If you want to do well, you must be thin. That's why I go in for sports on a regular basis. I have been doing aerobics for three years and I feel great. I'm not enthusiastic about strict dieting, but I try to eat only low-fat food, fruit and vegetables which are rich in vitamins. Personally I believe that regularity in life promotes our health. Sleeping eight or nine hours, getting up early, regular meals, a healthy diet, and going in for sports is really a good way to live.

**2) Look at the list of products and write them down into two columns -Healthy food and unhealthy food.**

*Chocolate , eggs , sweets, nuts, cakes, fruit, butter, ice-cream, vegetables, milk.*

<i>Healthy food</i>	<i>Unhealthy food</i>

**3) Give your friends advice on what food to eat to be healthy**

You should eat well;  
shouldn't drink a lot of water;  
eat lots of fruit;  
eat hamburgers and pizzas because they are bad for our health  
drink milk because it gives us energy and it's good for our  
teeth;  
eat too many biscuits.

#### **4) Read and translate the text.**

##### **The two keys to a healthy balanced diet are:**

eating the right amount of food for how active you are, and  
eating a range of foods – this is what balanced means

##### **The range of foods in your diet should include:**

plenty of fruit and vegetables  
plenty of bread, rice, potatoes, pasta and other starchy foods (choosing wholegrain varieties when possible)  
some milk and dairy foods  
some meat, fish, eggs, beans and other non-dairy sources of protein  
just a small amount of foods high in fat and sugar

##### **Healthy eating tips**

Eating well plays an important part in maintaining good health. Eat lots of fruit and vegetables every day. Eat at least five portions of a variety of fruit and veg a day. Eat more fish. Eat at least two portions of fish every week, including one portion of oily fish like mackerel or sardines. Cut down on saturated fat(насичені жири) and sugar. Eat less salt – no more than 6g a day for adults. Get active and be a healthy weight. Use the healthy weight calculator to check if your weight is healthy. Drink plenty of water, about 6-8 glasses of water (or other fluids) every day. Don't skip breakfast. Always eat breakfast because it gives you the energy you need for the day.

An unhealthy diet is one of the major risk factors for a range of chronic diseases, including cardiovascular diseases, cancer, diabetes and other conditions linked to obesity. Specific recommendations for a healthy diet include: eating more fruit, vegetables, legumes, nuts and grains; cutting down on salt, sugar and fats. It is also advisable to choose unsaturated fats, instead of saturated fats and towards the elimination of trans-fatty acids.

#### **5) Complete the sentences:**

*Healthy diet, physical inactivity, obesity (ожиріння), sport, drinking alcohol, taking drugs, healthy eating, personal hygiene, bad habits*

1. The modern bad habits are ...
2. ... is really a good way to live.
3. Our town life today gives us little opportunities for ...
4. Doctors always advice us to eat ...
5. ... makes people healthy and keeps them fit.

6. If you want to keep fit you must ...

7. ... dangerous for our health.

8. A healthy way of life includes ...

**6) Read the interview! Never mind if you don't understand everything. Try to find the answer to the following question: "From what food do we get these things?"**



### Interview

INTERVIEWER: Maureen's going to answer lots of questions about how to train the athletics. She's also going to answer your questions about food. What should young people eat, Maureen, if they want to be fit and healthy?

MAUREEN: Well, the most important thing is balance and variety. When you're training, your body needs lots of different things so you must eat different kinds of food. You should eat lots of fresh fruit and vegetables because they give you lots of vitamins, especially Vitamin C which is important.

You should also eat enough food with carbohydrates, because when you're training you need a lot of energy. You should eat bread, potatoes and pasta. All these things give you carbohydrates. But you mustn't eat too many sweets or chocolates because you'll put on weight and they're bad for your teeth.

Finally, protein is important when you're training. For protein you must eat meat and vegetables, like beans. You should also eat plenty of eggs and milk. Eggs and milk also give you calcium which is important for your bones.

One other thing – you must eat regularly every day. You mustn't eat your meals at different times, for example, or eat a lot one day and a little the next.

You should also have a good breakfast and you shouldn't eat too much before training, it's very bad for you.

Oh, I nearly forgot: when you're training, you must never smoke cigarettes!

INTERVIEWER: Thank you very much, Maureen. And that's all we've got time for today on Sport Today. Next week we'll be talking to Les Hardy, the rugby player, so send in your questions now!

**7) Read the interview once more and write down the names of foods where you can find**

Vitamins

Carbohydrates

Protein

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## 8) Read and translate some tips about healthy eating.

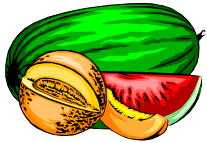
Eat less sugar and more fruit and vegetables.

Don't eat much salt.

Try to eat more fiber, it is low fat.

Eat less high fat food and more fiber.

## 9) Read the short text about healthy food.



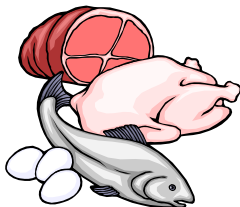
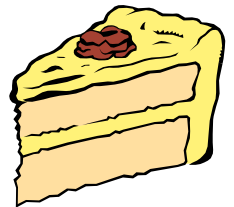
1. Food gives us energy, makes us grow and helps to stay healthy. We need to eat something from all the food groups every day. Fruit and vegetables, cereals and grains, fats and sugar, meat and protein and dairy.

2. Fruit and vegetables give us lots of vitamins and minerals and help us grow and stay healthy. We should eat five portions of fruit and vegetables every day. A portion is one piece of fruit, a serving of vegetables or a glass of juice.



3. Cereals and grains are things like bread, rice, potatoes and noodles. These foods give us the energy we need. Half of what we eat every day should come from this group.

4. Fats and sugars are things like oils, biscuits, sweets, chocolate and ice cream. These foods give us energy and are important for our nervous system. But too much of this food can make you fat and can be bad for your teeth. You should not eat more than two sweet or fatty things a day.



5. Meats and proteins are foods like chicken, fish, duck, eggs, nuts, beans and tofu. These foods give us important minerals and help us to build and repair our bodies. We need to eat a little of this food every day (about 10% of our food).

6. Dairy foods are things like milk, yoghurt and cheese. These foods give us calcium which helps to make our teeth and bones strong. You should





eat some of these foods every day, but you can also get calcium from spinach and dried fruit.

**10) Choose the words belonging to: *diet, calories, food, weight, lifestyle.***

1.fatty 2.strict 3.healthy 4.delicious 5. to lose 6.vegetarian 7.calori-controlled 8.fried  
9. to count 10.restaurant 11.fast 12.unhealthy 13. to watch 14. to control 15. to  
eat 16. to moderate 17.convenience 18. to consume 19.disgusting 20. to cut down  
21. to burn 22. to gain

**11) Choose the most suitable heading from the list A - I for each part of the article. There is one extra heading which you don't need to use. There is an example of the beginning (0).**

- A.Not a short term process
- B.To lengthen your life, lessen your meal
- C.Keep yourself motivated
- D.Health risks of extra weight
- E.The importance of proper nutrition
- F.Get professional help
- G.A healthy eating plan
- H.Health benefits of exercise
- I.Step by step

0	H
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People should never forget that regular physical activity is important for their overall health and well-being. Exercise helps you build strength and fitness, decreases your risk of heart disease, diabetes, osteoporosis, and high blood pressure, improves sleep and reduces stress.

1.	
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It's not a secret that many people give up after they exercise for a few days. The reason is that they think they can lose large amounts of weight in a short period of time. And when they don't, they feel disappointed. That's why you shouldn't set short term goals and have unrealistic expectations. If you want to lose 25 pounds, promise yourself that you will lose about a pound a week.

2.	
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For some people it is especially difficult to start. Begin with a little exercise. Then add some more and more until it becomes a habit. Try to be active for 30-60 minutes on most days. Such activities as walking your dog, working in your garden, taking the stairs instead of the elevator, or riding your bike are useful as well.

3.

If you have an opportunity, hire a personal trainer. He will be able to help you design an exercise plan with the right combination of cardiovascular exercise and resistance training. And a good exercise plan will help you achieve better results and improve in strength and fitness. You can also ask your trainer to design a nutrition program that matches your activity level.

4.

Exercise and proper food intake go hand in hand. The food choices you make every day affect your health as well as physical activity. You should choose healthy, balanced and well apportioned meals. Remember that the maintenance of a healthy diet is a habit which must be adopted for the whole of the life.

5.

If you want to be healthy, eat more fruits and vegetables, nuts, whole grains, calcium-rich foods, lean meat, poultry fish, beans, peas. Avoid food that is rich in cholesterol, added sugars, salt, saturated fats and trans fats. Drink low-fat or fat-free milk. Choose foods packed with vitamins, minerals, fiber, but low in calories. Avoid alcohol, or at least be moderate.

6.

Unfortunately today many people are overweight or obese. It is rather dangerous to their health because carrying extra weight puts them at risk for developing many diseases, including diabetes, heart disease and cancer. So lowering your weight is important to prevent these diseases.

7.

If you want to lose your weight, you should take into account both the kinds and the amount of food you eat. The average intake calories depends on many factors: your sex, age, weight, height, activity level, etc. Count the calories you take in as food and the calories you expend every day. Eat a little less than what you can easily consume and avoid fast, fried and fatty food.

**12) Give synonyms and synonymous word combinations to the given words.**

*to follow a diet    to make less    eating too much    tip(s)    disease    to be health –  
conscious    fat    not to be hungry    lifestyle    overweight    to consume    to slim  
healthy*

- to keep a diet...
- way of life...
- obese...
- obesity...
- to cut down...
- to eat...
- overeating...
- to feel full...
- to take care of health...
- illness...
- to lose weight...
- beneficial...
- advice...

**13) Give the antonyms to the words.**

*food high gain slim unhealthy irregular bad*

- low...
- good...
- obese...
- lose...
- healthy...
- regular...
- slim...

**14) Match the words and the definitions.**

- |                              |   |
|------------------------------|---|
| 1. convenience food          | a) eating too much  |
| 2. a calorie-controlled diet | b) irregular eating   |
| 3. slimmer                   | c) to avoid bad habits  |
| 4.obesity                    | d) taking in fewer calories and losing weight                     |
| 5. a balanced diet           | e) eating fruit and vegetables                                    |
| 6. slimming foods            | f) half-cooked food   |
| 7. to be healthy             | g) do sports/ go jogging  |
| 8. vegetarians               | h) a person who is on a diet                                      |
| 9. skipping meals            | i) not moderate, very strict                                      |
| 10. to keep fit              | j) consuming meal too much  |
| 11. excessive                | k) food which contains much fiber                                 |
| 12. high fiber food          | l) people who don't eat meal                                      |
| 13. overeating               | m) food which leads to losing weight                              |
| 14 vegetarian diet           | n)healthy diet which contains fruit, vegetables, milk and cereals |

**15) Fill in the gaps to complete the sentences.**

*hungry bad restaurant gain on calories lose*

1.- Why are you eating so much?

- I'm (1)..... a diet.
- What?
- Yes, it's a special diet for very slim people. I'm trying to( 2 )..... some weight.
- You are lucky. Everybody wants ( 3 ).....weight.
- I don't agree with you.

2.- I'm ( 4 )..... Let's have something to eat quickly.

- There's MC Donald's round the corner.
- Oh, no. I don't like ( 5 ) ..... It's ( 6 )..... for your health.
- True. Mc Donald's is not for somebody who ( 7 )..... . Let's go somewhere here else.

**16) Choose the correct answer. Only one variant is correct.**

**Slimming food**



These days most people, especially young girls, like (A)..... slim. Our grandfathers' tastes were different (B).....ours but nowadays (C)..... seems to enjoy (D)..... fat girls. That is why many companies have developed special foods to help people to slim. The only thing (E)..... is wrong with this is (F).....a friend of mine said to me the other day:" I don't mind (G)..... these foods if they give me a good figure but why (H)..... to taste so awful?" The reason is that the manufacturers (I)..... include a lot of vitamins to satisfy the law, so the only sensible advice I could give my friends was:" Eat normal food, but (J).....less.

- |                 |                 |                   |                          |
|-----------------|-----------------|-------------------|--------------------------|
| 1) to look      | 2) to be looked | 3) that they look | 4) that they are looking |
| 1)than          | 2) that         | 3) from           | 4) to                    |
| 1) anyone       | 2) anybody      | 3) none           | 4) no one                |
| 1) looking      | 2) looking at   | 3) to look        | 4) to look at            |
| 1) it           | 2) that         | 3) what           | 4) as                    |
| 1) one          | 2) that         | 3) which          | 4) what                  |
| 1) eat          | 2) to eat       | 3) eating         | 4) the eating            |
| 1) do they have | 2) they have    | 3) are they       | 4) they are              |
| 1) have to      | 2) should to    | 3) ought          | 4) have                  |
| 1) to eat       | 2) eating       | 3) be eating      | 4) eat                   |

**17) Match the following words and word combinations:**

low-fat food	a) not easy to prepare
full-fat food	b) a cake without any taste
rotten fruits	c) low calorie food
a tasteless cake	d) not spicy flavour
steamed rice	e) recently produced vegetables (not spoilt)
junk food	f) full-calorie food
broccoli	g) an original Spanish dish
difficult to prepare	h) very easy to chew meat
spicy sauce	i) spoilt fruits
this is real temptation	j) savoury sauce
mild flavor	k) a kind of cauliflower
fresh vegetables	l) rice cooked above the boiling water
tender meat	m) a kind of low-fat snack
an authentic Spanish dish	n) this is really delicious

**18) Give the opposites of the following words:**

*original low-fat tasty cheap maximum healthy tender fresh difficult to prepare*

1. full-fat -
2. rotten -
3. tasteless -
4. tough -
5. simple to prepare -
6. expensive -
7. unhealthy -
8. minimum -
9. authentic -

**19) Match the proverbs:**

Every cook praises ...	over the spilt milk
Dry bread at home is better ....	into the fire
Too many cooks ...	the kettle black
Out of the frying pan ....	his own broth
Don't put all your eggs .....	lessen your meals
The proof of the pudding is ...	than roast meat abroad
His bread ....	in the fire
There is no use crying ...	is buttered on both sides
Half a loaf is ...	into one basket
The pot is calling ...	better than none
The fat is .....	spoil the broth (soup)
To lengthen your life ....	in eating

## 20) Do the test “ Do you live a healthy life?”

### DO YOU LIVE A HEALTHY LIFE?



Put “√” if you do it and “x” if you don’t.

You get up early.

You do morning exercises.

You don’t eat cakes and sweets for breakfast.

You don’t eat chips and drink Coke.

You always eat soup for dinner.

You visit your dentist regularly.

You don’t play a computer more than an hour.

You clean your room every day.

You go for a walk every evening.

You don’t watch TV late at night.

You visit some sports club.

You don’t go to bed late.

**Count your points: “x” = 0 and “√” = 2.**

#### **Results:**

24-20 You are a very healthy and active person. Congratulations!

18-14 You do your best to be healthy. But try to plan your free time better.

12-8 Don’t be so lazy! You have to change your way of life right now.

6-0 You have lots of problems with your friend. Because they think you are boring.

**Look through the test again – these pieces of advice can help you!**



**ТЕМА №9 Recipes**  
**(Рецепти)**

**Vegetable Soup**  
**(Овочевий суп)**



**Ingredients:** *2 carrots, 2 turnips, 1 small marrow, 1 leek (or onion), 1 potato, 1 stick celery, 1 clove garlic, 20 g butter, salt pepper, 1 litre water, 2 sprigs parsley.*

Peel and wash all the vegetables, slice them.

Melt the butter in a saucepan and add the vegetables.

Cook for 4 to 5 minutes on a low heat, stirring continuously.

Add salt and pepper and pour in 1 litre of very hot water. Bring to the boil and simmer for 25 minutes.

Chop the parsley in the mill and sprinkle over soup just before serving.

Add a spoon of fresh cream.

**Broccoli and Apple Soup**  
**(Суп з броколі та яблук)**



An unusual pairing which makes a lovely soup. Serve with croutons.

**Ingredients:**

**Serves:** 4

*1 large head Broccoli, about 300g (12 oz)*

*2 Dessert apples, peeled, cored and chopped*

*50 Gram Butter (2 oz)*

*1 Red onion, chopped*

*750 ml Vegetable stock (1 1/4 pints)*

*Pepper to taste*

*90 ml Double cream (3 fl oz)*

Discard the tough stem from the broccoli and coarsely chop.  
Melt the butter, add the onion and apples. Cover and cook for 10 minutes. Add the stock and broccoli. Bring to the boil, cover and simmer for 15 minutes.  
Purée the soup, return to the saucepan and heat slowly. Add the pepper and cream.  
Serve with croutons.

### **Mushroom Soup** **(Грибний суп)**



The beauty of this soup is that it is ready in less than 15 minutes.

#### **Ingredients:**

**Serves:** 4

*25 Gram Butter (1 oz)*

*25 Gram Plain flour (1 oz)*

*600 ml Chicken stock, or vegetable stock (1 pint)*

*300 ml Milk ( 1/2 pint)*

*1 Tablespoon Fresh parsley, chopped*

*175 Gram Mushrooms, wiped, finely chopped (6 oz)*

*Salt and pepper*

*1 Tablespoon Lemon juice*

*2 Tablespoon Cream, optional*

Place all the ingredients except the lemon juice and cream in a large saucepan. Bring to the boil over a moderate heat, whisking continuously.

Cover and simmer for about 10 minutes.

Remove from the heat and add the lemon juice and cream, if using, stirring well.

Adjust the seasoning and reheat gently without boiling.

Pour the soup into a warmed tureen or individual soup bowls and serve immediately.

### **Onion Soup** **(Суп з цибулі)**





This is a variation on the famous French Onion Soup but made with cider.

**Ingredients:**

**Serves:** 4

*1 Tablespoon Sunflower oil*  
*3 Large Onions, thinly sliced*  
*3 Cloves Garlic, crushed*  
*650 ml Vegetable stock (22 fl oz)*  
*400 ml Dry cider (14 fl oz)*  
*2 Tablespoon Fresh parsley, chopped*  
*Black pepper, to season*  
*Garlic croutons, to serve*  
*Cheddar or Red Leicester cheese, to serve*

Heat the oil in a large saucepan and add the onions and garlic. Fry on a medium hot heat for 3 minutes until the onions become transparent.

Add the vegetable stock and bring to the boil. Lower the heat to a simmer and add the cider, parsley and seasoning. Cover and simmer for 20 minutes.

Serve with crunchy garlic croutons and some grated Cheddar or Red Leicester cheese sprinkled over the croutons.

**Parsley Soup**  
**(Суп із петрушки)**



For a special treat, swirl a tablespoon of cream into each bowlful.

**Ingredients:**

**Serves:** 4

*100 Gram Fresh parsley, washed and chopped (3 1/2 oz)*  
*1 Onion, chopped*  
*1 Potato, diced*  
*1 Clove Garlic, crushed*  
*450 ml Chicken stock or vegetable stock (3/4 pint)*

*25 Gram Cornflour (1 oz)*  
*300 ml Milk ( 1/2 pint)*  
*Salt and freshly ground pepper*

Cook the parsley, onion, potato and garlic in the stock in a saucepan for 20 minutes. Allow to cool.

Liquidise until smooth, return to the heat.

Blend the cornflour with some of the milk, add the remaining milk. Pour into the soup base stirring continuously until thickened, season to taste.

Serve hot or chilled accompanied with melba toast.

### **Potato and Onion Soup** **(Суп із картоплі та цибулі)**



This is an old cottager's soup, which is said to be a sovereign remedy for a cold. It has a slightly coarse texture. If a smooth texture is preferred, process the mixture in a blender, then reheat before serving.

#### **Ingredients:**

**Serves: 4**

*675 Gram Potatoes, cubed (1 1/2 lb)*  
*3 Onions, finely chopped*  
*15 Gram Butter (1/2 oz)*  
*Salt and pepper*  
*1/2 Teaspoon Grated nutmeg*  
*600 ml Milk (1 pint)*  
*Chopped parsley or grated Cheddar cheese, to garnish*

Place the potatoes and onions in a saucepan, cover with water and boil until tender. Drain well, add the butter, seasoning and nutmeg and mash thoroughly.

Stir in the milk and bring to the boil, stirring continuously. Adjust the seasoning if necessary.

Pour into soup bowls and serve sprinkled with chopped parsley or grated Cheddar cheese and accompanied with crusty bread.

## Pumpkin Soup (Гарбузовий суп)



Although pumpkins are not native to Britain they have become popular over recent years, replacing the use of turnips for jack-o-lanterns at Halloween. This soup is a good way of using the flesh from spare pumpkins bought for Halloween.

### **Ingredients:**

**Serves:** 4

*900 Gram Pumpkin, seeded and chopped (2 lb)*

*1 Medium Onion, chopped*

*1/2 Teaspoon Turmeric*

*100 Gram Tomatoes, canned (3 1/2 oz)*

*1 Teaspoon Sugar*

*Pinch Nutmeg, freshly grated*

*600 ml Milk (1 pint)*

*2 Teaspoon Cornflour*

*300 Gram Natural yogurt, plus extra to garnish (11 oz)*

*Chopped parsley, to garnish*

Place the pumpkin, onion, turmeric, tomatoes, sugar, nutmeg and milk in a large saucepan.

Bring to the boil, cover and simmer for 15-20 minutes. Cool and puree in a processor or blender. Return to the rinsed saucepan.

Blend the cornflour with a little yogurt.

Add to the soup with the remaining yogurt. Bring to the simmering point but do not boil.

Serve garnished with parsley and a swirl of yogurt.

## Stuffed Chicken (Фаршироване курча)



**Ingredients:** *1 chicken weighing 1 kg 400 with liver, 200 g button mushrooms, 3 stalks parsley, 60 g butter, 20 g bread, 700 g potatoes, salt, pepper.*

1. Clean and wash the mushrooms. Wash and dry parsley and remove leaves. Mince the chicken liver, parsley, chopped mushrooms and bread.
2. Preheat the oven at 220°C. Melt 15 g of butter in a frying pan and fry the stuffing for 2 minutes on a moderate heat.
3. Add salt and pepper and leave to cool.
4. Once the stuffing has cooled, stuff the chicken and sew it up (or plug with a ball of greaseproof paper).
5. Put the chicken in an oven dish, coat it with 15 g of butter and put in the oven. Cook for 15 minutes.
6. Peel and quarter the potatoes. When the chicken has cooked for 15 minutes, arrange the potatoes around it, adding knobs of butter, and leave to cook for a further 35 minutes.

### **Roast Duckling** **(Печене каченя)**



#### **Ingredients:**

**Serves:** 4

*25 Gram Butter (1 oz)*

*1 Medium Onion, finely chopped*

*110 Gram Fresh breadcrumbs (4 oz)*

*1 Tablespoon Fresh sage, chopped*

*1 Small Eating apple, peeled, cored, grated*

*1 Egg*

*1 Duckling, washed and dried*

*450 Gram Cooking apples, peeled, cored, sliced (1 lb)*

*1 Tablespoon Water*

*Sugar, a little (optional)*

Pre-heat oven to 180 °C / 350 °F / Gas 4. To make the stuffing, melt half the butter in a medium saucepan and cook the onion until softened. Stir in the breadcrumbs, sage, eating apple and egg. Shape the stuffing into small balls and place in a roasting tin.

Weigh the duckling, prick the skin all over with a sharp skewer or fork. Place on a wire rack or trivet in another roasting tin. Roast for 30-35 minutes per 450g (1 lb). Cook the stuffing balls for the last 30 minutes of the calculated cooking time. Meanwhile, make the apple sauce. Put the apples and water in a pan. Cover tightly and cook for about 10 minutes, until the apples are tender, shaking the pan occasionally. Stir in the remaining butter and beat with a wooden spoon until smooth. Stir in a little sugar, if liked. Serve the duckling with the apple sauce and thin gravy.

### **Stoved Chicken (Печене курча)**



#### **Ingredients:**

**Serves:** 4

*25 Gram Butter (1 oz)*

*1 Tablespoon Vegetable oil*

*4 Chicken quarters, halved*

*100 Gram Lean back bacon, chopped (4 oz)*

*1.1 Kilogram King Edwards (2 1/2 lb), cut into thin slices*

*2 Large Onions, sliced*

*2 Teaspoon Fresh thyme, chopped*

*600 ml Chicken stock (1 pint)*

*Fresh chives, snipped to garnish*

Pre-heat oven to 150 °C / 300 °F / Gas 2. Heat half the butter and the oil in a large frying pan and fry the chicken and bacon for 5 minutes until lightly browned.

Place a layer of potato slices, then onion slices, in the base of a large oven-proof casserole. Add the thyme and dot with half the remaining butter. Add the chicken and bacon and dot with the remaining butter. Cover with the remaining onions and finally a layer of potatoes. Pour over the stock.

Cover and bake for about 2 hours until the chicken is tender and the potatoes are cooked, adding a little more hot stock if necessary. Just before serving, sprinkle with snipped chives.

### **Fried Sprats** **(Смажена кiлька)**



Many people think the good old sprat is too fiddly to bother with; but fried briefly in oil, a dish of sprats is a tremendously good traditional dish and well worth the trouble it takes. Fried sprats are traditional and quite delicious for tea.

#### **Ingredients:**

**Serves:** 4

*1 Kilogram Sprats (2 1/4 lb)*

*Plain flour*

*Oil for frying*

*Salt*

*2 Lemons*

Cut the heads off the sprats and remove the guts at the same time. Pat the fish fairly dry with kitchen paper and dust them with flour.

Heat 2 cm oil in a large frying pan, add a pinch of salt and drop in one sprat. If it starts to sizzle, immediately drop in several more and fry them on each side until they are brown.

Take them out with a fish slice and keep them hot in a dish lined with kitchen paper. Sprinkle them with salt to keep them crisp. Fry the rest in batches, draining them well on the sides of the pan before transferring them to the serving dish to keep hot. Serve with wedges of lemon and bread and butter.

### **Fish Croquettes** **(Рибні тефтели)**



#### **Ingredients:**

**Serves:** 4

*225 Gram Cooked haddock (8 oz)*

*Plain flour, beaten egg & fresh breadcrumbs*

*Butter and oil, for frying*

*25 Gram Plain flour (1 oz)*

*25 Gram Butter (1 oz)*

*1 Hard boiled egg, chopped*

*1 Tablespoon Fresh parsley, chopped*

*Salt and pepper*

*150 ml Creamy milk (1/4 pint)*

Flake the fish. Make the sauce by melting the butter in a small pan, stirring in the flour over a low heat and when it becomes glossy, and the milk a little at a time, stirring until smooth after each addition.

Mix the sauce, flaked fish, hard boiled egg and parsley.

Add salt and pepper to taste and leave the mixture to cool and stiffen.

When it is cold, form quickly into the shape of wine corks. Dip first into flour, then beaten egg and finally in breadcrumbs.

Fry to a golden brown.

In place of the haddock you could use coley, hake, cod, or even conger eel.

### **Hot Fish Loaf** **(Гаряча риба)**



#### **Ingredients:**

**Serves: 4**

*65 Gram Butter (2 1/2 oz)*

*1 Clove Garlic, crushed*

*5 Tablespoon Plain flour*

*750 ml Milk (1 1/4 pints)*

*550 Gram Hake fillets, skinned and chopped (1 1/4 lb)*

*150 ml Whipping cream (5 fl oz)*

*2 Teaspoon Anchovy essence*

*3 Eggs*

*2 Tablespoon Fresh parsley, chopped*

*110 Gram Prawns, shelled and chopped (4 oz)*

*50 Gram Mature Cheddar cheese, grated (2 oz)*

*Watercress and whole prawns, to garnish*



## *1 Egg yolk*

Pre-heat oven to 150 °C / 300 °F / Gas 2.

Lightly butter and base line a 1.6 litre loaf tin or terrine. Melt 40g (1 1/2 oz) of the butter in a pan. Add the garlic. Stir in 3 tablespoons of the flour and cook gently, stirring, for 2 minutes. Remove from the heat and gradually stir in 450 ml of the milk. Bring to the boil, stirring continuously, then simmer for 2 minutes until thick and smooth.

Purée the sauce, raw chopped fish, cream, anchovy essence, eggs and yolk. Spoon half the fish mixture into the tin. Sprinkle with parsley and half the prawns. Spoon in the rest of the fish mixture. Cover tightly with buttered greaseproof paper. Place in a roasting tin with hot water to come half way up the sides of the terrine. Bake for about 1 3/4 hours.

Just before the terrine is cooked, make the sauce. Put the remaining butter, flour and milk in a saucepan. Heat, whisking continuously, until the sauce thickens, boils and is smooth. Simmer for 1-2 minutes. Stir in the grated cheese and remaining prawns.

Invert the loaf on to a warm serving dish and tilt slightly to drain off any juice. Remove the cooking container. Spoon a little sauce over the terrine and garnish with watercress and prawns. Serve the rest of the sauce separately.

### **Egg Mayonnaise** **(Яйця під майонезом)**



This salad is also a popular starter.

#### **Ingredients:**

**Serves:** 4

*4 Eggs , hard boiled*

*Lettuce leaves*

*150 ml Mayonnaise (5 fl oz)*

*Chopped fresh parsley or paprika, optional*

Halve the eggs lengthways. Wash and drain the lettuce and arrange in a shallow dish. Place the eggs on the lettuce, cut side down and coat with the mayonnaise. Garnish with parsley or paprika to serve.



### Cucumber Salad (Салат із огірків)



This is a classic summer salad.

**Ingredients:**

**Serves:** 4

*1/2 Cos or Webb lettuce*

*1 Small Cucumber, diced*

*150 Gram Natural yogurt (5 oz)*

*2 Tablespoon Mayonnaise*

*1 Tablespoon Lemon juice*

*Salt and freshly ground pepper*

Wash the lettuce and shake dry. Tear the leaves into bite-size pieces and put into a serving dish.

Add cucumber and mix well. Combine the yogurt with the mayonnaise and lemon juice. Season to taste. Pour over the lettuce and cucumber and toss well.

### Carrot and Radish Salad (Салат з моркви та редиски)



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

1. Chop the garlic finely.
2. Whisk oil, lemon juice, garlic, honey, cumin, paprika, and cinnamon in a bowl. Season with salt and pepper.
3. Peel and slice the carrot and the raddish thinly.
4. Combine the carrot and radish in a large bowl.

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

**Salad Herring in shuba**  
**(Dressed herring)**  
**(Оселедець «під шубою»)**



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

1. Boil vegetables until they are fork tender. Boil eggs hard.
2. Peel skin from herrings, cut them along the spine removing the bones. Cut herring meat into little pieces checking for bones.
3. Grind potatoes, carrots and beets.
4. On a big round plate, place a layer of potatoes (whole portion), then spread mayonnaise evenly on top in a thin layer.
5. Then make a layer of beets using 1/2 of the beets, then a layer 1/2 of the carrots, 1/2 of the chopped onion and then— pieces of herring meat spreading mayonnaise evenly on top of each layer.
6. Place a layer of the remaining onion, a thin layer of mayonnaise, then a layer of remaining carrots, a thin layer of mayonnaise and finally the remaining beets.
7. On top pour the remaining mayonnaise.
8. Let it soaked overnight.
9. Decorate the dish with chopped parsley and dill.
10. Serve as a salad in its own right, or as an accompaniment to a main meal.

**Pizza**  
**(Піца)**



**Ingredients:**

**Dough:** 1 package active dry yeast (about 2 teaspoons), 1 cup warm water, 1 teaspoon sugar, 2 tablespoons olive oil, 1/2 cups all-purpose flour, pinch salt.

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

1. Add yeast to the water and stir until dissolved.
2. Add sugar, oil, flour, and salt.
3. Put the mixing bowl filled with dough in warm water for 5 minutes to rise.
4. Pat dough out on a well-greased cookie sheet or pizza pan or.
5. Lay toppings on dough in order listed.
6. Bake at 400° for 15 to 20 minutes.

**Redcurrant Biscuits (Tarts)**  
(Печиво з червоною смородиною)



**Ingredients:** *100 g softened butter, 125 g icing sugar, 2 eggs, 150 g sifted flour, 75 g currants.*

1. Mix the butter and sugar in a bowl until smooth.
2. Add the eggs, then the flour. Blend until the mixture has an even consistency.
3. Preheat the oven at 200°C. Grease a baking sheet and use a piping bag or 2 teaspoons to space out small drops of the mixture.
4. Top each drop with 4 to 5 currants.
5. Put the sheet in the oven and bake for about 10 minutes. The biscuits should be golden around the edges but still light in the middle.
6. Remove the biscuits using a metal spatula and leave to cool on a rack in several lots.

**Chocolate Eclairs**  
(Шоколадні еклери)



**Ingredients:**  
*65 Gram Choux Pastry (2 1/2 oz.)*

*300 ml Double cream (10 fl oz)*  
*2 Tablespoon Milk*  
*225 Gram Icing sugar (8 oz)*  
*2 Tablespoon Cocoa Powder*  
*3 Tablespoon Boiling water*  
*Makes 12*

Fit a piping bag with a 1 cm ( 1/2 inch) plain nozzle. Fill the bag with the pastry. Pipe twelve 10 cm (4 inch) lengths on to a greased baking sheet. Bake at 200 °C / 400 °F / Gas 6 for 10 minutes. Reduce the temperature to 180 °C / 350 °F / Gas 4. Bake for a further 20-25 minutes until they are well puffed and golden. Remove from the oven and make a slit in the side of each one. Return to the oven for a further 5 minutes to dry out. Cool on a wire cooling rack.

When completely cold slit each éclair along one side. Whip the cream with the milk until softly stiff. Fill the éclairs with cream. Put the icing sugar in a bowl. Mix the cocoa powder with the hot water and stir into the icing sugar. Stir briskly until smooth. Cover the tops of the éclairs with the icing. Leave until the icing has set.

### **Chocolate Biscuits** **(Шоколадне печиво)**



#### **Ingredients:**

**Serves:** 18

*50 Gram Caster sugar (2 oz)*  
*110 Gram Butter, softened (4 oz)*  
*110 Gram Self raising flour (4 oz)*  
*2 Tablespoon Cocoa powder*  
*Makes 18*

Pre-heat oven to 190 °C / 375 °F / Gas 5. Cream the sugar and butter. Add the remaining ingredients and mix well.

Divide the mixture in half and then tear off and shape a total of 18 balls. Place on a lined baking sheet and squash slightly to make a squat flat circle. Bake for 8 minutes. Leave to cool for 1 minute and place onto a cooling rack.

### **Tomato Charlotte** **(Шарлотка з помідорами)**



#### **Ingredients:**

**Serves:** 4

*450 Gram Tomatoes, skinned and sliced (1 lb)*

*2 Teaspoon Sugar*

*1 Tablespoon Fresh basil, chopped*

*Salt*

*Freshly ground black pepper*

*110 Gram Fresh white breadcrumbs (4 oz)*

*50 Gram Butter (2 oz)*

Butter an ovenproof dish and put a layer of tomato slices in it. Season with a little of the sugar, basil, salt and pepper. Cover with a thin layer of crumbs and dot with small pieces of butter.

Repeat these layers until all the ingredients are used up, finishing with a layer of crumbs dotted with butter.

Bake at 180 °C / 350 °F / Gas 4 for 30 minutes or until the top is brown and crisp.

### **Apple and Cheese Pudding** **(Пудинг з яблук та сиру)**



#### **Ingredients:**

**Serves:** 4

*450 Gram Eating apples, sliced (1 lb)*

*25 Gram Butter (1 oz)*

*few drops Vanilla essence*

*150 ml Milk ( 1/4 pint)*

*100 Gram Curd cheese (3 1/2 oz)*

*2 Eggs*

*25 Gram Caster sugar (1 oz)*

Cook the apples gently in butter and vanilla essence until slightly soft, place in a buttered ovenproof dish.

Beat together the milk, cheese, eggs and sugar. Pour over the apples.

Bake at 190 °C / 375 °F / Gas 5 for 25 minutes. Serve hot.

If you cannot get curd cheese, try this recipe with another soft cheese instead.

### **Apple Charlotte** **(Шарлотка з яблук)**



#### **Ingredients:**

**Serves:** 6

*900 Gram Cooking apples, peeled, cored & sliced (2 lb)*

*1/2 Teaspoon Ground cinnamon*

*1 Lemon, zest and juice*

*2-3 Tablespoon Light soft brown sugar*

*75 Gram Butter, melted (3 oz)*

*8 thin slices Brown bread, crusts removed*

Pre-heat oven to 190 °C / 375 °F / Gas 5.

Put the apples, cinnamon, lemon zest and juice and sugar in a saucepan. Cover and simmer gently until pulpy, stirring occasionally. Beat thoroughly with a wooden spoon, then cook, uncovered, over a high heat, stirring continuously, until any excess liquid has evaporated and the puree is very thick.

Brush the butter all over the slices of bread. Line the base and sides of a greased 15 cm (6 inch) Charlotte mould or deep cake tin with the slices of bread. Making sure that they overlap. Spoon in the apple puree and cover with more over-lapping slices of bread. Bake for about 30 minutes, until the top is golden brown. serve at once, turned out and accompanied with custard or fresh cream.



## Banana Cream Pie (Пиріг з банановим кремом)



This is a lovely dessert, nice enough to serve at a dinner party.

### **Ingredients:**

**Serves:** 4-6

*150 Gram Shortcrust pastry (5 oz)*

*2 Eggs, separated*

*175 Gram Caster sugar (6 oz)*

*1 1/2 Teaspoon Cornflour*

*1/2 Tablespoon Butter, melted*

*300 ml Milk ( 1/2 pint)*

*1 Teaspoon Vanilla essence*

*2 Bananas, sliced*

*Single cream, to serve*

Roll out the pastry on a floured work surface and use to line a 15 cm (6 inch) flan tin. Fill with baking beans and bake blind at 200 °C/ 400 °F/ Gas 6 for 10 minutes. Remove the baking beans and cook for a further 10 minutes until crisp.

Beat the egg yolks, 50g (2 oz) sugar, cornflour and butter in a heatproof bowl, until pale in colour. Bring the milk to the boil then gradually whisk into the egg mixture. Cook the bowl of custard over a pan of simmering water, stirring constantly until thick. Cool. Stir in the vanilla essence.

Arrange most of the banana slices in the bottom of the pastry case, reserving a few for decoration. Pour the custard over the banana slices. Whisk the egg whites until stiff, beat in half the remaining caster sugar and fold in the rest. Pipe meringue on top of the custard, leaving the centre uncovered.

Bake at 150 °C / 300 °F / Gas 2 for 15-20 minutes until the meringue is golden. Arrange remaining banana slices in the centre. Serve cold with fresh cream.

## Banana Toffee (Бананове тофі)



### Ingredients:

**Serves:** 4

*250 Gram Light muscovado sugar (9 oz)*

*200 ml Whipping cream (7 fl oz)*

*1 Tablespoon Almond liqueur*

*6 Bananas, peeled and sliced*

*Chopped nuts, to garnish*

Place sugar in a pan and just cover with water (approximately 90 ml (3 fl oz)) heat and stir until sugar dissolves and bring to a fast boil until the sugar caramelises, do not stir. Remove from the heat and allow to cool down, then slowly add the cream and the liqueur.

Refrigerate until ready to use. Pour the sauce over the bananas and sprinkle over some chopped nuts.

Prepare the bananas just before serving so they won't discolour.

## Chocolate Cream Truffles (Трюфелі з шоколадним кремом)



### Ingredients:

*150 ml Double cream (5 fl oz)*

*350 Gram Plain chocolate, broken up (12 oz)*

*2 Tablespoon Orange brandy*

*25 Gram Unsalted butter (1 oz)*

*Plain chocolate, melted for dipping*

*White and plain chocolate, grated*



Heat the cream in a small pan until boiling, remove from the heat and add the chocolate, stir until melted. Add the brandy and the butter, stir until the butter has melted.

Freeze until firm enough to hold its shape, approximately 20 minutes. Using a melon baller, scoop out rounds and place onto non-stick baking paper, chill until firm. Either roll the truffles in a little cool, melted chocolate in your hands or dip into melted chocolate. Place in a small paper case or roll in grated chocolate. Store in the refrigerator.

### **Sponge Cake (Бісквіт)**



**Ingredients:** 125 g castor sugar, 4 eggs, 1 vanilla pod, 15 g melted butter (optional), 50 g flour, 50 g cornflour, 50 g flaked almonds.

1. Preheat the oven at 180°C. Grease the tin and dust with flour. Cover the base with flaked almonds.
2. Whip the egg yolks in a bowl.
3. Add 110 g sugar and the inside of the vanilla pod. Mix in the butter, the flour and cornflour, then beat to obtain an even mixture. Put the bowl aside.
4. Beat the egg whites with a pinch of salt until stiff, adding 15 g of sugar when halfway through beating.
5. Fold the eggs whites lightly into the mixture.
6. Put the mixture straight into the tin and bake for 30 minutes.
7. Leave to cool a while before turning out.

### **Apple Cheese Sponge (Бісквіт з яблук та сиру)**



**Ingredients:**

**Serves:** 6

*100 Gram Butter (4 oz)*

*100 Gram Self raising flour (4 oz)*  
*Pinch Salt*  
*75 Gram Caster sugar (4 oz)*  
*100 Gram Red Leicester cheese, diced (4 oz)*  
*1 Egg, beaten*  
*2 Tablespoon Milk*  
*150 Gram Cooking apples (6 oz)*  
*450 ml Custard, to serve (1 1/2 pints)*

Melt the butter in a saucepan.

Mix flour, salt, sugar and cheese in a bowl. Add butter, egg and milk. Mix well. Peel, core and dice apple. Add to the mixture.

Pour into a greased loose-bottomed 20 cm (8 inch) cake tin and level the surface. Bake at 190 °C / 375 °F / Gas 5 for 30-35 minutes or until risen and golden.

Cool for 5 minutes then remove from tin and place on a wire rack.

Serve warm with custard if desired.

### **Biscuit Cake** **(Бісквітний торт)**



#### **Ingredients:**

**Serves:** 8-10

*55 Gram Glace cherries (2 oz)*  
*225 Gram Digestive biscuits, or other plain biscuit (8 oz)*  
*115 Gram Plain chocolate (4 oz)*  
*115 Gram Butter (4 oz)*  
*2 Tablespoon Double cream*  
*30 Gram Raisins (1 oz)*  
*55 Gram Flaked almonds (2 oz)*

Line a 20 cm (8 inch) cake tin with a large piece of foil. Press the foil carefully into the base and sides being careful not to tear it. Chop the cherries. Put the biscuits in a mixing bowl and break them up into small pieces. Add half the cherries.

Break the chocolate into a pan. Add butter and cream, stir over a low heat until it has melted. Add the raisins and almonds to the biscuit mixture, then pour in the warm chocolate sauce. Stir everything together well.

Spoon the mixture into the cake tin and press the rest of the cherries on top. Cover cake with foil and press it down firmly. Put the cake in the fridge for about 2 hours until it has set hard. Then lift it out of the tin and peel off the foil. Cut the cake into small pieces before serving.

### **Traditional Christmas Pudding** (Традиційний англійський пудинг)



**Ingredients:** *1 lb (500 g) raisins, 1 lb (500 g) currants, 1 lb (500 g) golden raisins, 1 lb (500 g) breadcrumbs, 1 lb (500 g) brown sugar, 8oz (230 g) suet, 4oz (100 g) mixed peel, 4oz (100 g) glace cherries chopped, 4oz (100 g) almonds chopped, 1 lemon (grate rind), 1 orange (grate rind), 1 carrot – grated, 1 apple – grated, 1 tsp mixed spice, 1 tbs sifted flour, pinch salt, 6-8 eggs, 10oz (280 g) stout (bottle) or dark beer (or 5 ozs (140 g) brandy & 5 ozs milk).*

1. Chop glace cherries, almond.
2. Grate the carrot and the apple.
3. Grate lemon and orange rind.
4. Take your largest mixing bowl and Mix all the dry ingredients in it.
5. Beat the eggs lightly.
6. Add the beaten eggs and beer to the mixture.
7. Grease the bottom of a large bowl and press mixture into it.
8. Cover the top with wax paper (crimp it around the edges).
9. Put the bowl in a pan with water on stove for about 4 hours.
10. To prevent burning keep checking the water in pan.
11. Wrap the bowl well to keep it warm as long as possible.
12. Keep the pudding for one year to eat the next (not necessarily) :-D
13. Serve with cream, hot custard, or brandy sauce.

### **Cherry Cake** (Торт з вишнями)



When fresh cherries are in season, try them in this recipe but stone them first.

**Ingredients:**

**Serves:** 8

*175 Gram Self raising flour (6 oz)*

*175 Gram Wholemeal self raising flour (6 oz)*

*75 Gram Sugar (3 oz)*

*110 Gram Butter (4 oz)*

*1/2 Teaspoon Baking powder, sieved*

*1 Egg, beaten*

*200 ml Milk (7 fl oz)*

*175 Gram Cherry pie filling (6 oz)*

Sieve the flours, stir in the sugar and rub in the butter. Reserve a third of the mixture. To the remaining mixture stir in baking powder, egg and milk.

Spread most of this mixture onto the base and sides of a buttered 23 cm (9 inch) spring form pan. Pile the pie filling into the formed case. Spread the remaining mixture over the top. Sprinkle with reserved crumbs.

Bake at 180 °C / 350 °F / Gas 4 for 50 minutes.

**Chocolate Truffle Cake**  
**(Торт шоколадний трюфельний)**



This special cake could be served as a Christmas teatime treat.

**Ingredients:**

**Serves:** 12

*425 Gram Plain chocolate, broken up (15 oz)*

*90 Gram Butter (3 oz)*

*150 Gram Caster sugar (5 oz)*

*2 Teaspoon Coffee granules, in 2 tbsp hot water*

*4 Eggs, separated*

*40 Gram Plain flour (1 1/2 oz)*

*25 Gram Ground hazelnuts, toasted (1 oz)*

*300 ml Double cream ( 1/2 pint)*

*Strawberries, for decorating*

*Fondant leaves, for decorating*

Melt 150g (5 oz) chocolate in a bowl over a pan of hot water. Cream together butter and sugar until pale and fluffy. Beat in melted chocolate, coffee and egg yolks.

Whisk egg whites until stiff, fold into mixture. Fold in flour and hazelnuts. Pour into a greased and lined 21 cm (8 1/2 inch) cake tin. Bake at 170 °C / 325 °F / Gas 3 for 1 1/4 hours. Cool in the tin for 15 minutes, then on a wire rack.

Place cream in a small pan, heat gently until bubbling around the edges. Remove from the heat and stir in remaining chocolate. Allow to stand covered until chocolate melts, mix well then chill until firm enough to hold a peak, approximately 1 1/2 hours. Cover top and sides with icing and swirl with a teaspoon. Decorate with strawberries and leaves.

### **Fruit and Honey Cake** **(Медовий торт із фруктами)**



#### **Ingredients:**

**Serves:** 6-8

*100 Gram Butter, softened (3 1/2 oz)*

*100 Gram Clear honey (3 1/2 oz)*

*2 Eggs*

*50 Gram Wholemeal self raising flour (2 oz)*

*50 Gram Self raising flour (2 oz)*

*150 ml Whipping cream, whipped (5 fl oz)*

*225 Gram Greek style yogurt (8 oz)*

*Fresh fruit, to decorate*

Cream butter and honey together until pale and creamy. Beat in the eggs separately with a spoonful of flour and then fold in remaining flour.

Divide between two 18 cm (7 inch) greased sandwich tins and bake at 180 °C / 350 °F / Gas 4 for 25 minutes. Cool in tins for 5 minutes, then cool on a wire rack.

Fold the cream into the yogurt and sandwich the cake together with half the mixture and fruit. Decorate with remaining mixture and fruit.

### Chocolate Ice-cream (Шоколадне морозиво)



**Ingredients:** *1/2 litre milk, 5 egg yolks, 80 g sugar, 50 g cocoa, 100 g fresh cream.*

1. Heat up the milk. Beat the egg yolks and sugar in a bowl.
2. Pour in a little boiling-hot milk, beating all the time, then pour in the rest of the milk and blend.
3. Return the mixture to the saucepan and leave to thicken, stirring continuously.
4. Do not allow the cream to boil.
5. Once it coats the back of the spoon it is cooked. Leave to cool for a while. Add the cocoa and whip the mixture.
6. Add the fresh cream and whip again.
7. Leave the cream to cool before pouring into the ice-cream churn for freezing.

### Apple Ice (Морозиво з яблуками)



Any sweet apples can be used for this recipe.

**Ingredients:**

**Serves:** 4

*4 Eating apples*

*1/2 Lemon, zest and juice*

*2 Tablespoon Brandy*

*25 Gram Sugar (1 oz)*

*150 ml Double cream, whipped ( 1/4 pint)*

*Chocolate leaves*

Cut the tops off the apples. Carefully hollow out the flesh leaving a 1 cm (1/2 inch) shell. Brush the cut surfaces with lemon juice. Place on a tray and place in the freezer.



Place the chopped apple in a pan with the lemon zest and 1 tablespoon of water. Cook until tender. Purée until smooth. Stir in the brandy and sugar, leave to cool. Fold the cream into the cooled purée, pour into a container and freeze for 1 hour. Beat the mixture until smooth, freeze until half frozen.

Spoon the mixture into the frozen apple cups. Open freeze until solid, place each apple in a plastic bag, seal and freeze. Remove and unwrap 30 minutes before serving and decorate with chocolate leaves.

### **Berry Creams** ( Ягоди в сметані)



Raspberries and blackberries all work well for this refreshing dessert.

#### **Ingredients:**

**Serves:** 4

*40 Gram Medium oatmeal (1 1/2 oz)*

*400 ml Whipping cream (14 fl oz)*

*1 Tablespoon Clear honey*

*4 Tablespoon Whisky liqueur*

*400 Gram Raspberries (14 oz)*

Toast the oatmeal under a grill until brown. Leave to cool. Whip the cream and fold in the honey, liqueur and oatmeal.

Divide the fruit into large sundae glasses until almost half full. Top with 2-3 tbsp of the cream and finally top with more fruit. Chill and serve.

### **Bitter Lemon Jelly** (Лимонне желе)



This refreshing preserve could be used for breakfast instead of marmalade.

#### **Ingredients:**

*1 Kilogram Lemons (2 1/4 lb)*

*3 Seville oranges, or other bitter oranges*

*2.25 Litres Water (3 3/4 pints)*

*Sugar, warmed*

Makes 6 medium jars

Wash the fruit, remove the peel with a potato peeler, roughly chop the peel and put to one side. Working on a large dish to catch the juices, chop up the fruit, collect the pips and tie them into a muslin bag with the peel. Put the fruit, muslin bag, juices and water into a preserving pan. Simmer for 2 hours after which time retrieve the muslin bag and put it to one side, turn the contents of the pan into a jelly bag and leave to drain until all the juice is through - do not prod or poke.

Measure the juice gained and for every 600 ml (1 pint) take 450g (1 lb) warmed sugar. Return the juice to the pan and heat to boiling point. Add the sugar stirring well until it has dissolved. Pop the muslin bag into the pan and bring quickly to the boil. Boil hard for 5 minutes by which time a set should be obtained. Remove the bag. Skim. Allow to cool for 30 minutes. Pot and seal.

### **Merry Christmas Punch**

**(Різдвяний пунш)**



Perfect for a pre-dinner warming drink on Christmas Day.

#### **Ingredients:**

**Serves:** 4-6

*700 ml Medium dry white wine (1 1/4 pints)*

*2 Tablespoon Cherry liqueur*

*2 Tablespoon Gin*

*2 Tablespoon Caster sugar*

*2 Teaspoon Blade mace (or 1/4 tsp ground mace)*

*Cocktail cherries and lemon slices (optional)*

Place the wine, liqueur, gin and sugar in a saucepan. Crush the mace blades and add them, or the ground mace to the pan.

Heat the mixture to just below boiling point for 5-10 minutes. If mace blades are used, strain the liquid through a fine sieve, discarding the mace.

Serve the punch hot in warmed glasses with cocktail cherries and lemon slices.



## **Gin and Tonic** **(Джин з тоніком)**



### **Ingredients:**

**Serves:** 1

*25 ml London dry gin (1 fl oz)*

*75 ml Tonic water, or to taste (3 fl oz)*

*Lemon slice*

*Ice cubes*

Place the gin in a tumbler and add tonic water. Add a slice of lemon and ice cubes. Serve immediately.

## **Irish Coffee** **(Кава по-ірландськи)**



This is a classic after-dinner coffee.

### **Ingredients:**

**Serves:** 1

*2 Tablespoon Irish whiskey*

*2 Teaspoon Brown sugar (or more or less to taste)*

*Freshly made strong coffee*

*Double cream*

Warm a stemmed goblet or medium sized coffee cup with hot water. Quickly wipe dry. Pour in the whiskey, add the sugar and fill with hot coffee to within 2 cm (1 inch) of the rim.

Stir briskly to dissolve the sugar. Top up with cream, by pouring it into the goblet or cup over the back of a teaspoon. Serve immediately.

If you don't have any Irish whiskey, try using whatever whisky or whiskey you have to hand.

### **Cherry Jam** **(Вишневое варенье)**



As cherries are lacking in pectin, this jam will give only a light set.

#### **Ingredients:**

*1.8 Kilogram Cherries, stoned (4 lb)*

*3 Lemons, juice only*

*1.4 Kilogram Sugar (3 lb)*

*Knob Butter*

*5 Tablespoon Kirsch, optional*

*Makes 2.3 kg (5 lb)*

Crack a few of the cherry stones in a nutcracker and remove the kernels. Put the cherries, kernels and lemon juice in a pan and simmer very gently for about 45 minutes until really soft, stirring from time to time to prevent sticking.

Remove from the heat, add the sugar, stirring until dissolved, then add the butter. Bring to the boil and boil rapidly for about 30 minutes, stirring frequently. Test for a set and, when setting point is reached, take the pan off the heat and remove any scum with a slotted spoon. Leave to stand for 15 minutes. Stir in the Kirsch, if using, then pot and cover.

### **Apricot Jam** **(Абрикосовое варенье)**



This delightful jam can be made at any time of year as it uses dried apricots.

#### **Ingredients:**

*450 Gram Dried apricots (1 lb)*

*1.75 Litres Water (2 1/2 pints)*

*1 Lemon, juice only*

*1.8 Kilogram Sugar (4 lb)*

*Makes 2.3 kg (5 lb)*

Wash the apricots, cut them up if you like and soak them in water for 24-48 hours. Simmer the fruit and water for 30 minutes, add the lemon juice (or 1/2 teaspoon citric or tartaric acid) and sugar. Stir until the sugar has dissolved and boil rapidly until the setting point is reached. Skim, pot and cover.

### **Raspberry Jam** **(Малинове варення)**



#### **Ingredients:**

*1.8 Kilogram Raspberries (4 lb)*

*1.8 Kilogram Sugar (4 lb)*

*Makes 2.3 kg (5 lb)*

Crush the raspberries slightly with a spoon, then warm them. Add the sugar, stir this well in, then boil quickly until the weight of the jam is 2.3 kg (5 lb) or will set when tested. Skim and pot as usual.

## Crosswords (Кросворди)

### Fruit

**Find the words below in the grid.**

*Words can go horizontally, vertically and diagonally, backwards or forwards.*

T	F	P	Y	M	V	X	K	X	Y	V	Z
C	G	P	A	R	V	N	R	L	Q	M	S
F	P	Q	N	N	R	D	T	N	N	T	G
T	M	I	A	M	B	E	C	K	R	F	R
H	Z	X	N	R	J	H	B	A	T	T	A
O	F	Y	A	E	E	Z	W	P	O	F	P
N	R	J	B	R	A	B	K	C	S	E	E
O	R	A	R	H	E	P	I	Q	L	A	F
L	Z	Y	N	R	B	R	P	P	N	L	R
E	L	N	R	G	P	F	P	L	Y	J	U
M	M	Y	R	A	E	A	Z	D	E	M	I
L	E	M	O	N	K	W	R	A	E	P	T

apple grapefruit pear apricot lemon pineapple banana melon raspberry cherry orange strawberry

### Vegetables

**Find the words in the grid.**

*Words can go horizontally, vertically and diagonally, backwards or forwards.*

J	H	M	N	R	O	C	Y	K
R	P	O	T	A	T	O	E	T
H	V	X	M	A	E	Z	O	C
C	N	H	E	D	G	M	T	E
P	Y	P	G	R	A	K	O	L
G	T	R	B	T	B	N	R	E
B	M	L	O	E	B	Z	R	R
Q	K	E	Y	F	A	H	A	Y
R	M	K	K	T	C	N	C	T

bean corn cabbage pea carrot potato celery tomato

**Find the words below in the grid.**

*Words can go horizontally, vertically and diagonally. backwards or forwards.*

R	W	L	Y	R	R	E	B	P	S	A	R	L	L	M
P	L	G	M	X	M	K	G	L	M	E	L	O	N	P
I	K	L	K	G	T	R	X	D	M	E	Y	N	W	N
N	C	I	B	W	R	P	V	K	L	R	F	B	O	A
E	H	W	X	L	K	A	R	P	P	Y	D	M	P	E
A	E	I	S	L	F	R	P	E	J	T	E	R	E	G
P	R	K	A	T	M	A	A	E	L	L	I	N	A	N
P	R	N	C	N	R	R	R	M	F	C	Z	V	C	A
L	Y	M	V	T	A	A	B	G	O	R	V	B	H	R
E	H	Q	V	M	K	N	W	T	T	B	U	N	B	O
N	N	B	P	N	N	C	A	B	Z	B	D	I	R	M
E	P	A	R	G	J	R	Q	B	E	M	T	M	T	C
Y	T	T	K	D	M	L	Q	F	T	R	M	W	K	D
P	L	U	M	K	B	L	U	E	B	E	R	R	Y	T
H	T	B	L	A	C	K	B	E	R	R	Y	Y	H	K

apple apricot banana blackberry blueberry cherry grape grapefruit kiwi lemon melon orange peach  
pear pineapple plum raspberry strawberry

## Vegetables

**Find the words in the list below in the grid.**

*Words can go horizontally, vertically and diagonally, backwards or forwards.*

P	T	J	N	W	P	R	C	O	V	M	C	O	R	N	T
T	I	F	T	J	H	A	K	K	N	C	N	A	E	B	K
S	K	N	Q	L	B	Q	K	M	D	I	M	L	X	L	Z
U	E	Z	R	B	V	K	C	N	N	N	O	X	C	E	N
G	E	J	A	U	K	R	A	Y	N	L	R	N	E	O	M
A	L	G	L	F	T	C	U	L	Z	T	Y	R	L	T	F
R	E	T	G	X	T	H	L	Z	W	J	R	J	E	A	N
A	C	A	R	R	O	T	I	I	M	H	M	T	R	T	Y
P	K	T	X	M	R	Y	F	V	L	H	O	Q	Y	O	G
S	A	F	R	J	R	L	L	V	K	O	P	Q	S	P	C
A	K	R	A	Q	T	P	O	Z	R	J	C	P	N	I	Z
W	M	E	S	B	Y	D	W	T	H	Y	I	C	L	H	V
J	R	N	N	K	I	E	R	D	A	K	A	F	T	R	X
N	P	Y	N	N	K	X	E	B	T	N	X	R	O	C	K
N	T	M	L	J	B	P	H	C	F	G	M	L	X	Q	B
B	Y	Z	Q	K	B	N	H	F	E	O	T	A	M	O	T

asparagus   cauliflower   parsnip bean celery pea   beetroot   corn potato   broccoli   garlic spinach   cabbage   leek   tomato   carrot  
onion turnip