**FOOD and MEALS**

Types of FOODS – Типи продуктів

**MEAT - мясо**

beef — яловичина

veal — телятина

pork — свинина

mutton - баранина

sirloin (steak) — стейк без кісток

spare ribs — реберця

tenderloin (steak) — філе (пісне)

pooltry – м’ясо свійських птахів

chicken — курятина

turkey — индичка

**VEGETABLES - ОВОЧИ**

asparagus — спаржа [ə'spærəgəs]

avocado — авокадо [ˌævə'kɑ:dəu]

beans — бобы, квасоля

beet — буряк

broccoli — брокколі ['brɔkəli]

brussels sprout — брюсельска капуста

cabbage — капуста

carrot — морква

cauliflower — цвітна капуста ['kɔliflauə]

chard — артишок

cucumber — огірок ['kju:kʌmbə]

eggplant — баклажан [ˈeg,pla:nt]

garlic — часник

kohlrabi — кольрабі [ˌkəul'rɑ:bi]

leek — цибуля-порей

lentils — чечевиця [ˈlent(ə)l]

onion — цибуля ріпчаста

peas — горох

pepper — стручковий перец

potato — картопля

rice — рис

green / spring onions - зелена цибуля

spinach — шпинат

squash — гарбуз ['skwɔʃ]

new potatoes — молода каптопля

turnip — репа, турнепс

zucchini — цукіні, кабачок

**FRUITS, BERRIES, NUTS - ФРУКТИ, ЯГОДИ, ГОРІХИ**

almond — мигдаль

apple — яблуко

apricot — абрикос

banana — банан

berry — ягода

blackberry — ожина

blueberry — голубика

cashew — кешью

cherry — вишня

sweet cherry - черешня

cranberry — журавлина

grape — виноград

grapefruit — грейпфрут

huckleberry - чорниця

hazelnut — ліщина, фундук

lemon — лимон

lime — лайм

melon — диня

orange — апельсин

peach — персик

peanut — арахіс

pear — груша

pecan —горіх пекан

pineapple — ананас

pistachio — фісташки [pi'stɑ:ʃəu]

plum — слива

raspberry — малина

strawberry — полуниця

tangerine / mandarin [ 'mændərin ] — мандарин

walnut — волоський горіх

**FISH, SEAFOODS –РИБНІ СТРАВИ ТА МОРЕПРОДУКТИ**

заливне jellied

камбала plaice

крабове м’ясо crabmeat

креветки shrimp

лососина salmon

морской окунь grouper

омар lobster

осетрина sturgeon

сардины sardines

оселедець herring

судак pikeperch

устриці oyster

форель trout

щука pike

кальмар squid

**Types of Restaurants /EATERIES**

all-you-can-eat buffet ['bufei] — буфет-закусочна самообслуговування у вигляді шведського столу, в якій відвідувач за фіксовану плату може істи досхочу без обмежень

salad bar - також самообслуговування у вигляді шведського столу за фіксовану плату, але їжа обмежена розміром однієї тарілки

buffet — буфет ['bufei] (шведський стіл)

cafe — кафе ['kæfei]

cafeteria - кафетерій

coffee shop — кафе, в якому подають, як правило, кофе та десерти

diner — недорога закусочна, часто біля дороги ['dainə]

drive-through / drive-thru / drive in — автомобільна закусочна, де відвідувачі роблять замовлення, не выходячи із свого автомобіля

hotdog stand — сосисочна

luxury restaurant — люксовий ресторан ['restərɔnt]

canteen – ідальня в організаціях

refectory –шкільная або студенська ідальня

snach bar - закусочна

fast food – ресторан швидкого харчування

pub (public house) - пивний бар

**MEALS - ПРИЙОМИ ЇЖІ**

breakfast – сніданок

lunch – обід

lunch break обідня перерва-

brunch – пізній сніданок (зазвичай у вихідні)

tea / high tea – подудник зранку / в другій половині дня (в Британії)

snack – перекус

dinner – вечеря (в деяких місцях Британії – обід)

supper – пізня вечеря

to have lunch / dinner / supper – обідати / вечеряти

to have a snaсk - перекусити

TO HAVE FOR BREARFAST – З’ЇСТИ НА СНІДАНОК (

pancakes — млинці

bacon — бекон

bagel — бейгл (солоний круглий крендель з дрожжового тіста)

bun / roll — булочка

butter — вершкове масло

cereals —мюслі, кукурузяні хлоп’я, круп’яні страви. ['siəriəls]

cheese — сир

cornflakes — кукурузные хлопья ['kɔːnfleɪks]

doughnut / donut — пончик, смажений пиріжок ['dоnʌt]

eggs — яйця

eggs over easy — яєчня, засмажена з обох боків

fried eggs / eggs sunny side up — яєчня-глазунья

graham — булочка з борошна грубого помола ['greiəm]

granola — мюсли [grə'nəulə]

ham — шинка

(fruit) juice — (фруктовий) сік

milk —молоко

carbonated water / sparkling water / club soda — вода с газом

cream — вершки

decaf — без кофеїна (кофе) [ˈdіˌkaf]

grapefruit juice — грейпфрутовий сік

hot chocolate — гаряче какао

iced-tea — чай з льодом

lemonade — лимонад

marmalade – апельсиновий джем, конфітюр, мармелад

milk (shake) — молоко (с мороженым)

mineral water — мінеральна вода

refill — додаткова порція напою ['ri:fil]

soda — газована ароматизована вода

soft drink — безалкогольний напій

sugar — цукор ['ʃugə]

tea — чай ['ti:]

yogurt / yoghurt — йогурт ['jogət]

toast - тост, грінка

**DRINKS / BEVERAGES - НАПОЇ**

(red / white) wine — (біле/ червоне) вино

draft beer — бочкове / живе / розливне пиво

hard drinks = spirits – міцні алкогольні напої

on the rock – з льодом

soft drinks – безалкогольні напої

champagne / bubbly — шампанское / розм. [ʃæm'pein]

cocktail — коктейль

cognac - коньяк

liqueur - лікер

eggnog — яєчний лікер

mulled wine — глинтвейн

scotch whiskey — шотландске віски

fizzy / carbonated - газований

still - негазований

**FAST FOOD**

buffalo wings / hot wings / chicken wings — куриные крылышки жареные во фритюре

burger — бургер

cheeseburger — чизбургер

fish and chips — рыба жареная во фритюре и картофель фри (английское блюдо)

french fries (*US*)/ chips (*Br*)— картофель фри

hamburger — гамбургер

hot-dog — хот-дог

nachos — начос (кукурузные чипсы)

nachos with cheese — начос с сыром

onion rings — жаренные во фритюре луковые кольца

pizza — пицца ['pi:tsə]

popcorn — поп-корн

potato crisps (*Br*)/ potato chips (*US*)— картофельные чипсы

sandwich — сэндвич

slice of pizza — слайс пиццы

**DESSERTS - ДЕСЕРТи, СОЛОДОЩІ**

(chocolate chip) cookies — печиво з шоколадними крошками

apple pie — яблучний пиріг

brownie — шоколаде тістечко з горіхами

cake (with frosting) — тістечко з цукровою глазур’ю

candy bar — солодка плитка

chocolate — шоколад

chocolate bar — плитка шоколаду

cobbler — фруктове тістечко

ice cream — морозиво

jello — желе

sprinkles — крошка, присипка

sundae — морозиво з солодким сиропом, вершками та присипкою ['sʌndei]

**WAYS OF COOKING – СпособИ приготУВАННЯ ЇЖІ**

baked - печенИй

fried — смажений

boiled — варений

braised / stewed — тушений

broiled / roast — приготовлений на грилі

mashed — пюре

pickled — маринований

poached — злегка відварений

smoked — копчений

steamed — приготовлений на парі

stuffed — фарширований

glazed / iced – глазурований

sautéed - пасерований, злегка обсмажений

**Маркировки на упаковках продуктов**

caffeine free — без кофеїна (пронапої)

decaf — без кофеїна (про кофе)

diet — не містить цукру (про напої)

fat free — обезжирений

lean — пісий, низькокалорійний

low cholesterol — з низьким вмістом холестерину

low fat — нежирный (про молочні продукти)

no preservatives — без консервантів

**TASTE / FLAVOUR - СМАК**

гіркий bitter

безвкусний bland, tasteless

хрусткий crisp

хрусткий crunchy

гарячий, гострий hot

негострий, неміцний, м’який mild

солений salty

пикантний savo(u)ry

тошнотворний sickly

кислий sour

гострий spicy

густий stodgy

солодкий sweet

смачний tasty, delicious

**LAYING THE TABLE – СЕРВИРОВКА СТОЛУ**

butter dish —тарілочки для масла

china — фарфорий посуд ['tʃainə]

coffee pot — кофейник

crockery — фаянсовий посуд

cup — чашка

cutlery — столові прибори

dinner plate — неглибокая тарілка

dish — блюдо, тарілка

earthenware — глиняний посуд

fork — виделка

glass — стакан

goblet — бокал

knife — ніж

pepper shaker / pepper box — перечниця

pitcher / jug — кувшин, глечик

plate — тарілка

saucer — блюдце

soup plate — глубокая тарелка

spoon — ложка

sugar basin — цукорниця

tea kettle / kettle — чайник

tea spoon — чайна ложка

teapot — заварочний чайник

tray — таця

**translate and learn**

FOOD – CONDITION

|  |  |
| --- | --- |
| 1. fresh 2. off 3. raw 4. ripe 5. rotten 6. tough 7. tender 8. undercooked 9. unripe 10. overcooked | Sushi always requires **fresh** fish.  I'm afraid this cheese tastes **off**.  Sushi is made from **raw** fish as well as vegetables, seaweed and rice.  Make sure the bananas are **ripe** so I can use them in the cake.  This meat smells **rotten**. I think we should throw it away.  The steak was very **tough**. I could hardly chew it!  The lamb was so **tender** that it seemed to melt in my mouth.  The **undercooked** salmon was very poor.  Many types of fruit are picked **unripe** and become ripe after some time.  The broccoli was **overcooked**. It should have been crisper. |

FOOD – VERBS

|  |  |
| --- | --- |
| bake  boil  cook  fry  grill  heat  microwave  poach  roast  steam | I'll **bake** a cake for her birthday party.  You should **boil** these potatoes for forty-five minutes.  What would you like me to **cook** for dinner?  I usually **fry** some eggs and bacon on Saturday mornings.  During the summer I like to **grill** meat outside.  **Heat** up the soup and make some sandwiches.  **Microwave** the macaroni for three minutes and eat.  Jennifer prefers to **poach** her eggs.  Let's put this in the oven and **roast** for two hours.  The best way to cook many vegetables is to **steam** them for a few minutes. |

FOOD – QUANTITIES

|  |  |
| --- | --- |
| bar  liter  loaf  lump  piece  pint  portion  slice  spoonful | Melt one **bar** of butter for the sauce.  I'll put a **liter** of water on to boil for the pasta.  I bought three **loaves** of bread at the supermarket.  Put of a **lump** of butter on top of the casserole to make it tasty.  Would you like a **piece** of chicken?  I drank a **pint** of ale at the pub.  Have you eaten your **portion** of vegetables today? Please put three **slices** of cheese on my sandwich.  Add two **spoonfuls** of sugar to sweeten. |

FOOD – TASTE

|  |  |
| --- | --- |
| bitter  bland  creamy  crisp  crunchy  hot  mild  salty  savory  sour  spicy  sweet  tasteless | The almonds were very **bitter**. I could hardly eat the cookies.  This sauce is very **bland**. It doesn't taste like anything.  I enjoy eating **creamy** tomato soup on cold winter days.  The apple was **crisp** and delicious.  Granola is a very **crunchy** type of breakfast cereal.  The soup is **hot**. Let it cool down.  The spices are very **mild**.  The sauce was much too **salty**. I think you should add some water and boil it down.  **Savory** crackers with cheese make a great snack.  Lemons are very **sour**!  Greg enjoys eating **spicy** Mexican food.  The cheery pie wasn't too **sweet**. It was just right.  The vegetables have been cooked for too long. They're **tasteless**. |

FOOD – TYPES

|  |  |
| --- | --- |
| barbecue  buffet  four-course meal  picnic  snack | Do you enjoy **barbecue** during the summer?  We went to an Indian **buffet** and had all we could eat.  My wife and I enjoy making **four-course meals** on special occasions.  Let's take a **picnic** to the park and enjoy the good weather.  You should eat a **snack** at four, but don't eat too much. |

FOOD - PREPARING DRINKS

|  |  |
| --- | --- |
| add  fill  mix  pour  shake  stir | **Add** two shots of whisky and some run.  **Fill** the glass with ice.  **Mix** in a teaspoon of sugar.  **Pour** your drink over ice cubes.  **Shake** the drink well and pour in a glass.  **Stir** the ingredients well and enjoy with your favorite seafood. |

|  |
| --- |
| **Text 1. What is a healthy diet?**  Let’s begin with the most basic questions of all… What is it in food which our minds and bodies need? Well, the answer comes in six parts:  - Carbohydrates (вуглеводи)  – Protein (білок)  – Fat (жир)  – Vitamins (вітаміни)  – Minerals (мінерали)  – Fibre.(клітковина)  Naturally, different foods contain different amounts and combinations of these six. Some are high in protein or carbohydrates, for example, while others are low in fibre or fat. It can all seem very confusing, it isn’t really. All you need to know are a few simple facts, then it’s easy to:  (a) avoid what’s bad for you;  (b) choose a balanced, healthy diet. |
| **Sugar**   |  | | --- | | Sugar contains energy (in the form of calories), but that’s all. Very sweet foods don’t give you any vitamins, minerals, fibre, fat or protein. So, although sweets, cakes, cola drinks and chocolate are delicious, they are not very healthy – they cause obesity and they’re also bad for your teeth. If you’d like to reduce the amount of sugar in your diet, here are some tips to help you. |   -· Eat more fruit (it contains all the sugar your body needs) and fewer cakes, biscuits and chocolate.  -· Reduce (or preferably cut out completely) the sugar you take in tea/coffee.  -· Choose breakfast cereals which are less “sugary”.  **Salt**  On average we eat about 10 grammes of salt per day. Twenty-five per cent of this consists of the salt we add to food ourselves. Twenty-five per cent occurs naturally in our diet. Fifty per cent is added to products by food manufacturers.  How much salt do we actually need? The answer is one gramme per day. Too much salt causes high blood pressure, which increases the risk of heart attacks and strokes.  Here are some ways to reduce the amount of salt in your diet:  -· When you buy tinned vegetables, look for ones with “No added salt” on the label.  -· Eat fewer crisps, salted peanuts, etc.  -· Don’t add salt to food (a) while you are cooking it, (b) at the table.  -· Add lemon juice, herbs or spices instead. |
| *Translate into English:*  A.  Жителі Середземномор’я не знають надлишкової ваги завдяки особливій системі харчування. Її можна зобразити у вигляді піраміди, основа котрої – висівковий хліб, рис, гречка, кукурудза, картопля; другий щабель – фрукти, овочі, бобові; третій – морепродукти, маслинова олія і легке вино (в основному червоне вино у дуже помірних дозах); четвертий – молоко, твердий сир, йогурт. Все це продукти щоденного споживання.  Далі – риба, м’ясо птиці, яйця, солодощі (їх вживають 2-3 рази на тиждень), і на самій вершині піраміди – червоне м’ясо (його їдять і того рідше, у невеликій кількості).  B.  Чому ми переїдаємо?   Чи знаєте ви, в чому причина світової епідемії ожиріння? Гадаєте, через те, що ми харчуємося «неправильно» і мало рухаємося? Щодо останнього – це справді так, а от щодо харчування – не зовсім. Річ не в «неправильних» харчах, а в тому, що ми попросту забагато їмо. Як показують дослідження, у наші дні добовий показник споживання калорій зріс на 268 ккал у чоловіків і 143 ккал у жінок, якщо порівнювати з 80-ми роками минулого століття. Між тим витрати калорій залишилися на тому ж самому рівні, що й тридцять років тому. Порушення балансу між енергією, яку організм отримує з харчування, та енергією, яку він витрачає на свою життєдіяльність, призводить до накопичення жирової маси. |
| **Text 2. EATING OUT**  *Read the following text. Does it give you any idea of gourmet eating places in your own town? Write a paragraph describing your own experience of eating out in your town.*  London offers something for everyone, rich or poor. What about your town? At the top of the scale are some of the finest and grandest eating places in Europe, such as the Connaught Hotel. There, in the Grill reached through an elegant porch guarded by a top-hatted doorman, you will find a warmly panelled room, fastidious waiters and superb French and English cuisine. The Chef is famous and the restaurant must be treated with respect - no open-necked shirts or trouser-suits here. You must also be rich enough not to worry about the bill.  For a serious gourmet who also wants a little style, London offers a big choice. The Grill Room at the Savoy Hotel still follows its tradition of classic cooking in the French style, and quiet efficient service. Here one pays not just for the food, but also the bands, the floorshow and the name.  The working Londoner often thinks more of his beer than his food. Many cheap cafes offer the same monotonous menus of 'meat and two veg,' 'fish and chips,' 'beans on toast.' But if you search away from the busy main streets you can find all kinds of places that are highly popular, not only for their price or convenience, but for their food.  The traditional fish and chips cafe is hard to find now in central London. It has been superseded by American-style fried chicken and hamburger bars. But you can still find them. Look down the end of Villiers Street, off the Strand. Under the railway bridge in the most insalubrious surroundings can be found excellent fish and chips. There is no decor or table service. But the service is quick and the place is clean.  In the City of London there are many lunch places. A fixed menu of three courses may cost less than a starter at one of the grandest establishments. Extremely popular with the office personnel, who may have 'luncheon vouchers' from their employer, they provide the main meal of the day; there is a cheerful waitress calling 'love' or 'dear' to her regulars. The food can be unexcitingly English: steak-and-kidney pie, roly-poly pudding and custard. But at least the service is quick, and the bill modest. |

***Dialogue****. Read the following dialogue and copy out all the words* ***in******bold*** *and learn them:*

- Here is a **restaurant**. I hope they **serve** good **meals** here.

- Won’t it be too expensive?

- No, the prices here are quite **reasonable**. It won’t be much more expensive than **cafeteria**. There’ll be fewer people and we’ll have a better **service**. Besides, I see it has a license.

- A license? What does it mean?

- It means they serve **wine**, **cognac** and so on but only at certain hours. And they won’t serve you unless you’re over 18.

- Well, we are much older than that.

*Waiter:*A table for two?

- Yes, please. By the window. And **the menu**, please.

- Is there anything to your liking **on the menu**?

- Oh, yes, many things. Let’s have some **clear soup**, perhaps.

- I don’t think I’ll have any soup. I’d rather have some **vegetable salad** to start with.

- Let’s have some **sliced cucumbers** and **tomatoes** with **sour cream**, as a **starter**.

- I don’t mind. Then I’ll have **roast beef** with **new potatoes** and **peas**, **jam tart** and **iced coffee**.

- Same for me. There’s nothing like a **juicy piece** of roast beef, just **slightly underdone**.

*Waiter:* Shall I get you anything to drink?

- What do you say to **a bottle of beer**?

- No beer, thanks. I prefer **a glass of mineral water** or just **a cup of tea**.

- All right. A glass of mineral water and apple juice for me, then. And iced coffee (кава глясе) for two.

- It’s 8 p.m. High time for supper.

- Well, I could do with a bite. I don’t eat much in the evening. Some **light meal**, perhaps.

- What do you usually have for supper?

- A cup of tea and a **sandwich**, or a glass of milk and a **biscuit**?

- I prefer something more **substantial**, say, a **chop** or **steak** and **chips** or cold meat with potatoes, or **sausages**, or an **omelette** with tea or coffee **to follow.**

- Then you should take a good stroll after supper. As an English saying goes, “After dinner sleep a while, after supper walk a mile”.

**Translate into English:**

Всім відомо, що немає нічого кращого, ніж смачна домашня їжа. Але у будні людям доводиться харчуватися не вдома, і тому в обідні години кафе, їдальні, ресторани та інші заклади громадського харчування Лондону завжди переповнені. Там можна поласувати відбивною котлетою з баранини, рамштексом із смаженою картоплею, яловичиною запеченою у горщиках, курчатами-гриль та багато чим іншим з основних страв. На закуску вам запропонують холодні м’ясні та рибні страви, різні салати, мариновані овочі. До речі, англійці не дуже полюбляють перші страви, тому їх вибір дещо обмежений. Щодо десертів, то ви можете їсти все, що вам до смаку. Як правило, за обідом не п`ють ніяких спиртних напоїв, крім скляночки білого сухого вина

**Text 3. Ukrainian Cuisine**

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| To your mind what are the key words which characterize Ukrainian cuisine?  There is a proverb in Ukrainian:  *Хліб та каша – їжа наша*. Does it characterize Ukrainian cuisine?  This text is taken from the book written by a native American. Read this article and say whether his impressions about Ukrainian food coincide with yours.  Ukrainian cuisine is a lot more varied than the *borshch* and *varenyky*often associated with it. The wealth of plants and animals raised in this fertile land accounts for a rich and varied diet; in addition, the cuisine was enriched from historical contacts with Europe and Asia. Despite the foreign influences, there is something original and distinctive about the way Ukrainians transform food into cuisine.  Like Italian cuisine, Ukrainian dishes show a sophisticated simplicity based on the goodness of the ingredients themselves and their natural flavors. Dishes are neither highly spiced nor bland, but subtle and pleasing, seasoned to perfection.  Bread, of course, is the mainstay of the Ukrainian diet and it is marvellous. Ukraine’s reputation as the “breadbasket of Europe” is well-deserved. The French writer Honore de Balzac, who lived in Ukraine from 1847 through 1850, counted 77 ways of preparing bread. Bread is so important a part of life that Ukrainians have a custom of greeting honored guests with a loaf of bread topped with a mound of salt. Ukrainian groups still use this custom today in welcoming ceremonies for dignitaries and important persons.  The most important vegetables are beets, cabbage, cucumbers, potatoes, tomatoes, onions, and beans. These simple ingredients are transformed into sophisticated combinations of flavor and texture when spiced with the holy trinity of Ukrainian cuisine — garlic, vinegar, and dill.  Food is seasonal, therefore, preserved and pickled to last through the winter; pickled cucumbers, cabbage, tomatoes, mushrooms, peppers, and even apples lend flavor and tartness to many dishes. Salads are very common, not the lettuce-based kind Americans eat, but combinations of fresh, cooked and occasionally preserved vegetables, often mixed with meats and cheeses in creative yet subtle blendings of flavors. |
| Ø *Answer the questions to check your memory and knowledge.*  1) How was the Ukrainian cuisine enriched historically?  2) What is common between Ukrainian and Italian cuisines?  3) Are Ukrainian dishes highly spiced?  4) What is the mainstay of the Ukrainian diet?  5) Who, one of the most well known French writers, was surprised by the amount of ways of preparing bread?  6) How do Ukrainians greet honoured guests?  7) What vegetables are the most popular among Ukrainians?  8) What is the holy trinity of Ukrainian cuisine?  9) Do Ukrainians preserve fruit and vegetables to last through the winter? And how?  10) What is the common formula in Ukrainian salads in comparison with other cuisines? |
| Traditional dishes that we recommend you to try are:  **Ukrainian borsch**(cabbage soup)  **Pampushky**(soft rolls soaked in fresh crushed garlic and oil)  **Varenyky**(small dumplings stuffed with various fillings)  **Deroony**(potato pancakes)  **Holubtsi**(cabbage rolls stuffed with meat)  **Mlyntsi**(stuffed pancakes)  So, as the saying goes - when in Ukraine, dine as the Ukrainians do!  **SMACHNOHO VSIM!**  **Text 4. English Cuisine**  I am always both amused and annoyed when I hear foreign people criticise English food. ‘It’s unimaginative,” they say. It’s boring, it’s tasteless, it’s chips with everything and totally overcooked vegetables. “It’s unambitious,” say the French, “all you do is roasts with jam”. We eat apple sauce with pork. That’s the bit they find really shocking, but then the French are easily shocked by things that aren’t French.  When I ask these visitors where they have experienced English cooking, I am astonished by their reply. “In Wimpy Bars and McDonald’s Hamburger restaurants,” they often say. I have won my case. Their conclusions are inexcusable.  I have a theory about English cooking, and I was interested to read that several famous cookery writers agree with me. My theory is this. Our basic ingredients, when fresh, are so full of flavour that we haven’t had to invent sauces and complex recipes to disguise their natural taste. What can compare with fresh peas or new potatoes just boiled (not overboiled) and served with butter? Why drown spring lamb in wine or cream or yoghurt and spices, when with just one or two herbs it is absolutely delicious?  It is interesting to speculate what part factors such as geography and climate play in the creation of a country’s food. We complain about our wet and changeable weather, but it is the rain which gives us such rich soil and green grass. “Abroad,” says Jane Grigson, “poor soils meant more searching for food, more discovery, more invention, whereas our ancestors sat down to plenty without having to take trouble”.  If you ask foreigners to name some typically English dishes, they will probably say “Fish and chips” and then stop. It is disappointing, but true, that there is no tradition in England of eating in restaurants because our food doesn’t lend itself to such preparation. English cooking is found in the home, where it is possible to time the dishes to perfection. So it is difficult to find a good English restaurant with reasonable prices.  It is for these reasons that we haven’t exported our dishes, but we have imported the surprising number all over the world. In most cities in Britain you’ll find Indian, Chinese, French, and Italian restaurants. In London you’ll also find Indonesian, Lebanese, Iranian, German, Spanish, Mexican, Greek . . . Cynics will say that this is because we have no “cuisine” ourselves, but, well, you know what I think! |

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| **Text 5. Eat Your Heart Out …In The USA**  Anyone who thinks that food in the United States of America is all junk food will be astonished by the variety of the true cooking of the country. Scrapple, grand central oyster stew, jambalaya, tacos, cioppino and hashed browns are all American dishes, yet they come from different traditions and different regions of the country. There are six main cooking regions in the USA: New England, New York, Deep South, Mid West, Tex Mex and West Coast. Here's a quick guide to what you can eat there.  In New England they eat a lot of fish and shellfish. Many dishes are left on the stove to be eaten all day, such as boiled beef and chicken stew, and Boston is the home of the famous baked beans.  New York is where people from all over the world meet, and you can see this in its cooking: Greek, Italian, Russian, Chinese and others. Pizza and pasta are favourites, and it's the home of the hot dog and the hamburger.  In the Deep South, it's a mix of English, French, African and Caribbean cooking, with spicy seafood, beans and rice, pork dishes, pecan pie and of course, southern fried chicken.  The farmland of the Mid West produces corn-on-the-cob (maize;), steak, tomatoes, potatoes and lettuce, and baked hams. The people who live there came from Europe, so you can also try Hungarian goulash, Swiss, Dutch and English cheeses and Scandinavian coffee.  Tex Mex is hot and spicy, with green and red peppers, beans, tomatoes, mangoes, avocados and chocolate sauce (mole).  The West Coast is known for its fruit, especially oranges and lemons, and for its seafood, lobster and mussels. A lot of the cooking is with wine.  From brownies to tacos, from spare ribs to clam chowder, cooking in the USA has something for everyone. Enjoy! |

**Translate into English:**

1. У ресторані “Київ” добре готують. 2. В цьому кафе ви можете наїстися досхочу. 3. Я дуже хочу пити. Але я не хочу псувати апетит, перекусивши в кафе. 4. Я хочу пити, але не хочу кави глясе. 5. Вам чай з цукром і лимоном чи без?

6. Ти не проти пообідати в ресторані? - Я голодний, як вовк і не проти того, щоб добре поїсти. 5. Візьмемо комплексний обід чи замовимо за меню? - Що в них на комплексний обід?

7. Давай подивимося що вони мають у меню. - Сьогодні в меню широкий вибір страв: м’ясні страви, тушковані овочі, різні закуски, солодкий пудинг і навіть вершкове морозиво з фруктовим сиропом.

8. Як щодо рибної страви? - Я не люблю рибу. Я краще почну з салату із креветок, потім візьму відбивну котлету з свинини та молоду картоплю. - Я візьму те, що й ти.

9. Суп смачний? - Я ще не куштувала. Він дуже гарячий.

10. Як тобі біфштекс? По-моєму, він недосмажений. - А мені здається, що він якраз такий як треба.

11. Що сьогодні на друге? - Смажена риба і картопля.

12. Якщо ви бажаєте отримати гарний стіл з чудовим виглядом із вікна, то вам потрібно замовити його заздалегідь. 13. Що бажаєте на десерт? 14. Яке вино ви порекомендуєте до м’яса? 15. Передайте, будь-ласка, сільничку. 16. Важко знайти ресторан, який пропонує широкий вибір свіжих фруктових салатів.

**Text 6. A Food Revolutiona**

**Convenience culture includes food from around the world**

The influence of other countries' foods and dishes is particularly obvious in where we choose to go out to eat and what takeaway and convenience food we buy.

The UK, as with many other countries, has a convenience food culture - our lives are getting more busy and hectic, meaning that we often have to eat quickly. This is matched by the availability of ready packed and takeaway meals, most of which have their origins in cuisines from around the world – Italian pasta and pizzas, Indian and Pakistani curries, and Chinese dishes are perhaps the most popular, followed by Mexican, Thai and Japanese.

**Where do we buy our food?**

**Supermarkets**. We also like convenience when we are buying our food – the so-called ‘big five’ supermarket chains in the UK now account for about 70% of the food retail market here. This isn’t surprising given that on average a store such as Sainsbury’s offers tens of thousands of different items on its shelves. Sales of convenience food were worth £11bn in 2001 in the UK and are estimated to grow by 33% in the next ten years. Customers are also offered incentives such as reward schemes, easy parking and long opening hours (in large cities 24 hour opening is common) to fit in with busy lifestyles.

**Text 7.** **Recipes. Five sandwiches that will take hunger away**

Sandwiches are the new meals of the office world. And, although there is nothing particularly wrong with the good old bacon-lettuce-tomato sandwich, or even occasional hot dogs and hamburgers, the world’s cooking tradition offers a universe of sandwiches that you might like instead.

The Kyiv Post has picked out five tasty alternatives to your regular boring sub. Please note that the calories and prices are calculated approximately, based on prices of foods bought from Auchan, with hamburger-style imported rolls used as a base – unless the recipe says otherwise.

**Pan-bagnat**

This piece of Mediterranean cuisine is known as a usual snack that fishermen from Nice, France, used to take when departing to the sea. It’s basically a Nicoise salad packed into a roll to make a tasty and healthy takeaway food.

***Recipe.*** Split a roll in half lengthwise. Sprinkle both pieces with olive oil. Arrange some tuna fish (canned tuna is fine, as long as it’s drained), black olives and pieces of boiled egg in layers on one half. Add vegetables to taste – lettuce, bell peppers or tomatoes will do nicely. Replace the top part of the roll.



The combination of tuna fish and olives is peculiar, not everyone will like it. Despite the fact that I do, the pan-bagnat will not become an everyday meal for me. This sandwich is meant to diversify your menu and tame your hunger slowly and lightly.

What I like best in the pan-bagnat is the light taste of olive oil. And the fact that this sandwich tastes better the next day.

**Taco**

Taco comes in a myriad of shapes and tastes. The stuffing can be made out of anything, and the only rule is to wrap it up into a tortilla, a Mexican corn flatbread.

***Recipe.*** Mince or chop beef very finely and pan roast it. Just before the meat is ready, add some onions and bell pepper to it. Spread the mixture on the tortilla (mine was locally made), and add fresh lettuce and tomatoes. You can add spice at any stage, by throwing chili or Tabasco into the mix. Roll up carefully.



Taco’s best feature is nutritiousness. Making it on your own means that you will be able to find the perfect proportion of meat to vegetables. But the most essential part is bread. I used a Ukrainian-made bread called Mexican tortilla bread, but it was too dry and stiff, and broke when I rolled it. Real tacos are hard to find and expensive, but the local flat bread, lavash, is a ubiquitous alternative.

DISCUSSION

EATING

1. Do you eat a lot of junk food?
2. Do you eat healthily?
3. Do you sometimes eat too much?
4. Do you like to cook? Are you a good cook or a bad cook?
5. Do you usually eat dessert with your meals?
6. What is your favorite food? Why do you like it?
7. What food do you hate? Why don't you like it?
8. Which do you like better, breakfast, lunch, or dinner? Why?
9. What do you usually eat for breakfast? What do you usually eat for lunch? What do you usually eat for dinner?
10. What is your favorite restaurant? Why do you like to eat there?

FOOD

1. What comes to mind when you hear the word ‘food’?
2. How often do you think about food?
3. Can you eat anything?
4. Can you go without food for a whole day?
5. Do you have to watch what you eat?
6. What is your favourite breakfast, lunch and dinner?
7. Do you think your country’s food is the best?
8. Do you think “you are what you eat”?
9. What do you think about canned, frozen and processed food?
10. What kinds of international cuisine do you like?

COOKING

1. Do you cook? If yes, are you a good cook?
2. Do you have a special dish or something you can cook very well? If yes, what is it?
3. Does you country have a special dish? If yes, what is it?
4. How often do you go out to restaurants? What kind of restaurants do you usually go to?
5. Do you eat healthily? Why/not?

RESTAURANT

1. What comes to mind when you hear the word ‘restaurant’?
2. What is your favourite restaurant and why?
3. Do you like expensive restaurants?
4. How often do you go to restaurants?
5. Do you think the ambience is important in restaurants?
6. What kind of restaurant would you like to open?
7. What’s the best restaurant name you’ve heard of?
8. Are you happy with the restaurants in your town?
9. Is restaurant food the best?
10. Have you ever complained about the food or service in a restaurant?