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HEALTHY FOOD

Методические указания
по английскому языку для самостоятельной работы
обучающихся по программам магистратуры 19.04.02, 19.04.03

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Healthy Food: методические указания по английскому языку для самостоятельной работы обучающихся по программам магистратуры 19.04.02, 19.04.03 / Юго-Зап. гос. ун-т.; сост.: Н.М. Королева. – Курск, 2022. – 70 с.

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Цель методических указаний – обучение эффективному использованию всего спектра средств английского языка для осуществления продуктивного общения в профессиональной сфере.

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INTRODUCTION

Целью методических указаний является обучение эффективному использованию всего спектра средств английского языка для осуществления общения в профессиональной сфере.

Методические указания предназначены для бакалавров направлений подготовки «Продукты питания из растительного сырья», «Продукты питания животного происхождения» очной и заочной форм обучения, для которых овладение навыками и умениями общения на иностранном языке по специализированной тематике является неотъемлемой частью профессиональной подготовки.

Пособие состоит из четырех разделов, тематического словаря, и терминологического глоссария, связанных с профессиональной подготовкой.

Каждый раздел включает тексты и упражнения, направленных на контроль понимания содержания текстов, на совершенствование навыков работы с информацией и служат основой для навыков диалогической и монологической речи.

Послетекстовые задания включают упражнения на общее понимание и анализ лингвистического материала, представленного в методических указаниях.

Закреплению лексических навыков способствуют разнообразные переводческие упражнения, задания на толкование отдельных слов и словосочетаний, синонимику, перефразирование, правильный подбор лексических единиц.

Методические указания способствуют развитию навыков устной речи, логической памяти, ассоциативного мышления, умений грамотно и логично выражать свои мысли на иностранном языке, как в устной, так и письменной форме.

Обучение и практическое овладение грамматикой осуществляется на функциональной основе и ориентировано на закрепление умений использования грамматических явлений и конструкций в устной и письменной речи.

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FOOD AND HEALTH

TEXT ONE ADULT NUTRITION

<i>nutrient</i>	<i>питательное вещество</i>
<i>cereals</i>	<i>каши</i>
<i>grains</i>	<i>злаки</i>
<i>poultry</i>	<i>домашняя птица</i>
<i>snacks</i>	<i>легкие закуски</i>
<i>ensure</i>	<i>гарантировать</i>
<i>food intake</i>	<i>прием пищи</i>
<i>gender</i>	<i>пол</i>
<i>height</i>	<i>рост</i>
<i>heredity</i>	<i>наследственность</i>
<i>excess</i>	<i>избыток, излишек</i>
<i>cardiovascular disease</i>	<i>сердечно- сосудистые заболевания</i>
<i>carbohydrates</i>	<i>углеводы</i>
<i>pulses</i>	<i>бобы</i>
<i>beans</i>	<i>фасоль</i>
<i>boost</i>	<i>поддержать</i>
<i>plain water</i>	<i>простая вода</i>
<i>soft drinks</i>	<i>безалкогольные напитки</i>
<i>saturated fats</i>	<i>насыщенные жиры</i>
<i>fatty acids</i>	<i>жирные кислоты</i>
<i>colon cancer</i>	<i>рак толстой кишки</i>
<i>hypertension</i>	<i>гипертония</i>



Read and translate the text:

Every day we are bombarded with nutrition and health messages about lifestyle and diet. Healthy eating and a healthful way of life are important to how we look, feel and how much we enjoy life. Making smart food choices early in life and through adulthood can also help reduce the risk of certain conditions such as obesity, heart disease, hypertension, diabetes, certain cancers and osteoporosis. That's why one should understand *key factors of a healthy diet*.

– *Enjoy the wide variety of foods*

We need more than 40 different nutrients for good health and no single food can supply them all. That's why consumption of a wide variety of foods (including fruits, vegetables, cereals and grains, meats, fish and poultry, dairy products and fats and oils), is necessary for good health.

– *Eat regularly*

Eating is one of the life's great pleasures and it's important to take time to stop, relax and enjoy mealtimes and snacks. Scheduling eating times also ensures that meals are not missed. This is especially important for school children, adolescents and the elderly. All mealtimes offer the opportunity for social and family interaction.

– *Balance and moderation*

Balancing your food intake means getting enough, but not too much, of each type of nutrient. If portion sizes are kept reasonable, there is no need to eliminate favourite foods. There are no "good" or "bad" foods, only good or bad diets.

– *Maintain a healthy body weight and feel good*

A healthy weight varies between individuals and depends on many factors including gender, height, age and heredity. Excess body fat results when more calories are eaten than are needed. Physical activity is a good way of increasing the energy (calories) expended and it can also lead to feelings of well-being. The message is simple: if you are gaining weight eat less and be more active.

– *Don't forget your fruits and vegetables*

Numerous studies have shown an association between the intake of these foods and a decreased risk of cardiovascular disease and certain cancers. People can fill up on fresh fruit and vegetables because they are good sources of nutrients and the majority are naturally low in fat and calories. Nutritionists are paying much more attention to fruits and vegetables as "packages" of nutrients and other constituents that are healthful for humans.

– *Base the diet on foods rich in carbohydrates*

Most dietary guidelines recommend a daily diet in which at least 55% of the total calories come from carbohydrates. This means making more than half of our daily food intake should consist of carbohydrate-containing foods such as grains, pulses, beans, fruits, vegetables and sugars. Choosing wholegrain bread, pasta and other cereals will help to boost fibre intake.

– *Drink plenty of fluids*

Adults need to drink at least 1.5 litres of fluid daily, even more if it's hot or they are physically active. Plain water is a good source of liquid. Alternative sources are juices, soft drinks, tea, coffee and milk.

– *Fats in moderation*

Fat is essential for good health. Fats provide a ready source of energy and enable the body to absorb, circulate and store the fat-soluble vitamins A, D, E and K. Fat-containing foods are needed to supply "essential fatty acids" that the body cannot make.

Too much fat, however, especially saturated fats, can lead to adverse health effects such as overweight, the risk of heart disease and some cancers. Limiting the amount of fat -but not cutting it out entirely- is the best advice for a healthy diet.

– *Balance the salt intake*

Salt (NaCl) is made up of sodium and chloride. Sodium is a nutrient and is present naturally in many foods. Sodium and chloride are

important in helping the body to maintain fluid balance and to regulate blood pressure.

– *Start now - and make changes gradually.*

Why is physical activity also important?

Physical activity is strongly linked to overall healthy lifestyle recommendations because it affects energy balance and the risk of lifestyle-related diseases. Being physically active for at least 30 minutes daily reduces the risk of developing obesity, heart disease, diabetes, hypertension and colon cancer. Physical activity makes you feel better physically and encourages a more positive mental outlook.

PRACTICE:

1. Match the pairs of antonyms:

- | | |
|---------------|----------------|
| 1) healthy | a) minor |
| 2) adulthood | b) passiveness |
| 3) regularly | c) thinness |
| 4) important | d) sick |
| 5) physical | e) artificial |
| 6) activity | f) spiritual |
| 7) natural | g) sometimes |
| 8) overweight | h) childhood |

2. Write a word to each definition:

- | | |
|-------------|------------|
| – nutrition | – schedule |
| – cancer | – gender |
| – factor | – diet |
| – heredity | – mental |

- occurring only in the mind;
- the food and drink that a person or animal regularly consumes;
- an element or cause that contributes to a result;
- the state of being male, female;
- the act or process of nourishing;
- a plan of procedure for a project, allotting the work to be done and the time for it;

- g) the transmission from one generation to another of genetic factors that determine individual characteristics;
- h) any type of malignant growth or tumor, caused by abnormal and uncontrolled cell division.

3. Use the same idea using different wording and grammar. Try to use the forms of politeness.

- a) Healthy eating and a healthful way of life are important to how we look, feel and how much we enjoy life.
- b) You should enjoy the wide variety of foods.
- c) Eat regularly to be healthy.
- d) Balance your food intake.
- e) Don't forget your fruits and vegetables.
- f) Drink plenty of fluids.
- g) Base the diet on foods rich in carbohydrates.
- h) Make changes gradually.

4. Look at the menu below, please. What would you like to eat and drink? Why? Do you like to eat in fast food restaurants? Give your arguments.

5. Role-play. You are a client at the fast food restaurant. You are hungry; rude; polite; tired; sick; sleepy; fired.

Choose the role and make the order. The waiter should stay calm and polite anyway.

TEXT TWO
FOOD HABITS: WHY ARE REGULAR
EATING PATTERNS AND SNACKS IMPORTANT?

<i>consumption</i>	<i>потребление</i>
<i>adolescence</i>	<i>подростковый</i> <i>возраст</i>
<i>expose to</i>	<i>подвергать</i>
<i>skip</i>	<i>пропускать</i>
<i>nutrients</i>	<i>питательные</i> <i>вещества</i>
<i>snack</i>	<i>легкая закуска</i>
<i>alteration</i>	<i>изменение,</i> <i>перемена</i>
<i>marginal</i>	<i>минимальный</i>
<i>vulnerable</i>	<i>уязвимый</i>
<i>perpetuation</i>	<i>сохранение</i>
<i>obesity</i>	<i>ожирение</i>
<i>cancer</i>	<i>рак</i>
<i>hypertension</i>	<i>гипертония</i>
<i>bowel</i>	<i>кишечник</i>
<i>agility</i>	<i>быстрота,</i> <i>подвижность</i>
<i>bones</i>	<i>кости</i>

Read and translate the text:

Dietary habits, which affect food preferences, energy consumption and nutrient intakes, are generally developed in early childhood and particularly during adolescence. The home and school environments play a major role in determining a child's attitude to, and consumption of individual foods.

Teenagers, as well as being exposed to periodic food fads and slimming trends, tend to skip meals and develop irregular eating habits. One of the most frequently missed meals is breakfast. Studies show that breakfast plays an important role in providing needed energy and nutrients after an overnight fast and can aid in concentration and performance at school.

Snacks generally form an integral part of meal patterns for both children and teenagers. Younger children cannot eat large quantities at one sitting and often get hungry long before the next regular mealtime. Mid-morning and mid-afternoon snacks can help to meet energy needs throughout the day. Fast-growing and active teenagers often have substantial energy and nutrition needs and the teaching of food and nutrition in the school curricula will enable children to have the knowledge to make informed choices about the foods in their regular meals and snacks.

Stress and emotional upsets can seriously affect the energy balance in adolescents, resulting in the consumption of too little or too much food. Mild or severe infections, nervousness, dental or skin problems (acne) can result in alterations of appetite, and those adolescents on marginal diets are the most vulnerable.

Lack of activity plays an important role in the development, progression and perpetuation of obesity in adolescence. Physical inactivity does not only have a prime role in the development of overweight and obesity, but also on the development of chronic diseases such as heart disease, certain cancers, diabetes, hypertension, bowel problems and osteoporosis in later life. In addition, physical activity is related to improvements in body flexibility, balance, agility and coordination and strengthening of bones.



PRACTICE:

1. Pair work: explain the meaning of the following words to your partner or try to give the definition. Consult the dictionary.

- nutrient
- mealtime
- adolescence
- progression
- substantial
- concentration
- curricula
- perpetuation

2. Think up five different problems based on the text. Make up the dialogues discussing one of the problems. You can use with the following expressions in your dialogues:

- Would you agree that...

- Do you think it is right to say that...
- I didn't quite follow what you were saying about...
- I don't quite see what you are getting at, I'm afraid...
- Let me put it another way...
- Sorry, let me explain...
- That's not quite what I meant...

3. Answer the questions:

Health is considered one of the most precious things in people's life.

How can you explain that?

What should people do to keep healthy?

What do you personally do to keep healthy?

What makes people happy and healthy?

What makes people aggressive?

Are aggressive people dangerous for our society?

Whom can we call an optimist?

Do optimists have a cheerful character?

Are positive emotions good for our health?

How do bad emotions influence our health?

Is healthy food important for our health?

What else is good for our health?

Do you like friendly people?

Are you always friendly to each other?

Why is it important to be friendly and respect other people?

Is sport important for our health?

4. Translate from Russian into English:

1. Каждый человек хочет прожить долгую жизнь.

2. Я систематически занимаюсь спортом, чтобы поддерживать форму.

3. Фрукты и овощи содержат много витаминов.

4. Я соблюдаю диету.

5. Каждый день я ем свежие овощи и фрукты на завтрак и на ужин.

6. Яблоки – мои любимые фрукты.

7. Из овощей больше всего мне нравятся помидоры.

8. Я готовлю овощной салат каждый день.

9. Моя младшая сестра очень любит фруктовый салат.
10. Летом в нашем супермаркете продают вкусные дыни и арбузы.

5. Prioritize the ideas about reasons of healthy life by your views.

Which idea seems the most important to you and why?

- Eat healthy food!
- Eat vitamins!
- Do some sport or regular physical exercises!
- Avoid stresses!
- Avoid drugs, drinking and smoking!
- Be close to nature!
- Take care of your teeth!
- Sleep enough!
- Don't work on a computer too long!
- Don't watch TV too long!
- Avoid synthetic materials!
- Be friendly!
- Live with pleasure! Enjoy your healthy way of life!

6. Make up dialogues using the following problematic questions:

- Are Russians generally healthy? Justify your opinion.
- Alternative therapies (acupuncture, aromatherapy, homeopathy) are becoming extremely popular. Explain why.
- Being a doctor is the best profession one can have. Discuss.
- Medical care should be free in all countries. Discuss.
- Are there enough facilities for the handicapped in your school and town? Describe the situation.
- Could drug taking among children and teenagers be prevented in your opinion?
- Do you consider yourself to be a healthy person? Why?
- How often do you fall ill?
- What illnesses and conditions have you experienced?
- What problems can result from an unhealthy lifestyle?
- Can they be prevented in your opinion?
- Do you consider yourself to be a healthy person? Why?
- How often do you fall ill?
- What illnesses and conditions have you experienced?
- What problems can result from an unhealthy lifestyle?



TEXT THREE

HEALTHY DIET INFORMATION

cardiovascular disease	сердечно-сосудистые заболевания
variety of nutritious foods	многообразие продуктов питания
blood pressure	кровеное давление
fibre	клетчатка
fiber	волокно
fatty acids	жирные кислоты
salmon	семга
trout	форель
herring	сельдь
include	включать, содержать
whole-grain foods	пища из цельных злаков
saturated fat	насыщенные жиры
dairy products	молочные продукты
twice a week	дважды в неделю
delicious	изысканный
source	источник
teaspoon	чайная ложка
beverage	напиток
research	исследование
high	высокий

Read and translate the text:



A healthy diet and lifestyle are the best weapons you have to fight cardiovascular disease. It's not as hard as you may think! Remember, it is the overall pattern of the choices you make that counts.

Eat a variety of nutritious foods from all the food groups.

You can eat the abundance of food, but your body can not obtain the food which it must be healthy foods. Food-rich person have vitamins, ores, fibre and other food but are lower in the calories. To obtain the food which you have need, choose foods like whole vegetables, fruits, products and non-fatty dairy products or with low fat content generally.

Vegetables and fruits are high in vitamins, minerals and fiber - and they are low in calories. Eating a variety of fruits and vegetables may help you control your weight and your blood pressure.

Eat fish at least twice a week. Recent research shows that eating oily fish containing omega-3 fatty acids (for example, salmon, trout, and herring) may help lower your risk of death from coronary artery disease.

Unrefined whole-grain foods contain fiber that can help lower your blood cholesterol and help you feel full, which may help you manage your weight.

The basic steps to good nutrition come from a diet that:

- helps you either lose weight or keeps your blood pressure in the "healthy" range.
- is balanced overall, with foods from all food groups, with lots of delicious fruits, vegetables, whole-grains, and fat-free or low-fat milk and milk products.
- includes a variety of grains daily, especially whole-grains, a good source of fiber.

- includes a variety of fruits and vegetables (two cups of fruit and 2 1/2 cups of vegetables per day are recommended for a 2,000 calorie diet).
- has a small number of calories from added sugars (like in candy, cookies, and cakes).
- is low in saturated fat, trans fat, and cholesterol. Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.
- has foods prepared with less sodium or salt (aim for no more than 2,300 milligrams of sodium per day, or about one teaspoon of salt per day).
- does not include more than one drink per day (two drinks per day for men) if you drink alcoholic beverages.

Research has shown that following a healthy eating plan can both reduce the risk of developing high blood pressure and lower an already elevated blood pressure.

PRACTICE:

1. Give the Russian equivalents of the following collocations:

- | | |
|-----------------------------------|---------------------------|
| – to fight cardiovascular disease | – nutritious foods |
| – non fatty dairy products | – low fat content |
| – low in calories | – control your weight |
| – oily fish | – coronary artery disease |

2. Match left and right and translate the sentences into Russian:

- | | |
|---------------|---------------------------|
| 1. a teaspoon | a) a risk of death |
| 2. a variety | b) whole-grain foods |
| 3. alcoholic | c) intake |
| 4. fat | d) of salt |
| 5. low-fat | e) beverages |
| 6. saturated | f) blood pressure |
| 7. to control | g) milk |
| 8. to fight | h) food |
| 9. to lose | i) fat |
| 10. to lower | j) weight |
| 11. to obtain | k) of nutritious foods |
| 12. unrefined | l) cardiovascular disease |

3. Find English equivalents to the following collocations:

- бороться с сердечно-сосудистыми заболеваниями,
- многообразие продуктов питания,
- нежирные молочные продукты,
- контролировать вес и кровяное давление,
- пища из цельных злаков,
- содержание холестерина в крови,
- потребление жира,
- полиненасыщенные жирные кислоты,
- растительные масла,
- жиры с высоким содержанием насыщенных жирных кислот.

4. Read the sentences and tick (✓) the statements which are true to the text. Correct the false statements. Use “I couldn’t agree because...”:

1. A healthy diet and lifestyle are the best weapons you have to fight cardiovascular disease.
2. A healthy sleeping can both reduce the risk of developing high blood pressure and lower an already elevated blood pressure.
3. A healthy diet includes more than one drink per day.
4. All dietitians advise to eat foods only from a variety of grains, especially whole-grains.
5. Some dietitians advise not to eat fish at all. It may help you control your weight and your blood pressure.
6. Food-poor persons have vitamins, ores, fibre and other food but are lower in the calories.
7. Unrefined whole-grain foods contain fiber that can help lower your blood cholesterol.
8. Vegetables and fruits are high in vitamins, minerals and fiber - and they are high in calories.

5. Answer the questions:

1. How many meals a day do you have?
2. What are you preferences in food?

3. Do you eat fast food?
4. What do you think about veggie? Is it actual for you?
5. Do you eat anything regularly form the list below? Why do you consider them to be necessary in your dieting?

6. Find English equivalents to the following Russian word combinations and phrases in the text:

Здоровое питание, образ жизни, не так сложно, ешьте разнообразные продукты, которое вам нужно, выбрать продукты, с низким содержанием жира, овощи и фрукты с высоким содержанием витаминов, минералов и клетчатки, может помочь вам контролировать свой вес и артериальное давление, хотя бы дважды в неделю, последние исследования показывают, может помочь снизить риск смерти от ишемической болезни сердца, могут помочь снизить уровень холестерина в крови, контролировать свой вес, является хорошим источником клетчатки, рекомендуется включать в рацион, имеет небольшое количество калорий, с низким содержанием насыщенных жиров, приготовленную с небольшим количеством или поваренной соли.

7. Read the sentences and say if they are “True” or “False”. Correct the false sentences:

- 1) You can eat the abundance of food, but your body can not obtain the food which it must be healthy foods.
- 2) Only vegetables are high in vitamins, minerals and fiber.
- 3) Vegetables and fruits are low in calories.
- 4) Unrefined whole-grain foods contain fiber.
- 5) Research has shown that following a healthy eating plan can reduce the risk of developing high blood pressure.

8. Make up the plan of the text “Healthy diet information”. Retell the text according to your plan.

TEXT FOUR

KEEPING FIT

1. Read and translate the following words from the text. Consult the dictionary if necessary:

- 1) fitness
- 2) boom
- 3) in sports and activities
- 4) fashion
- 5) physical form
- 6) regular
- 7) balanced
- 8) healthy
- 9) clubs
- 10) centres

2. Read and translate the text:

The fitness boom of the past decades led to a big rise in the numbers of people participating in sports and activities. Those who pursue the latest fitness fashion are convinced that staying in good physical form requires much more than regular exercise and balanced meals. For a person who really wants to be healthy, fitness has become an integral part of their lives. A lot of health and fitness clubs, and public leisure centres that were created in many countries indicate the popularity of sports during the past thirty years. These centres with their swimming pools, sunshine beaches, water slides, and tropical plants and gyms are very popular among the people. Families can spend their holidays at huge indoor water parks. In such places everyone can have a great time and a lot of fun.

There are many opportunities for keeping fit. First of all it is necessary to do exercises. Running, jumping, swimming are the most popular exercises. Many people prefer jogging, which is the cheapest and the most accessible sport. Walking is a very popular activity too. For example, nowadays a lot of running competitions are held everywhere. Marathons have become sporting events in many towns and cities. Playing football, tennis, volleyball or basketball is very popular nowadays. A lot of people like going skating, skiing or fishing.

In order to keep fit many people do aerobics or yoga, or they train in gyms. A healthy body becomes a fashion. Even moderate physical activity can protect against heart disease and strokes as well as improve general health and the quality of life. Doing exercises is the best way to avoid depression caused by the abnormal rhythm of the contemporary city life.

Everyone can benefit from being a little more active. Making small changes like using the stairs instead of the lift or walking or cycling instead of taking a bus can help people live a more active, healthier and enjoyable life.

Taking exercises is only one part of keeping fit. Some people eat nothing but only fruit and vegetables for several days. But it won't be of any use without proper exercises. And if somebody wants to keep it is necessary to a diet must consult a doctor.



Vocabulary:

- 1) decade – десятилетие
- 2) rise – рост, подъем, увеличение
- 3) participating – участвующий, принимающий участие
- 4) pursue – преследовать
- 5) integral – неотъемлемый
- 6) swimming pool – плавательный бассейн
- 7) water slide – водная горка
- 8) nowadays – в настоящее время
- 9) competition – соревнование
- 10) accessible – доступный
- 11) opportunity – возможность
- 12) jogging – бег (трусцой)

- 13) event – событие
- 14) keep fit – поддерживать форму
- 15) moderate – умеренный
- 16) heart disease – болезнь сердца
- 17) stroke – инсульт
- 18) active – активный
- 19) enjoyable – приятный
- 20) fishing – рыбачить, рыбалка
- 21) nothing – ничего
- 22) proper – правильный, нужный

3. Find English equivalents to the following Russian word combinations and phrases in the text:

Привел к росту числа людей; оставаться в хорошей физической форме; регулярные физические упражнения и сбалансированное питание; стал неотъемлемой частью жизни; свидетельствуют о популярности спорта; все могут хорошо провести время; существует много возможностей; является самым дешевым и самым доступным видом спорта; может защитить от болезней сердца и инсультов; улучшить общее состояние здоровья; очень популярны в наше время; ничего не едят в течение нескольких дней; не будет никакой пользы без соответствующих упражнений; необходимо проконсультироваться с врачом.

4. Read and answer the questions:

- 1) Why are people concerned with the healthy way of life?
- 2) Do you find time for playing sports?
- 3) What kinds of sports do you play?
- 4) What do you do to keep fit?
- 5) What should you do to be in good health?
- 6) Do you go cycling?
- 7) Can you skate or ski?
- 8) Do you go to the gym?
- 9) Do you eat only healthy food?
- 10) Do you keep to a diet?

5. Translate from Russian into English:

1. В последнее время возросло число людей, участвующих в спортивных мероприятиях.
2. Много людей выполняют регулярные физические упражнения и соблюдают сбалансированное питание.
3. Для большого количества людей фитнес стал неотъемлемой частью их жизни.
4. Фитнес клубы и спортивные центры очень популярны в настоящее время.
5. Люди могут провести свои выходные в современных аквапарках.
6. Существует много возможностей для поддержания формы.
7. Бег трусцой и ходьба являются самыми дешевыми и самыми доступными видами спорта
8. Даже умеренная физическая активность может защитить от болезней сердца и инсультов, а также улучшить общее состояние здоровья
9. Много людей занимаются различными видами спорта.
10. Если Вы решили соблюдать диету, то сначала Вам необходимо проконсультироваться с врачом

6. Read and translate the dialogues. Learn two of them by heart.

Dialogue 1.

“I think that everybody wants to live a long healthy life.”

“Right. It is nice to look young and stay healthy as long as possible.”

“I’m sure that the best way to be healthy is to eat good food and to do sports.”

“As for me I get up early and I do my morning exercises every day.”

“And I go to the swimming pool twice a week. Would you like to go with me next Sunday?”

“It’s a good idea. I’m free on Sunday and I’ll go to the swimming pool with great pleasure.”

Dialogue 2.

“What do you do to be healthy?”

“If the weather is fine we always go to the country at the weekends. We walk in the forest, breath the fresh air and enjoy picturesque views.”

“And what about your meals? What food do you eat?”

“As for me I try to eat only healthy food: vegetables, fruit, cottage cheese and fish. I drink juice and tea. I don’t drink coffee at all.”

“Do you eat a lot of sweets and chocolate?”

“I think it’s not good for one’s health to eat too much sweet things. I try to eat chocolate, buns and sweets very seldom.”

Dialogue 3.

“Aren’t you hungry?”

“Oh, yes, we are.”

“And I’m awfully thirsty. Let’s go to the café!”

“OK.”

“Would you like a glass of orange juice?”

“Thanks, I’d love one.”

“I like orange juice very much.”

“All juices are good for health: tomato, apple, apricot and, of course, pine apple juice. I like pine apples best of all.”

Dialogue 4.

“What would you like to order?”

“I’ll start with salad, than chicken soup, fish and chips. And what about you?”

“I think, I’ll have green peas, fruit and a cup of tea without sugar.”

“Are you on a slimming diet?”

“Yes, I am.”

“What does your diet allow you?”

“Well, a little of boiled meat or fish, a few hard-boiled eggs, some cheese or milk, a lot of vegetables: lettuce, cabbage, tomatoes, cucumbers, onions, few potatoes and a lot of fruit. No cakes, no ice-cream, no chocolate and very little salt. I have to be on a diet.

I don’t live to eat but I eat to live.”

Dialogue 5.

“Are you a vegetarian?”

“No, I’m not. I like meat very much. I think that a good roast-beef is much tastier than watery vegetables.”

“But I eat only healthy food. I never eat hamburgers, sandwiches and sausages. I eat a lot of fruit and vegetables. I try to keep fit.

My doctor says, “Don’t take a taxi. Walk to your work. Ignore the lift. Climb the stairs. Don’t eat bread and butter. Take a cold shower twice a day. Do plenty of housework. Exercise you memory. Train your body.”

“In short, early to bed, and early to rise makes a man healthy, wealthy, and wise!”

“You are right.”

7. Make up 2 your own dialogues according to the models above. Read the dialogues with a partner.



8. Make up the plan of the text “Keeping fit”. Retell the text according to your plan.

TEXT FIVE

FRUIT



<i>fleshy</i>	<i>мясистый, сочный</i>
<i>peach</i>	<i>персик</i>
<i>pear</i>	<i>груша</i>
<i>bell pepper</i>	<i>сладкий перец</i>
<i>eggplant</i>	<i>баклажан</i>
<i>okra</i>	<i>окра</i>
<i>squash</i>	<i>тыква</i>
<i>allspice</i>	<i>ямайский перец</i>
<i>bean</i>	<i>фасоль</i>

Read and translate the text:

Many hundreds of fruits, including fleshy fruits like apple, peach, pear, kiwifruit, watermelon and mango are commercially valuable as human food, eaten both fresh and as jams, marmalade and other preserves. Fruits are also in manufactured foods like cookies, muffins, yoghurt, ice cream, cakes, and many more. Many fruits are used to make beverages, such as fruit juices (orange juice, apple juice, grape juice, etc.) or alcoholic beverages, such as wine or brandy. Apples are often used to make vinegar. Fruits are also used for gift giving. Fruit Basket and Fruit Bouquet are some common forms of fruit gifts.

Many vegetables are botanical fruits, including tomato, bell pepper, eggplant, okra, squash, pumpkin, green bean, cucumber and zucchini. Olive fruit is pressed for olive oil. Spices like vanilla, paprika, allspice and black pepper are derived from berries.

Fruits are generally high in fiber, water, vitamin C and sugars, although this latter varies widely from traces as in lime, to 61% of the fresh weight of the date. Fruits also contain various phytochemicals which research indicates are required for proper long-term cellular

health and disease prevention. Regular consumption of fruit is associated with reduced risks of cancer, cardiovascular disease (especially coronary heart disease), stroke, Alzheimer disease, cataracts, and some of the functional declines associated with aging.

Fruits are also low in calories which would help lower one's calorie intake as part of a weight-loss diet. Fruit is the only natural food that consists of 80% of water. No other food can meet the water requirement for the human body as fruit does. It contains less cholesterol and relatively little fat with the exemption of avocado, coconuts and olives. Fruits are ultimate stimulating factor for the brain.

Most fruit can be stored well by canning, freezing, drying. Today's transportation and refrigeration systems allow us to enjoy a wide variety of fresh fruits year round.

PRACTICE:

1. Match the pairs of synonyms:

- | | |
|----------------|--------------------------------------------|
| 1. valuable | drink |
| 2. fresh | diverse |
| 3. beverage | investigation |
| 4. contain | of considerable importance |
| 5. various | diminish |
| 6. research | consumption |
| 7. requirement | not canned, frozen, or otherwise preserved |
| 8. intake | highest |
| 9. decline | have |
| ultimate | demand |

2. What is missing? (Find the omitted words and define the part of the speech. Give the translation of the sentence):

1. Fruits also contain various phytochemicals which research indicates are required for proper long-term cellular health and _____.
2. Fruits are _____ high in fiber, water, vitamin C and sugars.
3. Fruits are also low in calories which would _____ lower one's calorie intake as part of a _____ diet.
4. Many _____ are botanical fruits.
5. Many fruits _____ make beverages, such as fruit juices or alcoholic beverages.

6. Many hundreds of fruits are _____ valuable as human food, eaten _____ fresh and as jams, marmalade and other preserves.
7. Most fruit can be stored well by _____, _____, _____.
8. Today's _____ and _____ systems allow us to enjoy a wide variety of fresh fruits year round.

3. Choose between:

*apple banana blueberry carrot grape mango peach pumpkin
raspberry tomato*

1. It's red. We eat a lot in fall.
2. It's yellow. Monkeys love that fruit.
3. It's sometimes beige and red. It's juicy.
4. It's red and green. In this fruit, it is orange.
5. It's all orange. We see at Halloween.
6. It's blue. We eat in generally in pie.
7. We eat in pie too. It's red, and it's a berry.
8. It's orange. Rabbits love it.
9. It's red and juicy. We put it in hamburgers.
10. It's violet. They come in grapes.

4. Combine a word:

1. The doctors always advise us to eat this fruit as it has got a lot of vitamins, such as vitamin C (N A O G R E)
2. Children love this vegetable very much as it is delicious and its colour is generally yellow. (P O A O T T)
3. For my birthday, my mother is going to make us a delicious cake with many beautiful (S H E C R E R I) on it.
4. Rabbits enjoy this orange vegetable, which is very good for your sight. (R A T R O C)
5. It is a large melon with a hard green rind (N O A M E L W T E R)
6. Our mothers often make salads with this red vegetable, which can be eaten raw or cooked (T T A O O M)
7. It is a yellow fruit that has the form of a rainbow, and monkeys enjoy it very much (A N B N A A)
8. It is a large, sweet, fleshy tropical fruit with a tuft of stiff leaves at the end; it is widely cultivated (P A L I P E N P E)

9. Children aren't used to this vegetable, which can be red, yellow or green (P P R E P E)

10. It is a green or purple berry with sweet, juicy flesh that can be eaten fresh or used to make juice (R E P A G)

5. Put the parts of the sentence in right order.

1. I | would | some | like | apples, please. |
2. would | you | What | like | to | eat? |
3. Those | bananas | look | fresh. | don't |
4. lovely. | tomatoes | are | These |
5. lunchtime. | at | I | some | eat | sandwiches |
6. menu? | our | special | like | Would | you |
7. I'd | the | like | starter. | day | for | the | a | of | soup |
8. you | Are | to | ready | order? |
9. people | the | In | rattlesnake. | some | USA | eat |
10. All | courses | of | our | a | selection | with | vegetables. | main | come |

6. Put the sentences of the dialogue in the right order. Use the model to make the dialogue of your own.

At the fruitshop



- Some apples, please. A kilo of Granny Smiths.
- Yes, please. I'd like a kilo of bananas, please.
- Yes, that's all, thank you. How much is that?
- Golden Delicious is fine. I'd like some Conference pears too, please.
- Just a couple.
- Some apples, please. A kilo of Granny Smiths.
- That's 6 Euros please.
- Here you are. 6 Euros. Thank you.
- How many pears would you like?
- Yes, that's all, thank you. How much is that?
- Good morning. Can I help you?
- Golden Delicious is fine. I'd like some Conference pears too, please.

7. Find the name of the fruit according to its definition:

banana watermelon orange apple strawberry grape
peach pineapple pear fig

1. I am yellow with brown dapples.
2. I am big and juicy, my skin is green and hard.
3. I have a lot of vitamin C I have a green or red skin, people eat me every day.
4. I am little and red, I am very tasty.
5. I have purple, black and red skin, I am small.
6. I am big like an apple, I have a core.
7. My skin is hard, it is yellow inside I am a cousin of the apple, I am longer.
8. My name is very close to pig, I grow in a tree.

8. Read and translate the dialogues. Learn two of them by heart.

Dialogue 1.

“Oh, we don't have any vegetables and fruit!”

“Let's go to the greengrocers' then.”

“OK. What shall we buy?”

“I think we need cabbage, potatoes, cucumbers and carrots.”

“And what fruit shall we buy?”

“Let’s buy apples, oranges and bananas.”

Dialogue 2.

“Will you buy onion, tomatoes and spinach for salad?”

“Sure.”

“And what about fruit?”

“They sell nice apricots, plums and tangerines here. Let’s buy some.”

“But I’d better buy grapes and peaches.”

“All right.”

Dialogue 3.

“Let’s go to the greengrocer’s.”

“It’s a good idea, because there are no fruit and vegetables in our fridge.”

“I think we’ll take a kilo of apples and two kilos of potatoes.”

“And I want to buy half a kilo of berries ... strawberries or cherries. I’m going to make a pie.”

“That’s all right.”

Dialogue 4.

“Do you like vegetables and fruit?”

“Yes, I do. And I like tomatoes and peaches best of all.”

“Do you eat vegetables and fruit every day?”

“Sure. And what about you?”

“I don’t like vegetables but I like fruit very much.”

Dialogue 5.

“I’d like to buy a kilo of carrots, please.”

“OK. Anything else?”

“Two kilos of tomatoes and a kilo of oranges, please.”

“Here you are. What else?”

“That’s all. How much are they?”

“Two pounds fifty.”

9. Make up your own dialogues according to the models above. Read the dialogues with a partner.

10. Put down all the fruits you have met in this section. Use different sources of information to tell the class about one of them. Pay your special attention to benefits and harm of the fruit.

TEXT SIX VEGETABLES



<i>stem</i>	<i>ствол, стебель</i>
<i>savory</i>	<i>сатурея, чабер</i>
<i>rhubarb</i>	<i>ревень</i>
<i>carrot</i>	<i>морковь</i>
<i>flower bud</i>	<i>цветочная почка, бутон</i>
<i>seeds</i>	<i>семена</i>
<i>shoot</i>	<i>веточка; росток, побег</i>
<i>tuber</i>	<i>клубень</i>
<i>legumes</i>	<i>бобовые</i>
<i>garnish</i>	<i>гарнир</i>
<i>steaming</i>	<i>обработка паром; пропаривание</i>
<i>stir-frying</i>	<i>жарить в раскалённом масле</i>
<i>root</i>	<i>корень</i>

The noun vegetable usually means an edible plant or part of a plant other than a sweet fruit or seed. This typically means the leaf, stem, or root of a plant.

Some vegetables can be consumed raw, some may be eaten cooked, and some *must* be cooked in order to be edible. Vegetables are most

often cooked in savory or salty dishes. However, a few vegetables are often used in desserts and other sweet dishes, such as rhubarb pie and carrot cake.

The list of food items called “vegetable” is quite long, and includes many different parts of plants:

- Flower bud (broccoli, cauliflower, globe artichokes);
- Seeds (sweet corn (maize), peas, beans);
- Leaves (kale, collard greens, spinach, arugula, beet greens, bok choy, chard, choy sum, turnip greens, endive, lettuce, mustard greens, watercress, garlic chives, gai lan);
- Leaf sheaths (leeks);
- Buds (Brussels sprouts, capers);
- Stem (kohlrabi);
- Stems of leaves (celery, rhubarb, cardoon, Chinese celery, and lemon grass);
- Stem shoots (asparagus, bamboo shoots, galangal, and ginger)
- Tubers (potatoes, Jerusalem artichokes, sweet potatoes, taro, and yams)
- Whole-plant sprouts (soybean, mung beans and alfalfa);
- Roots (carrots, parsnips, beets, radishes, rutabagas, turnips, and burdocks);
- Bulbs (onions, shallots, garlic);
- Fruits in the botanical sense, but used as vegetables (tomatoes, cucumbers, squash, zucchinis, pumpkins, peppers, eggplant, tomatillos, christophene, okra, breadfruit and avocado) and also the following:
- Legumes (green beans, lentils, snow peas, soybean).

The nutrition content of vegetables varies considerably, though generally they contain a small proportion of protein and fat, and a relatively high proportion of vitamins, provitamins, dietary minerals, fibre, carbohydrates. Many vegetables also contain phytochemicals, which may have antioxidant, antibacterial, antifungal, antiviral properties.

Vegetables have a higher protein and starch content than fruits but contain less sugar. Because of these differences, fruits are slightly higher in calories than vegetables.

Vegetables are recognized practically by the cuisine of every country and are eaten not only as garnishes and as accompaniment to meat and fish but as separate dishes too. The fast and healthy methods of cooking

vegetables are steaming, sweating, roasting, boiling, microwaving, stir-frying and panning.

PRACTICE:

1. Write a word to each definition:

<i>vegetable</i>	<i>edible</i>
<i>raw</i>	<i>savory</i>
<i>flower</i>	<i>stem</i>
<i>root</i>	<i>legume</i>
<i>nutrition</i>	<i>cuisine</i>

- a) a plant that bears blooms or blossoms;
- b) a process in animals and plants involving the intake of nutrient materials and their subsequent assimilation into the tissues;
- c) a style or manner of cooking;
- d) any of various herbaceous plants having parts that are used as food, such as peas, beans, cabbage, potatoes, cauliflower, and onions;
- e) attractive to the sense of taste or smell;
- f) fit to be eaten;
- g) in an unfinished, natural, or unrefined state; not treated by manufacturing or other processes;
- h) the long dry dehiscent fruit produced by leguminous plants;
- i) the main axis of a plant, which bears the leaves, axillary buds, and flowers and contains a hollow cylinder of vascular tissue;
- j) the organ of a higher plant that anchors the rest of the plant in the ground, absorbs water and mineral salts from the soil, and does not bear leaves or buds.

2. Read the sentences and tick (✓) the statements which are true to the text. Correct the false statements.

- 1. All vegetables can be consumed raw.
- 2. The list of food items called “vegetable” is quite short including no parts of plants.
- 3. The nutrition content of vegetables changes considerably
- 4. Only a few vegetables also contain phytochemicals, which may have antioxidant, antibacterial, antifungal, antiviral properties.

5. Vegetables have a higher protein and starch content than eggs, meat and milk and contain much more sugar.
6. Vegetables are recognized only by Georgian cuisine.
7. The fast and healthy method of cooking vegetables is only steaming.

3. Find the words using their descriptions:

*artichokes beetroot broccoli carrots courgettes garlic
leek onions potato salad spinach turnip*

1. I have found _____ in my garden. It will give you bad breath if you eat it!
2. I like green, the colour of _____. The center of this vegetable is called its 'heart'.
3. Some children hate _____ and some like it. It is green and looks like a bushy tree.
4. In dining halls, cooks have been known to serve _____, a red-coloured root vegetable.
5. Rabbits love to steal _____ in my father's garden.
6. I have eaten _____ at lunchtime. They are long, green and slender.
7. My parents have invented a story entitled 'The Giant _____'. This root vegetable grows underground.
8. My eyes are watering because I am slicing _____.
9. The familiar name of the _____ is a 'spud'.
10. Could you please make a _____ soup? It is my favourite.
11. My grandfather grows two kinds of lettuce which he chops to create a tasty _____.
12. My favourite cartoon hero _____, a green leafy vegetable.

4. Choose between:

*beans beetroots carrots corn garlic potatoes pumpkins spinach
tomatoes vegans*

1. Red - Juicy - Is strictly speaking a fruit.
2. Made into flakes for breakfast cereals, yellow on the inside, covered with green leaves.
3. Made into lanterns on Halloween.

4. Made into pie on Thanksgiving.
5. People love it!
6. Are loved by Bugs Bunny. Good for your eyes.
7. Are used in Russia to make a soup called Borsch.
8. Can be baked whole in the skin.
9. Varieties : broad, runner, navy, soy, lima ...
10. Is said to keep vampires away !
11. Red - Yellow - 'Hot !'
12. People who eat neither meat nor animal products.

5. Put down all the vegetables you have met in this section. Use different sources of information to tell the class about one of them. Pay your special attention to benefits and harm of the vegetable.

TEXT SEVEN FRUITS & VEGETABLES IN OUR DIET

<i>handful</i>	<i>небольшое количество</i>
<i>fill up</i>	<i>заполнять; наполнять</i>
<i>keep full</i>	<i>сохранять чувство сытости</i>
<i>on the flip side</i>	<i>в других отношениях</i>
<i>to aid</i>	<i>способствовать</i>
<i>boost</i>	<i>повышать</i>
<i>downside</i>	<i>недостаток, обратная сторона</i>
<i>impede</i>	<i>препятствовать, задерживать, затруднять</i>

Read and translate the text:

It can be tough to reach for a fresh apple or a handful of carrot sticks instead of a chocolate chip cookie, but fruits and vegetables have the advantage of providing markedly better nutrition than most other foods. Although they can't make up a healthy and complete diet on their own, learning more about what fruits and veggies can help you decide how to fit them into your meal plan.

Weight Maintenance

Of all foods, vegetables and fruits have some of the lowest energy density values. They contain a great deal of dietary fiber and water and very few calories and fat grams. Low energy-dense foods are especially beneficial for weight loss because of their ability to fill you up and keep you full for hours. As a result, incorporating more fruits and veggies in your diet could help you lose weight in a healthy way. On the flip side, changing your diet around to include more fruits and vegetables can be a potential disadvantage if you are underweight and trying to gain mass.

Disease Prevention

The vitamins, minerals and antioxidant compounds present in fruits and vegetables have the remarkable ability to aid in chronic disease prevention. Adding more veggies and fruits to your diet can cut your risk of kidney stones, stroke, cancer, high blood pressure, diabetes, heart attack, bone loss and high cholesterol. The nutrients of fruits and veggies may also boost overall immune system health.

Inadequate Nutrition

There are also some downsides to vegetables and fruits. For one, they cannot fulfill all nutritional needs. While most fruits and veggies are high in carbohydrates, they provide very little fat and protein, essential nutrients that help cells maintain structure as well as build and repair skin, muscle, blood and bone tissue. Following an eating plan that is restricted to fruits and vegetables may help you reduce calories in your diet, but it's not a healthy or balanced system and can lead to nutrient deficiencies in the long term.

Other Downsides

Fruits and veggies are not free of calories. As a consequence, some may actually increase your risk of weight gain, especially if you eat them in large quantities in addition to your regular diet. Fruits have about three times more calories than nonstarchy vegetables, so eating more than three servings per day can impede weight loss or weight maintenance. Fruits also tend to be high in natural sugar, which is a property that can elevate blood glucose levels.

PRACTICE:

1. Do the test: Fruit or vegetables?

1. Brussels sprout is _____.
2. Watercress is _____.

3. Avocado is _____.
4. Cauliflower is _____.
5. Currant is _____.
6. Pineapple is _____.
7. Artichoke is _____.
8. Horseradish is _____.
9. Kiwi is _____.
10. Strawberry is _____.

3. Put the parts of the sentence in right order.

1. at | much | ? | you | do | buy | fruit | How | the | market |
2. every | eat | do | day | How | ? | you | oranges | many |
3. eat | does | every | apples | week | your | ? | How | many | family
4. How | breakfast | orange | drink | much | ? | do | juice | you | for |
5. you | How | fresh | every | eat | many | day | do | ? | vegetables |
6. many | you | tomatoes | do | How | every | week | eat | ? |
7. does | How | many | mother | buy | ? | potatoes | your |
8. month | every | do | juice | you | carrot | much | drink | How | ? |

4. Find the word among the letters' mess.

*banana cabbage cauliflower celery lettuce mushroom
pineapple pumpkin spinach strawberry*

1. _____ (A E N I L E P P P P N L P E I P A E)
2. _____ (A B N A A N A B A A N N)
3. _____ (L C U T E T E E T L U C T E)
4. _____ (C W I L A L O R F U E L C O A L W I U R E F)
5. _____ (U N P P K M I N I K U M P P)
6. _____ (L E E R Y C R E C E Y L)
7. _____ (B G B C A E A A B G E B C A)
8. _____ (U M R O H O M S M O O U M H S R)
9. _____ (A S N I H P C A I H N S C P)
10. _____ (R W R S A B Y R E T E Y R T R R B W A S)

5. Translate the proverbs. Find Russian equivalents and try to explain these proverbs. Describe the situation where you can use these proverbs.

1. A bad tree does not yield good apples.
2. A pear tree cannot bear an apple.
3. A stone from the hand of a friend is an apple.
4. Adam ate the apple, and our teeth still ache.
5. An apple a day keeps the doctor away.

6. An apple never falls far from the tree.
7. As the garden grows so does the gardener.
8. Better a meal of vegetables where there is love than a fattened calf with hatred.
9. Better to eat vegetables and fear no creditors, than eat duck and hide from them.
10. It's no use boiling your cabbage twice.
11. Let my words, like vegetables; be tender and sweet, for tomorrow I may have to eat them.

TEXT EIGHTH HEALTHY BEVERAGE



<i>abundant</i>	обильный, богатый, изобилующий
<i>advent</i>	наступление
<i>confused</i>	поставленный в тупик
<i>beverage</i>	напиток
<i>sweating</i>	потение
<i>quenching</i>	гашение
<i>brimming</i>	полный
<i>whipped cream</i>	(густые) сливки для взбивания
<i>artificial</i>	искусственный, ненатуральный,
<i>stevia</i>	посконник крапиволистный
<i>shrub</i>	кустарник
<i>fluid</i>	жидкость

In the beginning there was water – abundant, refreshing, providing everything the body needs to replenish the fluids it loses. Humans relied on it as their only beverage for millions of years. Milk came next, with the advent of agriculture and the domestication of animals. Then beer and wine and coffee and tea, all drunk for taste and pleasure as much as for the fluids they provide, and the newcomers—soft drinks, sports and energy drinks, and the like. What's the Best Choice?

With so many choices, all with different, sometimes unexpected effects on health, it's easy to be confused about the "best" beverages for health.

The Beverage Guidance Panel distilled its advice into a six-level pitcher. Here is a description of each level:

Level 1: Water

Water provides everything the body needs to restore fluids lost through metabolism, breathing, sweating, and the removal of waste. It's the perfect beverage for quenching thirst and rehydrating your system. Water should be the beverage you turn to most of the time.

Level 2: Tea and Coffee

After water, tea and coffee are the two most commonly consumed beverages on the planet. They are calorie-free beverages brimming with antioxidants, flavonoids, and other biologically active substances that may be good for health. Up to three or four cups of coffee or tea a day appear to be fine. Green tea has received attention for its potential role in protecting against heart disease, while coffee may help protect against type 2 diabetes. The addition of cream, sugar, whipped cream, and flavorings can turn coffee or tea from a healthful beverage into a not-so-healthful one.

Level 3: Low-Fat and Skim Milk and Soy Beverages

For children, milk is a key source of calcium and vitamin D. Fortified soy milk is a good alternative source of calcium and vitamin D for those who prefer not to drink's cow's milk. Both are also good sources of protein and other essential micronutrients.

Level 4: No calorically Sweetened Beverages

So-called diet sodas and other diet drinks are sweetened with calorie-free artificial sweeteners such as aspartame, saccharin, or sucralose; a new addition to the market are drinks sweetened with stevia, a calorie-free sweetener made from the leaves of a South and Central American shrub. These diet drinks are a better choice than sugar-sweetened soft drinks because they are lower in calories.

Level 5: Caloric Beverages with Some Nutrients

This category includes fruit juice, vegetable juice, whole milk, sports drinks, vitamin-enhanced waters, and alcoholic beverages. Each has its pluses and minuses. One-hundred-percent fruit juice has most of the

nutrients of the fruit itself, but it usually delivers more energy. Fruit smoothies are usually very high in calories, and so aren't recommended as daily beverages. Vegetable juice is a lower calorie alternative to fruit juice, but may contain a lot of sodium. Whole milk is a good source of calcium and vitamin D, but has nearly twice the calories as skim milk. Sports drinks have fewer calories than soft drinks, and offer small amounts of sodium, chloride, and potassium.

Level 6: Calorically Sweetened Beverages

These include carbonated and noncarbonated soft drinks, fruit drinks, lemonade, and other "ades." They get the thumbs down as a daily beverage because they provide so many calories and virtually no other nutrients. Routinely drinking these beverages can lead to weight gain and increase the risk of type 2 diabetes. Fruit smoothies, many flavoured coffee and tea drinks, and some so-called energy drinks also fall into this category.

Your body would be perfectly content if you drank nothing but water. You would get all the fluid you need, and you would get all of your nutrients from food. At least half of your daily fluid should come from water.

PRACTICE:

1. Explain the meaning of the following expressions to your partner and try to give the definition. Consult the dictionary.

- a key source of calcium
- energy drink
- get all of your nutrients
- most commonly consumed beverages
- protecting against heart disease
- provide so many calories
- to restore fluids
- unexpected effects on health

2. Read the sentences and tick (✓) the statements which are true to the text. Correct the false statements.

a) Fortified soy milk is a good alternative source of sugar and fat for those who prefer not to drink's cow's milk.

b) Green tea has received attention for its potential role in protecting against stomach disease.

c) Fifty-percent fruit juice has most of the nutrients of the fruit itself, but it usually delivers more energy.

d) Diet drinks are sweetened with artificial sweeteners such as aspartame, saccharin, or sucralose.

e) Water and milk are the two most commonly consumed beverages on the planet.

f) Coffee provides everything the body needs to restore fluids lost through metabolism, breathing, sweating, and the removal of waste.

g) Your body would be perfectly content if you drank nothing but wine.

3. Sum up the benefits and of the beverages presented above.

TEXT NINE WHY ENERGETIC DRINKS ARE SO UNHEALTHY

advertise

рекламировать

vigorous

энергичный

taurine

таурин

excessive

излишний



adverse

вредный

moderate

умеренный

bullet

пуля

insomnia

бессонница

Energetic drinks are advertised worldwide. They are also available in stores anyplace. Energetic drinks are marketed as the products to make us active and vigorous and sometimes promise the effects that are hard to believe in. These claims are mostly advertising tricks. There is the idea that high quality green tea is a way more refreshing than energetic drinks. Energetic drinks include various components but some ingredients are basic. Each energetic drink contains some components that may lead to serious health problems. Here are some ingredients with

negative health impacts that can cause serious adverse effects if taken in large doses.

Caffeine is the most widely used component in the energetic drinks. However, the consumption of caffeine in large quantities is extremely unhealthy. Regular drinking of energetic drinks can be addictive.

Guarana has a stimulating effect and influences the central nervous system.

Taurin is another widely used ingredient. It is a kind of a natural component, the amino acid found considerably in meat and fish. However, when we eat regular foods, our body receives the right quantities of taurin naturally. Taurin is absorbed better with vitamin B6. We get more taurin from energetic drinks than we need. Excessive taurin is toxic for our body.

The most dangerous adverse effects of energetic drinks can occur when these drinks are mixed with other foodstuffs and beverages.

So, the energetic drinks pose a threat to your health if unreasonably consumed in large quantities. That's why you have to be moderate with energetic drinks. Do not try to quench your thirst with them – it isn't water. Avoid using them as a magic bullet against sleepless night. Healthy sleep is what you need to cure your insomnia. Think of them as something you can once try for new experience.

PRACTICE:

1. Explain the following phrases in other grammar and wording:

- a) Each energetic drink contains some components that may lead to serious health problems.
- b) Energetic drinks are advertised worldwide.
- c) Energetic drinks are marketed as the products to make us active and vigorous.
- d) Excessive taurin is toxic for our body.
- e) Healthy sleep is what you need to cure your insomnia.
- f) the consumption of caffeine in large quantities is extremely unhealthy.
- g) There is the idea that high quality green tea is a way more refreshing than energetic drinks.

2. Name the most harmful energetic drinks ingredients and speak about their unhealthy nature.

3. Translate the quotations and try to explain their meanings. Agree or disagree to them. Give your arguments. Imagine the situation where you can use it.

1. “Drinking beer doesn't make you fat, It makes you lean....Against bars, tables, chairs, and poles.” George F. Burns Quotes
2. “Worthless people live only to eat and drink; people of worth eat and drink only to live.” Socrates
3. “Tea, though ridiculed by those who are naturally coarse in their nervous sensibilities will always be the favorite beverage of the intellectual.” Thomas De Quincey
4. No one will deny that the excessive use of alcohol and alcoholic beverages would do more than any other single factor to make impossible a total war effort.
5. "One of the disadvantages of wine is that it makes a man mistake words for thoughts." Samuel Johnson

4. Problem discussion “Having natural and healthy beverages: is it possible today?” Organize a group discussion. Use the Language for Agreeing and Disagreeing.

Language for Agreeing and Disagreeing

- *I just wanted to see what kind of feedback you've got*
- *I really strongly disagree*
- *Actually, I think ... is right*
- *I'd be much happier*
- *Speaking as an expert...*
- *I would like to say something*
- *If that's all right*
- *That sounds good*
- *That's probably about it*

REVIEW

1. Define the names of food.

- 1) What is a sushi?
 - a) a kind of Japanese food with fish and rice;
 - b) a kind of Korean food with beef;
 - c) a kind of Italian pasta.

- 2) What is fettucine?
 - a) a kind of Italian pasta;
 - b) a kind of Korean food with beef;
 - c) a kind of Japanese food with fish and rice.

- 3) Which of the following is a famous Mexican dish?
 - a) fish and chips;
 - b) kebabs;
 - c) tacos.

- 4) Which of the following is a famous Italian dessert?
 - a) tacos;
 - b) tiramisu;
 - c) trifle.

- 5) What might you drink with your tiramisu?
 - a) espresso;
 - b) jelly;
 - c) gravy.

- 6) A meat sauce is called ...
 - a) jelly;
 - b) cappucino;
 - c) gravy.

- 7) A traditional British food is fish and ...
 - a) liver;
 - b) sake;
 - c) chips.

- 8) In Britain, people say 'chips', but in America they say ...
 - a) french fries;
 - b) frappucino;

c) froodles.

9) British people like to drink_____ in the afternoon.

a) beer;

b) tea;

c) espresso.

10) What is the traditional British breakfast?

a) mushrooms and cheese;

b) bacon and eggs;

c) baked eggs.

2. Find the right answer.

1. What's the name of a fruit which is really big and has a lot of water?

2. What's the drink which has calcium in ?

3. What's the food which is not healthy and is made with potatoes?

4. What's the name of a fruit which is orange?

5. What's the food that is a substitute and that you eat at breakfast?

6. What's the food that you eat at the cinema and is made of corn?

7. What's the food that you eat at breakfast and is like bread but thinner ?

8. What's the most important ingredient in a spaghetti sauce?

3. Find the word in the letters' mess.

*almond asparagus bacon strips Brussels sprouts cherry chop
crème fraiche grated cheese haggis*

hot cross buns leek pat sauerkraut tomato watermelon

1. I am the only vegetable that can be eaten with your fingers!

(A S A G A P R S U S R A P A U A S G)

2. Connected with Belgium, many children hate that vegetable!

(R E U T O U P S S S S R L B S S S S R S E U P T L S B R O U)

3. That huge green fruit full of black seeds is really refreshing in Summer. (O A R W L T N M E E E L O W A N M R T E)

4. Typical German dish

(A A R K R U U E T S A R A U T R U E K S)

5. It's both a fruit and a vegetable, most of the time it is red.

(O O T T A M T A T O M O)

6. A dairy product that is added on top of a Tarte Tatin.

(M H R C C R E A E E F I R F E R I E E A H M C C)

7. A dairy product, kind of cheese that is added to pasta, it's not Parmesan (S E G D R C A H E E T E E T A E G D R C H E E S)
8. You can make pies or soups with that vegetable.
(E L E K E K E L)
9. This is the main ingredient of the German ' marzipan'
(M D A L N O D O N A L M)
10. Typical Scottish dish, it can be veggie as well!
(I G S G H A G G H I S A)
11. Small English cakes , which have the shape of a cross.
(O C S R S N T S U H B O O R S C H U T S S B O)
12. It is the meat you will put in a Quiche Lorraine, except eggs.
(S O N T R C I S P A B S P C S N O A B I R T)
13. It can be of lamb or of pork. (O H C P C H P O)
14. It can be on the cake in an expression.
(H C E R Y R C Y R H E R)
15. I can be of butter when talking about a small quantity.
(A T P T P A)

4. Sort the food:

1. Bread, cakes, pastries and pies, tarts, cookies and crackers.
2. Potatoes , peas , tomatoes , carrots , onions.
3. Tea , coffee , lemonade , mineral water , juice.
4. Cheese , milk , butter.
5. Sugar , salt , pepper , oil
6. Dates , oranges , apples , bananas , pears.
7. Chicken , veal , pork

5. Complete the sentences with should or shouldn't.

- 1) You _____ cook the food completely.
- 2) You _____ eat so much sugar .
- 3) You _____ eat sweet things between meals .
- 4) You _____ start brushing your teeth at an early age .
- 5) You _____ keep your kitchen clean and tidy .
- 6) You _____ go to the dentist's regularly .
- 7) You _____ heat food more than once .
- 8) You _____ read dates on goods .
- 9) You _____ buy fruit instead of sweets.
- 10) You _____ put raw and cooked food together

6. Complete with the right word.

medium overcooked savoury
rare sweet salty
sour off rich
tender spicy ripe

1. There was too much lemon in your cake, it tasted really _____.
2. The cream has gone _____ because it's been standing out of the fridge all day.
3. I didn't enjoy the main dish because I thought the sauce was so _____ that you couldn't taste the meal at all.
4. I prefer to have my steak _____, not too little and not too well done.
5. Your potatoes have been sitting in boiling water for 60 minutes , they're completely _____.
6. I always prefer something _____ to things like puddings and chocolate.
7. Florent 'd like his steak very _____, don't cook it for more than a few minutes, please!
8. My favourite course is dessert, I love chocolate and anything _____.
9. This salmon is a sea fish so it has a very nice, slightly _____ taste.
10. The meat has been cooking in the oven for nearly three hours on a very low heat, no wonder it's incredibly _____.
11. I love really _____ curries, the hotter the better !
12. The pears were a bit hard yesterday, but now they're just right, perfectly _____ for eating.

7. Spelling food items: find the right word.

- 1) _____
 - a) strasberry
 - b) straberry
 - c) strawberry
- 2) _____
 - a) bread
 - b) bead
 - c) breed
- 3) _____
 - a) meel

- b) meat
c) mel
- 4) _____
a) water
b) water
c) watter
- 5) _____
a) coffee
b) caffe
c) cofe
- 6) _____
a) salad
b) sallad
c) salade
- 7) _____
a) choccolat
b) chocolate
c) chocolat
- 8) _____
a) feech
b) fish
c) fich
- 9) _____
a) sal
b) salt
c) seal
- 10) _____
a) potato
b) potatos
c) patates

8. Guess the words according to their definitions.

<i>coffee</i>	<i>tea</i>	<i>cheese</i>
<i>vegetables</i>	<i>onions</i>	<i>eggs</i>
<i>sugar</i>	<i>pasta</i>	<i>rice</i>

1. Something you can drink.
2. That's healthy.
3. Typical from Japan and China.
4. That makes me cry.
5. Mice love it.

6. We make omelettes with them.
7. Italian dish.
8. What do you eat in a Chinese restaurant?
9. It gives energy.

9. Add the missing vowels. Their number is noticed in brackets.

1. JM (1) _____
2. BTTR (2) _____
3. TMTS (4) _____
4. CK (2) _____
5. SGR (2) _____
6. MLK (1) _____
7. T (2) _____
8. WTR (2) _____
9. CFF (3) _____
10. RNG JC (6) _____

10. Food and logic. Complete the sentences.

<i>apple</i>	<i>milk</i>	<i>eggs</i>
<i>broccolis</i>	<i>apple pie</i>	<i>candies</i>
<i>carrot</i>	<i>coffee</i>	<i>ice cream</i>
<i>sushi</i>		

1. I drink some _____ with my meal.
2. I eat _____ for breakfast.
3. Vegetables like _____ are good for your health.
4. My favourite dessert is _____.
5. I like sweets, that's why I like to eat _____ .
6. An example of an orange vegetable is the _____ .
7. There is caffeine in _____ .
8. For dessert I like _____ .
9. I like raw fish, that's why I like _____ .
10. I eat an _____ for snack.

11. Guess what ...

<i>cherry</i>	<i>bean</i>
<i>lemon</i>	<i>eggplant</i>
<i>pumpkin</i>	<i>apricot</i>
<i>peanut</i>	<i>coconut</i>
<i>cucumber</i>	<i>carrot</i>

red and round fruit
 yellow and acid fruit
 big, round and orange vegetable

monkey loves this fruit

long and green vegetable

- long and green vegetable
- purple vegetable
- little, orange and round fruit
- fruit white inside and brown outside
- long and orange vegetable

12. Where can you buy these things?

baker's *cake shop* *butcher's*
sweet shops *dairy* *delicatessen*
fishmonger's *grocer's* *off-licence*
greengrocer's *market* *supermarket*

1. The baker often sells pastries too; in this case his shop can also be called a _____.
2. A very important food that brings us proteins, meat, is bought at the _____.
3. Children love _____, where candies are sold.
4. A place, often in a farm, where we can buy milk, cheese and cream is a _____.
5. In a _____, we can find food that is not sold everywhere, for example rare spices, cocoa or food for a diet.
6. If we need fish or seafood, we go to a _____.
7. At a _____, we can buy any food we want.
8. When we have guests at home, we like offering them good wines : we also go in a _____.
9. We must go to a _____ when we like good fruits and vegetables.
10. A _____ is a place, indoor or outdoor, where we can buy food directly from the producer.
11. All people go to the _____ to buy usual produces we need because it's cheaper there.
12. There we can buy something that French people like, bread: at the _____.

13. Which foods are?

a)

FRUIT	VEGETABLE	NUTS

apple
 beet

pecan
 pear

tomato
 celery

banana
pea
cashew
green pepper
lettuce
bean
potato

strawberry
peanut
onion
plum
carrot
orange
zucchini

lemon
coconut
pineapple
cherry
cucumber
grapes
tangerine

b)

FISH	MEAT	POULTRY

beef
sardine
turkey
portk
duck
sole
mutton

veal
chicken
herring
cod
lamb
goose
trout

venison
salmon
bacon
carp
ham
hen
tuna

PROVERBS AND SAYINGS

1. A watched pot never boils. – *Горшок, за которым наблюдает, никак не закипает.*

2. After dinner comes the reckoning. – *Любишь кататься, люби и саночки возить.*

3. As sure as eggs are eggs. – *Наверняка, дело верное. / Даю голову на отсечение. / Верно как дважды два – четыре.*

4. Better an egg today than a hen tomorrow. – *Птица в руке лучше двух в кустах. / Лучше голубь в тарелке, чем глухарь на току. / Не сули журавля в небе, а дай синицу в руки.*

5. Eat at pleasure, drink with measure. – *Ешь вволю, а пей – знай меру.*

6. Enough is as good as a feast. – *Все хорошо в меру. Мера - всякому делу вера.*

7. Every cook praises his own broth. – *Всяк кулик свое болото хвалит.*

8. First catch your hare, then cook him. – *Не дели шкуру неубитого медведя / Цыплят по осени считают / Не говори гоп, пока не перепрыгнешь.*

9. First come, first served. – *Кто первый пришел, того первого и обслужили. / Первому гостю первое место./ Чей черед, тот и берет.*

10. Great boast, small roast. – *Крику много, а шерсти мало.*

11. Hope is a good breakfast, but a bad supper. – *Надежда – хороший завтрак, но плохой ужин.*

12. Hunger is the best sauce. – *Голод – лучший повар.*

13. Keen as mustard. – *Полный энтузиазма, одержимый.*

14. Neither fish nor flesh. – *Ни рыба, ни мясо, ни то ни се.*

15. One drop of poison infects the whole tun of wine. – *Паршивая овца все стадо портит.*

16. One man's meat is another man's poison. – *Что полезно одному, для другого – яд. / О вкусах не спорят.*

17. Scornful dogs will eat dirty puddings. – *Брезгливой собаке достается грязный пудинг.*

18. Tastes differ. – *О вкусах не спорят. / На вкус и цвет товарищей нет.*

19. The nearer the bone, the sweeter the flesh. – *Остатки сладки.*

20. The pot calls the kettle black. – *Оба хороши.*

21. The proof of the pudding is in the eating. – *Чтобы узнать каков пудинг, нужно его отведать.*

22. To have a finger in the pie. – *Во все вмешиваться.*
23. To know on which side one's bread is buttered. – *Быть себе на уме. / Не упускать своего.*
24. To make an omelet without breaking eggs. – *Нельзя приготовить омлет, не разбив яиц.*
25. To make two bites of a cherry. – *Делить то малое, что и поделить нельзя.*
26. Too many cooks spoil the broth. – *Слишком много поваров портят бульон.*
27. To pour water into a sieve. – *Лить воду в решето.*
28. To throw a sprat to catch a mackerel. – *Рискнуть малым ради большого.*
29. What's sauce for the goose is sauce for the gander. – *Что дозволено одному, то дозволено и другому.*
30. Who has never tasted bitter, knows not what is sweet. – *Не отведав горького, не узнать и сладкого.*

VOCABULARY

A

- a large variety – большое разнообразие
a lot of – много
above – над
accessible – доступный
accounts – счета
acid – кислота
active – активный
add – добавить
adequate – адекватный, соответствующий
adoption – принятие, утверждение
agricultural – сельскохозяйственный
alkali – щелочь
almonds – миндальный орех
amino acids antibodies – аминокислоты
ample – просторный, обширный, изобильный
ancestor – предок
animal – животное
animal fat – животные жиры
animal protein – животные белки
annually – ежегодно
antibodies – антитела
appearance – внешность, внешний вид
appetizer – закуска, аперитив
application – использование, применение
apprentice – ученик
armed forces – вооруженные силы
arrange – зд.: уложить
arrival – прибытие
as well as – так же, как
ascorbic acid – аскорбиновая кислота
ashtray – пепельница
at all times – в любое время
at the left side – слева
at the right side – справа
atmosphere – атмосфера
automatic – автоматический
available – доступный, возможный

В

bacon and eggs – яичница с беконом

baked – запеченный

bakery goods – хлебобулочные изделия

baking – выпечка, выпекание

barley – ячмень

based – на основе, основывающийся

basically – в основном

bear – медведь

beef – говядина

benefit – выгода, польза

beverage – напиток

bill – счет

blade – 1) лезвие; 2) лопаточная часть

blend – смешивать, смесь

blood pressure – кровяное давление

boiled – вареный, отварной

boiled or fried potatoes – вареный или жареный картофель

boiling – варка, кипение, кипячение

bone – кость

both – оба

bring to boiling – довести до кипения

brisket (set of ribs) – грудинка

С

canning – консервирование

capable – способный

cardiovascular disease – сердечно-сосудистые заболевания

carrot – морковь

cater – кормить, обслуживать

catering – питание, общественное питание

cauliflower – цветная капуста

caviar – икра

cauyenne – красный стручковый перец

celery – сельдерей

cell – клетка

century – век, столетие

change – изменение

charcoal – древесный уголь
choice – выбор
choose – выбирать
chop – рубить, нарезать
chop-house – дешевый ресторан
cinnamon – корица
clay – глина
clean – чистый
clove – гвоздика
comminute – дробить, толочь
competition – соревнование
condition – состояние
confectionery – кондитерский отдел
consume – потреблять, поглощать
consumption – потребление, употребление
contact – контакт
contain – содержать
copper – медь, медный
cream – сливки
crockery – посуда из фаянса (тарелки, чашки, блюда и проч.)
crops – зерновые, урожай
cruet-set – прибор для соли, перца и специй
culture – культура
curds – творог
cut – резать
cutlery – столовые приборы (ножи, вилки, ложки)

D

dairy products – молочные продукты
decade – десятилетие
decorate – украшать
deer – олень
deficiency disease – авитаминоз
delicious – изысканный
dense – плотный
destroy – разрушать
develop – развивать, развиваться
development – развитие

diet – диета, рацион
dills – маринованные огурцы
dining room – здесь: зал ресторана
dining room staff – работники в зале (официанты)
dirty – грязный
disease – болезнь, заболевание
disengaged – незанятый (свободный)
dish – блюдо
distinctive – отличительный, характерный
diverse – разнообразные
diversity – разнообразие
drying – сушка
dust – вытирать пыль

Е

early human – древний человек
edge – край, кромка, грань
edible – съедобный
effectively – эффективно
egg yolk – яичный желток
egg-plant – баклажан
either ... or – либо ..., либо
enjoyable – приятный
especially – особенно
essential acids – незаменимые кислоты
evening meal – ужин
event – событие
excessive – чрезмерный
expanding – расширение
expensive – дорогой
experience – опыт
explain – объяснять
explore – исследовать, познакомиться
exposure – экспозиция, выставка, подверженность
exquisite – изысканный
extension – расширение, увеличение
extraction process – процесс выделения

Ф

familiar – привычный, обычный, хорошо знакомый
fats – жиры
fat-soluble – жирорастворимый
fatty acids – жирные кислоты
feast – пир, трапеза
fermentation – брожение, дрожжевание
fertility – рождаемость
fiber – волокно
fibre – клетчатка
fillet – филе, вырезка
fishing – рыбачить, рыбалка
flavor – вкус
flesh – мясо, мускульная ткань
flint – кремень, кремниевый
flour – мука
folded – сложенный
folic acid – фолиевая кислота
food store – продуктовый магазин
fork – вилка
fowl – дичь
fragrant herbs – пахучие травы
freezing – замораживание
fried – жареный
from the point of view – с точки зрения
front – shinпередняя голяшка
fruit and berry compotes – фруктовые и ягодные компоты
frying – обжаривание в масле

G

garlic – чеснок
garnish – гарнир
generally – вообще, обычно
generation – поколение
ginger – имбирь
glassware – стеклянная посуда (стаканы, рюмки, бокалы)
gourmet – гурман
greens – зелень
grilling – обжаривание на открытом источнике тепла (на углях, на гриле и т.п.)

groats – крупа
grocery – бакалея
growth – рост
gruel – жидкая каша

Н

haddock – пикша
ham – ветчина
hard-boiled egg – яйцо вкрутую
hard-cooked eggs – сваренные вкрутую яйца
headchef – шеф-повар
healthy – здоровый
heart disease – болезнь сердца
heating – нагревание
heavy meals – обильная еда
herring – сельдь
high – высокий
high quality – высокое качество
honey – мед
hormone – гормон
household – домашнее хозяйство, хозяйство
hugely – чрезвычайно, очень, весьма, сильно
hunted game – дичь
hunter – охотник

И

immemorial – давний, старый
important – важный
impregnation – пропитывание
improve – улучшать
improvement – улучшение
in case – в случае
in great demand – в большом спросе, востребованный
in large quantities – в больших количествах, в больших объемах
in quantities – в большом количестве
in the original – в оригинале
include – включать, содержать
influx – приток
ingredients – ингредиенты

initial – начальный, первоначальный
instant – растворимый, моментальный
intake – потребление, употребление
integral – неотъемлемый
item – изделие, товар, продукт

J

jelly – желе
juice – сок

K

keep fit – поддерживать форму
kidney – почки
kidney soup with dills – суп из почек с укропом
kipper – копченая рыба
kitchen staff – работники на кухне
knife (knives) – нож (ножи)

L

lamb – ягненок
lard – сало, свиной жир, шпик
latter – последний, более поздний
layers of fat – отложение жира
legumes – бобовые
lettuce leaves – листья салата
liquid – жидкость
load – загружать
lose – терять

M

main course – основное блюдо
maintain – поддерживать, сохранять
majority – большинство
manual – ручной
market – рынок
mashed potato – картофельное пюре
meat – мясо
meat dishes – мясные блюда
menu – меню

milling – помол
mince – 1) пропускать через мясорубку, 2) фарш
minced meat – мясной фарш
mix – смешать
moderate – умеренный
modern – современный
monk – монах
more over – более того
mulled – подогретый
muscle – мышца
mushroom – гриб
mutton – баранина

N

napkin – салфетка
neat – аккуратный
necessary – необходимый
negatively – негативно
nervous system – нервная система
noodles – лапша
not just – не просто
nothing – ничего
nowadays – в настоящее время
nutrition – питание
nutritional – питательные

O

obesity – ожирение
obtain – получать, добывать
obtainable – доступный
occupy – занимать
oil – масло
onion – лук
opportunity – возможность
orange – апельсин
organize – организовывать
origin – происхождение
oyster – устрица

Р

packaging – упаковка, пакетирование

pantothenic acid – пантотеновая кислота

parsley – петрушка

participating – участвующий, принимающий участие

pastry – кондитерское изделие, пирожное

peel – очистить

perishable – скоропортящийся

persimmon – хурма

physical – физический, вещественный

pickle – 1) мариновать, 2) соленые или маринованные огурцы, 3) соленья

pie – пирог

pilaf – плов

pleasant – приятный

plump – пухлый, полный

pomegranate juice – гранатовый сок

pomegranate seeds – зерна граната

poppy – мак

popularity – популярность

population – население

pork – свинина

porridge – каша (овсяная)

pour – наливать, лить

preservation – сохранение

prestigious – престижный

prevail – преобладать, превалировать

price – цена

process – процесс

production – производство

professionally – профессионально

promote – способствовать, содействовать

proper – правильный, нужный

property – свойство, характеристика, особенность

proportional – пропорционально, пропорциональный

provide – обеспечивать, предоставлять

provisions – продукты, провизия

Q

quality – качество
quarter – четверть
quickly – быстро
quince – айва

R

raise – поднимать, выращивать
raisin – изюм
rapeseed – семена рапса
raw – сырой
recently – недавно
recipe – рецепт
reduce – уменьшать, сокращать
refining – очистка, переработка, рафинирование
refrigeration – охлаждение, замораживание
region – регион, область
relevance – актуальность
remove from heat – снять с огня
research – исследование
reservation – предварительные заказы мест, бронирование
revolve – вращаться, вертеться
rise – рост, подъем, увеличение
roast – жареный, печеный
roasting – обжаривание в духовке или на вертеле
roasting fire – жаровня
roll – 1) завернуть, 2) булочка
rusk – сухарь
Russian cuisine – русская кухня
rue – рожь

S

saffron – шафран
salmon – лосось, семга
salt-cellar – солонка
sauce – соус
sauerkraut – квашеная капуста, кислая капуста
scrambled eggs – яичница-болтунья
secure – закрепить
seeds – зерновые

selection – выбор, отбор
separate – отдельный
serve hot – подавать в горячем виде
set a table = to lay a cover – накрывать на стол
set the table – накрывать на стол
shallow – неглубокий, мелкий
shape – фигура, вид, форма
sharp – острый
shellfish – моллюски
shirt – рубашка
shop window – витрина
shrimp – креветка
simple – простой
skilled – квалифицированный, опытный
smoking – копчение
snack – закуска
soak – впитывать, пропитывать
soda – сода
soft-boiled egg – яйцо всмятку
sophisticated – сложный, изысканный
source – источник
spare – запасной
sparkling – сверкающий
spend – проводить, тратить
spices – специя, пряность
spinach – шпинат
spoon – ложка
staff – штат работников, персонал
steaming – варка на пару
stew – тушить, томить, припустить
stewing – длительное тушение в жидкости
stock – рыбный или мясной бульон
storage – хранение
stuffed – фаршированный, начиненный
stuffed pike-perch – фаршированный судак
sturgeon in aspic – заливная осетрина
substantial – существенный
success – успех
sugar-basin – сахарница

sunflower – подсолнух
supermarket – супермаркет
supplier – поставщик
supply – поставка

T

table-cloth – скатерть
tablespoon – столовая ложка
tableware – приборы для сервировки стола
tart – терпкий
taste – пробовать, отведать
teaspoon – чайная ложка
telephone answering machine – телефон-автоответчик
thiamin – тиамин
thin slices of ham – тонко нарезанные пластины ветчины
though – хотя
thread – нить, нитка
throughout – повсюду, везде
tidy – чистый
tin can – жестяная консервная банка
toast – ломтик хлеба, подрумяненный на огне; гренок
tools – инструменты
total – общий, суммарный
transportation – транспортировка
trout – форель
turkey – индейка
twice a week – дважды в неделю
type – тип, вид

U

ultra-violet light – ультра-фиолетовый свет
unclaimed – не востребовавшийся
unique – уникальный, оригинальный
upper class – высший класс, высшее сословие
usual – обычный
utensil – посуда, утварь

V

varied – разнообразный

variety – разнообразие
various – различный
vast – огромный, большой, широкий
veal – телятина
vegetables – овощи
vinegar – уксус
vital – жизненный, существенный

W

waiter – официант
waitress – официантка
walnut – грецкий орех
water-soluble – водорастворимый
weave – ткать, плести
whole and semi-skimmed milk – цельное и полубезжиренное
молоко
whole-grain foods – пища из цельных злаков
widespread – широко распространенный
wild – дикий
wrap – обертывать, завертывать

Y

yolk – желток

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