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ІНОЗЕМНА МОВА (АНГЛІЙСЬКА)

ЗА ПРОФЕСІЙНИМ СПРЯМУВАННЯМ

Методичні вказівки до виконання самостійних робіт
для здобувачів освіти освітньо-професійного ступеня
фаховий молодший бакалавр
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Електронна копія друкованого видання передана для внесення в репозитарій коледжу
Бібліотекар _____ М.М. Демих

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Іноземна мова за професійним спрямуванням **[**Текст]: методичні вказівки до самостійної роботи для здобувачів освіти освітньо-професійного ступеня фаховий молодший бакалавр галузь знань 13 Механічна інженерія спеціальності 133 Галузеве машинобудування/уклад. Г.В. Смоляк − Любешів: ВСП «Любешівський ТФК Луцького НТУ», 2023. – 46 с.

Методичне видання складене відповідно до діючої програми курсу «Іноземна мова за професійним спрямуванням (англійська)» Навчальний матеріал підібрано з метою поглиблення знань та вмінь студентів та надання методичної допомоги у процесі виконання самостійних робіт.

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UNIT 1.
CARBOHYDRATES

From carbohydrates we get most of the energy which we need to act and move, perform work, live. Among the carbohydrates are sugars, starches, and celluloses. All green plants form carbohydrates. Carbohydrates are important in nutrition for many reasons. Some of them make our food sweet. Some of them cling to our teeth and serve as food for bacteria that cause tooth decay.

The body needs carbohydrates in order to use fat efficiently. Some diseases, such as diabetes, develop because the body is unable to use carbohydrates properly. The carbohydrates contain carbon, hydrogen and oxygen. The hydrogen and oxygen usually occur in the same proportion as in water.

Most of the different kinds of carbohydrates are plant products. Plants make them by photosynthesis, a complex chemical process that consists of a series of reactions at least one of which may occur only with the aid of sunlight and the green plant pigment, chlorophyll. Many different kinds of carbohydrates occur in foods. Not all are of equal importance in nutrition. Starch, which consists of glucose units, is the only polysaccharide that man can use efficiently. Nutritionally it is far and away the most important carbohydrate.

Cereal grains, our most important source of carbohydrate are rich in starch; rice, wheat, sorghum, corn maize, millet and rye contain about 70 per cent of starch. Potatoes and other tubers and roots are also rich in starch. Beans and seeds of many other legumes are high in protein, but 40 per cent or more of their dry matter is starch. Only two of the disaccharides (these contain two monosaccharide units) are of much importance nutritionally. One is sucrose-cane sugar or beet sugar, which is available as a highly refined and relatively pure carbohydrate. The other important disaccharide is lactose, or milk sugar, which makes up almost 40 per cent of the solids in fresh whole milk. It is the only carbohydrate of animal origin that is of significance in nutrition. It is made up of one glucose unit and one galactose unit. Galactose is a hexose and differs only slightly in chemical structure from glucose.

The monosaccharides are important in nutrition mainly because they are the units of the more complex carbohydrates. A few of them do occur and are eaten in the free form. Glucose and fructose, a hexose quite closely related structurally to glucose, are in honey and fruits. Relatively few of the other carbohydrates occur widely enough or are utilized well enough by the body to have much nutritional importance. The energy from carbohydrates becomes available to the body when glucose is broken down in the tissues.

Complete breakdown involves oxidation and yields carbon dioxide and water. The oxidative processes which release energy for our activity involve many enzymes and coenzymes.

The enzymes must be synthesized from amino acids, the units of which the proteins in our diet are composed. The coenzymes contain vitamins and often

minerals that also are essential nutrients. A lack of any of them can depress or inhibit important steps in the body's utilization of carbohydrates.

Besides providing energy carbohydrates affect food consumption indirectly through their flavour, through their influence on the amount of water into the stomach.

Active Vocabulary

carbohydrate [kɑ:bəʊ'haɪdreɪt]	вуглевод
nutrition	харчування
nutritional	поживний
nutrient	поживна речовина
starch	крохмаль
fat	жир
carbon	вуглець
hydrogen ['haɪdrəʤən]	водень (гідроген)
oxygen ['ɔksɪʤən]	кисень (оксиген)
source	джерело
be rich in	бути багатим на …
structure	структура
differ from	відрізнятись від …
breakdown	розпад, розклад
enzyme ['enzaɪm]	ензим, фермент
amino acid	амінокислота
protein ['prəʊtiːn]	протеїн, білок
diet	дієта, раціон, їжа
lack of	відсутність, нестача
amount of	кількість

Task 1. Fill in the gaps using the words in the box.

Molecules, carbohydrates, polysaccharides, cornstarch, monosaccharides, enzymes, sucrose, soluble

1. The … are a very important class of compounds from a physiological standpoint, because so many of our important foodstuffs belong to this class. 2. Carbohydrates with general formula $C_4H_2O_4$ are known as … . 3. A polysaccharide is formed from an indefinite number of … of hexose combined together with loss of water. 4. The most valuable of … is starch, the cheapest and most plentiful of our foodstuffs. 5. Monosaccharides as a class is a term used for decomposition brought about by the lower organisms through the … which they contain. 6. Most of the dentrose (or glucose) on the market is prepared from … by hydrolysis in the presence of acids. 7. By far the most important disaccharide is …

often called cane or beet sugar according to the source from which it is obtained.
8. Lactose is not so … as many other sugars and at low temperatures its solubility is very slight.

Task 2. Choose the correct word in bold.

1. How **many/much** sugar would you like?
2. There is **few/ little** salt in this salad.
3. How **many/ much** bananas did you have for breakfast?
4. I didn't eat **many/ much** sausages yesterday.
5. There is **few/little** orange juice in the jug. Will you give me more, please?
6. How **many/ much** tuna salad would you prefer to order?
7. You don't have **many/much** sugar in your tea.
8. I don't like too **many/ much** dressing for this dish.
9. How **many/ much** bacon do you need?
10. We don't have **many/ much** ice creams for the party.

Task 3. Put the words in the box below into the right column.

A FEW	A LITTLE
cake, mushrooms, molecules, hot dogs, hydrogens, eggs, atoms, cream, cereal, corn, chips	

Task 4. Match the word with its definition.

1.	nutrition	a. milk sugar
2.	carbohydrates	b. combination of some molecules of hexose with loss of water
3.	polysaccharide	c. dentrose
4.	glucose	d. monosacharides with general formula $C_4H_2O_4$
5.	sucrose	e. polysacharide
6.	starch	f. disaccharide
7.	lactose	g. green plant pigment
8.	chlorophyll	h. the process of giving or getting the right type of food for good health and growth

Task 5. Translate into English.

1. З органічних сполук в продуктах рослинного походження і в харчуванні людини важливе місце належить вуглеводам. 2. Вуглеводи важливі в харчуванні, оскільки вони є джерелом енергії. 3. Усі вуглеводи, що містяться у харчових продуктах, належать до трьох основних груп: моносахаридів, олігосахаридів або полісахаридів першого порядку та нецукроподібних полісахаридів другого порядку. 4. Вуглеводи синтезуються в зелених частинах рослин в результаті сполучання вуглеця (CO_2) та води

(H_2O). 5. Реакція фотосинтеза трапляється під дією сонячного світла за участю зеленого пігменту-хлорофілу. 6. Вуглеводи розподіляються на групи в залежності від кількості вуглецю, який в них міститься. 7. Крохмаль є найважливішим з полісахаридів. 8. Лактоза міститься у молоці, саме тому її називають «молочний цукор». 9. Висока харчова цінність крохмалю пояснюється його фізико-хімічними властивостями і, в першу чергу, можливістю переходити в розчинний стан. 10. Цукроза міститься у цукровому буряку, цукровому очереті, в багатьох плодах і овочах, хлібних злаках та інших харчових продуктах.

Task 6. Answer the Questions:

1. What do we get from carbohydrates? 2. What do the carbohydrates consist of? 3. Why are the carbohydrates important in nutrition? 4. What is the reason that some diseases such as diabetes develop? 5. What are the different kinds of carbohydrates? 6. What does starch consist of? 7. What is the most important source of carbohydrates? 8. How does galactose differ from glucose? 9. Why are the monosaccharides important in nutrition? 10. When does energy from carbohydrate become available to the body?

Task 7. Read the text without a dictionary and discuss it.

Does Sugar Make You Fat?

For years, dietary carbohydrates, such as potatoes, rice, spaghetti, sugar, bread, and pastries, have been regarded as food that make us fat. It is true that excess consumption of such carbohydrate — rich foods will increase fat deposition. However, dietary fat provides nearly twice calories of carbohydrates per unit of weight. While there are individuals who have a "sweet tooth" and overeat foods containing carbohydrates, the basic problem is not the sugar but the overeating. We know, for example, that many obese people have low sugar intake. They simply take in more calories than they utilize.

For individuals who consume excessive amounts of sweets and starches, decreasing consumption of them will yield weight loss. However, it was not just the sweets that contributed the weight. Rather, the overeating, the excess calories, are to blame. Carbohydrates by themselves do not cause obesity; it is the bad habit of overeating these foods (or any food) that produces the large weight gain.

Task 8.

Do you know any Ukrainian equivalents of the following English idioms? Can you make up any situations to illustrate some of them?

1. full of beans; 2. stag party; 3. flash in the pan; 4. flesh and blood; 5. the apple of someone's eye ; 6. a couch potato 7. a bottleneck; 8. traffic jam; 9. chicken feed; 10. a nest egg.

JUST FOR FUN

When the waitress asked how we'd like our steaks, I said, "Medium", my husband said, "Medium", and our seven-year-old son said trustingly, "Large".

UNIT 2.
FATS AND FATTY ACIDS

Fat makes our meals palatable and satisfying. Some fats and oils are important sources of vitamins A, D, E and K.

Fats provide various amounts of fatty acids known to be essential in diets.

We should bear in mind that natural unsaturated fats are associated with the protein, minerals and vitamins characteristics of the food, as in milk or pork and also carry some vitamins.

Much variety in fats comes from the kinds of fatty acids linked to glycerol.

Fatty acids that have 18 carbons in a chain make up about 8 per cent and those with 16 carbons comprise about 10 to 15 per cent of the fatty acids in average diets.

Short-chain fatty acids occur mostly in milk fat and in coconut oil. Extra long chains occur in fish oils.

Fatty acids that are common in food fats and oils fall into three broad classes according to their degree of saturation. The fully saturated fatty acids make up about 40 to 45 per cent in average diets. Saturated fatty acids may be of any chain length, from 4 to 18 or more carbons.

The most common ones in their chain length are: stearic, palmitic, myristic and lauric.

Beef contains 20 per cent of stearic acid and lard about 12 per cent.

Most animal fats and cottonseed oil contain about 25 to 30 per cent of palmitic acid.

The monounsaturated fatty acids are those with one reactive unsaturated linkage which has 2 hydrogens missing.

The polyunsaturated fatty acids, a heterogeneous group include some essential fatty acids and the extra long-chain fatty acids (20 to 26 carbons) common in fish oils.

The polyunsaturated fatty acids considered essential for nutrition are linoleic, linolenic and arachidonic.

Of the three, linoleic becomes the centre of dietary importance.

Sources of linoleic acid include many grain oils and seed oils. Fats from nuts, pea-nuts, and poultry carry 20 to 30 per cent of the acid. Linoleic acid is necessary for growth and reproduction and helps protect the animal against excessive loss of water and damage from radiation.

Some animal fats and vegetable fats or oils are fairly similar chemically.

Both butterfat and coconut oil, for example, contain high proportions of short-chain fatty acids. Beef fat and coconut oil contain less than 2 per cent of linoleic acid, one of the fatty acids that are essential in diet. Corn oil contains more than 6 times as much linoleic as olive oil, and chicken fat up to 10 times as much as the fat of ruminant animals.

Both animal and vegetable fats contain up to 5 per cent of various fatty substances that are not true fats but may be nutritionally important.

Pork, margarine, and shortenings furnished 30 and 32 per cent of each, respectively, or about equal share of saturated and linoleic acids.

Salad oil furnished only 3 per cent of the linoleic ratio of nearly 1 to 10, or more than the reverse of the first group of foods.

Active Vocabulary

fatty acids	жирокислоти
palatable	приємний на смак
provide	забезпечувати
(un) saturated [ʌn'sʌtʃəreɪtɪd]	(не) насичений (хім.)
degree of saturation	ступінь насиченості
short-chain fatty acids	низькомолекулярні жирокислоти
lard	сало, смалець
animal (plant) fats	тваринні (рослинні) жири
sun flower oil	соняшникова олія
olive oil	маслинова олія
glycerol ['glɪsərɔl]	гліцерин
palmitic	пальмітинова (кислота)
stearic	стеаринова (кислота)
linoleic ['lɪnɔlɪɪk]	лінолева (кислота)
linolenic ['lɪnɔlɪnɪk]	ліноленова (кислота)
arachidonic [ærəkɪ'dɔnɪk]	арахідонова (кислота)
monounsaturated	низькомолекулярна (ненасичена)
polyunsaturated	високомолекулярна (ненасичена)

Task 1. Fill in the gaps using the words in the box.

acid, fats, fatty acids, oil, oxygen, fat, hydrogens, oxygens, carbon, nutritional, lipoids, carbons, hydrogen, oils

1. The main difference between the various kinds of …, depends upon acids which enter into their composition. 2. … makes our meals palatable and satisfying. 3. It's enough … in the … for the experiment. 4. Fats provide various amounts of … known to be essential in diets. 5. Nowadays … is known as new economical fuel for automobiles. 6. Fatty acids are hydrocarbons consisting of a chain series of … each of which is able to carry two … . 7. Linolenic acid has a different and perhaps less important … role than linoleic and occurs only in small amounts of food fats. 8. Always associated with fats are … fatlike compounds containing phosphorus and nitrogen. 9. One … combines with two … in the molecule of carbon dioxide. 10. Without … life on our planet is impossible. 11. Coconut … is very useful and used not only in food production but also in pharmaceutical industry. 12. Sources of linoleic acid include many grain and seed … .

Task 2. Put the words in the box below into the right column.

FEW	LITTLE

Bacteria; data; phenomena; microorganisms; nuclei; viruses; mold; vacuum; formulae; bonuses; cream; money; fat; acid; oil; indices; axis; series; criteria; species; polyhedrons; air; dust; copper; silver; radii; fungi; stamina; oxygen; stigmata; carbon

Task 3. Cross the odd word out.

1. a **bottle** of 7 Up, beer, jam
2. a **bar** of sweets, chocolate, soap
3. a **carton** of milk, beef, apple juice
4. a **box** of chocolates, vinegar, chips
5. a **slice** of cheese, bread, ham
6. a **cup** of coffee, salt, tea
7. a **glass** of wine, meat, mineral water
8. a **jar** of honey, carrots, mustard
9. a **bag** of flour, rice, ketchup
10. a **bowl** of salad, soup, cake

Task 4. Which substances do the following formulas correspond to?

$C_2H_2O_4$; CO_2; H_2O; C_3H_7COOH; $C_{17}H_{33}COOH$; $C_{17}H_{31}COOH$; Al_2O_3; H_2SO_4; HCL; $C_{11}H_{22}O_{11}$; C_2H_5O-R; NaCl; K_2MnO_4

Task 5. Match the word with its definition.

1. fat	a. hydrocarbons
2. glyceride	b. polymolecular
3. fatty acids	c. combination of glycerol and fatty acids
4. saturated	d. monomolecular
5. animal fats	e. made of plants
6. unsaturated	f. tasty
7. plant fats (oils)	g. made of animals
8. palatable	h. chemical combination of some fatty acids with neutral ester of three-atom glycerol spirit.

Task 6. Translate into English.

1. Жири в різних пропорціях містяться майже у всіх харчових продуктах і є важливою їх частиною.
2. В формуванні жирів беруть участь як насичені, так і ненасичені жирові кислоти.

3. Як правило, в жирах містяться високомолекулярні насичені кислоти – пальмітинова, стеаринова, а також ненасичені жирокислоти – олеїнова, лінолева, ліноленова.
4. У деяких продуктах тваринного походження міститься високо насичена арахідонова кислота.
5. Кожна молекула жиру утворюється (походить) з трьох молекул жирокислоти та однієї молекули гліцерина.
6. Яловичий жир і какао-олія містять менш ніж 2% лінолевої кислоти, однієї з найважливіших жирокислот в харчуванні людини.
7. Більшість тваринних жирів і бавовняної олії містить у своєму складі від 25% до 30% пальмітинової кислоти.
8. Суттєві вимоги до кількісних показників вживання лінолевої кислоти у харчуванні дорослих складають 1,5-2,0 % загальних калорій відповідно до 4-5 г в межах 2,500 калорійної цінності продуктів.
9. Кукурудзяна олія містить в 6 разів більше ліноленової кислоти ніж маслинова олія і курячого жиру – в 10 разів більше, ніж жиру жуйних тварин.
10. Значущість жирів у харчуванні обумовлена, по-перше, їхньою високою енергетичною здатністю, по-друге, тим, що деякі жирокислоти (арахідонова, лінолева, ліноленова) є незамінними в якості вітамінів для обміну речовин.

Task7. Answer the questions.

1. What makes our meal palatable?
2. What are the important sources of vitamins A, D, E?
3. What provides various amounts of fatty acids?
4. What are natural unsaturated fats associated with?
5. Where do short-chain fatty acids occur?
6. How many classes of fatty acids do you know?
7. What is the percentage of stearic acid in beef?
8. What polyunsaturated fatty acids are considered essential for nutrition?
9. What do sources of linoleic acid include?
10. What is linoleic acid necessary for?
11. How much fatty substances are there in animal and vegetable fats?

Task 8. Read the text without a dictionary and discuss it.

Fats in our diet: How much is too much?

Fats in our diet have occupied the attention of nutritional scientists for several years. Despite research efforts, many questions remain unanswered. Scientists know that, like carbohydrates and proteins, fats are made up of carbon, hydrogen, and oxygen. However, fat provides more than twice as many calories per molecule

because it has a lower ratio of oxygen to carbon and hydrogen. People are understandably concerned about fats and oils since most people realize that "oil and water don't mix" — and water is the primary ingredient of our bodies. The answers to that concern lie in body chemistry.

Though some foods, such as butter and oils, are most pure fat, the fats in most foods coexist with other nutrients and dietary factors such as protein, carbohydrate, vitamins, and fiber. Vegetable oils and meat are our major sources of fat. This fat may be visible, as in marbled meat, or hidden, as in cheese, nuts, and bakery products.

Task 9. Choose the right answer and explain the meaning of the idiom.

1. "What was the exam like, Jilly? Great! It was a piece of …"
   a) cheese b) cake c) old rope
2. The so-called scandal turned out to be nothing more than a storm in …
   a) a teacup b) an ocean c) a bucket
3. "I'd hate to be the politician who said publicly that in his opinion "the Internet was just a flash in the … ."
   a) fire b) pan c) mirror
4. It was an excellent dinner party. The only … in the ointment was Helen spilling red wine over our new carpet.
   a) finger b) fly c) stone
5. To … the … means to dishonestly change a company's book keeping records in order to steal money.

a) bury the hatchet b) surf the net c) cook the books 6.
To … the … is to tell people secret information. a)
spill the beans b) kick the bucket c) talk shop
7. Nimah tends to exaggerate a lot. If I were you I would take everything he says … .
a) take things easy b) take smith by storm c) take with a pinch of salt
8. Julia had a very good relationship with her mother-in-law. They … .
a) really hit it off b) were like two peas in a pod c) got on like a house on fire

JUST FOR FUN

"Can you drive with one arm?"
"Sure."
"Okay, have an apple."

UNIT 3.
PROTEINS

Proteins are of great importance for all life. The living tissues of plants and animals consist of protein material which is continually destroyed in the maintenance of life and must be restored. Constituents which will form proteins in both plant and animal are necessary not only for the construction of new tissues but also to repair losses. A growing plant or a young animal needs more protein in proportion to its size than a fullgrown specimen, but an adequate protein supply never ceases to be essential. Plants have the power of synthesizing protein from nitrogen of inorganic salts, carbon dioxide, and water, but animals lack this ability and are dependent upon what they can get from the plants, either directly or through the medium of other herbivorous animals.

On heating any animal fluid or tissue extract, an unsoluble substance is obtained as a precipitate. If this precipitate is carefully dried and analyzed, it will be found to consist of one or more members of well-defined group of substances of similar chemical and physical properties which are classed together as proteins. The proteins all contain as essential constituents C, H, O and N; many contain S and P also. They are all built up on the same chemical principle, and, therefore, have a number of reactions in common. The ultimate products of oxidation of proteins in the body are acids. Those proteins which contain sulphur and phosphorus are more acidic than those without. Persons with physical disorders traceable to hyperacidity are advised to omit the more acid proteins from their diet.

Composition of Proteins. Proteins, like polysaccharides, can be hydrolyzed by inorganic acids, alkalies, or suitable enzymes. Of these methods, enzyme action is the most advantageous, since it goes on at ordinary temperatures, is less strenuous and, therefore, less apt to lead to undisirable decomposition products. Careful work has shown that hydrolysis takes place in steps, giving products of gradually decreasing complexity until ultimately we obtain a mixture of simple compounds, all of one type, known as amino acids.

The amino acids are derived from the aliphatic acids, such as acetic acid, by such introduction of various substituent groups into the molecule. They are called amino acids from the fact they all contain the amino group, NH_2 attached to the carbon atom nearest to the carboxyl group.

The simplest amino acid is glycine amino-acetic acid.

Over thirty different amino acids have been isolated as derivatives of proteins.

As amino acids are hydrolytic products of proteins, it follows that they must be linked together in the protein molecule by condensation.

In spite of the very great diversity of type, there are certain properties common to proteins in general. They are mostly amorphous, although a few crystallize readily and others can be made to do so with difficulty. Some dissolve in water; others insoluble in water, dissolve in dilute salt solutions. In either case they form colloidal solutions, a fact that is extremely important in the preparation and maintenance of colloidal states in food preparation.

The colloidal nature of proteins is also of great importance in connection with the regulation of cell activities, since this prevents protein substances from diffusing through animal membranes, through which ions pass with ease.

Most proteins coagulate with heat. This change takes place in two steps: denaturation followed by precipitation. If we heat a colloidal solution of pure albumin, it changes from a fairly clear solution to an opalescent one. No coagulation occurs. Denaturation is said to take place. Denaturation of protein changes protein from a water loving (hydrophilic) colloid to a water hating (hydrophobic) colloid. To complete the coagulation, it is necessary to add ions. When ordinary egg white is heated, coagulation of the protein takes place because the egg white has the ions necessary to precipitate the denatured protein.

Active Vocabulary

protein	протеїн, білок
tissue *['tʃsjʃt]*	тканина
destroy	руйнувати
restore	відновлятись
(un) soluble	(не) розчинний
precipitate (n, v) *[pre'sʃpʃteʃt]*	осад, осаджувати
constituents	компоненти, частини
substance *['sʌbstqns]*	речовина
oxidation	окислення
acidity	кислотність
(in) organic acids	(не) органічні кислоти
be isolated *['aʃsqleʃtʃd]*	бути ізольованим, відділеним
be linked	бути з'єднаним, сполучуватись
solution	розчин
dissolve	розчинитись
denaturation	денатурація
coagulate *[kou'xgjuleʃt]*	коагулювати, згущуватись
heat (n, v) *['xlbjumʃn]*	тепло, нагрівати
alkali *['xlkqlaʃ]*	луг

Task1. Fill in the gaps using the words in the box.

tissues; average; decrease; animals; molecules; proteins; building; nitrogen; body

1. All our foodstuffs — fats, starches, sugars, and _____ contain the elements of carbon, hydrogen, and oxygen in varying proportions. 2. Most plants make their own protein by combining the _____ from nitrogen-containing materials in the

soil with carbon dioxide from the air and with water. 3. Animals and people cannot use such simple raw materials for _____ the proteins. 4. We must get our proteins from plants and other _____. 5. Next to water, protein is the most plentiful substance in the _____. 6. The proteins in the body _____ are not there as fixed, unchanging substances deposited for a life-time. 7. Some _____ or parts of molecules always are breaking down and others are being built as replacements. 8. The total daily protein needs increase steadily from birth to adolescence and then _____ to a maintenance level for adulthood. 9. The recommended daily protein allowances for adults are 70 grams for the average man who weighs about 154 pounds, and 58 grams for the _____ woman who weighs 128 pounds.

Task 2. Match the word with its definition.

1. proteins	1. water-soluble protein
2. albumin	2. building material of living organisms
3. synthesis	3. organism
4. denaturation	4. microscopic unit of living matter enclosing a nucleus with self-producing genes
5. coagulation	5. loss of natural qualities
6. cell	6. combination of separate elements into a whole
7. tissue	7. mass of cells and sell-products in a body
8. body	8. change to a thick and solid state

Task 3. Choose the right answer.

1. They arrived so late for the meal that the food was …
   a) hard b) lost c) dried d) spoilt
2. In England one eats apple … with pork.
   a) juice b) pudding c) pie d) sauce
3. Ice tea … him after his long journey.
   a) refreshed b) calmed c) recovered d) rested
4. Would you like me to … the tea?
   a) drip b) pour c) spill d) drain
5. His granny can tell fortunes from coffee …
   a) grounds b) leaves c) sediment d) seeds
6. Would you … me some salt, please?
   a) deliver b) give c) pass d) bring
7. This kiwi … rather sour.
   a) senses b) feels c) smells d) tastes
8. Steaks are one of my favourite …
   a) material b) plates c) dishes d) courses
9. Do you like fresh fruits? “Well, it … what kind of fruits”
   a) depends b) matters c) differs d) minds

Task 4. Choose the correct adjective in bold.

1. The menu was **boring/varied** and had a great choice of starters, vegetarian and fish dishes.
2. This restaurant was **expensive/cheap**. We had to pay a lot of money for breakfast.
3. The staff were **polite/rude** enough to explain us some details of the menu.
4. Fruit salad was **delicious/awful**. Avocado tasted hard and pineapples were overriped.
5. The service was very **professional/unqualified**. We had to wait for an hour or so before a waiter came.
6. This pub is **popular/unpopular** with young people. All tables here are always reserved.
7. The restaurant was quite **quiet/noisy**. The music was too loud to hear my girlfriend.

Task 5. Read the following sentences with comparative and superlative forms.

1. Protein is the **most valuable** nutritional component in our food.
2. What proteins are **more acidic**?
3. **The simplest** amino acid is glycine in protein's composition.
4. Vitamins are **as important** in man's nutrition as minerals.
5. Turkey is **less fattening** than chicken.
6. Peaches are **juicier** than bananas.
7. Today the results of the experiment are **better** than yesterday's.

Task 6. Write the comparatives and superlatives of these adjectives:

strong, stale, tough, ripe, disgusting, fantastic, weak, spicy, bitter, nutritious, tasty, hot, bad, good, little, far.

Task 7. Translate into English.

1. Взагалі харчові білки використовуються організмом людини для побудови клітин тканин.
2. Людина і тварини не можуть синтезувати амінокислоти, які необхідні для побудови білкової молекули.
3. В організмі білки, з яких складаються усі найважливіші органи, тканини і речовини, постійно руйнуються та відновлюються, постійно взаємодіючи з речовинами, що містяться в організмі людини і навколишньому середовищі.
4. Для синтезу білків, що будують тканини організму, необхідно, щоб харчовий білок мав в своєму складі усі корисні для нього амінокислоти.

5. Амінокислотний склад білків є важливим показником його харчової цінності.
6. Найбільш корисними за амінокислотним складом є білки тваринного походження – м'язових тканин м'яса, молока, курячого яйця, картоплі, гречаної крупи, горошку.
7. Альбуміни – білки, що розчиняються у воді.
8. Майже третина білка міститься у м'язах організму, близько п'ятої частини – у кістках і хрящах, близько десятої частини – у шкірі.
9. В самій крові людини знаходяться декілька десятків білків.

Task 8. Answer the questions.

1. What is the role of proteins in nutrition? 2. What can you say about constituents which form proteins? 3. How do plants form their proteins? 4. Where do animals get their proteins from? 5. What can you say about a precipitate which you get on heating any animal fluid or tissue extract? 6. What are the essential constituents of the proteins? 7. What proteins are more acidic? 8. What can you say about the composition of proteins? 9. What is the simplest amino acid? 10. What are the outstanding properties common to all proteins? 11. What can you say about the coagulation of proteins?

Task. 9. Read the text without a dictionary and discuss it.

Foods contain different materials that help your body stay strong and healthy. One of the most important of these is protein. They are absolutely necessary if the body is to grow, or if it is to repair any injuries or damage to itself. Some of the principle sources of protein are lean meat, fish, and dairy products like milk and cheese. The sugar and starches, known as carbohydrates, are substances that everyone needs. They supply energy for the body. Potatoes, seed vegetables such as corn or lima means, and grain products like rice, spaghetti, bread, cake, and cookies are some of the foods that are sources of carbohydrates.

Your body also needs other materials called vitamins and minerals. These two important substances help the body to make good use of the foods you eat by making sure the protein and carbohydrates do their jobs. They also help the body to make body tissues such as bones, teeth, muscles, nerves, and blood. By eating animal products like meat, eggs, and milk, and using plenty of fresh vegetables and fresh fruits daily you can be sure of providing your body with the vitamins and the minerals it needs.

Task 10. Choose the right idiom.

1. "How's your father these days?"
   Still_____ and kicking. He's living in Brighton now.
a) easy b) sweet c) alive
2. The lecture was just how the students liked it – short and _____.

a) square b) easy c) sweet
3. You need to eat some more, Mary! You're far too _____!
a) hot b) soft c) skinny
4. "You've lost the game! You've got a _____ chance!"
a) fat b) bad c) real
5. No wonder your car won't start! Your battery's _____.
a) jammed b) empty c) flat
6. I didn't like smoked salmon at first. For me it was an _____ taste. Now I really love it.
a) experienced b) original c) acquired
7. It was the first _____ meal the tramp had had for several days.
a) compact b) round c) square
8. He got _____ for eatig too much sugar.
a) into hot water b) wind of it c) on their nerves

JUST FOR FUN

"My sister is awfully lucky," said one little boy to another.
"Why?"
"She went to a party last night where they played a game in which the men either had to kiss a girl or pay a forfeit of a box of chocolates." "Well, how was your sister lucky?"
"She came home with thirteen boxes of chocolates. "

UNIT 4.
VITAMINS

Analysts a half century ago used chemical methods to estimate the proteins, fats, carbohydrates, mineral elements and water in foods. They separated the substances in relatively pure form from such natural foods as milk, meat, and cereal grains. They fed mixtures of the purified nutrients to animals, which soon sickened and died. It became plain to the scientists that proteins, fats, carbohydrates, minerals and water are not the only essential constituents of foods. Such studies led to the discovery of the vitamins.

We classify vitamins on the basis of their solubility. Vitamin C (ascorbic acid) and the vitamins of B complex are water soluble. Vitamins A, D, E and K in their natural forms are soluble in fats and such fat solvents as ether and chloroform. We call them the fat soluble vitamins. A deficiency of vitamin A injures the epithelial tissues throughout the body. This deficiency is said to be the cause of much blindness among the populations of the Orient. Vitamin A is necessary for vision. Vitamin A profoundly influences the development of the teeth.

Vitamin A occurs only in foods of animal origin. It is not found in any plant. All yellow and green plants, however, contain yellow pigments that can be converted by chemical cleavage into fragments, one of which is vitamin A.

The commonest of these pigments is carotene, so called because it was first prepared from carrots. Because carotene can be converted into vitamin A, it is often called provitamin A.

The total vitamin A value of milk, cream, butter and eggs is the sum of the vitamin A and the carotene present, but one cannot estimate the vitamin A value of such foods on the basis of their colour alone. Not all of the carotene present in the food eaten is converted into vitamin A. Some passes through the digestive tracts and is excreted as such. Some circulates in the blood, and some is changed in the intestine or liver. It is assumed that two-thirds of the total vitamin A is provided by carotene present In the yellow and green, leafy vegetables and yellow fruits, like kale, spinach, collard greens, mustard greens, carrots, pumpkin, yellow sweet potatoes, apricots, yellow peaches, and cantaloup.

Foods from animal sources, like whole milk, butter, eggs, liver, kidney, and some fish, contain the vitamin in itself. Vitamin A accumulates in the liver. Carotene and vitamin A are insoluble in water. Thus there is no loss by extraction during cooking. Exposure to air or oxygen, especially in presence of heat, however, causes destruction of vitamin A and carotene. Air drying of such foods as eggs and vegetables results in significant loss of vitamin A value. Vacuum drying prevents such loss.

The lack of the vitamin A is the cause of rickets. Scientists discovered in 1922 that the vitamin A in cod-liver oil could be destroyed by oxidation without loss of its antiricketic properties. Then it was apparent that cod-liver oil contains a

second fat soluble vitamin. It was named vitamin D. Sterols are organic compounds widely distributed in animal and plant tissues. They are white, crystalline substances that have physical properties like those of candles. Human skin and the skins of all animals contain a sterol called cholesterol. It is transformed into vitamin D when it is exposed to ultraviolet light.

The vitamin D produced by irradiation of a sterol (ergo-sterol) from yeast is called calciferol, or vitamin D_2. It is dissolved in oil and sold commercially as viosterol. It efficiently protects infants from the development or rickets. Vitamin D_3 which is present in cod-liver oil and other fish-liver oils is effective in the prevention and cure of rickets in both animals and birds.

Vitamin D promotes the absorption of calcium from the digestive tract and lessens the amount in the faeces. Very few foods contain significant amount of the vitamin D. Cow's milk generally is not a good source of vitamin D. Salt-water fish generally contain large amount of vitamin D. Herring, mackerel, and canned salmon and sardines are good sources. Vitamin D is present in the body oil as well as in the fat of the liver. Egg yolk and liver (beef, chick, hog) contain vitamin.

Too much vitamin D can be harmful. Overdosing with concentrates of the vitamin results in loss of appetite, vomiting, diarrhoea and drowsiness. Blood calcium and phosphorus rise to abnormal levels, and calcification of the walls of the blood vessels, heart and various soft tissues may occur. Death may follow.

In 1922 a new vitamin was discovered. It was called vitamin E. Lettuce and wheat germ were found to be rich sources of vitamin E. It was shown to be fat soluble and to have the properties of an alcohol. Vitamin E is widely distributed in both plant and animal tissues. Green leaves and the oil found in the germs of cereal seeds, especially wheat germs oil, are excellent sources of the tocopherols (the word was coined from a combination of the Greek words tokos, child, pherein, bear and the suffix -ol indicating it has the properties of an alcohol).

Considerable tocopherol is present in milk, butter, eggs and liver. Because vitamin E is insoluble in water, there is no loss by extraction in cooking.

Exposure to oxygen and development of rancidity result in the destruction of the tocopherols. People whose diet includes fruit, vegetables, milk, whole grain cereals, meat, and eggs every day are not apt to have deficiencies of vitamin E.

An investigation of beriberi in the late 19th century started the chain of events that led to the discovery of vitamin B complex. Of the 11 substances in the vitamin B complex that now are available in pure form five are components of one or more coenzymes — thiamine, riboflavin, niacin, pyridoxine, and pantothenic acid. Coenzymes are catalysts that have important and often related functions in the biochemical processes by means of which nutrients are used for energy and for building up or maintaining the cells and tissues of the body.

A lack of vitamins of the B complex is one of the forms of malnutrition that often occur throughout the world. Larger amounts are needed during growth and in pregnancy and lactation than in maintenance of health in adult life.

Thiamine, or vitamin B, also known as the antineuritic or antiberiberi vitamin, is a watersoluble compound. It is ready broken down by heat in neutral or alkaline solutions. Its solubility and the ease with which it is destroyed are im-

portant, because overcooking food and discarding the water in which the food is cooked may cause large amounts of the vitamin to be lost.

Thiamine is present in many natural foods but is abundant in few. Lean pork is one of the best sources. Dry beans and peas, certain of the organ meats, and some nuts furnish sizable amounts. Whole wheat and enriched cereals and bread are dependable sources.

The minimum need is approximately 0.20 to 0.23 milligram per 1.000 Calories. Thiamine functions in the body as a coenzyme, which is called cocarboxylase. It acts as catalyst in one of the chemical reactions by which glucose (sugar) is broken down in the tissues to supply energy. In thiamine deficiency, pyruvic acid accumulates in the blood and tissues and there is a change in the ratio of the acid to lactic acid.

Effects of a moderate shortage of thiamine include fatigability, apathy, loss of appetite, nausea, such psychic and personality disturbances as moodiness, irritability, and depression, a sensation of numbness in the legs, and abnormalities of the electrocardiogram.

Vitamin C was officially named "ascorbic acid" to indicate its antiscorbutic function. Its chemical structure is quite simple. The chemical makeup is related to the hexose sugars. These sugars have a backbone of (6) carbon atoms firmly joined to oxygen and hydrogen, but between the second and third carbons there is a double bond, which means chemically that this backbone is not so firm as that of the hexose sugars. These two carbons in vitamin C are free to make changes.

Vitamin C occurs in animals and vegetables extensively but haphazardly. Fresh raw fruit and vegetables contain it, yet few animals need it.

The hydrogen atoms at this point are especially at liberty to wander off, and they have a high preference for any oxygen that may be about. It is when these two hydrogens have left that the vitamin becomes known as L-dehydroascorbic acid. This feature makes it an extremely changeable chemical in solution, and the ability to drop off the two hydrogens is one of its outstanding features.

In human beings, ascorbic acid — chemically fragile though if may be — sidesteps vigorous activity, and any excess not needed for its specific function is eliminated in the urine without being changed. The normal newborn infant has stores of ascorbic acid adequate to prevent development of scurvy for about 5 months.

Deficiency is rare in children more than 15 months old. Infantile scurvy will develop in 3 months or more after breast feeding is stopped if no ascorbitic is given either as a food or a supplement (an additive).

The most marked symptoms are found in growing bones. The recommendation is more than twice the requirement. One hundred milligrams of ascorbic acid eaten each day is a generous supply. Recommendations given in Recommended Dietry Allowances are: for infants 30 milligrams; for children from 1 to 9 years, start at 35 and increase to 60 milligrams; for males 10 to 20 years old, increase gradually from 75 to 100 milligrams.

For the adolescent girl 10 to 20 years old the increase is from 75 to 80 milligrams, for fully grown women 70 milligrams. Because people must depend on

outside supplies of vitamin C, we should know which foods furnish it. Three types of foods that contribute vitamins C generously are citrus fruits, tomatoes and members of the cabbage family. In certain vegetables, such as squash, cucumbers and cabbage the ascorbic acid exists along with an enzyme, ascorbic acid, oxidase, or ascorbase.

When the tissue of these vegetables is mutilated by crushing or cutting and is exposed to the air, the chief function of this enzyme appears to be that of changing the ascorbic acid to dehydroascorbic acid. A point of interest and wonder is that ascorbase has copper as a part of its structure.

Some seasonal and local and regional foods are good sources of ascorbic acid. Among them are berries, melons, chili peppers, pineapple, asparagus, turnip tops and other greens, spinach, chard and kale.

Not only are oranges, grapefruits, lemons, limes, and tangerines especially endowed with vitamin C — they protect it. In the raw state, they have firm skins, even juiced, they retain ascorbic acid tenaciously. The processed products, canned frozen, and pasteurized, keep approximately 90 per cent of their original content.

Active Vocabulary

pure	чистий
purify *['pjʉrɪfaɪ]*	очищувати
solvent	розчинник
solubility	розчинність
ether	ефір
deficiency *[dɪ'fɪʃənsɪ]*	дефіцит
injure *['ɪndʒə]*	шкодити, руйнувати
carotene	каротин
be converted into	перетворюватись
digestion *[daɪ'dʒestʃən]*	засвоєння, травлення (їжи)
destruction	руйнування
liver	печінка
loss of	втрата
lack of	відсутність, нестача
dissolve	розчиняти
rickets	рахіт
properties	властивості
absorption	абсорбція, поглинання
yeast *[jiːst]*	дріжджі
protect	захищати
prevent	запобігати
egg yolk *[eg 'jouk]*	жовток (яйця)
harmful	шкідливий
overdoze	передозувати
vomit	блювати

diarrhoea	пронос, діарея
germ [ʤɜːm]	зародок, мікроб
malnutrition cause	недоїдання
(n, v) greens	причина, спричиняти
(herbals) chemical	зелені (салатні) культури
structure additive	хімічна структура
['ædɪtɪv]	добавка (харчова)

Task1. Fill in the gaps using the words in the box.

antioxidant, amount, occurs, water soluble, solvents, solubility, colourless, carotene, tissues, absorption, digestive tract

1. We classify vitamins on the basis of their _____. 2. Vitamin C (ascorbic acid) and the vitamins of the B complex are _____. 3. Vitamins A, D, E and K in their natural forms are soluble in fats and such fat _____ as ether and chloroform. 4. The yellow colour of milk and cream is due to _____. 5. Vitamin A is almost _____. 6. Mineral oil reduces the _____ of carotene and vitamin A. 7. Sterols are organic compounds widely distributed in animal and plant _____. 8. Vitamin D promotes the absorption of calcium from _____ and lessens the amount in the faeces. 9. Salt-water fish generally contain large _____ of vitamin D. 10. Vitamin E is an _____ — that is it unites with oxygen both within and outside the body. 11. Vitamin C _____ in animals and vegetables extensively but haphazardly.

Task 2. Match the word with its definition.

1. nutritionalist	1. refined
2. natural food	2. components of nutrition
3. purified	3. ascorbic acid
4. carotene	4. made of animal or plant origin
5. sterols	5. sterol contained in human and all animal's skin
6. vitamin C	6. catalysts of facilitating the functions of related vitamins in biochemical processes
7. coenzymes	7. experts in nutrition
8. nutrients	8. organic compound found in animal and plant tissues
9. cholesterol	9. provitamin A

Task 3. Fill in the chart about vitamins and give their characteristics as in the example:

Vitamin	Principle of classification	Products in which they are found	Function

B complex A D E K			

Vitamin C is one of the most important vitamins in human nutrition. **It is a water soluble** vitamin. It's called ascorbic acid to indicate its antiscorbutic function. Vitamin C occurs mainly **in fresh raw fruit and vegetables** such as citrus fruits, tomatoes, currant, dog rose, walnuts, members of the cabbage family, etc. Vitamin C is known as a **catalyst of oxidation and restoring processes** in the living organism.

Task 4. Translate into English.

1. Вітамінами звуться речовини, що містяться у харчових продуктах. 2. Це такі речовини різної хімічної природи, що синтезуються рослинами, іноді мікробами і тваринними організмами завдяки провітамінам, які містяться в рослинних продуктах. 3. Кожний з вітамінів виконує свою особливу функцію, але загалом вони регулюють процеси обміну речовин. 4. Відсутність вітамінів в їжі спричиняє хворобу, що зветься авітаміноз (цинга, поліневрити тощо), а недостатність призводить до послаблення організму, тобто гіповітамінозу. 5. Усі вітаміни класифікуються за хімічною природою, зокрема, за розчинністю. 6. Вітаміни розподіляються на водо – і жиророзчинні. 7. Вітаміни групи В і С є водорозчинні. 8. Тіамін або вітамін В відомий як антиневрологічний вітамін тому, що він постачає енергію в клітини організму в результаті хімічних процесів. 9. Вітамін С як один із найважливіших бере участь в окисно-відновлюваних процесах у живих клітинах організму. 10. Вітаміни А, D, Е, К відносяться до жиророзчинних. 11. За функціональними характеристиками вітамін А називають вітаміном росту і антиінфекційним, оскільки його відсутність призводить до затримки росту і очних хвороб. 12. Вітаміни групи D регулюють кальцієвий обмін. 13. Відсутність кальцію в організмі дитини спричиняє рахіт, хворобу кісткової системи. 14. Багато вітаміну D міститься у жирі тріски та різних морських продуктах. 15. Вітамін Е міститься в зародках хлібних злаків.

Task 5. Answer the questions.

1. How do we classify vitamins? 2. What do we call the vitamins which are soluble in fats? 3. What does a deficiency of vitamin A injure throughout the body? 4. What do we call provitamin A? 5. Are carotene and vitamin A soluble in water? 6. Is there any loss by extraction during cooking? 7. What is the cause of rickets? 8. What can you say about vitamin D? 9. What are sterols? 10. What do human skin and skins of all animals contain? 11. What is cholesterol transformed into when exposed to ultraviolet light? 12. Where is vitamin D present? 13. What

are the properties of vitamin E? 14. What is tocopherol? 15. Is vitamin E soluble in water? 16. What are the properties of vitamin B? 17. Where is vitamin B present? 18. Why was vitamin C named ascorbic acid? 19. What does the deficiency of vitamin C lead to?

Task 6. Which vitamins influence favourably different parts of human body and systems of organism?
Put words below into the right column

Vitamins	Part of the human body and systems of organism

Vit. A; eyes; skin; Vit. C; teeth; blood; bones; Vit. E; Vit. B complex; heart; lungs, Vit. D; nervous system; Vit. K; muscles, hair, nails, liver

Task 7. React to the fallowing statements using positive or negative replies:

1. What about having lunch at that vegetarian restaurant?
1. Let's go on this diet together!
2. I'm not sure they serve organic food there.
3. How do you find this salad?
4. Fruit is a little overriped, is not it?
5. Will you pass me some pepper, please?
6. I'd like two ice creams.
7. I take vitamin additives twice a day and feel better.
8. You should eat more carrots to have better vision.
9. Do you find a balanced diet perfect?

- Sure, what time shall we go?
- Really? Which vitamins are you taking?
- Oh, it smells disgusting.
- I'm afraid, I won't, I don't believe in any diets.
- Right you are. It's an ordinary second class restaurant.
- Why? You aren't right. I'm fond of mellow and juicy fruits.
- Sure. Here it is.
- Hope they do matter for my eyes.
- It depends.
- Which flavours?

Task 8. Comment upon some common ideas about food.

Eating carrots is good for the eyes.
Eating fish is good for the bones.
Eating cheese before going to bed makes you dream.
Yoghurt makes you live long.

Eating nuts is good for brain.
Garlic keeps you from getting colds.
Honey helps you go to sleep.
A cup of tea settles your stomach.
An apple a day keeps the doctor away.

Task 9. Read the text without a dictionary. Do you agree with the author's concern as to vitamin consumption in a human diet?

Vitamins in Food: Our Major Sources

Under certain circumstances, we ingest vitamins from numerous food sources and additionally synthesize small amounts in the body. Our ability to reach daily requirement levels depends upon the foods we eat, how well our bodies synthesize, and how great our needs are. These variables can be complex. For example, many vitamins occur in food in both active and inactive forms. When we ingest vitamin in its active form, the substance is immediately useful to our functions. A vitamin in inactive form is not. Food processing may release the inactive form. Since our knowledge of active and inactive vitamin forms is limited, our best information on vitamin content in food composition tables may ultimately require revision. Similarly, the quantity of vitamins retained in commercially processed foods varies by type of food, processing techniques, and storage methods. Even fresh food vary in vitamin content.

Task 10. Fill in the missing words to form idioms in the sentences below. Choose from the following:

Season; out of reach; ones; his last legs; in stock; at death's door; good shape; doldrums; on

1. I may be getting on a bit, but I'm certainly not _____ yet! I hope to live for at least another ten to fifteen years!
2. Strawberries cost a lot at the moment because they are not in _____.
3. Although she is in her early fifties, she exercises regularly and is still in very _____.
4. Sorry if I'm not very good company today. I'm feeling a bit in the _____.
5. You'd better put those tablets _____ of the children.
6. My mother is a vegetarian and won't eat meat _____ principle.
7. Throughout the flight he was very much _____ edge, and didn't start to relax until the plane had landed.
8. The old man was very weak and was close to death. He was _____.
9. "Two tins of baked beans, please." "I'm afraid, we haven't got any _____ at the moment. But we should be getting some more on Tuesday."

JUST FOR FUN

“You have an admirable cook, yet you are always growling about her to your friends.”
“Do you suppose I want her lured away?”

UNIT 5.
CEREAL GRAINS

The cereal grains are the edible seeds products by certain plants of the grass family. They provide 20 to 80 per cent of the food energy in different countries of the world.

Cereal grains have many natural advantages as foods. They are nutritious. The grains are not bulky. They can be stored for long periods, are transformed cheaply long distances. They are readily processed to give highly refined raw foods.

Four general groups of foods are prepared from the cereal grains and these must be kept in mind by the grower and processor when quality is considered.

Baked products made from flour or meal include pan breads, loaf breads, pastries, pancakes and flat breads.

Milled grain products, made by removing the bran and usually the germ, include white rice, farina, wheat flour, corn-meal, hominy, corn grits, pearled barley, semolina for making macaroni products, prepared breakfast cereals, and soup, gravy and other thickenings.

Whole-grain products include rolled oats, brown rice, popcorn, shredded and puffed grain, breakfast foods, and home-ground meals made from wheat, corn, sorghum, and millet.

Beverages are made from fermented grain products (distilled and undistilled) and from boiled roasted grains.

Preference for a cereal depends on the form and flavour of the food made from it, its amount of nourishment and contribution to health, cost, its general availability, and the food habits of a people.

All cereal grains have high energy value, mainly from the starch fraction but also from the protein and fat. The mineral and vitamin composition varies considerably among the cereals and among varieties within species. It reflects the plates where they are grown, the conditions of storage, and the portion of the kernel that is utilized.

Cereal foods should be eaten and are eaten with meat, fish, vegetables, milk and other foods. The food value of cereals depends on their chemical composition and the availability of the constituents for use by the human body.

Quality standards in cereal grains have to do with the nature of the raw product, the ease of processing wholesome food from it, and the intended use.

Each class or subclass of grain is divided into several grades, which are based primarily on the minimum allowable weight per bushel and maximum limits of moisture, mixtures of various kinds, and damaged kernels.

Wheat is divided into seven market classes according to the botanical type, the area where it is grown or the major use. They are hard red spring (the usual protein content is 12—14 per cent) and hard red winter (9—13 per cent protein), the bread wheats: durum (about 11—14 per cent protein) for macaroni products;

soft red winter (10 per cent protein), the pastry wheats: red drum used as food, and mixed wheat the use of which depends on its composition.

Corn is classed as yellow, white and mixed.

There are special grades for flint corn. Both yellow and white corn are utilized for cornmeal, white corn is favoured for hominy and breakfast foods.

Starch, syrup, sugar and oil made from the different classes are similar in quality. Popcorn is graded on the basis of popping expansion, uniformity, and degree of maturity. Popcorn to be caramelized should pop into smooth mushroom-shaped grain in contrast to the large "butterfly" type most popular for buttering. Yellow popcorn has become more popular than white.

Barley classes distinguish among eastern and western grown sixrowed barley. Subclasses for malting barley and special grades for two-rowed barley further specify market samples for uses requiring special qualities. Oats are classified by colour of the hull as white, red, gray, black, and mixed oats.

White oats are preferred for milling, but yellow and red oats also are used. Rice is graded as rough rice, brown or cargo, and milled rice (bran layers are removed).

There are special grades for unpolished milled rice sometimes called undermilled rice, parboiled milled rice, which was processed before milling by soaking, steaming and drying: and coated milled rice, which receives a coating of glucose and tale.

Grain quality has two general meanings — physical quality, which pertains to cleanliness and freedom from foreign seeds and trash, and processing quality, which means suitability for the use for which the grain is intended.

Physical quality sometimes partly describes the processing quality. Certain market classes are more suitable for the production of consumer food than others. Grain that has been stored for many years, or for a shorter period under poor conditions may be less suitable for food. The fat of such grain begins to break up into simpler compounds, fatty acids and glycerol.

Flour is made from the endosperm, the central part of the wheat kernel, 70 to 75 pounds of flour are commonly obtained from 1000 pounds of wheat. Varieties of wheat may differ markedly in millability. The white wheats as a group are perhaps the easiest to mill, and they produce a high yield of flour. White flour may be divided into two major classes — bread flour and pastry flour. Bread flour is used to make rolls and Vienna bread, as well as the common sliced, wrapped white bread. Pastry flour is used for cakes, cookies, piecrusts, doughnuts, crackers and biscuits.

Pastry flours have about 6 per cent to 9 per cent of protein. They are made from softer wheats compared to those used for bread flours. They generally are made from soft wheats in order to obtain the low-protein type necessary to make pastries and rich cakes.

The strength of soft-wheat flours may be measured by amount of water they absorb in a slightly acid, or weakly alkaline solution. Strength appears to be proportional to the amount absorbed.

Quality of pastry flours may be judged by the feel of a flour-water dough. A good pastry flour will be short one whose dough will stretch relatively little but breaks Instead. Good quality in a cookie flour is measured by (and is directly proportional to) the diameter of the cookies produced.

Semolina, a granular middlings or meal, is used to make spaghetti and macaroni products and noodles.

It is made from a very hard wheat (durum) which is suitable mainly for this purpose. Macaroni quality is measured by mixing and kneading the semolina with water forming the shape of a typical macaroni or a flat thin sheet, and drying it slowly. The best semolinas produce a translucent, golden, or amber product. The yellow colour is not known to be important nutritionally, however.

Quality in rice is evaluated according to kernel shape and uniformity, milling loss (broken kernels), and cooking characteristics. Cooking quality is judged by the water uptake, volume of cooked rice, starch and other solids in the residual liquid, degree of cohesiveness, cooking time, colour, flavour and aroma.

Professors of rice prefer different textures for different products. Those two package quick-cook rice and who produce canned products prefer the fluffy, dry whole-grain cooking types. Manufacturers of breakfast and baby foods prefer the firm, or chewy cooking types, in which the grains tend to stick together. Parboiled rice is produced by soaking rough rice, steaming or cooking it, and drying and hulling and milling.

For this rice, vitamin and mineral content are factors of quality, because 70 to 90 per cent of such nutrients in the rough rice are retained in the parboiled rice after milling.

Corn is processed by the wet milling process to make oil, starch, and syrup for food purposes. The most important quality characteristics of grain are full maturity, freedom from type of mold, spoilage, and animal or insect contamination, and if dried artificially, drying at temperatures below 135°. Yellow corn contains appreciable amount of vitamin A. White corn contains a trace.

High quality oats are matured, unweathered, free from foreign material and other grains, and of high weight per bushel. Manufacturers of rolled oats believe that grain high in protein and low in fat makes the best product. Rolled oats with a high fat content are chunky, become rancid easily, and produce party water porridge when cooked. Rye flour, generally mixed with relatively large amounts of wheat flour, is used to make specially bread. The starch liquefying enzyme must be present in the proper amount especially when relatively rye bread is baked.

Too little an amount results in a dry, brittle crumb and large hollow spaces. It is determined by measuring the thickness or viscosity of dot flour water pastes. Small scale bread-baking tests may be used to evaluate the flour. The bread is scored for general appearance, size, and crust colour of the loaf and grain and texture of the crumb.

Active Vocabulary

cereals *['sɪqrɪq/z]* хлібні злаки

edible	який можна їсти
nutritious [njut'rɪʃəs]	поживний
process (n, v)	переробка, переробляти
flour ['flauq]	борошно
flavour	смак
grow	вирощувати
store	зберігати
moisture ['mɔɪstʃə]	вологість
kernel	зерно
mix	зміщувати
wheat [wɪt]	пшениця
rye	жито
rice	рис
barley	ячмінь
millet	просо, пшоно
buck wheat	гречка
oats	овес
maize (corn AE)	кукурудза
pearl barley	перлова крупа
gravy	підлива
paste	паста, здобне тісто, пастила, клейстер
cornflakes	кукурудзяні пластівці
bran	грис, висівки
gluten	клейковина
crumb of bread	крихта хліба
crust of bread	шкуринка (скоринка) хліба
viscosity	в'язкість
hull, husk	шкарлупа, шолуха, шкірка
biscuit ['bɪskqt]	(сухе) печиво
pastry	кондитерські вироби
Vienna bread	віденська булочка
roll	батон, булочка
beverage ['beverɪʤ]	напій
dough ['dou]	дріжджове тісто
batter	збите тісто (без дріжджів), тістечко
cake	кекс, торт
cookies	домашнє печиво, булочка
cracker	крекер

Task 1. Fill in the gaps using the words in the box.

kernel; white; oats; rice; hull; barley; corn; grains; wheat

1. Cereals include the small _____, rice, wheat, corn or maize, and the various grain sorghums.
2. _____ supplies flour for bread, macaroni, crackers, and other foods.
3. _____ is classed as yellow, white and mixed.
4. _____ resembles wheat in appearance but has a longer and more slender head.
5. _____ are classified by colour of the _____ as white, red, black and mixed oats.
6. _____ oats are preferred for milling, but yellow and red oats also are used.
7. Quality in rice is evaluated according to _____ shape and uniformity, milling, less broken kernels and cooking characteristics.
8. _____ fresh from the combine harvester usually is high in moisture and requires prompt and careful drying.

Task 2. Match the word with its definition

1. beverage (soft and alcoholic)	1. useful in nutrition
2. cereal grains	2. maize
3. nutritious	3. prepared in the oven
4. raw food	4. a substance made of endosperm, the central part of the wheat kernel
5. baked (grain products)	5.drink made of fermented grain products (distilled or undistilled)
6. milled (grain products)	6. not processed
7. flour	7. prepared by milling
8. corn	8. edible seeds produced by certain plants of the grass family

Task 3. Give your reasons to agree or disagree with the statements below as in the following examples:
1. In addition to having milk, meat, fruits and vegetables the daily food guides recommend four or more servings of grain products each day.

- *I fully agree with it because products made of cereals contain a lot of proteins, carbohydrates, useful vitamins and minerals necessary for our organism.*
2. A person should consume a lot of sugar which gives energy to his brain and body as a whole.

- *As a matter of fact its not true because the excess of sugar consuming may do a lot of harm to the human organism and cause a dangerous disease diabetes as a result.*
3. Eating much cereal products and sweets may lead to overweighting.
4. Brown bread made of rye is much more useful than white bread made of wheat.
5. Porridge eaten as breakfast meals is as useful as fruit salads.
6. Salt is very useful for the human organism because its deficiency causes scurvy.

7. Foodstuffs containing different preservatives and additives make them much tastier and attractive.
8. If you want to lose weight, do it gradually.
9. You should eat regularly and drink five or six glasses of water per day.
10. Only that food is considered to be nourishing and palatable which is eaten with great pleasure.

Task 4. In teams use the words/phrases below to make up sentences.

eating habits, count calories, foods rich in fibre, go on a diet, put on extra weight, feel fit and strong, be slender, cereals, raw fruit and vegetables, look smart, junk food, dishes, spicy, low-caloric foods, sweets, vegetarian, juice, rolls, cakes, fatty, popcorn, porridge, chips.
Example:
Porridge. Porridge for breakfast as an English eating habit is good for us. It contains carbohydrates and vitamins B and E. We should eat it regularly.
Chips. Chips aren't very good for us. They are spicy and made with salt. We shouldn't eat much junk food.

Task 5. Fill in the gaps with the words in the box.

Eat, pizza, a glass of; worry, some; wolf; cook; idea; some; a little; much; any

Ann: I'm as hungry as a _____. Let's have something to _____.
Paul: O.K. What about _____?
Ann: Oh, It'll take a lot of time. Let's _____ an omelette.
Paul: Oh, it's a good _____!
Ann: Then bring me _____ eggs, _____ milk and _____ flour, please.
Paul: It's a pity, but I can't find _____ flour.
Ann: Don't _____. That'll be enough.
Paul: Shall we have _____ cheese and ham?
Ann: Yes, of course. And we need _____ tomatoes too.

Now using the words below roleplay similar dialogues.

Vatrushky: flour, sugar, eggs, butter, curds
Pizza "Margarita": mushrooms, cheese, onions, mayonnaise,flour, salt, eggs, chicken

Task 6. Translate into English.

1. До основних зернових культур належать типові хлібні злаки – пшениця, жито, овес, ячмінь, кукурудза. 2. Пшениця є однією з найважливіших

зернових культур. 3. Крупа являє собою цільні, дроблені зерна хлібних злаків. 4. Крохмаль є основним вуглеводом в хлібних продуктах, і кількість крохмалю в зерні різних культур коливається від 50 до 70 % ваги зерна. 5. Ячмінь використовується для виготовлення крупи, борошна, пива, солоду. 6. Вирощування рису залежить від погодних умов, і для нього необхідно багато тепла і вологості. 7. Пшеничне борошно використовують для вироблення хлібопекарських, макаронних, кондитерських і млинцевих продуктів. 8. Білки житнього борошна багаті на незамінні амінокислоти.

Task 7. Answer the questions.

1. What are the natural advantages of cereals as foods?
2. How many groups of foods are prepared from the cereal grains?
3. What products are made from the cereal grains?
4. What products are beverages made from?
5. What is the general characteristic for all cereal grains?
6. What does the food value of cereal depend on?
7. What basis is popcorn graded on?
8. Can you say anything about barley classes?
9. What is the basis for oats classification?
10. How is parboiled milled rice processed?
11. How many general meanings has grain quality?
12. What is flour made from?
13. How many classes may white flour be divided into?
14. What is bread flour used for?
15. What is pastry flour used for?
16. What are bread flours made from?
17. What are pastry flours made from?
18. By what is the strength of bread flour measured?
19. What are pastry flours characteristics?
20. By what may the strength of soft wheat flours be measured?
21. What can you say about pastry flour dough?
22. What can you say about semolina?
23. What can you say about the quality of rice?
24. What are the most important quality characteristics of grain?
25. What can you say about rye flour?
26. What kinds of tests may be used to evaluate the flour?

Task 8. Read the text with correct tense forms and discuss it.

Cereal and Cereal Products

In addition to recommending servings of milk, meat, and fruits and vegetables, the daily food guides 1_____ four or more servings of grain products each day. The major nutrients these foods contribute 2_____ calories, iron, niacin, and vitamins B1 and B2. Cereals and cereal products 3_____ all

grains served in whole grain, enriched, or fortified forms; for example, wheat, corn, oats buckwheat, rice, and rye.

The protein in grains 4_____ incomplete. For example, if two or three different cereals 5_____ consumed at the same time, amino acids missing in one 6_____ be supplied by the others. We also 7_____ to combine grains with protein – rich food – macaroni and cheese, egg noodles, buns with hamburger, rice with chicken, and milk on cereals – and thus 8_____ our amino acid intake.

Most nutritionists 9_____ eating some cereal products daily because they 10_____ a fair amount of many nutrients at low cost. However, nutritional values of many breakfast cereals are 11_____ by consumer groups. The main dispute 12_____ the practice of eating food, but cereals by themselves 13_____ limited types and amounts of essential nutrients.

1. are recommending/ recommend/ will recommend
2. were/are/ will be
3. are including/ included/ include
4. will be/ is/ are
5. is/ are/ will be
6. may/ should/ must
7. tend/ will tend/ are tending
8. increased/ will increase/ increase
9. recommend/ will recommend/ are recommending
10. provided, will provide/ provide
11. were challenged/ were being challenged/ are being challenged
12. concerns/ will concern/ concerned
13. contributed/ are contributing/ contribute

Task 9. Choose the right answer. Can you think of any Ukrainian equivalents of the English idioms given below?

1. People who have a sweet _____ like things like chocolate, ice cream, cakes, etc.

a) tooth b) brain c) hair

2. If you are feeling really sad you might cry your _____ out.

a) ear b) eyes c) lips

3. If you are in a restaurant and you want to pay your bill, you will first have to catch the waiter's _____.

a) chin b) brain c) eye

4. If someone was looking really sad or depressed, you might think they had a _____ as long as a fiddle.

a) face b) finger c) tooth

5. He’s too active. He has _____!
a) sweet teeth b) his heart in his mouth c) a finger in every pie

6. My mother always goes as _____ as a beetroot whenever she’s embarrassed.
a) black b) white c) red

7. Pass me a glass of water, please. I’ve got _____.
a) hen party b) my goat c) a frog in my throat

8. It’s Kristina’s _____ on Friday. You are coming, I hope?
a) stag party b) hen party c) red – letter day

9. He really made _____ of himself at the corporate party.
a) fool b) a joke c) a pig

10. As the epidemic struck, people started dropping like _____.
a) birds b) insects c) flies

JUST FOR FUN

“Now, Jack, dear, if I do all the cooking for a month, what will I get?”
“You get my life insurance and your freedom.”

UNIT 6.
VEGETABLES

Food value of vegetables. Vegetables play a very important role in the human diet, supplying some of the things in which food materials are deficient. They are important in neutralizing the acid substances produced in the course of digestion of meats; cheese and other foods; they are of value as roughage which promotes digestion and helps to prevent constipation; they are important sources of the mineral elements needed by the body; being especially rich in calcium and iron, they are valuable sources of vitamins. Although vegetables, in general, are not considered of great importance in furnishing proteins, carbohydrates and fats, some of them, such as dried seeds of beans, peas, and lentils, are rich in proteins. Others, such as potatoes, sweet potatoes, parsnips, carrots, and rutabagas, are important sources of carbohydrates.

At least 10 mineral elements are needed for the proper growth and development of the body. Extensive investigations have shown that calcium, phosphorus, and iron, except in rare instances, are the only mineral elements that are not present in quantities sufficient for the needs of the body. The green vegetables are sources of the important mineral elements. Potatoes, sweet potatoes and mature onions contain appreciable quantities of phosphorus.

A certain quantity of bulky food is necessary for good health, vegetables are the main source of roughage. Most vegetables, particularly the leafy ones, as celery, cabbage, spinach, and lettuce are characterized by high water content and relatively high percentage of cellulose or fibre. Because of their succulence and relativelly large bulk, the leafy vegetables and most of the root crops probably aid in the digestion of the more concentrated foods.

The name vitamin has been given to a group of food substances other than fats, proteins, carbohydrates, and salts that occur in small quantities in natural food materials. They are essential for growth, for reproduction, and for the maintenance of health.

Green and yellow vegetables contribute about 33 per cent of the vitamin A supplied by major food groups. They supply also about 25 per cent of the ascorbic acid, while citrus fruits and tomatoes furnish about 34 per cent. The vegetables ranking highest in vitamin A are carrots, turnip greens, spinach, sweet potatoes, beet greens, mustard greens, winter squash, chard, and broccoli. It should be born in mind, however, that the number of milligrams, or International Units, of a vitamin to the pound of food does not tell the whole story.

A vegetable may be rich in vitamins, but if only a small quantity of that vegetable is eaten, the consumer will need other source of supply. A pound of green peppers contains about seven times as many milligrams of ascorbic acid as a pound of Irish potatoes, but the average consumer obtains more of his requirements from potatoes than from peppers because of greater consumption of potatoes.

There are four general methods of classification of vegetables: (1) a botanical classification; (2) a classification based on hardiness; (3) a classification based on parts used as food; (4) a classification based on essential methods of culture. A fifth method combining parts of the four mentioned may be used to advantage in grouping for discussion.

According to botanical classification plants are divided into four great groups, or "subcommunities". These are as follows:

I. Thallophyta. The thallophytes.

II. Brophyta. Mosses and liverworts.

III. Pteridophyta. Ferns and their allies.

IV.Spermatophyta. The spermatophytes, or seed plants.

Classification Based on Hardiness. Vegetables are often classified as hardy and tender. Those classed as hardy will endure ordinary frosts without injury, while those classed as tender would be killed. Some of the hardy plants will not thrive well under hot dry conditions. Others will withstand frost and also thrive during the hot weather of summer. Some tender vegetables do not thrive in cool weather even if no frost occurs. The terms cool-season and warm-season crops are used to suggest conditions under which the crops thrive best, rather than their susceptibility to frost injury.

Classification Based on Parts Used as Food. In this system of classification those crops grown for their leaves or stems are placed in one group. This group includes cabbage, kohlrabi, collards, asparagus, rhubarb, all the salad crops. A second group includes those crops grown for their fruits, as melons, tomatoes, egg-plant, beans, and peas, while a third group includes those grown for their flower parts, as cauliflower and broccoli. Those crops grown for their underground portions (roots, tubers, bulbs, and corns), as potatoes, beets, carrots, parsnips, radishes, turnips, salsify, onions, garlic and dasheen, constitute the fourth group.

Classification Based on Methods of Culture. A system of classification based on essential methods of culture is very convenient. In this system all those crops that have similar cultural requirements are grouped together. This system combines some parts of the other three methods.

According to this classification the vegetables are placed into 13 groups. The grouping is as follows:

Group 1. Perennial crops: Asparagus, rhubarb, artichoke, sea kale.

Group 2. Pot-herbs or greens: Spinach, New Zealand spinach, orach, kale, chard, mustard, collards, dandelion.

Group 3. Salad crops: Celery, lettuce, endive, chicory, cress, corn salad, parsley, salad chervil.

Group 4. Cole crops: Cabbage, cauliflower, broccoli, Brussels sprouts, kohlrabi, Chinese cabbage.

Group 5. Root crops; Beet, carrot, parsnip, turnip, ruta- bage, salsify, turnip-rooted chervil, skirret, radish, horseradish, scorzonera, or black salsify, or Spanish salsify. *Group 6. Bulb crops:* Onion, leek, garlic, shallot, cibone, or Welsh onion, chive, orchive.

Group 7. The potato.
Group 8. The sweet potato.
Group 9. Peas and beans: Pea, bean, broad bean, common, or garden bean, Multiflora bean, Lima bean, tepary bean, Soybean, cowpea, or Southern pea.
Group 10. Solanaceous fruits: Tomato, egg-plant, pepper husk tomato, or physalis.
Group 11. The cucurbits: Cucumber, gherkin, muskmelon, watermelon, citron, melon, pumpkin, squash.
Group 12. Sweet corn, okra, mertynia.
Group 13. Chayote, yam, dasheen (taro), manioc.

Active Vocabulary

vegetarian *[veʤɪ'tɛrɪən]* вегетаріанський
vegetative рослинний
calcium *['kælsɪəm]* кальцій
iron *['aɪən]* залізо
phosphorus *['fɔsfərəs]* фосфор
leafy vegetables листові овочі
lettuce (зелений) салат –латус
bulk груба їжа
root vegetables коренеплоди
mature *[mə'tjuə]* дозрілий, стиглий
mustard greens рослинна гірчиця
squash *[skwɔʃ]* кабачок
turnip ріпа
sweet pepper солодкий перець
green pepper зелений перець
hardy vegetables тверді овочі
tender vegetables м’які овочі
greens (pot herbs) овочева зелень
salad crops салатні овочі

susceptible to *[sə'septəbl]* бути сприйнятливим, вразливим до чогось
tubers бульбові культури
bulb crops цибульні овочі
peas and beans горохові і бобові
pumpkin гарбуз
parsley петрушка
dill кріп

Task 1. Fill in the gaps using the words in the box.

Pumpkins, asparagus, kale, broccoli, species, folic, acid, leafy, phosphorus, potatoes, turnips

1. Potatoes, sweet potatoes and mature onions contain appreciable quantities of _____. 2. The _____, green and yellow vegetables contribute about 33 per cent of the vitamin A supplied by the major food groups. 3. They supply also about 25 per cent of the ascorbic acid, appreciable quantities of thiamine, niacin, and _____ _____. 4. _____ and sweet potatoes supply about 16 per cent of ascorbic acid, while citrus fruits and tomatoes furnish about 34 per cent. 5. The vegetables ranking highest in vitamin A are carrots, turnip, greens, spinach, sweet potatoes, beet greens, mustard greens, winter squash, chard, and _____. 6. The only stored vegetables of much importance that do not have to complete with the fresh product are sweet potatoes, winter _____, and winter squashes. 7. Most of the root crops such as beets, carrots, parsnips, rutabages and _____ keep best in a relative cold, humid atmosphere, while sweet potatoes, pumpkins, and squashes keep best in a relative warm, dry atmosphere. 8. _____, a genus of the lily family, has at least 150 _____ native of Europe, Asia and Africa. 9. Many types of _____ are known but they all probably belong to the same species.

Task 2. Match the word with its definition.

1. bulky food	1. harvest
2. cellulose	2. vegetables of cabbage family
3. raw	3. nutrition
4. greens	4. fresh
5. crop	5. herbal vegetables
6. diet	6. tough (hardy) food
7. raw vegetables	7. fibre
8. cole crops	8. vegetables eaten without cooking
9. solonaceous fruits	9. vegetables of tomato family

Task 3. Group the words below under the following headings:

leafy vegetables
salad crops
cole crops
bulb crops
greens (pot herbs)
root crops
peas tubers and beans
solonaceous fruits
cucurbits
vegetables grown for their flower parts

pepper Brussels sprouts cabbage

pea	dill	cauliflower
bean	mustard	parsley
potato	cucumber	kale
pumpkin	tomato	carrot
squash	watermelon	parsnip
cowpea	citron	horseradish
onion	melon	Chinese cabbage
asparagus	egg-plant	celery
beet	garlic	lettuce
turnip	chive	spinach
leek	radish	collards
broccoli	Spanish salsify	chicory

Task 4. Describe the verbs used in the kitchen for cooking some vegetable dishes of your own:

fry, roast, bake, stew, boil, salt, cut, peel, pour, slice, mix, make, wash, cool, spice, grease, put, grate, chop, microwave, dress, stir, grill.

Task 5. Write your own recipe for a vegetable dish (it may be your favourite one). Concern the following items:

- ingredients
- technology of making
- food value

In teams present your recipe to other students and find out the best cook of the group.

Task 6. In teams discuss the problem: "Is a vegetarian diet becoming so ever popular nowadays?" Concern the following items:

- Protein, carbohydrate, fat contents in vegetarian foodstuffs
- Role of vitamins and minerals in a vegetarian diet
- Food values of vegetative diets in a human nutrition
- Moral aspects of vegetarians
- Ecology of vegetarian food
- Pros and cons of being a vegetarian.

Task 7. Translate into English.

1. Важлива роль у харчуванні людини належить свіжим овочам, а також різним продуктам харчування, які отримують в результаті їхньої переробки. 2. Вони є цінним джерелом вітамінів і необхідних для людини мінеральних речовин. 3. Такі овочі, як салатношпинатні, бобові, капустяні і деякі інші є продуктами рослинного походження з високим вмістом білкових речовин. 4. Капустяні та салатношпинатні овочі, а також селера і бурякова зелень багаті на солі кальцію. 5. Коренеплоди є джерелом вуглеводів, переважно цукрів, а

також вітамінів, мінеральних солей, смакових та ароматичних речовин. 6. Кріп багатий на вітамін С, отже він не тільки покращує смак їжі, а й вітамінізує її. 7. Зелені овочі багаті на азотисті речовини, з яких значне місце належить білкам. 8. Овочева зелень – важливе джерело вітамінів С, К, каротину та мінеральних речовин, особливо заліза, фосфору, йоду, кальцію, мікроелементів.

Task 8. Answer the questions.

1.Why are vegetables important in the human diet? 2. What vegetables are rich in proteins? 3. What vegetables are important sources of carbohydrates? 4. What are good sources of the important mineral elements? 5. What vegetables contribute about 33 per cent of the vitamin A? 6. What methods of classification of vegetables do you know? 7. What kinds of vegetables belong to the pot-herbs? 8. What kinds of vegetables belong to the salad crops? 9. What kinds of vegetables belong to the bulb crops?

Task 9. Read the text without a dictionary and discuss it.

The daily food guides recommend four or more servings of fruits and vegetables each day, since this group makes many nutritional contributions to the diet. Fruits and vegetables are responsible for the major intakes of iron and vitamins A and C; they are also good sources of calcium, magnesium, and folic acid. They contain small amounts of trace elements, depending on the type of soil in which they are grown, and some vegetables contribute protein. Fruits stimulate appetite, and their organic acid content helps in the absorption of iron and calcium, especially if a person does not produce enough stomach acid.

Most fruits and vegetables are nutrient dense, low in calories, low in fat, and high in cellulose. Because they provide roughage, cellulose, and bulk, the products in this group ensure a good intestinal environment. Some of them – such as celery, apples, and carrots – even help clean our teeth. Although this group as a whole is a major source of vitamin A, very few vegetables and fruits contain good amounts of this vitamin. The major ones that are high in vitamin A are dark green vegetables, orange – coloured vegetables, and orange – fleshed fruits, such as apricot, musk – melon, and mangoes.

Fruits and vegetables are our main sources of vitamin C. Citrus fruits are particularly high in vitamin C. Fruits such as cherries, strawberries, and cantaloupe also provide rich amounts of this vitamin. Vegetables such as spinach, cabbage, broccoli, and asparagus are good sources, especially when eaten raw.

The vitamin C level in many fruits and vegetables varies with the season, climate, variety of products, stage of maturity, storage period and temperature, and the plant parts utilized. Vitamin C loss after harvest, during oxidation, and discarded parts is high. Since vitamin C is a very fragile compound that is subject to destruction by heat, air, and light, food should be prepared in ways that minimize its loss.

We derive about a quarter of our daily iron need from fruits and vegetables. In general, leaves contain more iron than stems, fruits, and the parts grown in the soil.

Fruits and vegetables contribute a small amount of calcium. However, if the person's milk consumption is low or if a large amount of fruits and vegetables is eaten, the relative contribution of calcium from this food group is increased.

Although many fruits and vegetables are not high in calories by themselves, they are often consumed in combination with high – calorie foods, which increase the calorie intake. Broccoli, for instance, is often eaten with high – calorie cream sauce or butter, canned peaches usually are packed in high – calorie sugar syrup.

Task 10. Choose the right word or phrase which best completes the idiom of comparison. Think of its Ukrainian equivalent.

1. Nothing ever seems to bother Steve. No matter what happens, he always remains as cool as _____.
   a) cold feet b) a cucumber c) an Eskimo

2. It's hard to believe that Yanek and Stefan are brothers isn't it? They are as different as _____.
   a) milk and honey b) chalk and cheese c) margarine and butter

3. Brigitte was as keen as _____ to start her new bellydancing course.
   a) coffee b) mustard c) vinegar

4. My new car is so fast. It goes like _____.
   a) a bomb b) hot cakes c) a duck to water

5. No smoke without _____.
   a) sleeping b) fire c) dream

6. First _____, first served.
   a) visit b) eat c) come

7. Don't count your _____ before they're hatched.
   a) pigs b) chickens c) hens

8. Too many _____ spoil the broth.
   a) cooks b) chefs c) waiters

JUST FOR FUN

Jones came home one evening and found his young wife sobbing. "What's the matter, darling?" he asked anxiously.

Amidst the sobs, she explained that the cat had eaten all the cakes she had made that morning.

"Never mind, old dear," he said kindly: "I'll get you another cat tomorrow."

UNIT 7.

FRUITS

In order to have high quality fruit must be unspoiled by diseases, insects, mechanical injury, or contamination with foreign matter. Most fruits must be ripe. Products must be fresh or properly stored or preserved if they are to possess their respective desirable properties. It is partly because of differences in tastes or desires of consumers that gardeners grow so many different kinds of fruit.

Although fruits are numerous, the leading authorities on the subject usually reduce the classification of those grown in northern countries to four divisions: 1.cultivated, such as apples or pippin-fruit — apple, pear, medlar, quince, etc.; 2.stone-fruit - peach, nectarine, apricot, plum, cherry, damson, etc; 3.berries — grape, strawberry, raspberry, blackberry currant, etc.; 4.nuts—hazel nut, walnut, filbert, etc.

The divisions of the fruits grown in warm, temperate and tropical climates are:

1. Stone-fruit— date, olive, mango, etc.
2. Berries and berry-like fruit — banana, plantain, fig, orange, pineapple, lime, lemon, citron, grapefruit, melon, etc.
3. Nuts or shellfruit— coconut, almond, Brazil nut, chestnut, etc.

No fruit is more widely cultivated in temperate climates than the apple. Its cultivation has become so extensive due to an appreciation of its qualities.

Apples may be a moderately good source of ascorbic acid, depending on whether it is a summer apple, a fall or a winter apple, whether it is eaten soon after harvest or several month later, and whether it is unpared or pared.

Pears are a popular fruit in Great Britain, both in a fresh and a canned condition.

The pear is of the same genus as apple, and is a native of Europe and Western Asia in their temperate regions.

The peach is considered to be of Chinese origin. There are many varieties existing, but they usually pass under the classification of "white" and "yellow", which types are again divided into two classes: the "Freestones" with loose flesh, as the name implies; and the "Clingstones", with loose flesh adhering to the stone.

Nectarines are in reality a delicate variety of peach, and much richer in flavour than their relative. They have smooth skins in contrast with the hairy exterior of the peach.

There are from six to a dozen varieties grown out of doors in favourable situations, while a number of more delicate kinds are cultivated under glass.

Grapes are grown in two ways: in the open air; and hot-houses.

The standard quality grapes however, such as Frontianans, Muscats, Gros Colmar, etc., can be raised only in hot-houses. In the Eastern States hardy varieties are grown.

The four varieties best known are the Concord, Niagara, Delaware and Catamba. The first is a black grape. The second is a green grape and the third and fourth are redish.

As a nutritious and health-giving food (although it is rather a luxury in Great Britain) the pineapple is universally recognized a second to none.

It was probably first known in Europe by the Spaniards, shortly after the discovery of America.

The varieties differ from another in size, shape, colour and flavour. Only a few of the better known will be mentioned here.

They are: the Abakka, an excellent variety, the fruit being above the average size, conical in shape and of delicious flavour; Antigua (blaak), moderately prolific producer rather small oblong fruit, it is of orange yellow colour, and is of good quality; Antigua (white), a variety giving excellent yield of medium-sized fruit, round in shape and of good quality; Black Jamaica, which produces fruit of large size, oblong shape, good quality, vigorous and prolific, with fruit of rather black colour. Other varieties of plants are: the Charlotte Rothschild, Crown Prince, Lord Carrington Pernambuco, Porto Rico, Prince Albert, Queen, Red Spanish, Ripley Queen and Sugar Loaf.

Harvesting depends upon several conditions.

If the pineapples are for local consumption they are gathered when green,. or when the colour is just changing. Of course, some varieties travel better than others, so that the discretion of the grower has to be used.

The fruit is removed gently by breaking the stem, or by cutting with a knife about an inch below the stem. Should the break or cut take place too near the fruit, the latter is liable to decay.

The gathered fruit pass from the hands of the gatherers to a batch of second labourers, who place them in a basket, or on a trolly for transportation to the packing sheds, or factory.

When fruit is ready for export it is first graded according to the degree of ripeness into ripe, medium, and green, and also according to size. The ripe fruit has to be handled with great care and also disposed of quickly, or it will deteriorate; consequently, this is placed on the domestic market. The medium ripe, intended for export, are first wrapped in paper to protect them, and then they are packed in crates with spaces for ventilation. Experience, however, is teaching the packers that too free a flow of air is not good for so delicate a fruit as the pineapple.

The cherry, it is believed, was first introduced into Britain by the Romans about the beginning of the Christian era.

The most important cherry-growing districts are at present located in the countries of the South-East of England.

The varieties grown commercially include the following, some of which are raised against walls with a southern aspect, and others in orchards and gardens. The hardier varieties are, of course, those cultivated without artificial protection.

The Archduke, a deliciously flavoured cherry, with a dark red or black coat; Belle d'Orleans, a juicy and richly flavoured variety, with yellowish-white skin; Bigarrean, which has a pale yellow colour, tinged with red, and delicious flavour: Bigareande Schreken, a jet black specimen, having a rich juice; Bgarrean Napoleon, another deliciously flavoured and juicy kind, wearing a yellow coat dashed with red; Black Eagle, a popular variety on account of its colour, large size and flavour; Horence, a late cherry; Governor Wood, large and juicy; Kentish, a popular sort for jam-making; May Duke; Royal Duke and Reine Hortense.

The dates known to commerce emanate from a species of palm-tree which grows in the Canara Islands, Northern Africa, the South-East of Asia, and the North-West of India.

The oblong fruit of the palm-tree is well known to consumers. The saccharine nature of the flesh makes it very pleasant to the palate.

The finest dates are produced in the "Sunken Gardens" in Algiers, and are known by the name of Deglet Nur. In countries that experience cold and frosty nights, the young trees have to be protected with canvas or some similar covering. The planting is generally done in rows, seven or eight yards apart.

The fruit bearing capacities of the trees differ, according to the quality of species and degree of care spent upon their cultivation. One tree gives an annual crop of 60 lb. of dates; mother yields 100 lb. and the finest specimens have been known to yield 500 lb.

There exist about twenty branches of the date species. They are known as the sweet dates, originating in Tunis, Algiers and Morocco. Of the sweet dates there are several kinds; the Geglet Nur of Algiers, the Tafilat of the Morocco Sahara, and the Menakher of the Tunis Sahara.

The best kinds are large, soft, slightly wrinkled, and of a reddish brown colour with a pale sort of skin dividing the fruit from the stone. The mild sweet dates are invariably consumed in the vicinity of their production, while the dry date is pressed by the Arabs, or ground into a flour, and used by themselves as a common article of food.

Active Vocabulary

cultivate	культивувати
cultivated	культивований
species (s, pl,) ['spi:ʃi:z]	сорт, вид, (види, сорта)
spoil	шкодити
stone-fruit	кісточковий фрукт, плід
large fruit (pippin-fruit)	насіннєвий плід
flavour [ˈfleɪvə]	смак
soft	м’який
juicy	соковитий
ripe	дозрілий, стиглий

ripen	дозрівати, зріти
green house	теплиця
prolific	плодючий
decay (n)	руйнування,гниття
smooth skin	гладка шкірка
pear /ˈpɛǝ/	груша
lemon	лимон
peach	персик
pineapple	ананас
cherries	вишня
grapes	виноград
currants	смородина
berry	ягода
lb (libra)	фунт (дорівнює 0,41 кг)

Task 1. Fill in the gaps using the words in the box.

pounds; figs; crops; stuffed; species; cultivated; grapefruit; pineapples; varieties; preserved; olives

1. The leaves of the tree _____ are large, and big white flowers are produced on the branches.
2. The fruit often weighs from ten to fourteen _____ , but the average weight for table use is about one pound.
3. The most perfect _____ grown in the open air are to be found in the Hawaiian Islands in the Pacific, some 2,000 miles from San Francisco.
4. The _____ known to commerce are grown chiefly in Asia, Syria, the Spanish Peninsula and the South of France.
5. There are about 360 _____of figs grown, the colours of which range from dark purple to yellow, white, and green.
6. The trees usually bear two _____, one in the spring and the other in the autumn.
7. Figs are _____ in several ways, in syrup, brandy, ect.
8. They are _____ also, and in that form find a ready sale.
9. In the East India a _____ of fig-tree, known as the indiarubber tree, furnishes much of the word's supply of caoutchouc.
10. The olive is an evergreen tree or shrub extensively _____ in numerous subtropical countries.
11. The green _____ destined for picking are gathered when the period of growth is at an end but before the final ripening begins.

Task 2. Match the word with its definition.

1. cultivate	1. become ripe

2. species	2. succulent
3. prolific	3. do harm
4. flavour	4. weight unit (equals to 0.41 kg)
5. juicy	5. grow, take care of crops
6. ripen	6. sort
7. lb	7. fruitful
8. spoil	8. the particular taste of a food or drink

Task 3. Group the words below under the following headings:

pippin – fruit
stone – fruit
exotic – fruit
berries
nuts (shellfruit)

apple	pear	lemon	peach	pine apple
grapes	strawberries	lime	currants	raspberries
plum	melon	fig	mango	kiwi
banana	orange	bilberries	quince	black berries
pomegranates	apricot	olives	gooseberries	grapefruit
avocado	coconut	date	walnut	hazelnut
peanut	almond	chestnut	cranberries	nectarine

Task 4. Which verbs do we use to cook any fruit dishes and preserve fruits properly?

pickle, cut, sweeten, salt, dry, cure, bake, slice, peel, wash, boil, stew, steam, pour, mix, stir, spice, put, grate, chop, microwave, freeze, squeeze, press

Task 5. Give your own recipe for the fruit dish you cooked yourself. Concern the following items:

- Ingredients
- Equipment
- Nutritional value

Task 6. Comment on the following English proverbs and sayings. Think of their Ukrainian equivalents.

An apple a day keeps the doctor away.
Trees are known by fruits.
First come, first served.
Hope is a good breakfast, but a bad supper.

Pick the plums out of the pudding.
Stew in one's own juice.

Task 7. Translate into English.

1. Яблука – унікальні плоди, тому що в них містяться майже всі вітаміни і мінеральні елементи.
2. Сорти груш відрізняються за формою, величиною плодів, кольором шкірки і будови.
3. Мушмула вживається у свіжому вигляді, а також використовується для приготування варення, вина та інших продуктів.
4. Поживна цінність абрикосів визначається високою цукристістю, значним вмістом вітаміна А, наявністю органічних кислот, мінеральних речовин.
5. Сорти персиків можна класифікувати за двома групами: пухнасті та гладкі.
6. Виноград вирощують на відкритій площі і в теплицях.
7. Серед сортів мигдалю розрізняють солодкі і гіркі.
8. Мигдаль багатий на білки, жири і вуглеводи.
9. Фундук є культивованою формою лісного горіха.
10. Банани є плодами трав'яної рослини із родини бананових.
11. Ананаси вживають у свіжому і переробленому вигляді.

Task 8. Answer the questions.

1. What is the classification of the fruits grown in northern countries?
2. What are the divisions of the fruits grown in warm, temperate and tropical climates?
3. What classes of peaches do you know?
4. What are the nectarines?
5. In what ways are grapes grown?
6. Where was the pineapple first known?
7. What varieties of the pineapple do you know and how do they differ from one another?
8. When was the cherry first introduced?
9. What varieties of the cherry do you know?
10. When do the dates grow?

Task 9. Kiwifruit growers hope to strike gold with new product.

Zespri is risking millions of dollars on the launch of an entirely new product – the bald, gold kiwifruit. The effort, Zespri says, has been a great success. But with Zespri Gold making up only percent of total New Zealand kiwifruit production, the company must be careful to continue to promote the traditional

hairy green variety, which has annual sales of NZ $ 500 m (US $ 224m) and is New Zealand's single most important fruit export.

In Japan Zespri managers decided to emphasize the fruit's health-giving, energy-enhancing qualities. The new variety is sweeter and more attractive to Asian tastes. Yu Jan Chen, regional manager for Zespri in Japan and Asia, says, "It is ideal for the Asian markets." He says it is selling "very well" in Japan, and is also being marketed in South Korea and Taiwan. The export season began slowly because the traditional green fruit was unusually small and difficult to sell. However, sales picked up when the gold fruit became available.

The successful launch of the gold fruit is expected to increase profits in the long term. The Kiwifruit Marketing Board has retained all marketing and selling rights for Europe and overseas for the trademarked variety. This will protect revenue as the gold variety is planted worldwide.

The board has already signed contracts with the four largest kiwifruit cooperatives in Italy, and planting has begun. The area for planting is expected to grow steadily, eventually producing millions of trays.

As Guus Van Der Kleij, regional manager for Europe, says, "It is an excellent product: after 25 years selling traditional green kiwifruit, you don't know how exciting it is to sell something different."

Scan the text and find words or phrases in the text which mean the following:

1. introduction
2. to try hard to sell a product by advertising or other activities
3. each year
4. to say that something is particularly important
5. person in charge of a particular area
6. improved
7. money received from selling goods
8. firms that are owned and run by all the employees

Task 10. Answer these questions.

1. What are the most important qualities of the new kiwifruit?
2. What methods can companies use to promote new food products?
3. The article says "… sales picked up when the gold fruit became available."

At what time of the year do sales of the following pick up in your country?

a) toys b) ice cream c) cars d) greeting cards

JUST FOR FUN

A customer sat down at a smart restaurant and tied a napkin around his neck. The scandalized manager called a waiter and instructed him. "Try to make him understand, as tactfully as possible, that that's not done." Said the thoughtful waiter to the customer , "Pardon me, sir. Shave or haircut, sir?"

UNIT 8.
MILK AND DAIRY PRODUCTS

The great importance of milk in the diet is due to that fact that it contains most of the essential food constituents in easily digestible form. It represents the best source of calcium, a good source of vitamins A, B complex and C, and contains fat, sugar, proteins, and, in smaller amounts, all the other essential minerals. To improve the vitamin content of milk, many dairies add vitamin D either by special food given to the cows or by direct addition to the milk.

Composition of milk. The amounts of various constituents in milk vary, from season to season, with the food of the cow and the breed.

The average percentage of water is 87. The carbohydrates present is lactose, which is held in solution along with the minerals as soluble salts, such as sodium and potassium chlorides and citrates, magnesium citrate, and calcium phosphate, and insoluble salt, is held in suspension. The fat (butter fat) is emulsified, part of the protein of the milk acting as emulsifying agent. The yellow colour of milk is due to the colour pigment of the fat, which, in turn, is derived from the green food eaten by the cow.

The principal proteins present are casein and albumin. Casein is probably a mixture of compound proteins, the phospho- proteins, and is in part associated with calcium as calcium caseinate. The mixture of casein and calcium.caseinate is often called coseinogen.

Cream. The cream of milk is best separated by a centrifuge, which may be so regulated that cream of any desired fat- content may be obtained. Cream contains the same constituents as milk, but in a very different proportion. It resembles milk in many of its properties. Heat affects it in a similar fashion, and lactic acid bacteria develop in it, producing acidity. Cream intended for retailing is usually of two grades — heavy or whipping cream and coffee cream.

Cream, without any qualification, is usually understood to mean coffee cream. The difference in the two grades is solely difference in fat content. Whipping cream must contain not less than 30 per cent of fat and coffee cream not less than 18 per cent. The selection of cream by the private consumer can be based only on its flavour and cost.

Cheeses. “The curd of milk which has undergone changes in its composition through the growth of microorganisms" is a fair definition of cheese. Most cheeses are made from the acid curds.

Cottage cheese represents the casein of milk separated by acid coagulation, along with a high percentage of calcium salts and fats. The water is not very thoroughly pressed out of this cheese so it contains many of the soluble salts of the

milk. The curd produced by either rennet or acid constitutes a green cheese, which must be allowed to "ripen", undergoing marked changes in the constituents of the curd. The course of ripening depends upon the microorganisms present in the green cheese. The use of different kinds of milk rennet from the gastric secretions of different animals, and the place of ripening, all have a pronounced effect on the flavour and other characteristics of the cheese. It is, therefore, not surprising to learn that there are approximately 400 known varieties of cheese.

All cheeses may be considered as rich sources of protein and protein decomposition products, and of minerals, especially calcium. The composition of each cheese will vary according to its preparation. Some contain more of the whey of the milk, or more of the fat of the milk, and these influence the percentage of other constituents.

The composition of cheese determines its use in cookery. While it does not require cooking, it is often desirable to include it with other foods which are to be cooked. Heat softens cheese as the fat melts. Long heating causes the already coagulated protein to shrink, and this sets free the melted fat, leaving protein to appear in the cooked dish in a stringly form, a state of affairs which can be avoided only by shorter cooking. Dry heat evaporates the water and hardens the cheese.

Butter. If cream is whipped or churned for a long time, the fat globules combine, and fat separates out in lumps which include some of the proteins, milk sugar and salts with a considerable quantity of water adhering. This mass is essentially butter. Most of the butter on the market is made from pasteurized cream to which a starter (a culture of bacteria) has been added. The main purpose of pasteurization is to reduce the number of microorganisms which might be pathogenic or produce undesirable flavour in the butter.

Milk with known content of lactic acid bacteria is added to start the “ripening” of the pasteurized cream. During the ripening process compounds are produced which give butters their characteristic flavours. At the same time, the lactic acid produced aids in the more complete separation of fat from the other constituents of cream (butter-milk). After the ripening process, the cream is churned to separate the fat. The amount of colouring matter to be added depends upon the amount of natural colour in the cream, and this varies according to breed of cow and the amount of green food consumed by her. The separated fat is washed to remove the adhering buttermilk, but carefully, as too much washing produces a flat-tasting butter. Salt is now added for three reasons: it helps in the removal of buttermilk, it enhances the flavour of the butter, and it improves its keeping qualities. The amount of salt added varies with the amount of water left in the butter; the more water the more salt. The legal amount of water in butter is less than 16 per cent. The appearance of the butter is some indication of water content.

All butters contain a high percentage of vitamin A, the amount varying with the breed of cattle and the season of the year.

Ice cream is made from milk, milk solids, cream, flavourings, and sweeteners. Nuts and fruits are sometimes added. Ice cream is higher in calories than milk.

Yogurt is made by fermenting milk (whole, skim, or low – fat milk or milk solids) with different strains of bacteria. Most commercial yogurts are low in fat and high (20%) in galactose. But more than half the weight of some yogurts consists of added sugar and fruits. Dairy or related products also include filled and +imitation dairy products (for example, filled cheese). Most filled products contain milk solid and non – butter fat; they come in forms such as cheese and canned milk. An imitation dairy product is one that resembles real milk products, especially in flavour and cooking characteristics, but does not contain any milk solids. Instead, it contains nondairy ingredients.

In the last few years, the consumption of dairy products has declined for various reasons. Technology has created a large number of nutritious beverages other than milk that cater to the taste and preference some consumers. The thereat of high blood cholesterol and obesity has also played a role; many consumers use dairy substitutes instead. In addition, many people are still ignorant about the value of milk.

Vocabulary

composition of milk	склад молока
dairy products *['dFqrJ]*	молочні продукти
contain	містити
constituents	складові
digestible *[daJ'GestJbl]*	легкотравний
digestive	травний
digestion	травлення
calcium *['kxlsJqm]*	кальцій
vary	змінюватись
soluble salts *['soudjqm kIO'raJd]*	розчинні солі
sodium chloride	сода, хлористий натрій
potassium chloride	хлористий калій
insoluble	нерозчинний
emulsifying agent *[e'mj'HlsJfaJJN]*	речовина, що утворює емульсію
mixture *['mJkst Sq]*	суміш
cream (sing)	вершки
fat content	склад жиру
separate	відділяти(ся)
acidity	кислотність
churn	збивати масло
whipping cream	збиті вершки
whole milk *[houl mJlk]*	незбиране молоко
dry milk	сухе молоко

condensed milk	згущене молоко
sour cream ['sauq kr ʃm]	сметана
butter milk	маслянка, сколотини
curd (s), cheese	сир
determine [dʃ'tWmʃn]	визначати, зумовлювати
coagulated	коагульований
pastereurized ['pxstqraʃzd]	пастеризований
lactic acid	молочна кислота
whey [weʃ]	сироватка
milk rennet	згортання молока
yogurt	йогурт
skimmed milk	збиране молоко
margarine	маргарин
ice cream	морозиво
flavouring ['fleʃvqrʃN]	ароматизатор
sweetener	наповнювач (підсолоджувач)
kefir	кефір
fermenting milk	ферментуюче молоко
canned	консервований
cultured milk foods	кисломолочні продукти

Task 1. Fill in the gaps using the words in the box.

foam, aged, milk, fluid, coagulates, homogenization, whipping, evaporated, nutritive, viscosity.

1. The optimum amount of fat for a _____ cream is 30 to 35 per cent.
2. A cream which is warm or which is not sufficiently aged will whip to butter, as the fat is not sufficiently firm to form a stabilized _____.
3. A 20 per cent cream may be made to pour like 40 per cent cream by _____, a process in which the fat clusters are greatly reduced in size and greatly increased in number.
4. A high fat cream which has _____ and is cold whips faster.
5. Milk and _____ products are available in many forms.
6. Fresh _____ milk is almost always pasteurized.
7. _____, dry, frozen, condensed, and fermented milk (butter milk and yoghurt) are used in preparation of food.
8. Long cooking at high temperatures _____ some protein, causes an off-flavour in the milk, and caramelizes the lactose that is, it decomposes or breaks it down into simpler compounds. 9. You can use dry milk in addition to fluid milk to increase the _____ value. 10. Higher _____ increases the whipping properties of cream.

Task 2. Math the word with its definition.

1. ice cream	1.dairy product made by fermenting milk with different strains of bacteria.
2. cheese	2. partial sterilization by heating
3. pasteurization	3. mixture of casein and calcium caseinate
4. yogurt	4. principal proteins found in milk
5. caseinogen	5. milk product made from acid curds (on the basis of changes of its composition caused by microorganisms)
6. casein and albumin	6. mixture of milk, milk solids cream, flavourings and sweeteners
7. butter	7. manufactured substitude for butter, consisting of a blend of vegetable oils or meat fats mixed with milk and salt
8. margarine	8. cultured dairy product obtained by fermenting of cream with its later ripening (aging)
9.sour cream	9. dairy product obtained by churning the fat from milk until it reaches a solidified form

Task 3. Group the words below under the following headings.

Dairy products
Cereals
Fruit
Herbs
Vegetables

blackberry	maize	peanut	fig
beans	mint	sour cream	wheat
cream	onions	rye	ice cream
flour	quince	pineapple	lettuce
gooseberry	filbert	turnip	parsley

grape dill nectarine pumpkin

Task 4. In teams express your (your friends`) likes and dislikes about dairy products (dishes) according to the chart:

She	like	eating	yoghurt	now
I	hates	having	milk shake	for breakfast
He	enjoys	drinking	syrnyky	every morning
My friend	feel like	cooking	semolina	before going to bed
	am fond of	ordering	cheese	himself
	can't stand	recommending	ice cream	at the restaurant
	is fed up with	helping	milk	for lunch
			sour cream	with my friends
			milk desserts	in the snack bar
			coffee glace	myself
			curd pudding	

Task 5. Comment upon the proverb "Tastes differ."

Task 6. What sort of shop are they in? Roleplay the dialogues.

1. **Ann.** Good morning.
   Ben. Hello. A large wholemeal loaf, please.
   Ann. Here you are. 60 p, please.
   Ben. And a half a dozen soft white rolls.
   Ann. Would you like the ones with sesame seeds?
   Ben. Yes.
   Ann. Anything else?
   Ben. No, thanks.
2. **Rose.** Can I help you?
   Cora. Yes, I'd like some
   Cheddar. **Rose.** Is it for cooking?
   Cora. No, it's to have with biscuits.
   Rose. Then I recommend this one. It's mature and quite strong.
   Cora. Could I try a little, please?
   Rose. Yes, sure.
   Cora. Mmm, very nice. I'll have half a pound,
   please. **Rose.** Anything else, madam?
   Cora. No, that'll be all, I
   think. Thank you.

Task 7. Translate into English.

1. Молоко містить всі необхідні для підтримки життя речовини, що добре засвоюються організмом.
2. Білки молока містять всі незамінні амінокислоти.
3. Більш ніж 50 % мінеральних речовин у молоці складають солі кальцію і фосфору.
4. В молоці містяться вітаміни A, D, E, C, B1, B2, B6.
5. За способом обробки молоко випускають пастеризоване, стерилізоване, вітамінізоване, іонітне, обезжирене.
6. Вершки – це молочний продукт, що містить підвищений відсоток жиру.
7. Кефір – це один із найрозповсюджених харчових продуктів.
8. Кефір готують із незбираного і знежиреного молока.
9. Сир – це молочнокислий продукт, що має високу поживну та енергетичну цінність.
10. Сметана – це молочнокислий продукт, який отримують при ферментизації вершків і наступному їх дозріванні.

Task 8. Answer the questions.

1. What does milk contain? 2. What can you say about the composition of milk? 3. What milk products do you know? 4. How may the cream of milk be obtained? 5. How are coffee and whipping creams differentiated from each other? 6. What percentage of fat is desirable for a whipping cream? 7. What properties and conditions are essential to whipping cream? 8. What does cottage cheese represent? 9. What determines the use of cheeses in cooking? 10. What is most of the butter on the market made from?

Task 9. Read the text without a dictionary and discuss it.

Milk Products and Alternates

Products derived from fluid whole milk or products that imitate milk's flavour and nutrient content may be consumed in addition to or instead of fluid whole milk. Some people cannot digest fluid whole milk. However, many of them can tolerate fermented products such as cheese, yogurt, or buttermilk, in which the lactose has been converted to lactic acid. Some of them can also drink a small amount of milk. Many children are actually allergic to milk, although some can become accustomed to the product if they drink gradually increasing amounts over a period of time.

When some dairy products are used in place of fluid whole milk, there are important nutritional considerations. If low —fat, skim, or non — fat milk is used, the intake of vitamins A and D and essential fatty acids may be low. If available, products fortified with these two vitamins are preferred. Also, chocolate milk has more calories than an equivalent amount of regular fluid milk.

Task 10. Fill in the gaps with the words in the box to complete the idioms. The meaning of the idiom is given in brackets after each sentence.

grapes, picnic, cauliflower, apple, jam, butter, pie, egg, butter, cake

1. She is so clumsy and is always dropping things. She's a real _____ **fingers!** (A very clumsy person).
2. Patrice tells me my new laptop isn't that good. But I'm sure it's only **sour** _____ as I know he'd like one but can't afford it. (He is only pretending not to like it because he can't have it himself).
3. Your father's going to **go _____** when he finds out what you've done to the car! (He is going to be really angry).
4. **It's no** _____ finding a job these days-especially, with the high unemployment rates. (It's not a very easy job).
5. She really loved her grandson. He was **the _____ of her eye**. (He was someone she really loved, her favourite relative).
6. To some people, learning a foreign language is **as easy as** _____. To others it is really difficult. (It is very easy).
7. You can usually tell a boxer from his _____ **ears.** (Ears that have been hit so much they are permanently swollen and a strange shape).
8. If you ask me, babysitting is **money for** _____. You get to watch TV, eat sandwiches and drink Coke and paid for it! (It is a very easy way to make money).
9. I'm not surprised he ended up in prison. (I always thought he was **a bad** _____. (He was a completely worthless person).
10. The exam was so easy. It was **a piece of** _____! (It was really easy).

JUST FOR FUN

Mother (to small son who is going to a party) – "Now, dear, what are you going to do when you've had enough to eat?"
Little Tommy – "Come home."

UNIT 9.
MEAT

"Meat is the flesh of animals used for food"— Webster's International Dictionary. In the sense used here, meat consists of the muscular tissues or lean internal fat, and the fat which is deposited between the tendons and tissues. Strictly speaking, meat means the flesh of any animal used for food, but ordinarily it applies only to the animals raised for food, the wild animals are called "game". The meats found in the market are beef (cattle), veal (calf), pork (swine), lamb and mutton (sheep).

Meat, as it is purchased in the market, consists of muscular tissue connective tissue, bones, glands and edible organs. All meats contain fat in the connective and adipose tissue, between the fibres and muscles, between the cells or in the muscle cells. Some of it is stored in quantities large enough to be seen as in internal covering, and in deposits around the heart and kidney, and some of it is distributed throughout the muscular tissue in very minute particles. The fat of cattle and sheep is called tallow; that from hogs after rendering is called lard. Fat adds weight to the carcass, increases palatability, and helps to retain the moisture of the muscles.

Meats contain proteins, fats, water, inorganic salts, nitrogenous extractives, non-nitrogenous extractives, carbohydrate, enzymes, and pigments. Meat is one of the most important sources of protein. The proportion of protein in meat varies somewhat with the kind and cut in beef, lamb and veal and comprises between 14 and 26 per cent in a given weight unit. The protein of meat may be classified under simple proteins which when digested are broken down into groups called "building stones" or "amino acids". The chief proteins found in meat are myosin which is the basis of muscular tissue, serum albumin or blood, the albuminoids which are the proteins found in the skin, the skeleton and its connections.

Elastin and collagen in the tendons and in the connective tissue and ossein of the bones when boiled in water yield gelatin.

Gelatin is an incomplete protein which has some food value when the red colour of meat is due chiefly to the hemoglobin of the blood which is still present. Hemolgobin is made up of the protein molecule and the pigment hematin. Meat contains enzymes which bring about ripening or aging.

Vitamins are nutritional factors which are essential to growth and health in the young and the maintenance of health in the adult. According to present knowledge there are six recognized vitamins namely: fat-soluble A, the antiophthalmic vitamin; water-soluble B, the antineuritic vitamin; water- soluble C, the

antiscorbunic vitamin; fat-soluble D, the antirachitic vitamin; water-soluble G, pelagra symptom preventing; and fat-soluble A, the antistability vitamin. Vitamin A is found in fat meats, with liver being an excellent source. Vitamin B is present in lean meat especially in lean pork. Lean meat is an excellent source of vitamin C. The glandular tissues, liver, kidneys, sweetbreads, etc. are valued especially for the vitamins they contain.

Meat combined with extractives combined with some cereal grains, gelatin may build muscle. Meat contains carbohydrate in the form of glycogen which is found in the muscles and is stored chiefly in the liver.

Mineral salts are essential for the well-being of the body. Meats are rich sources of iron and phosphorus, however, they are low in calcium and must be served with foods rich in calcium salts.

These are the minerals which are not widely distributed in our foodstuffs. A high percentage of phosphorus in both organic and inorganic form is found in meat. Meat also contains copper which functions with iron in hemoglobin formation. Meat contains small amounts of extractives which, although they have little food value, are extremely important because they give flavour to meat and act as a stimulant to the flow of the digestive juices. The essential extractives found in meat are creatine and purins. They are called extractives because they may be extracted by boiling water. The extractives also contribute to the satiety value (feeling of satisfaction after having taken of food) which is one of the characteristics of meat. The satiety value of an article of diet can be measured in two ways: I) by the length of time the food remains in the stomach; and 2) by the amount of gastric activity which it calls forth.

There are several important factors which determine the quality and palatabilily of meat. Grade of meat is based on the three factors: conformation, finish and quality. The term conformation covers the general build, form, shape, contour or outline of the carcass, side or cut. The term finish refers to the thickness colour, character and distribution of fat. Quality is a characteristic of the flesh and the fat included therein.

It is related primarily to the thickness, firmness, and strength of both the muscle fibre and connective tissue. It also involves the amount, consistency and character of the juices or extractives. Colour does not determine quality, but it is an excellent index of quality. The best finish in beef implies a smooth covering of brittle, flaky, white fat over most of the interior and a much thinner covering over the interior surface of the ribs; there also will be liberal deposits of fat between the larger muscles and generous distribution along the connective tissues and between the muscle fibres. Best quality in beef is indicated by a lean of a bright cherry red colour, good marbling, firm, fine grain, a cut surface which is smooth and velvety to sight and touch. Red porous bones indicate a young animal as contrasted to the white, flinty bones of the older animal.

Meat may be preserved for future in several ways:

1) canning is one way. Fresh meats and some of the sundry parts are canned; 2)curing is a very important method of preservation.

Common salt is the basis for all curing and is the only really essential ingredient. Smoking aids in preserving meats and it lives a pleasant flavour. Sugar and saltpetre are other ingredients of the curing formulae. Examples of cured meats are: corned beef, dried beef, ham, bacon, salt pork and some types of sausages; 3) meat may be held in cold storage to preserve it; 4) freezing quickly at a very low temperature is a new development in meat preservation and merchandising.

Active Vocabulary

flesh	м’ясо
muscular tissue *['mʌskjulq 'tɪsju]*	м’язова тканина
connective tissue	сполучна тканина
tendons	сухожилля
lean meat	пісне м’ясо
food value	поживна цінність
satiety *[sq'taɪqtɪ]*	насичення
palatable	смачний, приємний на смак
cattle	велика рогата худоба
beef	яловичина
veal	телятина
pork	свинина
lamb	ягня
mutton	баранина
bones	кістки
gland(s)	залоза (и)
edible organs	їстівні органи (у тварин)
carcass	туша
fibre	волокно
cell	клітина (біологічна)
extractives	екстракти
texture *['tekstʃq]*	тканина
digest *[daɪ'ʤest]*	перетравлювати, засвоювати (про їжу)
skin	шкіра
albumin	альбумін (білок)
gelatin *['ʤelq'tɪn]*	желатин
blood *[blʌd]*	кров
liver	печінка
kidneys	нирки
glandular tissues	залозні тканини
sweetbread	солодке м’ясо
glycogen	глікоген (тваринний крохмаль)
preservation	зберігання, консервування
canning	консервування
curing	засолювання

cooling	охолодження
drying	сушіння
freezing	заморожування

Task 1. Fill in the gaps using the words in the box.

connective tissue, fibres, cells, sources, tissue, solutions, structure, muscle, pigments, tenderness

1. Meats represent one of the most popular _____ of protein. 2. An examination of meat _____ enables us to form a picture of the parts. 3. The muscle _____ are tubelike in structure and tapering at each end. 4. These are held together by the so called _____. 5. Fat _____ may be found held within the meshes of the connective tissue. 6. Bundles of muscles fibres are held to the bony _____ of the animal by dense strands of connective tissues called tendons. 7. Within the muscle fibres are _____ of salts, vitamins A and B complex and others in small quantities, enzymes and certain proteins — myosin (globulin), myogen (albumin) and derived proteins. 8. The muscle fibres of red meat contain more hemoglobin and muscle _____ than the light or colourless meat. 9. Glycogen and dextrose are present in greater or lesser amount in all _____ fibre. 10. The location and distribution of the fat greatly affect the _____ of the meat.

Task 2. Math the word with its definition.

1. aging	1. the fat from hogs after rendering
2. myosin	2. albumin
3. meat	3. bony collagen
4. tissue	4. connection of the protein and the pigment hematin
5. myogen	5. ripening
6. hemoglobin	6. texture
7. glycogen	7. flesh
8. lard	8. carbohydrate
9. ossein	9. globulin
10. carcass	10. a body of a slaughtered animal

Task 3. In teams give your arguments on the following, using the prompts in brackets:

- pros and cons of a vegetarian diet (healthy and useful meals; protest against animal abuse; preventing from gaining an extra weight)
- advantages and disadvantages of ultrafashionable low-caloric diets

(the role of proteins and vitamins in daily human diet; widely spread anti-obesity compaign in Europe and the USA; junk food and its harmful effect on our lifestyle;

starvation (absolute) diets and their pernicious effects; nutritional additives: arguments for and against).

Task 4. Do you find cooking methods of meat dishes adequate? Correct the mistakes.

Meat dish	Method of Cooking
fried steaks boiled sausages roast beef baked chicken grilled pork stewed lamb	in the pot on the grill in the frying pan in the saucepan on the open fire in the oven

Task 5. Write your own recipe for a meat dish. Mind the following items:

ingredients
equipment
instructions of cooking

In groups discuss your recipes and choose the best ones.

Task 6. React to the given statements, expressing surprise, content, delight, unsatisfaction, irritation.

1. "Help yourself to this meat salad, please."
   ……..
2. "The beefsteak is delicious! You've got a light hand with this sort of food!"
   ……..
3. "Again you've crushed too much garlic in the cutlets!"
   ……..
4. "John, what's the trouble with you? You're just pretending of eating."
   ……..
5. "I could not even imagine that you knew so many recipes of meat dishes!"
   ……..
6. "How could you manage to find out that ancient recipe?"
   …….

Task 7. Translate into English.

1. Поживна цінність м’яса визначається його хімічним складом, калорійністю, смаковими якостями та травленням.
2. До складу м’яса входять вода, білки, жири, вуглеводи, екстрактивні речовини, мінеральні солі, вітаміни.
3. Хімічний склад м’яса залежить від виду і угодованості тварини, її породи, статі, віку, від кормового раціону.
4. М’ясо різних частин однієї і тієї ж туші дуже відрізняється за своїм хімічним складом.
5. Білки є найважливішою складовою м’яса.
6. М’ясними напівфабрикатами називаються вироби, що завчасно підготовлені для теплової обробки.
7. Еластин міститься в еластичних волокнах.
8. Колаген є найбільш розповсюдженим білком в усіх різновидах сполучної тканини.
9. Альбуміни та глобуліни відносяться до білків сполучної тканини.
10. Кісткова тканина в цілому складається із мінеральних та органічних речовин.
11. Жир не тільки підвищує калорійність м’яса, але й впливає на його колір, смак, аромат, соковитість.

Task 8. Answer the questions.

1. What is meat? 2. What kinds of meat do we find in the market? 3. What does meat, as it is purchased in the market consist of? 4. What is tallow? 5. What is lard? 6. What does meat contain? 7. What are the chief proteins in meat? 8. Does meat contain carbohydrates? 9. What gives flavour to meat and acts as a stimulant to the flow of the digestive juices? 10. What are the essential extractives in meat? 11. How can we measure the satiety value? 12. What factors determine the quality and palatability of meat? 13. What can you say about the preservation of meat for future?

Task 9. Read the text without a dictionary and discuss it, regarding the following questions.

1. What different countries does the hamburger come from?
2. Which hamburgers do you prefer eating best of all? Have you ever tried to invent your special recipe of a hamburger?
3. What do you need to make your favourite sandwich, snack, fruit salad?

The Hamburger

The hamburger has no connection to ham. It got its name from the German town of Hamburg, which was famous for its ground steak. German immigrants to the United States introduced the "hamburger steak". At the St. Louis World's Fair

in 1904, hamburger steaks were served on buns for the first time. Hamburgers on buns were convenient and tasted good. This become the usual way of eating hamburgers.

How did the hamburger become the most popular, most typical American food? The introduction of the bun is an important part of the answer. Another important part is McDonald's, the fast —food restaurant.

The first McDonald's was opened in San Bernadino, California, in 1949. Hamburgers were the main item on its menu. People liked the restaurant's fast service. By the 1960s there were many McDonald's restaurants. McDonald's was a part of nearly every community in the United States. There were also other fast — food restaurants that sold hamburgers. McDonald's alone sold millions of hamburgers a year.

Today, of course, there are McDonald's restaurants around the world. The food they serve is considered typically American. Americans often have a hamburger for a quick lunch or snack. But do you know that the favourite American "fast food" actually comes from many different countries?

Task 10. Fill in the gaps using the correct idiom.

1. I woudn't want to move away from Switzerland – not for all the _____ in China.

a) cake b) money c) tea

2. The accountant was arrested for _____ the books.

a) cooking b) stealing c) reading

3. Most of the beaches in Spain in August are _____ with tourists.

a) tightly squeezed b) well-oiled c) jam-packed

4. We've missed the last train. Let's try and _____ home.

a) thumb a lift b) well-oiled c) jump on the bandwagon

5. It's getting late. I think we'd better _____ if we want to catch the last bus back to our boarding house.

a) make tracks b) hit the bottle c) fly off the handle

6. We are going to visit the Tower of London tomorrow. Would you like to _____?

a) tag along b) hang about c) crop up

7. - Do you ever play the National Lottery, Jack?
   - No, it's _____ ! You don't have a ghost of a chance of winning!

   a) no way b) the more the merrier c) a mug's game

8. - Why is a dentist always unhappy?

- Because he _____!

a) puts on the shortlist b) looks down in the mouth c) pulls himself together

JUST FOR FUN

- Pardon me, will my hamburger be long?
- No, sir it’ll be roun

UNIT 10.
FISH

Fish is about 26 per cent protein, which is complete, well balanced and not easily affected by the usual cooking method. It is 85 per cent to 95 per cent digestible. Fish supply 5 per cent to 10 per cent of the National's supply of animal proteins for human food requirement. The amount of fat in fish is less than 1 per cent in cod, haddock, whiting, rockfish and sole; to 20 per cent in salmon, mackerel, lake trout and butter- fish. The fat is easily digested and is used readily by the body tissues.

Continuing research has established the nutritive value of some of the unsaturated fatty acids peculiar to some fish.

The vitamin content of fish varies an average serving of 3—5 ounces of cooked salmon and mackerel, which are fat fish, provides about 10 per cent of the daily requirement of vitamins A and D. The mineral content of the edible part of most includes satisfactory sources of magnesium, phosphorus, iron, copper and iodine.

Shellfish, clams, crabs, lobsters, oysters, scallops, and shrimp has an abundance of these minerals — about as much as milk. The softened bones in canned fish, which are good to eat, are good sources of calcium and phosphorus. An average serving of six oysters supplies more than the daily need of iron and copper.

There are about 200 commercial species of fish, but most people are familiar with fewer than 20 and recognize even fewer than that on a dinner plate.

The two major groups of fish — the finfish and shellfish (oysters, clams, blue crabs, lobsters) — have enough variety to suit every taste and meet every need. Among the shellfishes are frog legs, turtle steaks, octopus and squid. They are the less common foods; urchin, a spiny brittle shelled organism, is usually eaten raw. Sea cucumbers are better known as the dried and smoked «trepang» or beche-de-mer of the South Seas. Fresh and frozen fish are marketed in various forms for different uses.

Knowing these forms of «cuts» is important in buying fish. The best known are:

1. Whole. As they come from the water. Before cooking must be scaled, and the insides removed, and usually the head, tail and fins removed.
2. Drawn. Whole fish with insides removed. Generally scaled before cooking, and usually the head, tail and fins removed.
3. Dressed or pan-dressed. Whole fish with scales and insides removed, usually with head, tail and fins removed. Ready to cook as purchased.

4. Steaks. Cross-section slices from large dressed fish. Ready to cook as purchased.

5. Fillets. Sides of the fish, cut lengthwise away from the back bone. Ready to cook as purchased. Practically boneless.

6. Sticks. Pieces of fish cut from the blocks of frozen fillets into portions of uniform dimentions, usually about one half inch deep, and weigh approximately 1 ounce.

7. Canned fish. Ready for use and includes many varieties of both fish and shellfish.

How to know good fish? In selecting whole fresh fish, look for bright, clear, bulging eyes, gills reddish, free from slime or odour; firm elastic flesh-springing back when pressed.

Amounts to buy. A serving of fish is generally one third to one half pound of edible flesh.

Therefore, for whole fish allow about one pound per person. For dressed fish allow one-half pound per person or three pounds for six people. For steaks, fillets or sticks, allow one third pound per person or two pounds for six people.

Active Vocabulary

balanced	збалансований
supply (n, v)	постачання, постачати
cod	тріска
haddock	пікша (вид тріски)
mackerel	макрель, скумбрія
whiting	мерланг (риба)
rock – fish	морський окунь
salmon	лосось
trout	форель
herring	оселедець
butterfish	маслюк (риба)
peculiar to *[pɪ'kjʊlɪə]*	характерний (властивий) для
provide	забезпечувати
iodine *['aɪədaɪn]*	йод
finfish	плавникова риба
shellfish	молюск
clam	молюск
crab	краб
lobster	омар
oyster *['ɔɪstə]*	устриця
shrimp	креветка (маленька)
scallop	гребінець (молюск)
squid *[skwɪd]*	кальмар
an average serving	середня порція (їжі)

species *['spi:ʃi:z]*	вид (и) (рослин, тварин)
remove insides	видалити нутрощі (тельбухи) у риби
fin	плавник
dressed fish	розділена риба (напівфабрикат)
drawn fish	вительбушена риба
boneless	без кісток
fillets *['fɪlɪts]*	філе
scale fish	чистити рибу від луски, лускати
caviar	рибу ікра

Task 1. Fill in the gaps using the words in the box.

shellfish; nutrition; liver oil; caviar; amount; extractive substances; canned; prevention; herring; fin-fish

1. Fish takes an important place in food _____. 2. A specific taste and aroma of fish meat are due to the _____ _____. 3. Salt-water fish generally contain large _____ of vitamin D. 4. Vitamin D is effective in _____ and cure of rickets. 5. It is present in cod _____ and other fish liver oils. 6. _____, mackerel, canned salmon and sardines are good sources of this vitamin. 7. The softened bones in _____ fish, which are good to eat, are good sources of calcium and phosphorus. 8. The two groups of _____ and shellfish have enough variety to suit every taste. 9. There are some kinds of caviar. 10. _____ supply satisfactory sources of magnesium, iron, copper.

Task 2. Match the word with its definition.

1. digest	1. number of
2. edible	2. portion
3. body tissue	3. the substance that human body cells are made of
4. amount	4. change easily food in one's stomach into the substances one's body needs
5. serving (food)	5. that can be eaten without any harm
6. shellfish	6. with fins (fish)
7. drawn fish	7. remove scale (of fish)
8. fin-fish	8. with insides removed
9. dressed fish	9. clams
10. scale fish	10. prepared (fish) in such a way (cleaned, taken out non-edible parts) that it can be cooked

Task 3. Choose the right answer.

1. I enjoyed this fish salad. Would you mind letting me have the _____ for it?
   a) menu b) receipt c) recipe

2. A food blender is very useful _____ to have in the kitchen.
   a) gadget b) equipment c) tool

3. The fridge was _____ with food.
   a) affluent b) crammed c) full

4. We buy a month's supply of fish and keep it in the _____.
   a) freezer b) container c) cabinet

5. Would you put the water on, please, ready to _____ the potatoes.
   a) brown b) bake c) boil

6. The recipe is a secret, it has been _____ from father to son for generations.
   a) made up b) spoken of c) put off

7. How do you like your eggs _____?
   a) ready b) done c) made

8. Frozen food should always be _____ before it is cooked.
   a) defrosted b) softened c) melted

9. Chocolate _____ if you keep it in your pocket.
   a) flows b) ripens c) melts

10. Can you give me a teaspoon to _____ my tea?
    a) spin b) turn c) stir

Task 4. You and your partner are in the fish restaurant.
What is going to be on the menu today?

Menu

Fish pie
Tuna salad
Soup of the day
(salmon soup)
Ice cream
Cod liver pate

Sea bass

Served with spicy mango-salsa

Rock – fish fillet steak

with choice of pepper or red wine sauce

Fried trout with vegetables

Prawn salad

Seasonal fruit compote

Look at the menu and discuss what you want to eat, using the prompts below:

Asking for information

What would you like?
What do you recommend?
What exactly is that?

Giving advice

I suggest ….
It's a local dish
It's made of …..
It's very spicy.

Ordering

To start …./ As a starter …
As a main course ….
For dessert ….

Complaining

Excuse me …..
Think this bill is wrong.
That's not what I ordered
Can you change it?

Paying

Do you take (Visa cards)?
Shall we split the bill?
I'm paying.
Is service included?
Can I have a receipt, please?

Task 5. Complete the following:

Where can I buy …?
Will you help me to choose …?
What's the price of …?
Where can I get …?
I've run out of …
Where is the nearest …?
They sell a lot of delicious things at the …
Have you got …?

Task 6. Give Ukrainian equivalents to the following proverbs and sayings. Comment upon some of them.

It is caviar to the general.
Better to be a big fish in a small pond than a minnow in the ocean.
Hope is a good breakfast, but a bad supper.
First come, first served.
Better an egg today than a hen tomorrow.

Task 7. Translate into English.

1. Рибні продукти посідають важливе місце в харчуванні людини.
2. М’ясо риб має специфічний смак і аромат, обумовлений своєрідним складом екстрактивних речовин і ліпідів.
3. М’ясо риб характеризується значним коливанням вмісту білків від 0,5 до 26%.
4. М’ясо різних видів риб містить від 1,5 до 5,5% колагену.
5. В процесі зберігання риби колаген та еластин не зазнають значних змін.
6. Проте білки м’язових волокон підлягають ферментативному гідролізу з утворюванням вільних амінокислот і пектидів.
7. Особливий специфічний смак риби пояснюється не тільки підвищеним вмістом в ній азотистих екстрактивних речовин, а й своєрідним їх складом.
8. Жир риб характеризується низькою температурою плавлення (12-28 С) і високим вмістом ненасичених жирокислот.
9. Серед молюсків високим вмістом холестерину відзначається м’ясо кальмара.
10. На заклади громадського харчування рибу привозять, як правило, замороженою, вительбушеною, без голови.

Task 8. Answer the questions.

1. What is the protein content of fish? 2. What can you say about animal protein in fish? 3. What do you know about the shellfish? 4. What is the good source of calcium and phosphorus? 5. How many species of fish do you know? 6. What groups of fish do you know? 7. How can you tell good fish? 8. What can you say about vitamin and mineral content of fish?

Task 9. Read the text without a dictionary and discuss it.

DO YOU KNOW THAT...

FISH "N" CHIPS

A British institution is under threat. No, it's not the Royal Family, not the BBC, not red buses — it's more important than that: it's the fish and chip shops.

For over a hundred years, fish and chip shops up and down the country have supplied the less well — off with a cheap and nutritious meal. But now many people in Britain can't afford even this simple pleasure. Newspapers report that customers in many pooper areas are cutting back on their fish and chips. Many chip shops have already shut, with more closures to come.

If the fish and chip shops dies, it will be a sad day for a British popular culture. No one quite knows when fried potatoes were first united with fish, but fried fish was on sale in the streets of London in the 1830s. Fried chipped potatoes are thought to have been introduced into Britain from France in the 1870s.

However they started, fish and chip shops spread rapidly. By the end of the 19th century, there was on every second or third street corner in industrial towns. They soon became a very important part of working - class life — a social focus, as well as a source of cheap hot food.

But even if the traditional shops die out, fish and chips are now part of British culture — and even a tourist attraction — and they won't disappear. Restaurants chains all over London and other cities advertise "the great British dish" against a background of a Union Jack — and wrap their chips in imitation newspaper. It's not quite a real thing, but at least it's still there.

Task 10. Fill in the gaps using the correct words or word combination to form the idiom.

couch potato; cup of tea; bee; lump; pigs; tea; pinch of salt; road hog; sour; bottleneck

1. “Do you think I’ll be a famous rock star one day?”
   “_____ might fly! You can’t even sing.”

2. “She hasn’t congratulated you on getting your book published because hers was turned down.”
   It’s only _____ grapes on her part.

3. “I wouldn’t be married to Louis-not for all the _____ in China!” Kim told her best friend.
4. I don’t like opera. It’s not really my _____.
5. He looks puzzled. He might have a _____ in his bonnet.
6. Mother was treating her as a small child and she had a _____ in her throat.
7. Nimah tends to exaggerate a lot. If I were you I’d take everything he says with a _____.
8. Try to avoid driving along the High Street in the mornings as it’s a bit of a _____ during the rush hour.
9. “People like you shouldn’t be allowed on the road because you’re a real _____!”
10. “You should spend more time in the open or you might turn into a _____.”

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Іноземна мова за професійним спрямуванням [Текст]: методичні вказівки до виконання самостійних робіт для здобувачів освіти освітньо-професійного ступеня фаховий молодший бакалавр галузь знань 13 Механічна інженерія спеціальності 133 Галузеве машинобудування/уклад. Г.В. Смоляк − Любешів: ВСП «Любешівський ТФК Луцького НТУ», 2023. – 75 с.

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