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Іноземна мова за професійним спрямуванням

Методичні вказівки до семінарських занять
для здобувачів освітньо-кваліфікаційного рівня молодший спеціаліст
(для здобувачів освітньо-професійного ступеня фаховий молодший бакалавр)
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Методичне видання складене відповідно до діючої програми курсу «Іноземна мова за
професійним спрямуванням» з метою вивчення та засвоєння основних розділів дисципліни,
містить контрольні завдання до кожної з тем та перелік рекомендованої літератури.

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Вступ

Вашій увазі пропонується методичні вказівки до виконання практичних робіт для студентів спеціальності Галузеве машинобудування вищих навчальних закладів технічного профілю, які вивчають англійську мову у сфері професійної комунікації. Розробка відповідає програмі «Іноземна мова за професійним спрямуванням» навчального плану та рекомендується для використання студентами.

Навчальною метою методичної розробки є формування у студентів умінь спілкуватися на професійну тематику, читати іншомовну спеціальну літературу за фахом середнього рівня складності з безпосереднім розумінням прочитаного, здобувати необхідну для виробничої практики інформацію. Для досягнення визначених цілей у посібнику передбачена регулярна навчальна діяльність, метою якої є створення словника активної лексики, що включає як найбільш вживані для даної спеціальності поняття, так і загальні терміни технічного профілю.

Кожен урок-підрозділ цього навчального видання має чітку структуру: лексика тексту для активного засвоєння; основний текст; післятекстові вправи різного типу.

На початку кожного заняття пропонується нова фахова лексика (в англійському та українському варіантах) в обсязі, необхідному для розуміння тексту та активного обговорення зазначених в завданнях матеріалів. Показником того, що лексичний мінімум засвоєно, є набуття умінь тими, хто навчається, вільно, у нормальному мовному темпі відтворити кожне слово в його англійському та українському варіантах. Лише після цього рекомендується переходити до активізації слів у контексті та до безпосередньої роботи з матеріалом.

До кожного тексту запропоновано систему завдань, метою яких є формування у студентів умінь і навичок усного та письмового мовлення в межах професійної підготовки, технічної тематики, спрямованих на подальше спілкування англійською мовою в реальних ситуаціях виробництва. Відповідно до поставленої мети вправи побудовані так, щоб навчити студентів самостійно працювати з іншомовним текстом, забезпечити виокремлення основної інформації, її уточнення і деталізацію.

За формою завдань вправи поділяються на окремі види, наприклад, вибір правильного - неправильного варіанту, сполучення слів у реченні, розташування в певній послідовності, множинний вибір. За наповненням вони складаються з речень текстів. Їх виконання є по суті багаторазовим читанням уривку з конкретно поставленим в окремому випадку новим завданням. До кожного тексту передбачаються також вправи, що мають на меті розвиток вміння дати вмотивовану відповідь (спростувати твердження, дати відповідь на питання, що обмежується кількістю варіантів).

UNIT I. FOOD INDUSTRY: HISTORICAL BACKGROUND

1. Think of at least three oldest branches of food industry. Share your list with the group.

2. Read and translate the words: industry, guild, public, olive, history, modern, chemistry, chemical, technology, fermentation, wine, machine, trans-
portation, refrigerator, electric energy, restaurant.

3. Read text and compare your list with the oldest branches of food industry mentioned in the text.

Task 1

FROM THE HISTORY OF THE FOOD INDUSTRY

Part I

The food industry is a very ancient industry. Almost every branch of the food industry and particularly those dealing with grain and bread, meat and meat products, fish and fish products, was a defined trade guild.

The food industry developed from the experience of generations.

Milling and baking were well developed in ancient times. There were both private and public ovens for baking bread. Olive oil and honey were widely sold and bought. Butter and cheese were manufactured thousands of years ago.

The production of food, as an industry, actually has a history extending as far as the history of modern chemistry because it was considered a part of chemical technology. Thus the book "Chemical technology" published in 1870 contained the following sections: starch, sugar manufacture, cane sugar, beet sugar, fermentation, wine making, beer brewing, bread baking, manufacture of vinegar and essential oils.

The food industry developed in full with the growth of the processing

industries and with improvement in food machines, transportation, refrigeration, storage and packaging.

4. a) Match the words and phrases from Text A with their Ukrainian equivalents.

b) Use the words in sentences of your own.

1.	baking	a)	зерно
2.	grain	b)	упаковка
3.	honey	c)	крохмаль
4.	cane	d)	буряк
5.	starch	e)	оцет
6.	beet	f)	мед
7.	winemaking	g)	хлібовипікання
8.	beerbrewing	h)	пивоваріння
9.	vinegar	i)	виноробство
10.	storage	j)	цукроватростина
11.	commercial	k)	їжа
12.	packaging	l)	хлібопічка
13.	processing industry	m)	помол борошна
14.	oven	n)	переробна промисловість
15.	milling	o)	промисловий
16.	food	p)	зберігання

5. Define the part of speech of the words and translate them.

To grow – growth – grower; to package – package – packaging; to refrigerate – refrigeration – refrigerator; to transport – transportation; to process – processing – processor; to produce – producer – produce; to mill – milling – miller; to bake – baker – baking – bakery; to manufacture – manufacture – manufacturer

6. Fill in the gaps with the proper form of the noun.

1) Apple-trees take many years to reach their full _____ (grow). 2) _____ (mill) is a man who owns or works a flourmill. 3) _____ (mill) is a large machine for crushing grain into flour. 4) They usually buy bread and cakes at _____ (bake) in the Oxford Street. 5) Sugar _____ (manufacture) has a long history. 6) Food _____ (package) can warn of spoiled contents. 7) The food enterprises use heat and _____ (refrigerate), high pressure and deep vacuum, electric energy and radiation. 8) Heat energy is used in many _____ (process) of food production.

7. Answer the questions to Text A.

- 1) What branches of the food industry were a well-defined trade guild?
- 2) How did the food industry develop?
- 3) What branches of food industry were well developed in ancient times?
- 4) Was food technology considered as a part of chemical technology?
- 5) What influenced the development of the food industry in full?

8. Translate the following words and pronounce them correctly.

Industry, processing, farmer, political, social, urban, rural, scientific, huge, product, technology, basic, conservation, nutritional, supplier, industrially, producer, profitable, convenient, leader, freshness.

Task 2

FROM THE HISTORY OF THE FOOD INDUSTRY

Part II

The development of the food industry, through industrialization and processing started in the early 1900s. At the beginning of the 20th century most people were still farmers who lived in rural areas. The political, social, scientific and economic changes at the beginning of the century had a huge impact on food industry. It was necessary to offer cheap basic everyday products. New technologies were adopted to transport food from the countryside to the cities and to guarantee its freshness.

During the Second World War in order to make the conservation,

storage and the transportation of food to the front line easier, food started to be processed industrially. New techniques were adopted for the general public in order to offer products that were safe, nutritional, varied, convenient and attractive for the consumer yet, at the same time, profitable for the suppliers.

But what is food processing? It is defined as “any procedure undergone by food commodities after they have left the primary producer and before they reach the consumer, who may themselves further cook or process the food.” The goal of the new industrial leaders was to run viable, profitable enterprises by offering highly standardized products at low costs.

9. Fill in the table.

NOUN	VERB
development	
conservation	
processing	
transportation	
storage	
producer	
consumer	
movement	
preparation	

10. Match the words with their definitions:

1.	cost	a)	something that living creatures take into their bodies to provide them with energy and to help them to develop and to live
2.	cheap	b)	land outside the cities and towns, used for farming or left unused
3.	food	c)	costing a lot of money

4.	costly	d)	to treat and preserve (a substance, esp. food) by a particular process
5.	countryside	e)	something eaten between meals
6.	process	f)	a person who buys and uses goods and services
7.	consumer	g)	the amount of money paid or needed for buying, doing or producing something
8.	snack	h)	low in price
9.	cook	i)	more necessary than anything else
10.	transportation	j)	a means or system of carrying passengers or goods from one place to another
11.	basic	k)	to prepare food for eating by using heat; make a dish

11. a) Fill in the words (*restaurants, work, food chains, snacks*);

b) Put these sentences in order;

c) Read the text and answer the question: How did the feminist movements influence the food industry?

- 1) Soon entrepreneurs understood that they had to offer fast and attractive _____ that could be consumed in short breaks at work.
- 2) In the second half of the 20th century women started going out to _____ contributing to the family income
- 3) The feminist movements of the period proposed _____ and centralized kitchens, the main goal was to liberate women from the preparation of food that was time-consuming and, at the same time, very costly.
- 4) They had now limited time to take care of the house and their children. With the increasing standard of living, women soon understood that _____ could be a good alternative to their home cooking.

Task 3

ReadText.

THEPRESENTDAYFOODINDUSTRY

The assortment of products of the food enterprises is a wide and varied one.

Bread and macaroni, meat and fish products, milk and butter, canned foods and vitamins, sugar and sweets, tea and coffee, beer and wine and dozens and hundreds of other items are produced at the food mills and factories of the country.

The technological processes and methods of treating raw materials are wide and varied. The food enterprises use heat and refrigeration, high pressure and deep vacuum, electric energy and radiation.

While mechanical methods prevail at some enterprises, invisible chemists work at others – microorganisms and enzymes. They are used at such enterprises which are based on fermentation: bread baking, production of beer, vinegar, wine.

The food industry produces such foods that look and taste like meat but are made from soya bean proteins. If soya bean proteins are dissolved in alkali they form a sticky liquid. This liquid may be extruded through tiny holes and then re-coagulated in an acid bath in the form of fibers. The fibers then can be spun into ropes with texture of chicken or beef muscle tissue. The fabricated tissue

then can be interlaced with fats, food flavouring and food colours. Products are almost indistinguishable from chicken meat, fish, ham or beef. The products also may be dehydrated, compressed or otherwise processed.

1. a) Match the words and phrases from Text with their Ukrainian equivalents.

b) Use the words in sentences of your own.

1.	canned foods	a)	сушити
2.	treat	b)	текстура
3.	raw material	c)	смакова (ароматична) речовина

4.	enzyme	d)	джгут
5.	taste	e)	волокно
6.	extrude	f)	фермент
7.	fiber	g)	видавлювати
8.	rope	h)	мати смак
9.	texture	i)	сировина
10.	flavouring	j)	консервовані продукти
11.	dehydrate	k)	обробляти, перероблювати

12. Translate the following words and phrases into Ukrainian:

Food enterprise, mechanical methods, fish products, technological process, beer production, soya bean protein, acid bath, food colours, chicken meat, radiation treatment, food industry products, sticky liquid, raw materials, high pressure.

13. Read Text and continue the sentences:

1. The production of bread and beer is based:

- a) on fermentation
- b) on extrusion
- c) on mechanical methods

2. Soyabean protein is used for the production of:

- a) sugar and sweets
- b) food that taste and look like meat
- c) food flavourings

3. If soyabean proteins are dissolved in alkali they form:

- a) a sticky liquid
- b) fats
- c) food colours

14. Answer the questions to Text

1) Is the assortment of products of the food enterprises wide?

- 2) What products are produced at the food enterprises of our country?
- 3) What do you know about food products made from soybeans?

1. a) Read the Text and answer the following questions:

- 1) When did Coca-Cola originate?
- 2) Why do Americans consider Coca-Cola to be something more than a simple moment of refreshment?

Task 4

HISTORY OF THE COCA-COLA COMPANY

The history of Coca-Cola is a story that begins more than a century ago in a backyard a few blocks down the street from where the world headquarters of The Coca-Cola Company is now located.

Coca-Cola originated in Atlanta, Georgia, on May 8, 1886. Pharmacist Dr. John Pemberton stirred up a fragrant caramel-colored syrup in a three-legged brass kettle in his backyard and carried a jug of his formulation down the street to Jacobs' Pharmacy, Atlanta's largest drug store. That same day the new product made its debut as a soda fountain drink for five cents a glass. When carbonated water was mixed with new syrup, refreshment history was made!

Thinking that the two Cs would look well in advertising Dr. Pemberton's partner and bookkeeper, Frank M. Robinson suggested the name and calligraphed the famous trademark in a unique script. Soon a simple oil cloth sign was hung on the pharmacy's awning with the phrase, "Drink Coca-Cola". And on May 29, 1886, the first newspaper advertisement appeared in The Atlanta Journal which proclaimed Coca-Cola was "Delicious and Refreshing" a theme that continues to echo today. Sales during 1886 averaged nine drinks per day – quite a modest beginning considering Coca-Cola is now enjoyed hundreds of millions of times every day!

Dr. Pemberton never fully realized the potential of the beverage he had created. In poor health and in need of funds, he sold portions of his interest in this venture. Following his death in 1888 all of Pemberton's remaining rights to the product were purchased by Asa G. Candler, a druggist and Atlanta businessman. Mr Candler recognized great potential in Coca-Cola and went to acquire complete control for \$2,300 in 1891.

b) Give a summary of the text in 6-7 sentences.

2. Match the words and phrases with their Ukrainian equivalents.

1.	preservation technology	a)	Харчові продукти
2.	research topic	b)	Потреба
3.	foodstuff	c)	поставка, доставка харчових продуктів
4.	food transportation	d)	тема дослідження
5.	energy consumption	e)	технологія консервування
6.	demand	f)	пакувальний матеріал
7.	spoiling	g)	«здорова» їжа, дієтичне харчування
8.	food safety	h)	Продукт, що швидко псується
9.	packaging materials	i)	Споживання електроенергії
10.	healthy food	j)	Нешкідливість харчових продуктів

UNIT 11. HUMAN DIET

1. Work in pairs and discuss the questions. Agree or disagree with your partner.

1) What do you know about the Industrial Revolution?

- 2) When and where did it occur? What did it result in?
- 3) Are there any disadvantages of this phenomenon?

2. Read and translate the words and phrases:

a) normal, diet, person, human, proportion, system, balanced, calorie, energy, absolutely, fruit, salad, tomato, organ, temperature, form, margarine, coffee, grapefruit, activity;

b) a person's diet, a balanced diet, healthy diet, human body, a large proportion, a pint of milk

3. Read Text 1 and translate it.

Task

1. DIET

A person's diet is what he eats and drinks, and it is highly important because both growth and health are affected by it. Everyone knows that without food people starve to death, and every year this happens in some country of the world in the times of famine. Even people who can get food, however, sometimes suffer from various kinds of illness because they are eating too much of one kind of food and not enough of another. This is because the body has many different needs and these needs require a balanced diet.

A normal healthy diet for one day is a salad, fruit of some kind, a pint of milk, fish or meat, some cheese or an egg and some bread. Apple, orange or grapefruit juice is always a good thing, at breakfast or at any other time, so is a glass of water first thing in the morning and last thing at night.

Water is, of course, absolutely necessary to every kind of diet. About 70% of the weight of the human body is water, and a healthy man requires four quarts of water every 24 hours. However, since about 70% of most of the foods eaten is water, a large proportion of water comes from food. The rest must be provided by tea, coffee, milk, soup and, of course, plain water.

4. a) Match the words and phrases from Text 1 with their Ukrainian equivalents.

b) Use the words in sentences of your own.

1.	eat(ate,eaten)	a)	ГОЛОД
2.	body	b)	Вага
3.	a pint	c)	забезпечувати
4.	weight	d)	їсти
5.	affect	e)	Потреба, потребувати
6.	famine	f)	організм
7.	provide	g)	потребувати
8.	need	h)	сік
9.	require	i)	хвороба
10.	illness	j)	як...,такі
11.	nutrition	k)	діяти,впливати
12.	juice	l)	З того часу
13.	both...and	m)	пінта(міраємності,0,57л.)
14.	since	n)	харчування
15.	various	o)	кварта(міраємності,1,14л)
16.	a quart	p)	різний

5. Define the part of speech of the words and translate them.

Human–humanity-inhuman;to grow-growth-growing;health-healthy
-unhealthy;vary-various-variety;require-requirement;weight-weigh-
weightless;to provide-provision;ill–illness

6. Read the sentences, define the part of speech of the words given in bold. Translate the sentences into Ukrainian.

1. The body has many various needs.

2. Man **needs** much water.
3. A person's diet is what he eats and **drinks**.
4. When fruit and vegetables are frozen, ice crystals **form**.
5. Water is most active in foods in its liquid **form**.
6. The preparation and cooking **affect** the nutritive value of foods.
7. A person's diet **affects** both growth and health.

7. Choose the right variant

1. A human body _____ a balanced diet.
a) requirements; b) requires
2. About 70% of the _____ of the human body is water.
a) weigh; b) weight; c) weightless
3. Every _____ person should drink milk every day.
a) grow; b) growth; c) growing;
4. A person needs _____ amounts of energy for _____ activities.
a) various; b) variety; c) vary
5. Foods _____ us with energy, body-building material, mineral salts and vitamins.
a) provide; b) provision

.Read Text 1 and continue the sentences:

1. A person's diet _____.
a) what he eats; b) what he drinks; c) what he eats and drinks
2. A person's diet _____.
a) affects growth and health; b) doesn't affect growth and health
3. to eat much of one kind of food.
a) It is useful; b) It is harmful
4. A healthy man requires _____.
a) about 1.5 l of water every 24 hours;
b) about 4.5 l of water every 24 hours;
c) about 2.5 l of water every 24 hours

9. Put these sentences in the right order (according to the information given in Text 1).

1. Water requirements. 2. The importance of a person's diet for growth and health. 3. Foods providing water. 4. A normal healthy diet for one day.

10. Answer the questions on Text 1:

- 1) Why does a human being require a balanced diet?
- 2) What can happen to people if their diet is not balanced?
- 3) What do we mean by a healthy diet?
- 4) How much water does a healthy man require?
- 5) What foods provide water?

11. Fill in "There is..." or "There are..."

1. some eggs in the fridge. 2. some water in the glass. 3. bottles of lemonade on the table. 4. some cheese in the bag. 5. Some fruit in the fridge. 6. some biscuits in the tin. 7. _____ some beer in the bottle.
8. some oranges in the basket. 9. a lot of salt in hamburgers.
10. It's noisy upstairs because a party is going on.

1. Read Text 2.

Task

2. MEA

LS

Three-four meals a day – breakfast, lunch, dinner and supper (or late tea) – are enough for most people. The meals should be varied, well cooked and attractive to look at – otherwise, however good they are, no one will want to eat them. Fresh food is better than tinned food and freshly cooked food is better than food that has been left in the oven or reheated after having become cold. Milk and butter (or margarine) are needed every day, with meat or fish or eggs (note or, not and). Fresh green vegetables or fruit are also needed every day. Every

grow-

ing person, which means everyone up to the age of 20, should drink at least a pint of milk daily.

It is best not to eat last thing at night and not to swim or take a bath just after a meal. In order to give the digestive system time to get to work on food, it is always a good thing to pause for thought – and digestion.

A point to remember is that most people eat too much sugar, as they are fond of sweets, cakes and pastry. Too much meat can also be harmful. In the 18th century people ate meat for breakfast, lunch, tea, dinner and they died early of various diseases.

The most important rule is moderation – eating neither too much nor too little.

2. Read Text 2 again and find equivalents to the following Ukrainian words and phrases:

Другий сніданок, вечеря, обід, сніданок, прийом їжі, консерви, свіжо приготувана їжа, щоденно, духовка, ростущий організм, привабливий зовнішній вигляд, травна система, мучні кондитерські вироби, травлення, цукерки, цукор.

A. Compose sentences using Text 2 and the tables given below:

The meals should be The meals shouldn't be	cold
	varied
	salty
	hot
	well cooked
	fresh
	sweet
	attractive to look at

Milkand/orbutter		areneeded everyday.
Butterand/ormargarine		
Meatand/orfish		
Cheeseand/oreggs		
Itis	useful	to eatlateatnight
	harmful	torestaftermeal
	necessary	toeatmuchsugar
	unnecessary	todrink apintofmilk daily
	pleasant	totakeabath afterameal
	unpleasant	toeat cakes everyday
	easy	tohave three meals aday
	difficult	toswimafter ameal
		to eat fruit everyday
	toworkjustafterameal	

14. Re-organize the text so that it is in three paragraphs. The topics oftheparagraphsare:

Food	Placesto eat	Eatinghabits

Thefirstsentenceisinthecorrectposition.

- 1) PeopleinBritaineatmanydifferentkindsoffood.
- 2) Mostpeoplehaveaneveningmealataboutsixo'clock,butsomepeoplepreferto eatlater.
- 3) Manypeoplebuyfrozenfood,andfoodinpacketsbecausethisismoreconvenient.
- 4) Somepeopleeat alargecookedbreakfast.Butthis canbeveryfattening.
- 5) Foodfromothercountries,especiallyChineseandIndianfood,isalsopopular.

- 6) During the day, nearly everyone drinks cups of tea or coffee.
- 7) Fast food and pizza restaurants are also very popular.
- 8) There are traditional dishes, such as roast beef, and fish and chips.
- 9) In most towns you can find Indian and Chinese restaurants, and some-
times more expensive French restaurants.
- 10) Lunch is any time between twelve and one.
- 11) Pubs usually serve meals, which are often more traditional food.

15. Fill in /an, some, any.

1. There is _____ ham in the fridge.
2. There is _____ bunch of grapes on the table.
3. I'd like _____ coffee, please.
4. If you are hungry, eat _____ apple.
5. Have _____ biscuits with your tea.
6. Don't give him _____ chocolates.
7. Is there _____ tea in the pot?
8. Cook _____ of the three recipes; they are all delicious!
9. There is _____ salt in the cupboard.

16. Underline the correct word.

1. Can I have *something/anything* to eat? I'm starving.
2. Would you like *some/no* more tea?
3. Please don't put *any/some* sugar in my coffee.
4. There are *some/any* bottles of milk in the fridge.
5. There were only *a few/some* biscuits left, so we bought some more.

17. Think and answer the following questions:

- 1) What is your attitude to fast food?
- 2) What kind of fast food do you like?
- 3) How much money do people in Russia spend on fast food a week (a month)?
- 4) Are you aware of the nutritional value of the food you eat?
- 5) What is junk food? Why do people eat so much junk food nowadays?

18. Read the following summary and guess the correct words.

Translatethetextinawrittenform.

Intoday'sworldpeoplehavelesstimeforeating,letalone1)shop-ping/cooking.That'swhyjunkfoodissopopular.Infact,one2)ho-tel/restaurant group has announced that its 3) guests/staff can order 4) junk/fastfood through room service. Junk food is 5) high/ low in fat, which is linked witha higher risk of diseases. Our eating habits have changed due to lack of 6) mon-ey/time. Also, the amount of exercise we do has 7) decreased/increased. Re-searcherssuggestthatthe new generationwillbe more likely to suffer fromheart and 8) kidney/liver disease. But if we improve our eating habits we will bebetterequipped to deal withour9)stressful/boring lifestyles.

20. ReadText3andentitleit.

Task3.

Just as a **railway engine** requires fuel **to supply** it with energy, so our bodies **require** food to keep them going. But whereas an engine, when not working, does not use up **fuel**, a man, even when **resting**, still needs energy to keepthe **heart**, **lungs**, and other organs working and **to maintain** the body tempera-ture.

As heat and energy are different forms of the same thing, they can be **measured** in the same **units**, namely "Calories". The Calorie is the **amount** of heatnecessary **to raise** the temperature of 1,000 grams of water 1° Centigrade. Theenergy which results from eating any food can also be measured in Calories.Foods vary greatly in the amount of energy that they produce when they are tak-enintothebody,thatisintheir**calorificvalues**.

The following **table** shows the amount of energy which an **average** personneedsforvariousactivities:

3. The energy which results from _____ can be measured in Calories.

a) resting b) going c) eating

4. 1 ounce of sugar contains _____

___ calories. a) 215 b) 110

c) 12

25. Fill in the correct word derived from the words in bold.

As people become more and more concerned about following a **1) (health)** diet, and also about the **2) _____ (protect)** of animals, **3) _____ (vegetarian)** continue to increase in **4) _____ (popular)**.

Although meat is extremely **5) (nutrition)** it can also be very **6) (fat)** so eating a lot of it can lead to **7) _____ (weigh)** problems and related **8) _____ (ill)** such as heart disease. On the other hand, vegetables, grains and dairy **9) _____ (produce)** provide all the nutrients **10) (need)** to build up and maintain a strong, fit body.

26. Complete the chart below by adding the words in the list:

apple, pork, peach, onion, cabbage, cherry, melon, liver, beef, watermelon, strawberry, carrot, mutton, sausage, salmon, pear, spinach, plum, basil, mackerel, fig, fen-nel, lettuce, lobster, nectarine, tomato, potato, tuna, tea, lamb, lemon, grapes, ham.

Vegetables	Fruits	Berries	Herbs	Seafood	Meat

27. Read the riddles about fruits, berries and vegetables. What are they about

?

1. At first I am green and
small, Like a little ball,

Then grow up and become red and big,
And when I blacken in the sun,
You say that I am ripe and eat me up.

2. Take off my skin –
I will not cry,
But you
will! What
am I?
3. Come and drink from my
spring. Green walls are all
around it, Shiny black stones
inside.
4. When I am young, I am sweet from the sun, When I am
in the middle-aged, I make you joyful, I can help to
make you healthy.
When I am old, I am valued more than ever.

28. Read the tips for healthy eating. What about you? Do you always follow these tips?

Tips for Healthy Eating

- ❖ Eat more high-fibre food.
Examples: fresh fruit, vegetables, whole grain breads, cereals.
- ❖ Eat more food with
carbohydrates. Examples: pasta,
rice, beans.
- ❖ Eat less meat and other high-fat
foods. Examples: butter, egg yolks, fried
food.
- ❖ Eat less salt and sugar.
- ❖ Drink less coffee, tea and cola.

29. Write a description of your usual eating habit on weekdays and at weekends:

ds:

Most days _____

During the morning _____

At lunch time _____

Sometimes _____

In the evening _____

At weekends _____

30. Compose sentences using the table:

I prefer I'd rather	tea to coffee
	coffee to orange juice
	eating home-made food rather than eating junk food
	to cook dinner tonight rather than buy it from a take away
	prefer to buy fresh vegetables rather than buy frozen ones
	vegetable soup to fried pork
	beef cutlet with mashed potato to fried chicken and chips
	eating home-made food rather than eating in a fast-food restaurant
	a bunch of grapes to sweets
	some apples to biscuits

31. Put each verb in brackets into the Present Simple or the Present Continuous.

s.

1. You (like) fast food? I go to get some hamburgers.
2. You (eat) Indian food? I (cook) a curry at the moment.
3. (Always we go) for an ice cream after a film. Coming?
4. Hamburgers (contain) a lot of salt.
5. This cheese (have) a awful smell, like old socks.

6. He(try)thefood toseeifitneeds moresalt.
7. I(consider)givingupsugarcompletely.
8. Don'thavethesoup,it (have)afunnytaste.

32. Filltheverbsintothegaps.UsethePresentSimpleorthethePresentContinuo

us.

a)belong	f)have	k)make	p)stop
b)chew	g)imagine	l)need	q) take
c)eat	h)know	m)puton	r)think
d)feel	i)lookat	n)see	s)watch
e)get	j)love	o)sit	t)write

At the moment I 1)in the kitchen and I 2)my brother eating apizza.I3)_____ reallyjealous.You4)_,I5)problemswithmyweight.EverytimeI6)_____ apizzafromadistance,I7)_____ thatI8)_____ fatter.I9)_____ akeep-fitclass,buttheproblemisthatI 10)_____ weightveryeasilyandI11)_____ food.Inever12)_____ eat- ing.Infact,I13)_____ thisarticleandI14)acarrotatthesametime.ButI15)_____ sensibly now, only fruit and vegetables, no chocolates. That'swhat16)_____ youfat.AndI17)_____ ofgoingjoggingeverymorningbutI18)_____ whatwillhappen.WhenI19)_____ alotofexerciseI 20)_____ agoodmealafterwards.Oh,well,anothercarrot!

33. AnswerthefollowingYes/Noquestionsconcerningeatinghabits.Thench eckyourscoreto findoutwhat kindofdietyouhave.

- 1) Doyoueatatafast-foodrestaurantmorethanonceaweek?
- 2) Doyouofteneatfreshfood?
- 3) Doyoueatredmeatmorethantwiceaweek?

- 4) Do you usually eat a large meal before you go to bed?
- 5) Do you eat salty snacks (crisps, nuts, etc.) at least once a day?
- 6) Do you have fresh vegetables with your meals less than three times a week?
- 7) Do you drink fizzy beverages (газированные напитки) more than once a day?
- 8) Would you rather eat out instead of at home?
- 9) Do you always add salt to your food at the table?
- 10) Do you prefer butter to olive oil?

<i>SCORE</i>		
8-10 Yes	very unhealthy diet	Be careful!!!
5-7 Yes	fairly healthy diet	
3-4 Yes	quite healthy diet	
1-2 Yes	very healthy diet	

34. Try to translate the rhyme given below.

I'll eat when I'm
hungry And drink when
I'm dry; If trees don't fall
on me, I'll live till I die.

UNIT III. FOODS AND THEIR CONSTITUENTS

Task 1.

1. Read and translate the words: vegetables, fruit, meat, fish, chocolate, hamburgers, ice cream, cheese, lollipops.

a) Complete the table about yourself. Tick (✓) Yes-answers and cross (×) No-answers.

Product	Youlike	Yourfriendlikes	Bothofyoulike
vegetables			
fruit			
meat			
fish			
chocolate			
hamburgers			
icecream			
cheese			
lollipops			

b) Ask your friend according to the model and fill in the table about your friend

:

Model: Do you like vegetables? – Yes, I like vegetables. / No, I don't like vegetables.

c) According to the table, complete the sentences:

My

friend likes..... My friend

and I like....

My friend doesn't like

..... We don't like...

2. Read the poem. Which of the products in the song are vegetables, fruit? Which of the products in the song contain carbohydrates, proteins?

1. I like food, I like eating lots and lots of

food. Bread and jam, and meat, and fish,

Cakes and biscuits, too.

Beans and mustard, eggs and

chips,Mutton,steaks,potatoes,peas,
Andsaltedmushrooms,too.

2. I like food, I like eating lots and lots of
food.Cabbage,tomatoes,lettuceleaves,
Chocolateandcheese,
Toast and butter, soup and
spices,Onions, cereal, cucumber
slices,Marrows,pumpkins,beets.

3. Don'tforget Ialsolikedrinking,whenIeat:
Coffee, tea and water
soda,Fruity lemonade,
coca-
cola,Sugarmakesthemsweet
.

I like food, I like eating lots and lots of
food.Somemore,please.

Correctthepoemto makeittrueaboutyou.

3. ChosethecorrectequivalenttotheUkrainianword.Explainyourchoice.

1) різноманітний

a) vary

b)various

c) variety

2) потреба

a) requirement

b)require

c)required

3) виготовляти

a) produce

b)production

c)productive

4)різний

a)differ

b)difference

c)different

5)здоровий

a)health	b)healthy	c)healthiness
6)будувати		
a)builder	b)building	c)build
7)переварювати		
a)digestive	b)digest	c)digestion
8)надзвичайно		
a)extremely	b)extreme	c)extremeness
9)використання		
a)utilize	b)utilized	c)utilization

4. Remember the meanings of the prefixes “over-“and“under-“.
Make derivatives from the verbs using these prefixes and translate the new words.

EXAMPLE: value → overvalue →

undervalue Weight, dose, ripe, feed, estimate,

pay, sized **Make 10 sentences using the words.**

5. Fill in the gaps with the proper form of the adjective.

1) Centimeter is a _____ (small) unit than a meter. 2) Fresh food is
 (good) than tinned food. 3) Rice is one of the _____ (poor) sources of
 vitamins. 4) Some people eat mainly vegetables as they think that they are _____
 _____ (healthy) than animal food. 5) Glucose is the _____
 (simple) form of sugar. 6) The proteins are
 _____ (essential) for the body than the vegetable proteins. 7) Citrus fruits are _____
 _____ (good) sources of vitamin C.

6. What is a nutrient? Choose the correct variant.

- a) A nutrient is a component in food that an organism uses to survive and grow.
- b) A nutrient is a chemical element or compound used in an organism's metabolism or physiology.

c) Nutrients are molecules in food that all organisms need to make energy, grow, develop and reproduce.

7. What are the classes of nutrients? Read Part 1 of Text A and answer the question.

Text A. Part 1

The food groups are classified into categories, according to their composition and nutritional properties based on the science of nutrition. There are four major classes of nutrients. They are carbohydrates, fats, proteins and vitamins & minerals. It is recommended to eat portions of food from the different groups in order to live a healthy lifestyle.

8. What do the constituents contain?

Carbohydrates	consist	Carbon, nitrogen, oxygen,
Proteins	of contain	hydrogen,
Fats		sulphur, phosphorus

Do Carbohydrates or fats have higher content of calorific value?

9. The information in Part 2 is disordered. Complete the information about fats, proteins, carbohydrates and vitamins & minerals and read Part 2 of Text A.

Task 2.
Text A. Part 2

1) The products that give us quick	a) because they contain fat that is
energy in cells	also stored beneath the skin helping us to stay in the cold.
2) The products that are important for metabolism, growth and repair	b) have large amount of vitamins and minerals.

3) Some products are needed for neurological growth and development. They are used as a source of energy,	c) include proteins—large biological molecules that are very important for building muscles.
4) The products that make people's bodies work properly	d) contain carbohydrates.

3. Divide the products below into 4 groups: carbohydrates, fats, proteins, and vitamins & minerals. Use the model:

MODEL: Foods rich in are.

Cheese, tomatoes, butter, mushrooms, strawberries, cakes, eggs, peppers, grapes, chicken, onions, rice, fried potatoes, cream, macaroni, oranges, olive oil, apples, seafood, cheese, coke, dates (dried fruit), a cauliflower, fish, meat, pears, bread, milk, honey, soya beans, mutton, margarine, water soda, cabbage, sugar, pumpkin, butter, fruit.

Can you add any other products to each group?

4. a) Work in pairs and discuss:

Which of the products do you

like? Which of the products don't you eat?

What have you eaten and drunk in the last 24

hours? What would you recommend your group mates?

Do you usually eat tasty or healthy food?

b) Be ready to tell the group about your experience, use the model:

We have eaten... We would recommend ...

c) Listen to the students and say what food products you would like to taste.

10. Match the words in a) to their Russian equivalents in b).

a) composition, properties, nutrition, healthy lifestyle, cells, to be stored, metabolism, repair, development, source of energy, molecule, to build muscles, properly.

b) здоровый образ жизни, молекула, свойства, клетки, строить мышечную ткань, состав, обмен веществ, источник энергии, восстанавливать/восстановление, правильно, развитие, питание, накапливаться.

11. Fill in the gaps with the proper words.

1) It is popular now to live a _____ lifestyle. 2) Every human needs the right amount of nutrients _____ for living. 3) Healthy food _____ the tired body. 4) Vegetables provide organism with _____ and _____. 5) Carbohydrates are _____ of _____ for our bodies.

12. Read the statements and discuss with your partner if they are true or false.

- 1) All living beings can live without food for a short period.
- 2) The cells in the organism get nourishment from the food.
- 3) Healthy food repairs the damaged and tired body parts.
- 4) Tasty food helps to recover strength after getting tired.
- 5) We need food as a car needs fuel.

Task 3.

Text B

ESSENTIAL FUNCTIONS OF FOOD

We need food to live. We cannot live without food for a long period. Food is therefore necessary for all living beings.

Food is **essential for** growth. Without food a living organism will stop growing. The living cells in our body **multiply** after getting **nourishment**

from the food we eat. A wrong type of food does not help healthy growth.

Living organisms sometimes **damage** their parts by accident. Constant work also **causes** wear and tear of the body parts. If we get a wound or cut, it heals up after some time. The body needs food for all these functions.

We spend our energy when we do work. That is why after doing considerable work, we get tired. We then need food and rest to **regain** the lost energy. If we do not get food, we would become weak.

We need to **protect** our body from **diseases** and keep it **healthy**. For this, we need vitamins and mineral salts in our food. Vitamins neither **provide** energy nor do they repair the **worn-out** parts. But they are essential for our proper health. So, we need food which can give us all the ingredients for our body.

We also need sufficient food. So we should eat the right amount of food **containing** the right amount of **nutrients**.

3. Match the highlighted words in Text B with the Ukrainian words below.

Множитись, стати причиною, захищати, необхідний для чогось, харчування, пошкодити, корисні речовини, містити, забезпечувати, хвороба, здоровий.

4. Fill in the gaps with the highlighted words in Text B.

1) Fast food can _____ human health. 2) Vitamins _____ our bodies from diseases. 3) _____ organism is weak and can get ill. 4) Every human needs the right amount of nutrients _____ for living. 5) It is dangerous that viruses _____ in modern world very quickly. 6) Vegetables _____ organism with vitamins and minerals. 7) Carbohydrates are _____ for our health and provide us with energy.

3. Read the text once again and name the functions of food. What other functions of food can you find in Text A?

Task 4

13. Read Text C and say what role food plays in the situation.

Text C

We had a delicious meal last weekend. It was my brother's 18th birthday. And the whole family went out. We had a meal in an Italian restaurant. It's called Mario's and they do fantastic pizzas there. There were fifteen of us: me, my brother, our parents, our grandmother, our cousins and my brother's best friends. I sat next to my grandmother, but she fell asleep after two glasses of wine. Everybody had pizza. The restaurant made my brother a special birthday cake, and we all sang Happy birthday! I think, he was a bit embarrassed. The cake was delicious, and we had some Champaign, too. I think we stayed in the restaurant for nearly three hours. I didn't get home till 1 a.m. It was a really good evening.

14. Complete the statements and check your answers.

- 1) The event took place in....
 - a) at home
 - b) in an Italian restaurant
 - c) in a fast food restaurant
- 2) They celebrated....
 - a) a birthday
 - b) the end of the semester
 - c) a hen-party
- 3) They went there because...
 - a) it's a beautiful place
 - b) they have great service
 - c) they do fantastic pizzas
- 4) There were... of them.
 - a) 13
 - b) 14

c) 15

5) The guest had....

a) pasta

b) paella

c) pizza

6) ...was delicious.

a) The apple pie

b) The special cake

c) The vanilla ice cream

7) She liked the...very much.

a) evening

b) firework

c) waiter

Task 5

1. Read Text D. Do you have this element in your diagram?

Text D

When people are stressed, troubled, bored, or unhappy, they often turn to food for comfort. Comfort foods are familiar foods that make people feel good. Everyone has their own idea of what a comfort food is depending on their own tastes and experiences. Common comfort foods are ice cream, chocolate, macaroni and cheese, mashed or fried potatoes, bread with butter, pizza, and fried chicken. Comfort foods are often high in fat and calories. Comfort foods often remind people of childhood. Comfort foods may also slow the release of stress hormones, making people feel better.

15. Answer the questions to Text D.

1) What is the function of food described in the text?

2) How does it work?

3) Do any products comfort you when you are unhappy or stressed?

16. Brainstorm a list of your comfort foods. Compare your list with your partner's. Are the lists similar?

17. Discuss the questions in groups.

- 1) Are your comfort foods healthy?
- 2) When do you usually eat them?
- 3) How often does it happen?
- 4) Do you know about the negative side of the pleasure (obesity as a after-effect of overeating because of stress, allergy as the result of exotic food)?

18. a) Do you know any ridiculous eating rules? Some states in the USA are famous for them. Try to guess the products in the gaps. The following words can help you:

Hamburgers, margarine, cherry pie, ice cream, cheese, onions, lollipops, meat product.

- 1) In Kansas restaurants *aren't allowed to sell* _____ on Sundays. *It's forbidden to eat* _____ on Sundays in Minnesota.
- 3) In Nebraska, Waterloo barbers *aren't allowed to eat* _____ between 7 am and 7 pm.
- 4) In New Hampshire it's *illegal to colour* _____ pink.
- 5) In New Jersey it's *forbidden for the shop to sell* _____ after 6 pm.
- 6) In Oregon it's *forbidden to eat* _____ on Sundays.
- 7) In Texas it's *illegal to sell* _____ on Sundays.
- 8) In Washington all _____ *are banned and it's impossible to buy any* _____ on Sundays.

b) Speak on the model to check:

I think..., I'm sure..., I believe ...

Phrases to agree: I agree. That's right. I think so, too.

Phrases to disagree: I don't agree. That's wrong. I don't think so.

Do you find the rules reasonable? Which of the rules do you find the most ridiculous / the most sensible?

c) Use modal verbs in the sentences instead of the underlined words.

d) Read Text 2 in Reading comprehension and check your answers in a). Which silly rule surprised you most?

19. Role play. Imagine you have come to a nutritionist for help. Describe your problems (obesity, anorexia or other problems) and ask for help to correct your diet. Your partner as the nutritionist gives you recommendations with respect to a healthy diet proper for you.

UNIT IV. MEAT AND MEAT PRODUCTS

1. Work in small groups and discuss the questions.

- 1) Do you eat meat or meat products? How often?
- 2) What type of meat do you prefer? (beef, pork, poultry, lamb)
- 3) What is your favourite recipe of a meat dish?
- 4) Is it important to eat meat? Why?

2. Do you know what kind of meat different animals give? Find the right match

.

Chicken, Venison, Turkey, Lamb, Chevon, Mutton, Veal, Pork, Beef

Animal	Meatname
Cattle(coworbull)	
Pig	
Calf(youngcow)	
Sheep	
Goat	
Sheep(young)	
Turkey	
Deer	
Chicken	

3. ReadText Aandfind outifyouwereright.

Task 1

TextA.

MEATOFMAMMALS

Animals that are commonly domesticated for meat are cows, bulls, goats,sheep, pigs, etc. Certain animals, like camels and kangaroos, are raised in specific geographic locations only. Even wild animals like wild boar are killed andtheir flesh is used for human consumption. The flesh of animals hunted (not domesticated)formeatiscalledgamemeat.Whilebeefisthemeatofcow,fleshof calves is called veal. Lamb is the meat of young sheep, whereas mutton is thefleshofadultsheep. Themeatofdeerisreferredtoasvenison.Meatisavailable in different typesandcuts too.Meatlike beef, pork,mutton comesunderthecategoryofredmeat thatis said tobeunhealthy,ifconsumed inlargeamounts.

Howmanyofthosehaveyoutried?Whichtypeofmeatdoyouprefer?

4. MatchtheEnglishandRussianequivalents.Lookthemupinthedictionaryifnecessary.

meat	Незаменимыекислоты
------	--------------------

flesh	свинья
beef	консервант
veal	колбаса
Essentialacids	Крупныйрогатыйскот
cattle	телятина
swine	Топленоесвиноесало
pork	консервировать
lard	солить
hide	шкура
To cure	говядина
ham	копчение
sausage	свинина
preservative	пропитывание
To can	Мясо,мускульнаяткань
smoking	мясо
impregnation	уксус
vinegar	ветчина

Workwithyourpartnerandpractisebacktranslation.Memorizethewords.

5. Fillinthegapswiththevocabulary fromEx.4.

1. _____canbedefinedasanimalfleshusedforhumanconsumption.
2. Ifyougobythedefinitionof'meat'asgivenindictionaries,itincludes_____ofanimals,especiallymammals.
3. Organicmeatdoesnotcontainchemicalslike antibiotics, hormones and.
4. If you want to keep the meat for a longtimeyoushouldit.
5. Ifyouhave_____or_____inthe fridge,youcanhavequickbreakfast.
6. Histidineisan_____inhumansandothermammals.
7. Whichmeatdoyouprefer , or_____?
8. _____has a sharp taste.
9. I usually use butter, but I could only find.
10. Todaymeatandfishproducts,poultryareoftentogivethemaspecifictaste.

6. Choose the right English equivalent to the word. Explain your choice.

1) харчування

- a) nutritious b) nutrition c) nutritionist

2) успішно

- a) success b) successful c) successfully

3) охолоджувати

- a) refrigerate b) refrigerator c) refrigeration

4) зберігати

- a) preserve b) preservative c) preservation

5) перероблювач

- a) processing b) processor c) process

6) стійкий

- a) stable b) stability c) unstable

7) зброджувати

- a) ferment b) fermenter c) fermentation

8) сушка

- a) dry b) drying c) drier

9) копчення

- a) smoke b) smoker c) smoking

10) споживач

- a) consume b) consumption c) consumer

Task 2

1. Read Text B and answer the following questions:

1. What is beef? 2. What is veal? 3. What is beef rich in? 4. What are the primary products of swine? 5. What is stored and cured better? 6. How are cured meats stored? 7. What meats can be canned? What processes are used for the manufacture of meat products?

Text B. Meat and meat products

The flesh from the cattle over 6 months of age is beef and from younger cattle is veal. Beef is a nutritious food having approximately 25% protein and rich in essential acids, B vitamins, and minerals.

The primary products of swine are pork, lard, hides, and innumerable by-products. Pork is more successfully cured and stored than any other meat.

Fresh red meats are refrigerated. Cured meats such as ham, bacon, and sausage contain chemical preservatives (salt, nitrate, nitrite) but are, in addition, heat processed and stored under refrigeration. Fresh and cured meats are also canned. With severe heat processing a shelf-stable product is produced. In certain products stability is achieved in part through other processes: fermentation, drying, smoking and impregnation with vinegar.

The manufacture of meat products includes those processes which prepare the product for consumption and increase the stability, improve the texture, colour and appearance of various meat items. Various processes are employed depending upon the desired result. Various enzymatic agents and other additives are often used.

2. Find in Text B the English equivalents to the following words and word combinations:

мясні продукти, субпродукти, поживний продукт, багатий мінералами і незамінними амінокислотами, свинина, шинка, консервувати, бродження, сушка, копчення, споживання, бажаний результат.

3. Fill in the gaps with the vocabulary given below:

1) cured, canned; 2) beef; 3) bacon, ham, sausages; 4) pork, lard; 5) drying, fermentation, smoking; 6) texture, flavour, appearance, stability; 7) veal;

8) cured, stored.

1. is the flesh of the cattle. 2. The flesh of young cattle is called _____. 3. Seining gives us _____ and _____. 4. Pork is successfully _____ and _____. 5. Chemical preservatives are contained in _____. 6. Fresh and _____ meats can be also _____. 7. _____, _____, _____ are used to get stable products. 8. The manufacture of meat products improves _____, _____, _____, increases _____.

4. Fill in the table putting the words into three categories of meat. Use a dictionary if necessary.

Veal, lamb, mutton, fish steak, salmon steak, turkey, goose, pastrami, corned beef, beef, pork, chicken quarters, chicken breast, turkey breast, oysters, clams, shellfish, squid, links sausages, frankfurters, wieners, seabass, herring, eel, mackerel, ham, bacon, sausage, chicken leg, chicken drumstick, salted fish, marinated herring, caviar, chicken, duck, whole chicken, fish, salmon, trout, smoked fish, seafood, shrimp, prawns, spare ribs, pork chops, lamb chops, veal cutlets, fish fillet, crab, lobster, salami, smoked sausage, hot dogs, beef steak, cutlets, sturgeon, cod, sole, flatfish, pike, halibut, tuna, perch.

Meat and meat products	Poultry	Fish and fish products	Seafood

5. Work in groups. Compare and contrast those types of meat (price, availability, healthy/unhealthy, taste, smell, ways of cooking). Make use of the following adjectives:

cheap, expensive, healthy, unhealthy, tasty, easy to cook, available in the market, tender, consumed, delicate, juicy, delicious, tough, dry, dark, white, bony, lean, meaty, fat.

Task 3

1. Read the text below and answer the questions:

- 1) Can we refer poultry and fish to the traditional understanding of meat?
- 2) What is poultry? Give examples.
- 3) In what cuts is poultry available?
- 4) Is it healthier than red meat?
- 5) Why are most of the fish said to be good for health?
- 6) Why is it dangerous to eat big fish?

Text

B. POULTRY AND FISH

H

The term poultry refers to those birds that are domesticated for their eggs and meat. They include chicken, duck, goose, pigeon, turkey, guinea fowl, emu, ostrich, etc. When compared to red meat, poultry is said to be healthier. As in case of mammalian meat, poultry too is available in different cuts, like breast meat, drumsticks, winglets, thigh, etc. Apart from the domesticated ones, wild birds are also hunted for consumption.

As in case of poultry, fish is also not included in the conventional meaning of meat. Fish is a staple food in many parts of the world. Both freshwater and seawater fish are consumed by humans. Huge fish like dolphins and whales are also consumed in some regions. When compared to red meat and poultry, most of the fish are said to be good for health, as they are low in fat and contain omega-3 fatty acids. While small fish like sardines are highly recommended by nutritionists, bigger ones like tuna are said to contain mercury which is unhealthy. So it is better to restrict consumption of bigger fish.

2. Find in Text B the English equivalents to the following words and word combinations:

М'ясоптиці, індичка, качка, гуска, грудка, бедро, крильця, курячініжки, домашній, основний, морськаірічковарыба, дієтологи, тунець,сардини, обмежитиспоживання, омега-3 жирнікислоти, знизькимвмістужиру.

a. Fill in the gaps using the vocabulary from Ex.2:

- 1) In the USA they usually roast a _____ for Thanksgiving Day.
 2) _____ are essential for good health. 3) _____ is
 a large fish that lives in warm seas. 4) The whole bird is cut into 2
 _____ halves with ribs and back por-
 tion, 2 _____, 2 _____ ... The Whole chicken leg is the _____-
 thigh combination. 5) _____ poultry is consumed all around the world.

3. Read the text below and match the words in bold with their definitions underneath. Use the dictionary to check your answers.

I recently went on a cookery course. It was very tiring work. First of all I had to learn how to prepare food. The teacher showed us how to **marinate** meat before we cooked it, **baste** it while it was cooking and even how to **slice** it once it had been cooked. We were also shown how to **chop**, **grate** and **dice** vegetables. I had never realised before how many different ways there are of cooking food; I had to learn how to **fry**, **bake**, **roast**, **grill**, **barbecue**, **stir-fry** and **steam** it! The best part of the course was trying out the food we had cooked.

Definition	Verb
1. to make food into small pieces by rubbing it over a metal tool.	
2. to cook over a pan of boiling water by allowing the hot mist from the water to pass through small holes in a container with food in.	

3.to cook food outdoors on a metal grill over wood or charcoal.	
4.to soak meat or fish in a mixture of wine and herbs, etc, before cooking it.	
5.to pour melted fat and juices over meat as it is cooking.	
6.to cut something into thin pieces	
7.to cook food in oil or fat in a shallow pan.	
8.to cook food (especially meat) over a fire or in an oven.	
9.to cut food into small cubes.	
10.to cook in an oven without any extra liquid or fat. Bread and cakes are usually cooked this way.	
11.to cut food into small pieces with a knife.	
12.to cook vegetables or meat quickly in hot oil. Chinese food is often cooked in this way.	
13.to cook food using very strong heat directly above it.	

Create your own recipe of a meat dish and share it with your partner.

Task 4

1. Read the text and name the ways of meat processing.

Text C.

PRODUCTS OF MEAT PROCESSING

The manufactured meat products can be grouped as follows: cured and pickled, cured and smoked, tenderized fresh, frozen and canned.

Cured and pickled meats. Cured meats are those items which have had combined with them salt, sodium or potassium nitrite. Sugar and spices are optional ingredients. The salt functions as a preservative while nitrite and nitrate combine with the meat pigments to form fairly stable coloured compounds.

Cured and smoked meats. In the category of cured, smoked and cooked meats is a broad line of sausage products such as frankfurters and bologna, which

differ from cured and pickled meats in that they are prepared from finely chopped (or comminuted) meat to which salt, sugar, spices and flavorings have been added. They may also include such items as cereals, milk powders, protein hydrolysates, and other substances.

To secure the low temperatures suitable amounts of ice are introduced during the chopping operation. Ice introduces moisture and gives proper juiciness to the end product.

The products are usually heated in the smoke house. Hardwood smoke is introduced, and the products are smoked for a length of time sufficient to impart the characteristic smoked flavor. The smoking operation increases stability of the end products by depositing on the surface a certain quantity of bacteriostatic agent.

2. Choose the right statement according to the text information:

- 1) Cured and pickled meats contain _____.
a) sugar, milk and oils; b) salt, sodium or potassium nitrate; c) flavorings.
- 2) Sausage products belong to the group of _____.
a) pickled meats; b) frozen meats; c) cured, smoked and cooked meats.
- 3) _____ is used for the production of sausages and frankfurters.
a) Finely chopped meat; b) Tenderized whole meat pieces; c) Canned meat
- 4) To obtain the end product with proper juiciness _____ is incorporated.
a) ice; b) salt; c) a number of spices
- 5) To impact the characteristic smoked flavor to the product _____ are introduced.
a) bacteriostatic agent; b) hardwood smoke; c) flavourings

3. Name the verb the following words are derived from and translate them into Ukrainian:

cured, pickled, smoked, tenderized, frozen, canned, preparation, addition, penetration, h

eating.

4. Using the information from the text talk to your partner about:

- a) the difference of sausages from cured and pickled meats;
- b) what ingredients frankfurter and bologna contain;
- c) smoked meat and its production.

5. Read the text and decide if the following statements are True or False:

- 1. A proteolytic enzyme such as mango is usually used.
- 2. Some frozen meats fall into the category of processed meat products.
- 3. Generally the precooked meat items hold up better in frozen storage if they are covered with ice.
- 4. The shelf-life of the sterile product is very long.
- 5. Canned ham, luncheon meat don't require storage at refrigerators.

**Task 5
Text**

D. TENDERIZED FRESH MEAT

T

Enzyme tenderization of fresh meats particularly of certain beef cuts, has been a long practice. A proteolytic enzyme such as papaya is usually used. The meat products are dipped in enzyme solution and then frozen. Another tenderizing process involves injecting an enzyme solution into the blood stream of the animal before slaughtering it.

Many frozen meats fall into the category of processed meat products. The cooking and rapid freezing of certain meat dishes is a well-established practice. Generally the precooked meat items hold up better in frozen storage if they are covered in gravy.

Canned meats are meats that are preserved by heat sterilization while en-

closed in cans or glass jars. If finely divided materials are to be processed and if it is desirable that they remain in this finely divided state, it is necessary that these items be precooked prior to being placed in the container. The containers are processed at 104,4-126 C to inactivate most bacteria. This kind of treatment results in a commercially sterile product. The shelf-life of these items is very long. Certain canned meats are produced without inducing complete sterility. These are canned ham, luncheon meat. Such items require storage at refrigeration temperatures 4,4-10C and are very stable at these temperatures, having shelf-life of about 2-3 years or longer.

1. Complete the sentences with the target vocabulary:

1) For enzyme tenderization _____ is used. 2) Enzyme solutions are used for _____. 3) Canned meats are preserved by _____. 4) To inactivate the bacteria the temperature should be _____. 5) Shelf-life of canned meat is _____.

UNIT V. MILK AND DAIRY PRODUCTS

1. Work in pairs or small groups and discuss the following issues.

- 1) Are milk products the main food stuffs in the life of any man?
- 2) Why is it important for man to consume cow milk daily?

2. Read and translate the words:

product, pasteurize, temperature, condense, separate, margarine, crystallization, texture, commercial, industry, manufacture.

3. Study the new words:

1.	agitate	перемішувати
----	---------	--------------

2.	dairyproducts	молочні продукти
3.	fluidmilk	питне молоко
4.	raw milk	сире молоко
5.	wholemilk	цільне молоко
6.	skimmilk	обезжирене молоко
7.	condensedmilk	згущене молоко
8.	evaporatedmilk	концентроване молоко
9.	driedmilk	сухе молоко
10.	powderedmilk	сухе молоко
11.	cream	вершки
12.	icecream	морозиво
13.	curd	сир кисломолочний
14.	fermenteddairyproducts	кисломолочні продукти
15.	intake	прийом
16.	clarification	очистка
17.	clarifier	очисник
18.	freeze	заморожувати
19.	ferment	1) фермент, ензим; 2) зброжувати
20.	combination	З'єднання, поєднання
21.	churn	збивати (масло)
22.	hydrogenatedfat	гідрогенізований жир
23.	tanktruck	автоцистерна
24.	creamscrew	шнек-дозатор для вершків

4. Can you read the following abbreviations and

figures? Examples: 7°C – seven

degrees Centigrade above zero

-12° - twelve degrees Centigrade below

zero 20min – twenty minutes

15sec–fifteenseconds

1.5%-onepoint fivepercent

1)10°C;-7°C;-10°C;15°C;21°C;-2°C;5°C;20°C;71,7°C;61.7°C;

2) 10 min, 15 min, 30 min, 12 sec, 6 sec, 20 sec, 25 min, 3

sec;3)2.5%,3.2%,5.9%,7.8%,11.2%,15.4%,19%.

5. TranslatethephrasesfromEnglishintoUkrainian:

a) commercialdistribution,stainlesssteel,plasticpipelines,flexibleplasticpipelines;

b) addedflavours,frozenproduct,processingplant,flavouringandcolouringmatter,receivingstation;

c) milksugar,truckdriver,farmtank,stainlesssteelpipelines,skimmilkfraction,dishchargepipe,fatcontent,butter-typeflavour.

6. ReadTextAandnamealldairyproductswhichhavebeenmentioned.

Text

DAIRYPRODUCTS

S

Fluid milk for commercial distribution is usually pasteurized, that is subjected to a temperature of 61.7°C for at least 30 min or 71.7°C for 15 sec, and then cooled and bottled. The importance of safety and cleanliness is stressed in the dairy industry. Milk may also be condensed or evaporated, dried, powdered or separated into skim milk and cream.

Butter is churned from cream. Margarine is similar to butter but made of hydrogenated fats, usually vegetable in origin, with added butter-type flavours and colouring.

Ice cream is the frozen product made from a combination of milk products: cream, butter or milk (either whole or evaporated, condensed, skimmed or dried) and two or more of the following ingredients: eggs, water, sugar, with flavouring and colouring matter. In the manufacture of ice-cream, freezing is

accompanied by agitation of the ingredients to avoid crystallization and to incorporate air for proper texture.

Cheese is the product made from curd obtained from the whole, partly skimmed, or skimmed milk of cows or other animals, with or without added cream.

Many fermented products are produced from milk. These fermentations require the use of bacteria that ferment lactose or milk sugar.

7. Match the dairy products with their definitions.

1.	A product made from curd with or without added cream.	a)	вершкове масло
2.	A dairy product which is churned from cream	b)	Морозиво
3.	A frozen product made from a combination of milk products, eggs, water and sugar with flavouring and colouring matter.	c)	Сир
4.	A product similar to butter but made of hydrogenated fats with added butter-type flavourings and colouring.	d)	Кисломолочні продукти
5.	Milk products fermented by bacteria.	e)	Маргарин

Task 2

1. Read Text B. How many stages are there in the commercial processing of milk?

Text B

COMMERCIAL PROCESSING OF THE MILK

Most raw milk collected at farms is pumped from stainless steel tank trucks for delivery to processing plants.

Collection and intake. The truck drivers are required to check flavor, tem-

perature, and volume of milk in the farm tank and to collect a sample of raw milk for analysis before pumping the milk into the truck. At the receiving station of the processing plant the milk in the farm truck is weighed and pumped into the plant through flexible plastic and stainless steel pipelines.

Separation and clarification. The actual processing of raw milk begins with either separation or clarification. These machines are essentially similar except that in the clarifier the cream and skim milk fractions are not separated.

Separators have two discharge pipes, one for cream and one for skim milk. Clarifiers have only one pipe for whole milk. Separators have a device called cream screw by which the fat content in the cream is regulated. This screw allows more or less cream to pass out through the discharge pipe.

2. Think of the scheme describing the main stages of the milk processing. Write it down in your exercise book.

3. Fill the words into the gaps:

curd, pasteurized, whole, cream, butter, dairy, skim milk, frozen

1. Fluid milk for commercial distribution is usually _____. 2. _____ is churned from _____ cream. 3. Ice cream is the _____ product. 4. Cheese is the product made from _____. 5. _____ Industry processing milk is called _____ industry. 6. After separation whole milk is separated into two fractions: _____ and _____. 7. Clarifiers have one pipe for _____ milk.

4. Translate Text B into Ukrainian.

5. Read the riddles about dairy products. What are they about?

- a. You can spin, wheel and
twist, But it can turn without
moving.
- b. I am yellow,
I am
made of milk, You eat me
with bread.
- c. It's white and cold and
sweet All the children like it.

6. Study the new words:

1.	F, Fahrenheit ($1^{\circ}\text{F}=5/9^{\circ}\text{C}$)	за шкалою Фаренгейта
2.	vat	чан
3.	jacketed vat	чанско-жухом (для пари)
4.	continuously	Безперервно
5.	bath operation (process)	періодичний процес
6.	survive	Тут витримувати
7.	destroy	тут знищувати
8.	boiling-point	точка кипіння
9.	sample	зразок, проба

Task 3

Text

CPASTEURIZATION

N

The value of heat for the preservation of foods has been known for thousands of years, but it was not realized until the 19th century that a very mild heat treatment, far below the boiling-point, made liquid foods such as milk keep much longer. The discovery followed the work of the French scientist

Pasteur on wine and beer. The process, called after him “pasteurization”, is a carefully controlled mild-heat treatment. It was found that the process served two purposes: it prevented the souring of milk, and it destroyed the dangerous disease germs which occur in some samples of milk.

Milk is rendered free of pathogenic bacteria by pasteurization. Milk is heated to a specified temperature and held at that temperature for a specified time. 145°F for 30 min when milk is pasteurized in a vat or at least 161°F for 15 sec when milk is pasteurized continuously.

Pasteurization on a batch operation requires a jacketed vat where steam or hot water can circulate and heat the milk. This treatment requires the long times at lower temperatures to accomplish pasteurization (LTLT pasteurizer). Modern methods of processing milk and milk products utilize the high-temperature short-time (HTST) pasteurizer.

In Europe and to a limited amount in the United States, milk and milk products may be ultra-heat-treated (UHT). This process may use equipment similar to that used for HTST. The UHT processing requires a minimum heat treatment of 280°F for 2 sec. UHT dairy foods have extended shelf-life because all of the bacteria that would survive even HTST pasteurization have been destroyed.

2. Complete the chart below by adding the words in the list:

butter, mild-heat treatment, clarification, jacketed vat, pasteurization, batch operation, separator, cream, koumiss, discharge pipe, curd, milk, cheese, pasteurizer, clarifier, UHT processing, sour cream, yogurt

Dairy products	Equipment	Process

3. Match the processing data and the methods.

1.	161°F;15sec	a.	HTST
2.	145°F;30 min	b.	UHT
3.	280°F;2sec	c.	LTLT

4. Say in which sentences the word "manufacturing" is translated into Russian by means of a noun. Translate into Ukrainian.

1. The manufacturing of ice cream is one of well-developed branches of dairy industry. 2. Manufacturing ice cream is known to have increased dramatically in America at the beginning of the 20th century. 3. Manufacturing "reduced fat" ice cream producers try to meet the needs of consumers. 4. Without manufacturing refrigerated tank-trucks it was impossible to deliver frozen products at a long distance. 5. Due to manufacturing various flavouring ingredients it has become possible to increase a variety of ice creams produced. 6. Customers know of the company manufacturing high quality frozen desserts. 7. Confectionery industry is interested in manufacturing condensed milk and other dry milk products.

5. Substitute -ing forms for nouns omitting prepositions as in the example.

Example: manufacture of ice-cream → manufacturing ice cream

- homogenization of ice-cream mix,
- evaporation of water,
- pasteurization of milk,
- storage of dry milk,
- production of condensed milk,
- refrigeration of milk,
- distribution of ice cream.

6. Fill in can, may, be able, must, should, ought, have to, be to in the appropriate form.

1. Manufacturers enrich their assortments of ice cream regularly if they want to stay in business since competition in ice cream production is

very strong. 2. Ice cream

_____ best stored for several months if it is kept below 20°C. 3. Microbiological tests

_____ be carried out for all frozen desserts before their delivery to consumers. 4. The overrun for ice cream and milk

be about 65 to 100 percent. 5. Mellorine

_____ be produced in places where butter fat prices are higher than vegetable fat ones. 6

. According to stan-

dard sherbets

_____ contain about 2 percent milk fat and 5 percent total

milk solids. 7. All sherbets _____ be sold either in hard or soft frozen form.

8. Concentrated milk products _____ be easily diluted by a less concen-

trated form of milk. 9. Such characteristics as fine flavour, smooth texture, op-

timal overrun _____ be ensured by manufacturers. 10. The new equipment

_____ be adjusted again. It _____ have been mishandled by the work-er.

11. By agreement with the production manager's office, the development

of the new ice cream recipe _____ be completed in a month. 12. The develop-

ment of the new ice cream recipe _____

_____ be completed in a month, otherwise the factory will not

_____ to start producing the new product by the summer season. 13. Before intro-

ducing new flavour the company _____ to carry out market research and study the

demand for its competitors' products. 14. Milk ices _____

_____ have first been made in the Far East. 15. Ice cream _____

_____ not become a widespread product before mechanical refrigeration came into

being.

16. Rather warm climate with long hot summers on the major part of the US ter-

ritory _____ have stimulated the development of frozen desserts in the coun-

try. 17. For dietetic reasons, low-fat products

_____ to be substituted for products made of whole milk and cream. 18. Russian manufac-

ters _____ develop diabetic frozen desserts as the latter are practically absent at the

Russian market. 19. Dairy products _____ provide a lot of essential nutrients for

man. 20. The patient asked the doctor if he _____

sugar or if he _____ still keep to the sugar-free diet. eat products containing

Task 4

1. Read the text and be ready to answer the questions.

Text

CULTURED DAIRY FOODS

FOODS

Soon after man began to use milk from animals he discovered that if it was not soon consumed it became **sour** and **coagulated** due to **bacterial contamination** of milk. People are believed to have started making fermented milks since early times, when they began to add small portions of common **Streptococcus** and **Lactobacillus** bacteria (often called "cultures") in warm milk from cows, sheep, goats, camels, or horses.

Nowadays cultured **buttermilk**, **acidophilus milk**, sour cream and yogurt are sure to be among the most common **fermented dairy products** in the Western world. Less known products, such as kefir, koumiss, and new yogurts containing **Bifidobacteria** are likely to be more popular in Eastern Europe and Russia. Both kefir and koumiss contain from 1.0 to 2.5 percent alcohol, produced by **yeasts** that ferment lactose. Koumiss is typically made from mare's milk, while kefir from the milk of goats, sheep, or cows.

Regardless of the type of cultured product, the same basic steps are necessary in processing through **incubation**. These steps are: (1) **starter culture** preparation, (2) **treatment** of milk, skim milk, cream, or other product (e.g., pasteurization and **homogenization**), (3) **inoculation**, and (4) **incubation**. If the product is to be fluid for drinking, the curd must be broken and agitated to produce a **smooth homogeneous body**. After incubation, and agitation if necessary, cooling is essential to stop the development of acidity. Liquid products are then ready for packaging, although some producers package yogurt and cultured cream before incubation. Being excellent sources of calcium and protein, cultured dairy foods provide numerous potential health benefits to the human diet. In

addition, they may help to establish and maintain beneficial **intestinal bacterial flora** and reduce **lactose intolerance**.

Yogurt is made in a similar fashion to buttermilk and sour cream, but it requires different bacteria and temperature. Being highly **digestible**, yogurt contains large quantities of protein, lactose, and B vitamins. Today yogurt is made from homogenized whole, low-fat, or skim milk which are **fortified** with nonfat dry milk or fresh condensed skim milk in order to raise the total solids to 14-16 percent. Skim milk without added solids has been found to contain only 8.5 to 9 percent total milk solids. However, by increasing the milk solids one can increase the body firmness of yogurt. At the next step the mixture is heat-treated and then cooled to 45.6°-46.7°C. At this point a mixture of *Lactobacillus bulgaricus* and *Streptococcus thermophilus* cultures is added to the warm milk. High incubation temperatures (41 to 45°C) are required by these bacteria, and their balance in the culture is determined by the temperature selected. To obtain flavoured yogurt sugar and fruit are added to the obtained mixture, two different processing methods having been developed for the manufacturing of popular types of fruit-flavoured yogurt.

Many yogurt manufacturers have added *Lactococcus acidophilus* to their bacterial cultures, which is known to have possible health benefits in easing **yeast infections** and **restoring normal bacterial balance** to the intestinal tract of humans after antibiotic treatment.

Answer the questions:

- 1) Why did people begin to add some bacteria to milk?
- 2) What cultured dairy products are known in the world and where are they more popular?
- 3) What kind of milk are kefir and koumiss made from?
- 4) What fermentation process is the production of cultured milks based on?
- 5) What are the main steps of cultured milks production?
- 6) Why are cultured dairy foods important in human diet?

7) What substances is yogurt rich in?

2. Look through Text D and translate the words in bold.

3. Translate from English into Ukrainian:

1. Small portions of harmless bacteria to be added for making fermented milks are often called cultures. 2. To prevent milk from spoiling it is necessary to lower the pH. 3. If a cultured product is to be fluid, the curd should be broken. 4. Butter granules are often added to buttermilk to ensure flavour. 5. Dips to be diluted by flavourings are known to contain a lower percentage of fat. 6. The usual ratios to be maintained between two types of bacteria in the inoculum are 1:1 or 1:3.

4. Translate into Ukrainian paying attention to the "Infinitive-for" construction.

1. The introduction of these techniques requires too big investments for small dairy plants to effect it. 2. The effect of the antibiotic treatment on the intestinal tract was too strong for cultured milks alone to overcome it. 3. The temperature was high enough for bacteria to reproduce rapidly. 4. Cultured dairy products to be produced commercially, the development of microbiological and nutritional sciences was needed. 5. Milk fermentation process has to occur for lactic acid to be produced. 6. It is necessary for manufacturers to develop new varieties and flavours of cultured dairy products as the competition is very high.

7. For fermented dairy products to vary in their taste and effect upon man, different methods of handling milk have been developed. 8. It is important for man to consume enough dairy products in order to have a balanced diet. 9. It is essential for cultured products to be cooled in order to prevent the development of acidity.

5. Combine the two sentences into one using the "Infinitive-for" construction. Make necessary changes.

1. The content of flavouring in the yogurt was high. The product didn't

meet the standards. 2. The distance is very big. Fresh milk can't be delivered safely. 3. It is very warm here. The product can't be stored at room temperature. 4. The new technology is easy. A lot of dairies throughout the country can adopt it. 5. The curd has been broken and agitated well enough. Smooth homogeneous body has been obtained. 6. The temperature must be 32° C. At this temperature bacteria double their population every 20 minutes. 7. Yogurts are popular. Their popularity stimulates the development of new varieties and flavours.

UNIT VI.

Task 1.

1. Work in pairs and discuss the questions.

- 1) What fruit do you like?
- 2) What vegetables do you eat?
- 3) Do you or your relatives grow any fruit and vegetables? What are they?
- 4) Do you or your relatives preserve fruit and vegetables? How?

2. Quiz. Ask your partner to guess the fruit or vegetable. Student A

Ask your partner: 1. It is a fruit, white on the inside and can be red, yellow, or green on the outside. 2. A long, thin, orange vegetable that grows underground. 3. A big fruit that can be yellow or pink and sometimes squirts you when you eat it. 4. A purple vegetable. 5. A type of big fruit that has a rind. 6. A sharp-tasting vegetable that grows underground. 7. A sweet, red fruit. 8. A vegetable that is brown on the outside and white on the inside. It grows underground. 9. An orange vegetable that can be made into pie. 10. Name a soft, red fruit vegetable. 11. A long, thin fruit. It is yellow on the outside and white on the inside. 12. Name a sour, yellow fruit.

Answers:

1. Apple 2. Carrot 3. Grapefruit 4. Eggplant 5. Melon. 6. Onion 7. Strawberry 8. Potato 9. Pumpkin 10. Tomato 11. Banana 12. Lemon

Student B

Ask your partner: 1. Name a yellow vegetable that grows on a cob. 2. Name a vegetable that is green on the outside and white on the inside. 3. Name a sweet fruit that grows in bunches on vines. 4. A sweet fruit that is green on the outside and pink on the inside. 5. Name three sweet fruits that start with the letter "P" and grow on trees. 6. A green, leafy vegetable that tastes good in salads. 7. A tiny, round green vegetable that grows in pods. 8. What do you get when you dry a grape? 9. A spiny, green vegetable. 10. An oily, green fruit.

Answers:

1. Corn 2. Cucumber 3. Grapes 4. Watermelon 5. Peach, Pear, Plum 6. Lettuce 7. Peas 8. Raisin 9. Artichoke 10. Olive

3. Read the text below and name the types of vegetarians. Are there any similarities?**Text A****WHAT IS A VEGETARIAN EATING?**

There are really 6 forms of vegetarian eating.

1) Vegans eat fruit, nuts, grains and vegetables and don't eat anything that comes from animals; e.g. meat, eggs or dairy foods like milk and cheese.

2) Lacto-vegetarian eats fruit, vegetables, nuts, grains and dairy foods (lacto is a Latin word that means milk).

3) Ovo-vegetarian eats fruit, vegetables, nuts, grains and eggs (ovo is a Latin word that means eggs).

4) Lacto-ovo-vegetarian eats fruit, vegetables, nuts, grains, dairy foods and eggs.

- 5) Pesco-vegetarianseatfish,
fruit,nuts,grainsandvegetables(pescomeansfish).
- 6) Semi-vegetarianseateverythingexceptredmeat.

4. Readthetextandanswerthequestions:

- 1) Whatthings areessential foryourbodytostayhealthy?
- 2) Whatfoodgivesyouprotein?
- 3) Whatfruitandvegetablesarerichiniron?
- 4) Whichfoodhelpstoabsorbiron?
- 5) Whatdoes yourbodyneed everyday?

Task 2

Text B

STAYINGHEALTHYONAVEGETARIANDIET

As well as protein, fat and carbohydrates, your body needs minerals and **vi-tamins** foryou to growandstayhealthyand strong.

No one type of food has everything you need. That is why it is important tohave**variety offoods** in yourdiet.

Youcan stillget allthat yourbodyneeds ifyou:

- eat protein like legumes (eg. lentils and chick peas), nuts, eggs, dairyfoods,chicken orfisheveryday.

- eat foods rich in iron like dark green vegetables, dried peaches, figs, apri-cotsandwholemealbreadeveryday.Somebreakfast cerealshaveextrairontoo.

- eat food rich in vitamin C like fruits including citrus fruits and bananas aswell as vegetables like capsicum, broccoli and tomatoes. These foods also helpyou to absorb theiron thatis in vegetablesand cereals.

- get calcium, to help you grow strong bones and teeth, from milk and dairyproducts.

If you don't eat anything at all from animals you may need to take

vitamin tablets or capsules, especially B12, and extra calcium so that you stay healthy.

Everyone should exercise at least three times a week and get plenty of sleep, especially kids who are growing.

5. Fill in the gaps with the highlighted words from Text B.

1. My Mum often spreads bread with some _ for breakfast. 2. To get vitamin C you need a lot of _____. 3. I prefer _____ to white bread. 4. It's my first time I'm making soup, usually I use peas. 5. _____ can be a good snack. 6. If you want to keep all the vitamins in vegetables it's better to eat them. 7. I'm making an _____ jam, it smells fantastic.

7. Tell your partner about the food you usually eat daily. Do you think you have a healthy diet?

8. Form nouns from the following verbs:

preserve, store, can, prevent, moist, add, process, develop, sterilize, heat, prepare, act, spoil.

9. Make the right match of the proposed halves:

1. Heating is used...	can destroy bacteria.
2. Heating the food we...	to destroy spoilage organisms.
1. Canning delicate fruit is...	done by hand.
2. Canning vegetables you...	must heat them for 30 minutes under pressure.

1. Making the syrup you must...	an important stage in canning
2. Making the syrup is...	fruit. dissolved sugar in water.
3. The worker making the syrup...	take the right proportion of sugar and water.
1. The worker preparing the raw materials ...	is necessary to remove diseased fruit. removed diseased fruit.
2. Preparing the raw materials is...	the first stage in canning.
3. Preparing the raw materials is...	

Task 3

1. Read the text and name the main methods of preservation

Text C

METHODS OF FRUIT AND VEGETABLE PRESERVATION

Drying, salting, cold storage, freezing, bottling and canning are methods used to preserve vegetables and fruit. If foods are for a few days in the air, they spoil because of the action of yeasts, bacteria and other types of microorganisms. Food preserving methods destroy these organisms or prevent their re-entry or slow down their growth.

As bacteria need moisture for their development, they cannot grow if foods are dried. Salting, like drying, reduces the moisture content of food and destroys certain organisms. Drying is still commercially for preserving various fruit, such as grapes, apples, apricots, and vegetables, such as potatoes, onions, peppers and carrots. In some countries fruit, herbs and mushrooms are at home. Beans and sauerkraut are often, salt and vinegar are combined in making pickles, such as cucumber pickles.

The first bottling was

_____ 180 years ago. In bottling and canning the food is to destroy spoilage organisms. In canning the container is sealed before it is heated; in bottling it is afterwards.

Put the verbs given below into the correct passive form: keep, do, use, dry, salt, heat, seal.

10. Tell your partner how these fruits and vegetables are usually preserved. Use the model in the example.

EXAMPLE: _____ are preserved by _____. Herbs are preserved by drying.

Fruits and vegetables: Grapes, apples, apricots, cherries, plums, beans, cucumbers, tomatoes, potatoes, peppers, carrots, cabbage, mushrooms, strawberries, plums, dill.

Methods: canning, drying, bottling, salting, freezing, cold storage

11. Make the right statements.

Food preserving methods		in making pickles.
	are	the moisture content of
Salting	used red	food. in making sauerkraut.
Canning	used is	the re-entry of
Drying	used pre	microorganisms. to destroy spoil
Salt and vinegar	vents	age organisms.
		for preserving apples, grapes and
		apricots.

12. Ask your partner what his family preserves and which method they use. Report to the group.

13. Read the text and decide if the statements are True or False:

1) The canning of fruit and vegetables seriously injures the natural flavor of fresh food.

2) Diseased fruit is removed mechanically.

3) Delicate fruits, such as strawberries and raspberries are prepared partly by hand.

4) Brine is added to the cans of fruits.

5) The filled cans pass through a pre-heating process which removes any acidity.

Task 4

Text

DCAN

NING

The canning of fruit and vegetables is very important as this food preservation process does not seriously injure the natural flavor of fresh food.

The first stage in the process consists of preparing the raw materials by removal of diseased fruit, and throwing away the waste portions such as stalks from plums, cherries or blackcurrants. Vegetables, carrots, potatoes are peeled and washed. Most of the work is done mechanically. Delicate fruits, such as strawberries and raspberries are prepared entirely by hand, and filled directly into the cans.

When fruits or vegetables are filled into the cans, brine is added to the cans of vegetables or syrup to the cans of fruit. The syrup is made by dissolving sugar in water, and sometimes a small amount of colouring matter is added.

The filled cans pass through a pre-heating process which removes any gases from the tissues of the fruit or vegetables. After heating during 5 to 12 minutes the cans are supplied with lids and hermetically sealed by a closing machine. Fruits, because of their high acidity, are easily sterilized in boiling water for 8 to 15 minutes. Vegetables, which have little acidity, cannot be sterilized at boiling point, and are heated for about 30 minutes under steam pressure at a temperature of 240 F. After sterilization the cans are cooled down to a temperature of about 90 F.

14. Put the statements into the right order of fruit canning.

- 1) The cans are cooled.
- 2) Fruits are filled into the cans.
- 3) Fruits are sterilized.
- 4) The cans are supplied with lids.
- 5) Coloring matter is added.
- 6) The syrup is added.
- 7) The cans are relabelled.
- 8) Diseased fruit is removed and waste portions are thrown away.
- 9) The cans are hermetically sealed.

Now using the model tell your partner about the stages of vegetable canning.

15. Fill in the table using the information from the text. Then retell the text with the help of the table.

	Fruit	Vegetables
Liquid added		
Acidity		
Sterilization time		
Sterilization temperature		
Steam pressure		
Cooling temperature		

16. Find in the text the English equivalents to these words:

малина, полуниця, сироп, кислотність, стебло, кришка, пошкодити, ніжний фрукт, зіпсований фрукт, чистити, паровий тиск, точка кипіння.

17. Read the text and answer the questions:

- 1) What are the advantages of drying?
- 2) Why are the fruits exposed to the fumes of burning sulphur?
- 3) Which fruits are usually dried?
- 4) What are the most important countries for dried figs?
- 5) Name some sorts of dried grapes.

Task 5

Text

EDRIEDFRU

ITS

For many centuries the only method of keeping fruit eatable between one harvest and the next was drying.

Now there modern dries with hot air circulated by machinery. This method of drying is quicker and more reliable than drying fruits in the sun.

To help drying or to improve the quality some fruits are first dipped in caustic soda to weaken their skins before drying. Others may be exposed to the fumes of burning sulphur to prevent them from losing their colour and to stop microorganisms growing on them. The fruits most often dried are prunes, figs, grapes, dates and apricots.

The prune is made from a type of plum with solid flesh and much sugar. The most important countries for dried figs are Turkey, Greece, Italy and Algeria. Grapes are dried in many countries and according to the variety of grapes and the method used, are made into raisins, sultanas and currants. Apricots are cut in half, stoned and dried on trays in the sun or modern driers.

1. Complete the sentences:

- 1) Drying is
- 2) The modern method of drying is...
- 3) Fumes of burning sulphur and caustic soda are used to...

- 4) The most soft dried fruits are....
- 5) Grapes are dried....
- 6) Apricots are cut...

2. Fill in the gaps using the vocabulary from Ex.21:

1. There has been a good apple this year.
2. The fruit trees commonly cultivated are the peach, apple, orange, lemon, pear, and plum.
3. While high in calories compared to fresh fruit, both hands supply a significant amount of certain vitamins and minerals.
4. These fruits are not tasty but.
5. The fruits most often dried are , , , .
6. is a dried plum.

3. Imagine you are in the fruit market or a fruit store. Make up a dialogue between a fruit seller and a customer. Use the model:

- Good morning, Mrs. White. What can I get for you today?
- A pound of... And half a pound of_____.
- And what next, please?
- Two pounds of_____ and_____. Oh, yes. I also want_____ and_____.
- Are you all right for_____ and_____?
- How much is /are_____?
- We have it at 1, 2 and 3 dollars a pound. This is very good quality_____.
- It looks rather_____.
- Then try your_____.
- No, thanks. That's all for the moment.

4. Debate. Two groups of students debate on the advantages and disadvantages of being a vegetarian. There are some prompts. Each time starts speaking making use of the following phrases:

First of
all... Secondly,
condly,

...

It's also true

that...The main

reason is ...To

sumup...

Whatdoyouthinkof...?

Do you agree

that...?Personall

y, I think ...As

Iseeit,...

Igo along with that

but...That's true.

I see what you mean,

but...I'mafraid

Idisagree...

Idon'tthinkthat...

Advantagesofbeingavegetarian

- Everyoneneedsthemineralsandvitaminsinvegetablesanyway.
- Vegetablesfillyouupquicklyso thatyoudon'tovereat.
- Rawfruitandvegetablesneedalotofchewingwhichisgoodforyourteeth.
- Vegetablesarecheaperthanmeatandoftenquickertoprepare.
- Youcaneathot,cold,cooked orrawvegetables.
- Youcan haveawidevarietyoffoodsto eat.
- Thereare

lotsofvegetarianrecipesaroundforyoutotry,includingexoticdishesfromcountri
eswheremost peoplearevegetarian.

- Beingvegetarian canbegood foryourhealth.

Disadvantagesofbeingavegetarian

- The stricter the vegetarian diet, the more chance there is of not

getting all the protein, minerals and vitamins that a growing kid needs.

- It can sometimes be a problem finding something to eat when eating out.
- Some friends' parents or other members of your own family may find it difficult to accept the fact that you are vegetarian and insist that you have a 'proper' meal when you are at their houses.
- You have to let people know that you are vegetarian, so that they can pre-prepare something for you to eat, otherwise you end up with a boring salad or plain vegetables.
- The canteen may not have any vegetarian food so you don't get to have a canteen treat once a week like other kids.
- You need to watch your diet carefully to make sure that you get all the minerals and vitamins you need to keep healthy.

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