

СРЕДНЕЕ ПРОФЕССИОНАЛЬНОЕ ОБРАЗОВАНИЕ

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АНГЛИЙСКИЙ ЯЗЫК ДЛЯ СПЕЦИАЛИСТОВ СФЕРЫ ОБЩЕСТВЕННОГО ПИТАНИЯ

ENGLISH FOR COOKING AND CATERING

ТЕХНОЛОГИЯ
ПРОДОВОЛЬСТВЕННЫХ ТОВАРОВ

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COOKING AND CATERING**

*Допущено
Министерством образования Российской Федерации
в качестве учебного пособия для студентов
учреждений среднего профессионального образования,
обучающихся по специальности
2711 — Технология продукции общественного питания*

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Учебное пособие содержит профессионально ориентированные тексты, диалоги, лексические и грамматические упражнения, направленные на развитие навыков устной речи, чтения и понимания специальной литературы, а также тематический словарь, грамматический справочник, сборник кулинарных рецептов.

Для студентов средних профессиональных учебных заведений, готовящих специалистов в сфере общественного питания и сервиса. Может быть рекомендовано студентам высших учебных заведений в качестве дополнительного материала к основному курсу.

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ПРЕДИСЛОВИЕ

Пособие предназначено для изучения английского языка в средних профессиональных учебных заведениях, готовящих специалистов в сфере общественного питания и сервиса.

Основной акцент сделан на расширение и систематизацию лексического материала по указанной тематике, а также повторение грамматики.

Пособие состоит из 8 уроков, рассчитанных приблизительно на 100 часов аудиторных занятий, поурочного тематического словаря, грамматического справочника с закрепляющими упражнениями, сборника кулинарных рецептов и англо-русского словаря по общественному питанию.

Каждый урок посвящен отдельной теме («Покупки», «В ресторане», «Русская кухня» и т. д.) и включает несколько текстов для чтения и перевода, снабженных словарем и заданиями, диалоги, лексические и грамматические упражнения, тесты и дополнительный материал для чтения (Miscellanea), содержащий интересную и полезную информацию по теме урока, стихи, шутки, пословицы и поговорки, оригинальные тексты из зарубежных периодических изданий. Этот раздел может также использоваться как основа для игровых ситуаций и дискуссий.

Текст А каждого урока содержит основную информацию по теме урока и предназначен для изучающего чтения. Тексты В, С, D, Е преимущественно заимствованы из зарубежных источников и частично адаптированы. Они содержат дополнительную информацию и направлены на расширение профессиональной эрудиции студентов. При отборе текстов учитывались их профессиональная ориентированность, информативность и коммуникативная направленность. Преподаватель может выбрать любой вид работы с ними: изучающее, просмотровое, поисковое чтение и т. д.

Коммуникативные упражнения (диалоги) включают работу по моделям и различные творческие задания: чтение диалогов по ролям, составление диалогов на заданную тему, краткое изложение текстов и др. Приведенные диалоги динамичны и отражают особенности современной разговорной речи.

Лексические упражнения служат для развития навыков раскрытия значений и запоминания новых слов, выявления их форм и сочетаемости с другими словами.

Перед выполнением грамматических упражнений следует изучить соответствующий материал грамматического справочника. Для облегчения понимания он дается на русском языке, а в упражнениях используется несложная лексика.

Тематический словарь содержит профессиональную лексику, систематизированную в соответствии с темами уроков и снабженную транскрипцией.

Сборник кулинарных рецептов составлен из рецептов приготовления блюд разных стран. При отборе материала предпочтение отдавалось оригинальным блюдам, отвечающим современным требованиям технологической обработки продуктов.

Англо-русский словарь по общественному питанию содержит всю основную лексику курса. Многие термины снабжены комментариями, а также пометами, указывающими, для какого варианта английского языка они характерны.

Авторы не предлагают строгих методических рекомендаций по использованию пособия. Конкретные методические приемы зависят от уровня подготовки учащихся и целей обучения. Разделы могут изучаться в любой последовательности, как в полном объеме, так и выборочно.

Урок 1

SHOPPING (ПОКУПКИ)



Текст А

At the Supermarket

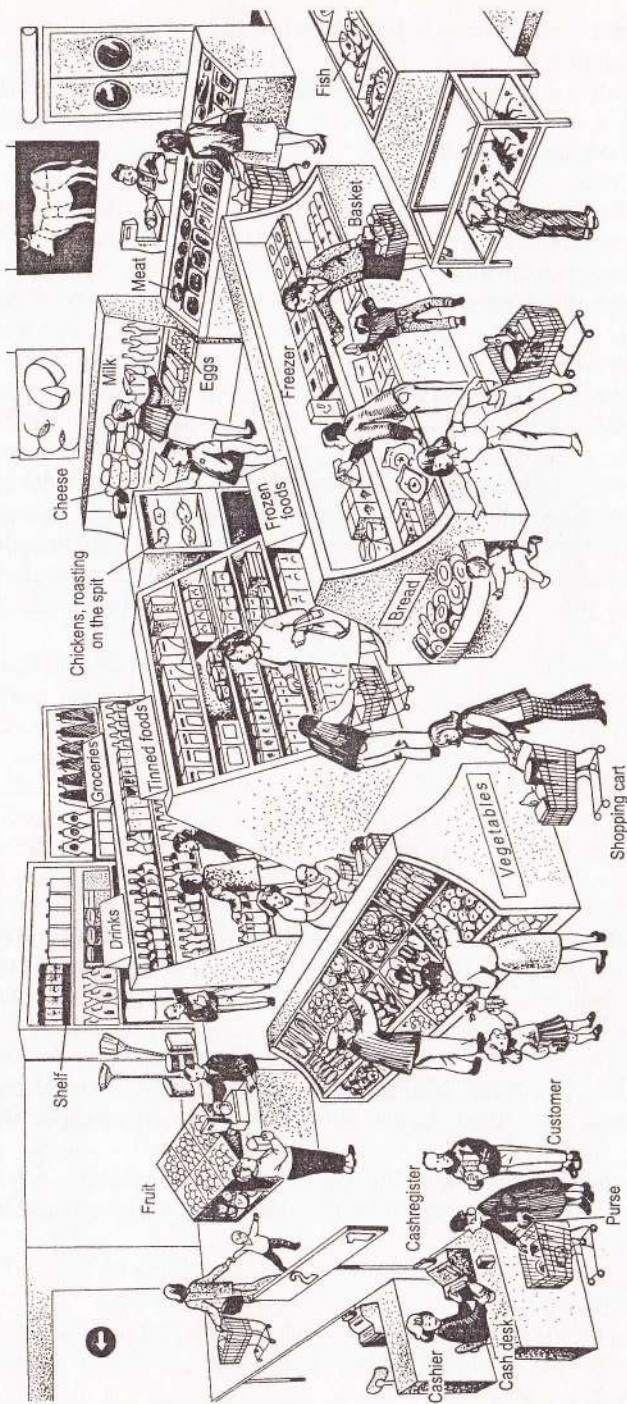
There are many kinds of shops catering for needs of the population. You can go shopping to small food stores: the grocery store, liquor store, store of dairy products, butcher's, bakery, greengrocer's, fishmonger's, confectionery, candy store.

But I prefer to shop in large stores — supermarkets. Supermarkets sell more than just food. Many sell items for the car, household goods, cosmetics and cigarettes. Some even sell books, medicines and flowers.

A large modern supermarket has been opened recently not far from my block of flats and most often I go shopping there. I am its regular customer now.

When you come into the supermarket, you have to take a food basket or a shopping cart to put all the products you buy.

All the necessary foodstuffs can be bought here: meat, fish, milk, grocery, baked items, sweets, cooked sausages, smoked foods, vegetables and fruit.



In the meat aisle the customers can buy beef, pork, mutton, veal, poultry and game.

There is always a rich choice of fish there: live carp, pike, bream and sheat fish. There is much fresh-frozen fish: perch, cod, plaice and some other like pike-perch and sturgeon. There is herring, kipper and much tinned fish too.

In the grocery aisle you can see all kinds of cereals: oatmeal, semolina, rice, buckwheat, millet, pearl barley. You can buy cooking soda, spices, flour, pea, potato flour, salt, oil, macaroni, vermicelli, noodles and some other products. Everything is sold in ready packets.

You go to the dairy counter to buy milk products. There is always a wide choice of them: milk in bottles and packets, cream, kefir, sour cream, cheese, curds, cottage cheese, cream cheese, many kinds of yogurt, mayonnaise, margarine and butter. Most often eggs are sold in the dairy department too.

At the bread counter you take loaves of brown (rye) or white (wheat) bread, rusks, rolls and buns.

There is a big choice of items in the confectionery: sugar, granulated sugar, caramel, sweets, chocolates, bars of chocolate, biscuits, pastry, jam puffs, fancy cakes, tarts, fruit cakes, wafers, marmalade and also tea, coffee, cocoa.

Next to it is the delicatessen counter (deli) which offers you all kinds of sausages: boiled, half-smoked and smoked, liver paste, ham, lean boiled pork with spices (*buzhenina*), tinned beef and pork.

The green grocery and fruit aisles look very attracting. Here you can buy fresh, tinned and dried vegetables, fruit and greens. Juicy pears, apples, plums, grapes, oranges, tangerines, bananas, lemons and pineapples are sold in every season. In spring and summer the shop has a great variety of berries: strawberries, cherries, raspberries, black and red currants, gooseberries. In autumn and winter — red bilberries and cranberries and all year round you can have fruit and berry jams.

After buying all the necessary products, you come up to the cashier's desk to pay the money. Sometimes there are a lot of customers in the shop and you have to get in line, but most often it doesn't take much time.

If you are a smart shopper, you compare prices, pick out foodstuffs, always look at the date on the labels of perishable foods, check the change and look for bargains. As the English say, "A penny saved is a penny earned."

Словарь к тексту

to cater ['keɪtə] for
grocery store ['grəʊsəri ,stɔ:]

liquor store ['lɪkə ,stɔ:]

снабжать
бакалейно-гастрономический
магазин
винный магазин

dairy ['de(ə)ri] products	молочные продукты
butcher's ['bʊtʃəz]	мясной магазин
bakery ['beɪkəri]	булочная
greengrocer's ['grɪ:n,grəʊsəz]	овощной магазин
fishmonger's ['fɪʃmʌŋgəz]	рыбный магазин
confectionery [kən'fekʃən(ə)ri]	кондитерская
candy store ['kændi ,stɔ:]	кондитерская
item ['aɪtəm]	изделие, предмет, товар
household ['haʊshəʊld] goods	хозяйственные товары
customer ['kʌstəmə]	покупатель
food basket ['fu:d ,bɑ:skɪt]	корзина для продуктов
shopping cart ['ʃɒpɪŋ ,kɑ:t]	тележка для покупок
foodstuffs ['fu:dstʌfs]	продукты питания
smoked [sməʊkt]	копченый
aisle [aɪl]	ряд (<i>в универсаме</i>)
beef [bi:f]	говядина
pork [pɔ:k]	свинина
mutton ['mʌtn]	баранина
veal [vi:l]	телятина
poultry ['pəʊltri]	птица
game [geɪm]	дичь
choice [tʃɔɪs]	выбор
carp [kɑ:p]	каarp
pike [paɪk]	щука
bream [bri:m]	лещ
sheat fish ['ʃi:t ,fɪʃ]	сом
perch [pɜ:tʃ]	окунь
cod [kɒd]	треска
plaice [pleɪs]	камбала
pike-perch ['paɪkpɜ:tʃ]	судак
sturgeon ['stɜ:dʒ(ə)n]	осетр
herring ['herɪŋ]	сельдь
kipper ['kɪpə]	копченая рыба (<i>особ. сельдь</i>)
tinned ['tɪnd]	консервированный
cereal ['si(ə)riəl]	крупа
oatmeal ['əʊtmi:l]	овсяные хлопья
semolina [semə'li:nə]	манная крупа
buckwheat ['bʌkwɪt]	гречневая крупа
millet ['mɪlɪt]	просо, пшено
pearl barley [pɜ:l 'bɑ:li]	перловая крупа
flour ['flaʊə]	мука
macaroni [ˌmækə'rəʊni]	макароны
vermicelli [ˌvɜ:mɪ'seli, -'tʃeli]	вермишель
noodle ['nu:dl]	лапша
counter ['kaʊntə]	прилавок
sour cream [ˌsaʊə 'kri:m]	сметана

curd(s) [kɜ:d(z)]	творог
mayonnaise [ˌmeɪə'neɪz]	майонез
margarine [ˌmɑ:dʒə'ri:n, ,mɑ:gə-]	маргарин
rye [raɪ]	ржаной
wheat [wi:t]	пшеничный
rusk [rʌsk]	сухарь
roll [rɒl]	булочка
bun [bʌn]	булочка (<i>особ. сладкая</i>)
biscuit ['bɪskɪt]	печенье
pastry ['peɪstri]	выпечка
puff [pʌf]	слойка
fancy ['fænsi] cake	пирожное
wafer ['weɪfə]	вафля
marmalade ['mɑ:məleɪd]	цитрусовый джем
liver paste ['lɪvə ,peɪst]	паштет
ham [hæm]	ветчина
lean [li:n]	постный (<i>о мясе</i>)
to look attracting [ə'træktɪŋ]	выглядеть привлекательно
juicy ['dʒu:si]	сочный
pear [peə]	груша
tangerine [ˌtændʒə'ri:n]	мандарин
variety [və'raɪəti]	разнообразие
strawberry ['strɔ:b(ə)ri]	клубника
raspberry ['rɑ:zb(ə)ri]	малина
currant ['kʌrənt]	смородина
gooseberry ['gʊzb(ə)ri, 'gu:z-, 'gu:s-]	крыжовник
bilberry ['bɪlb(ə)ri]	черника
cranberry ['krænb(ə)ri]	клюква
cashier's [kæʃiəz] desk	касса
to get in line	вставать в очередь
smart shopper ['smɑ:t ʃɒpə]	разборчивый покупатель
to pick out	выбирать
label ['leɪb(ə)l]	этикетка
perishable ['perɪʃəb(ə)l]	скоропортящийся
change [tʃeɪndʒ]	сдача
to look for bargains ['bɑ:gɪnz]	следить за скидками на цены
to save [seɪv]	экономить
to earn [ɜ:n]	зарабатывать

Задания к тексту

1. Подберите русские эквиваленты к следующим словосочетаниям:

shops catering for needs of the population, regular customer, to put all the products you buy, tinned fish, all kinds of cereals, ready packets, a big choice of items, all year round, it doesn't take much time, to compare prices.

2. Переведите на английский язык, используя слова и выражения из текста:

1. В супермаркетах продают не только продукты питания. 2. Большой современный супермаркет недавно открыли недалеко от моего дома. 3. Здесь вы можете купить все необходимые продукты питания. 4. Там всегда большой выбор рыбы. 5. Все продается в готовых упаковках. 6. Яйца часто также продают в молочном отделе. 7. Дальше — прилавок с деликатесами. 8. Торговый ряд с овощами и фруктами выглядит очень привлекательно. 9. Сделав покупки, вы подходите к кассе, чтобы заплатить деньги. 10. Иногда в магазине много покупателей и вы вынуждены стоять в очереди.

3. Расскажите о том, как вы делаете покупки, используя следующие вопросы:

1. Which is preferable for you — to buy food in a big supermarket or in small shops? Why?
2. Is the shop where you prefer to buy food close to your block of flats or far from it?
3. What is your favourite supermarket?
4. Are the foodstuffs expensive or cheap there?
5. Do you pay attention to the price of the foodstuffs?
6. How do you make choice when buying food?
7. Do you pay attention to the brand name when you buy food?
8. Do you buy at once or look around for lower prices?
9. How often do you go shopping?
10. Do you often buy expensive products?
11. What kind of products are those?
12. When does it happen?
13. How do you pay — in cash, by checks or by credit card?

Текст В

At the Oriental Market

Today we are going to the oriental market for shopping. It will be a wonderful trip. You'll taste cheese, home-baked bread and smoked pork. Everything is cooked fresh, daily, and the quality of the produce is superb. There is a huge variety of foods such as figs, beans, bitter herbs, olives, dates, almonds and other nuts. Just look at the tomatoes ripened and so full of flavour, the crates full of peppers, aubergines and avocados.

You'll find fresh herbs, such as parsley and leaf coriander, as well as some more exotic vegetables — okra, fresh black-eyed beans and purple leafy artichokes, oranges, grapefruit and lemons, strawberries and black cherries, plums, apricots, peaches and nectarines, watermel-

ons and melons, sweet seedless grapes and pinkish grapes. Don't miss the delicious green and purple figs.

A lot of slithering silver fish make an attractive sight in the market — red mullet, sea bream, sea bass and the delicious swordfish. You will also find octopus, squid and cuttlefish.

Moving on to the meat stalls, you'll see plenty of red carcasses. After all, what self-respecting cook would accept meat wrapped in polyethylene?

Meat is eaten very fresh, and you may well notice the difference in flavour. Lamb and beef are lean and tasty and have excellent quality. Goat has a pleasant, slightly gamy flavour; it's very lean and well worth trying.

The delicatessen stall sells honey and a range of different olives and tubs of cheeses made from goats', ewes' or cows' milk.

Sausage varies in flavour, depending on where it is made. The meat content is very high and usually crushed coriander, hot peppers and other spices are added. Before being smoked, the sausages are soaked in red wine.

Look at the sacks of pulses stacked in front of you to discover a wide range of beans and dried peas as well as nuts of every description.

But perhaps it's time to leave the market? No, not quite. Let's stop at one of the mobile baking stands on our way out. There is fresh, seed-coated bread, buns full of black olives, mint and onion sesame paste, tasty pastries and sausage rolls in these stands.

Last look out for delicious almond-filled pastries or lady fingers, honey soaked doughnuts in syrup.

You are always welcome at the oriental market!

Словарь к тексту

oriental [ɔ:'ri:entl]	восточный, азиатский
superb [sju(:)'pɜ:b]	превосходный
fig [fig]	инжир, фи́га
bitter herbs [ˌbɪtə 'hɜ:bz]	пряные, ароматические травы
date [deɪt]	финик
almond [ˌɑ:mənd]	миндаль
ripened [ˈraɪpənd]	спелый, зрелый
crate [kreɪt]	корзина, ящик
aubergine [ˈɔ:bəʒi:n]	баклажан
avocado [ˌævə'kɑ:dəʊ] (pl -dos/-does)	авокадо
parsley [ˈpɑ:slɪ]	петрушка
leaf coriander [ˌli:f kɔ:ri'ændə]	кинза
okra [ˈɔ:kɹə]	бамия, окра (<i>травянистое растение; незрелые плоды употребляют в пищу, из семян изготавливают суррогат кофе</i>)

black-eyed bean [ˈblækɪd 'biːn]
purple [ˈpɜːp(ə)]
artichoke [ˈɑːtɪʃəʊk]
seedless ['siːdlɪs]
pinkish ['pɪŋkɪʃ]
delicious [dɪ'liʃəs]
slithering ['slɪðərɪŋ]
mullet ['mʌlɪt]
sea bream ['siːbrɪm]
sea bass ['siːbæs]
swordfish ['sɔːdfɪʃ]
octopus [ˈɒktəpəs]
squid [skwɪd]
cuttlefish ['kʌtlɪfɪʃ]

stall [stɔːl]
carcass ['kɑːkəs]
self-respecting [ˌselfrɪ'spektɪŋ]
to wrap [ræp]
flavour ['fleɪvə]
lamb [læm]
goat [gəʊt]
gamy ['geɪmi]
tub [tʌb]
ewe [juː]
crushed [krʌʃt]
to soak [səʊk]
sack [sæk]
pulse(s) [pʌls(ɪz)]
stacked [stækt]
description [dɪ'skrɪpʃ(ə)n]
mint [mɪnt]
sesame ['sesəmi]
sausage roll [ˌsɔːsɪdʒ 'rɔːl]
lady fingers ['leɪdi ˌfɪŋgəz]
doughnut [ˈdɔːnʌt]
syrup ['sɪrəp]

коровий горох, вигна
пурпурный
артишок
бескосточковый
розоватый
вкусный, восхитительный
скользкий
кефаль
морской карась
морской окунь
меч-рыба
осьминог, спрут
кальмар
каракатица (*промысловый моллюск*)
ларек, киоск, палатка
туша (*животного*)
уважающий себя
заворачивать, упаковывать
аромат, запах, вкус
молодая баранина
козлятина
с душиком
чан
овца
измельченный, молотый
вымачивать
мешок, куль
зерна бобовых растений
сложенный штабелями
вид, род
мята
кунжут, сезам
булочка с сосиской
печенье «дамские пальчики»
пончик
сироп

Задания к тексту

1. Подберите английские эквиваленты к следующим предложениям:

1. Это будет замечательное путешествие. 2. Качество продуктов превосходное. 3. Только взгляните на помидоры, зрелые и такие ароматные. 4. Вы всегда купите там свежую зелень, такую, как петрушка и кинза. 5. Обилие отливающей серебром скользкой рыбы

придает рынку привлекательный вид. 6. Не пропустите вкусный зеленый и пурпурный инжир. 7. Вы найдете там осьминогов, кальмаров, каракатиц. 8. Направляясь к мясным рядам, вы увидите огромное количество красных туш. 9. Вы можете легко заметить разницу в аромате. 10. Перед копчением колбасы вымачивают в красном вине. 11. Пора покидать рынок. 12. Давайте перед уходом с рынка остановимся около одной из тележек с выпечкой.

2. Подберите русские эквиваленты к следующим словосочетаниям:

home-baked bread, smoked pork, a huge variety of food, fresh black-eyed beans, a lot of slithering silver fish, self-respecting cook, slightly gamy flavour, depending on where it is made, before being smoked, one of the mobile baking stands, honey soaked doughnuts in syrup.

3. Ответьте на вопросы:

1. What will you taste at the oriental market?
2. Is everything cooked fresh daily?
3. The quality of the produce is superb, isn't it?
4. Why should you look at the tomatoes?
5. What is there in the crates?
6. What can you see moving on to the meat stalls?
7. Where can you buy honey and different olives?
8. Does sausage vary in flavour? What does its flavour depend on?
9. Would you like to visit the oriental market?
10. What would you taste and buy there?

Диалоги

1. Прочитайте по ролям и переведите:

Mother's Helper

Mother: There is little flour left. Will you go to the grocer's and buy a bag of flour and some sugar, please?

Daughter: Shall I also buy a packet of tea?

Mother: Could you buy two and a packet of buckwheat?

Daughter: What about salt?

Mother: There is a lot. But we haven't got any rice.

Daughter: All right, Mum. I am off.

Mother: Don't forget the money and the shopping bag.

Going Shopping

Elder sister: Look, Kate. We haven't got any milk. Go to the dairy shop and buy a packet of milk.

Younger sister: Anything else?

Elder sister: Get half a kilo of hard cheese and a kilo of curds.

Younger sister: Do we need bread?

Elder sister: Sure. On your way back drop in to the bakery and buy a loaf of brown bread and a long loaf of white.

Younger sister: How about buns?

Elder sister: Yes. Buy buns and biscuits for tea.

At the Greengrocer's

Greengrocer: Good morning, madam. What can I do for you?

Ann: I want a large cabbage, please, and a kilo of carrots.

Greengrocer: Yes, madam. Anything else?

Ann: How much are those oranges? I don't see a price ticket there.

Greengrocer: They are 30 roubles a kilo.

Ann: Well, two kilos and a kilo of those apples.

Greengrocer: The peaches are very good today.

Ann: The peaches do look good. What do they cost?

Greengrocer: Forty roubles a kilo.

Ann: That's a real bargain. I'll take a kilo.

Greengrocer: Okay. Now, what else?

Ann: Nothing else, thank you. That's all for today. How much do I owe you?

Greengrocer: That's 120 roubles. Here's your change from your five hundred note — 380 roubles.

Ann: Thank you. Goodbye.

Greengrocer: Goodbye. Thank you. Have a nice day.

At the Supermarket

Nick: I have to go to the shop. My mother's made a shopping list for me.

Bob: Let's go together. I'll buy something for dinner, too.

Nick: I have to buy some meat. Look, they've got excellent choice today. I need some beef and a chicken. The beef is of superior quality.

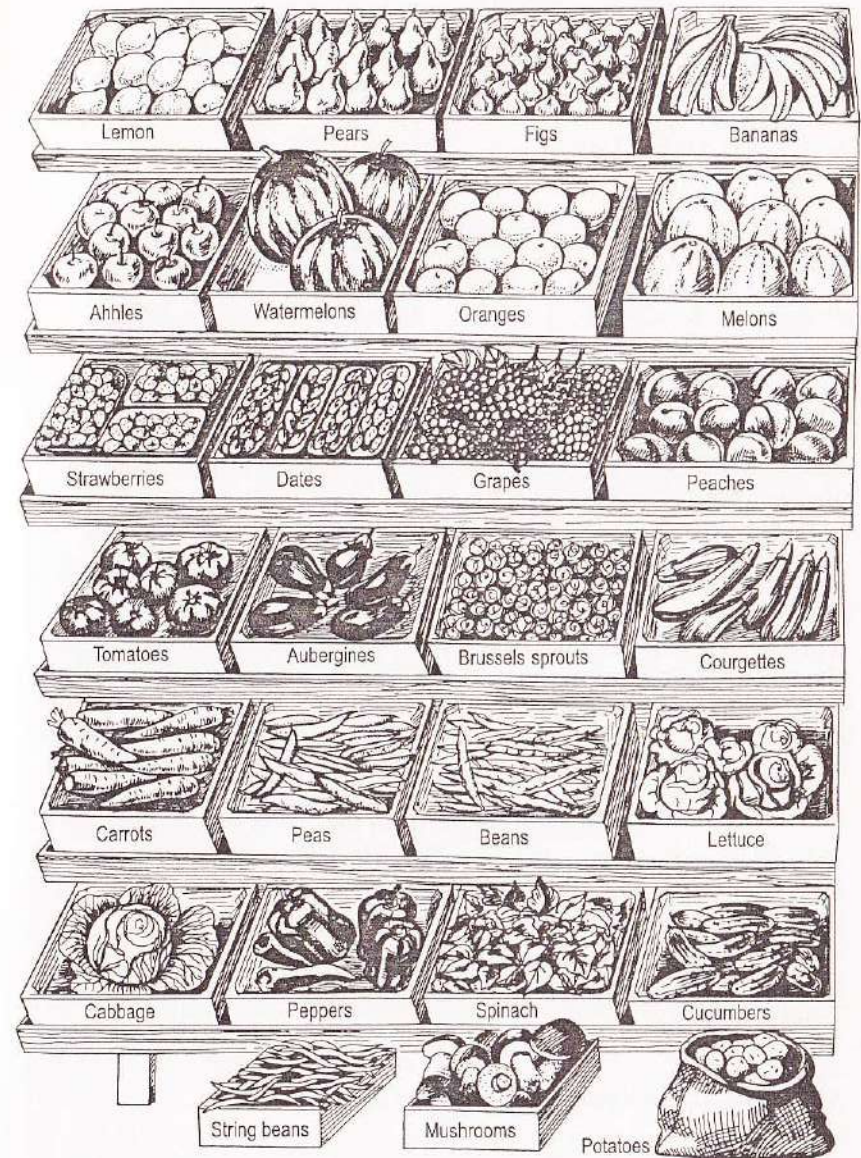
Bob: Maybe. But I don't care for meat. I am a vegetarian, you know.

Nick: And I can't do without meat. I'll take this bit of shoulder and a boiling chicken.

Bob: What's next on your shopping list?

Nick: Two packets of milk and half a kilo of cheese.

Bob: I'll buy some cartons of yogurt and cream there. I'm fond of dairy products.



At the Greengrocer's

2. Составьте диалоги между продавцом и покупателем в различных продуктовых магазинах или отделах супермаркета, используя следующие фразы:

Shop assistant:

- What can I do for you?
- What can I get for you?
- Can I help you?
- We've got ... today.
- I advise you to buy
- Anything else?
- Is that all?
- Will this do? (Это подойдет?)
- Come here, please.
- Come at the cashier's desk, please.
- Here is your check.
- Here is your change.
- That's ... pounds ... pence.
- That's ... roubles ... kopecks.
- Thank you. Have a nice day.

Customer:

- Have you any...?
- Is there any...?
- Are/Is there any... on sale?
- I want
- I'll take
- Could I have ...?
- I'll also have
- What does/do ... cost?
- That's all for the moment.
- Please, weigh [wei] ... for me.
- What do I owe you?
- What do I have to pay?
- How much is the bill?
- How much does it come to?
- Shall I pay you or at the cashdesk?
- That will be all.

3. Переведите предложения на русский язык и составьте с ними короткие диалоги:

1. How much are the oranges? 2. How much is a bag of potatoes?
 3. How many kilos are there in the bag? 4. Four kilos of potatoes at 10 roubles a kilo. 5. Two packets of milk at 15 roubles a packet. 6. The total bill is 85 roubles. 7. What is the price of it? 8. How much does it cost?
 9. Where is the price list?

4. Выучите следующие выражения:

- | | |
|--------------------------------|---------------------------------|
| It is (not) expensive. | Это (не) дорого. |
| It is (not) cheap. | Это (не) дешево. |
| It is a fair/reasonable price. | Это разумная цена. |
| That's a bargain. | Это очень дешево. |
| It's worth all it costs. | Это стоит того. |
| It costs nothing. | Это ничего не стоит. |
| I can't afford it. | Я не могу себе этого позволить. |

5. Переведите на английский язык диалог:

- Что я могу сделать для вас, мадам?
- Мне, пожалуйста, 300 г сливочного масла и бутылку растительного.
- Хорошо. Что-нибудь еще?
- Да. Сколько стоит ветчина?

- 150 рублей килограмм.
- Взвесьте мне 200 г, пожалуйста.
- Пожалуйста.
- А эта копченая колбаса очень жирная?
- Боюсь, что да.
- Тогда это все. Сколько с меня?
- Вот чек. Оплатите в кассе, пожалуйста.

Лексические упражнения

1. Разделите слова на четыре группы:

a) **Meat, Fish, Fruit, Vegetable**

Beef, carp, apple, marrow, banana, plum, plaice, onion, veal, cod, lemon, mushroom, mango, pike, radish, pear, ruff, pork, bream, mutton, bean, carrot, date, raisin, mullet, potato, grape, lamb, sprat, cucumber, trout, tomato, pea, fig.

б) **Bakery, Dairy, Berry, Cereal**

Cherry, cheese, jam, bun, barley, puff, bilberry, milk, semolina, bread, cowberry, dumpling, cream, biscuit, butter, gooseberry, cookie, millet, strawberry, curd, jam puff, oatmeal, cranberry, pot cheese, roll, hamburger.

2. Заполните пропуски словами из рамки:

a tube of, a packet of, a loaf of, baker's, a box of, a bar of, grocer's, chocolate

Mum: Kate, will you go to the _____ (1)?

Kate: OK, Mum. What should I buy?

Mum: I think, we need _____ (2) bread and two buns.

Kate: And I want _____ (3) chocolate.

Mum: All right, you can buy some _____ (4) and drop in to the _____ (5) and get _____ (6) of flour, _____ (7) sugar and _____ (8) mustard.

Kate: Very well. I'm ready.

3. Напишите, в каком магазине (или отделе) можно купить следующие продукты:

baker's, fishmonger's, grocer's, greengrocer's, butcher's, fruiter's, confectioner's, dairy shop

1. fish, crab _____
2. pork, veal _____
3. potatoes, cabbage _____
4. butter, cheese _____

5. a loaf of bread, cakes _____
6. apples, bananas _____
7. rice, buckwheat _____
8. chocolate, caramel _____

Грамматические упражнения

1. Вставьте артикли *a (an), the*, где необходимо:

1. Do you want ... cup of coffee? 2. I'm ... student. 3. She has got ... car. 4. It's ... pencil. ... pencil is red. 5. My cousin is ... nurse. 6. There are ... children in ... yard. 7. I see ... girl in ... street. ... girl is nice. 8. There is ... bottle of milk in ... refrigerator. 9. Do you like ... cheese? 10. My daughter likes ... chocolate. I'll give her ... bar of chocolate. 11. Close ... door and open ... window, please. 12. Are there any books on ... table? 13. I usually have ... breakfast before I go to ... school. 14. Where is your ... mother? — She is at ... work. 15. Where do you usually have ... dinner? 16. Does she speak ... English well? 17. Bring me ... glass of water, please. 18. Buy ... loaf of ... white bread, please. 19. When does he go to ... bed? 20. Her sons are ... pupils.

2. Поставьте существительные во множественное число, обращая внимание на согласование артикля или местоимения:

the plane, a picture, the man, this woman, that girl, a dress, the life, the mouse, that city, a box, the sheep, this child, the tooth, a foot, this shelf, the bus, a bench, a baby.

3. Напишите предложения во множественном числе:

this is — these are
that is — those are
it is — they are

1. This is a girl. 2. That is not a mouse. 3. Is he an officer? 4. That is not a goose. 5. Is that a sofa? 6. This is not a bus. 7. That is a bookshelf. 8. Is this woman a teacher? 9. Is the window closed? 10. This is not a child. 11. Is this a businessman? 12. It isn't a deer. 13. It is a bad egg. 14. Is this tooth good? 15. That child is a pupil. 16. He is a doctor. 17. This fish is big. 18. It is an ox. 19. That is a box. 20. It is an Englishman.

4. Поставьте существительные в притяжательный падеж или используйте конструкцию *s of*:

Образец:

the name/the man — the man's name
the room/the door — the door of the room

1. the tail/the cat
6. the name/your sister

2. the camera/my friend
3. the son/Ann
4. the newspaper/today
5. the toys/the children
7. the car/his parents
8. the birthday/my mother
9. the end/the story
10. the streets/the town

5. Переведите на русский язык, обращая внимание на предлоги:

1. We eat soup with a spoon. 2. I usually wait for my friend at the bus stop. 3. He spoke to our teacher yesterday. 4. This house was built by my father. 5. He asked his friends for help. 6. I'll try to explain the situation to you. 7. My mother likes to listen to music. 8. I am looking for my umbrella. 9. She is interested in literature. 10. You can be proud of your work. 11. I invited him to my tomorrow's party. 12. Do you know the beginning of the story?

6. Поставьте глаголы в скобках в Present Simple:

1. He (to drink) coffee in the morning. 2. I (not to drink) coffee in the evening. 3. They (to like) dairy products. 4. We (not to like) meat dishes. 5. My mother (to go) shopping on Sundays. 6. She (not to do) her homework. 7. Mike usually (to have lunch) at 12 o'clock. 8. You (to cook) well? 9. We always (to eat) healthy food? 10. She (to do) shopping every day?

7. Напишите предложения в вопросительной и отрицательной форме:

1. I like to cook. 2. We go to the restaurant at 9 o'clock. 3. My sister makes good coffee. 4. Pete has dinner with his friends. 5. They work every day. 6. She washes up after supper.

8. Задайте к предложениям общие вопросы и дайте краткие ответы:

Образец:

Jane finishes her work at 6 o'clock.

Does Jane finish her work at 6 o'clock? — Yes, she does.

They don't work every day.

Do they work every day? — No, they don't.

1. I usually have breakfast at 8 o'clock. 2. She doesn't like to cook. 3. Ann studies at college. 4. Pete gets up early in the morning. 5. Bob has supper at the restaurant. 6. They usually have dinner at home. 7. Mother makes breakfast for all the family. 8. They don't go to work early in the morning.

9. Задайте к каждому предложению вопросы пяти видов:

1. Mother cooks chicken soup for dinner. 2. I like vegetables. 3. They go shopping in the afternoon. 4. He buys a new car. 5. The children eat ice cream for dessert.

10. Измените предложения, употребив конструкцию *to have got*:

а) Образец:

We have a large family. — We've got a large family.

He has a sister. — He's got a sister.

1. I have a lot of relatives. 2. They have meat for dinner today. 3. She has two brothers. 4. We have a guest today. 5. He has a family of four. 6. She has a new dress. 7. I have a lot of English books. 8. He has a dog.

б) Образец:

Have you an apple? — Have you got an apple?

1. Has he a car? 2. Have they a house? 3. Has she children? 4. Have you brothers? 5. Has he a new job? 6. Has she a lot of friends? 7. Have they a camera? 8. Have you fish soup for dinner today?

в) Образец:

He has no sister. — He hasn't got a sister.

She has no brothers. — She hasn't got any brothers.

1. I have no family. 2. She has no children. 3. He has no car. 4. They have no house. 5. You have no French books. 6. I have no brother. 7. My friend has no relatives in Moscow. 8. She has no friends.

11. Вставьте глагол to be в Present Simple:

1. I ... a student. 2. ... you a vegetarian? — No, I ... not. 3. Where ... he? — He ... at work. 4. They ... at home. 5. ... this your bag? — Yes, it 6. The students ... at college. 7. She ... not a teacher, she ... a doctor. 8. Where ... the books? — They ... on the table. 9. ... your sister at home? — No, she ... at school. 10. We ... not happy. We haven't passed the exam.

12. Напишите предложения:

а) во множественном числе:

Образец:

There is a book in my bag. — There are (some) books in my bag.

б) в вопросительной форме в единственном и множественном числе:

Образец:

There is a book in my bag. —

Is there a book in my bag?

Are there (any) books in my bag?

1. There is a plate on the table. 2. There is an apple on the plate. 3. There is an armchair in the room. 4. There is an interesting film on TV tonight. 5. There is a man in the restaurant hall. 6. There is a pie for lunch.

13. Задайте разделительные вопросы:

Образец:

It is your friend, isn't it?

It isn't your friend, is it?

He cooks well, doesn't he?

He doesn't cook well, does he?

There are a lot of people here, aren't there?

There aren't many people here, are there?

1. Bill is a good cook. 2. The forks are on the table. 3. Your mother cooks well. 4. Tom doesn't go to work every day. 5. There are so many people in the shop. 6. These students speak English well. 7. She has a large family. 8. The restaurant is small. 9. We have lunch at 12. 10. He doesn't eat much. 11. They don't buy products at this supermarket. 12. She is not boring. 13. Those pancakes are tasty. 14. There are no shops in this street. 15. You have got a car. 16. Your parents like to eat out. 17. There is no teacher in the classroom. 18. She always does her homework well. 19. They don't work together.

14. Напишите предложения в вопросительной и отрицательной форме:

Образец:

There are some students in the classroom. — Are there any students in the classroom?

There are some students in the classroom. — There are no students in the classroom. / There aren't any students in the classroom.

1. There is some bread on the plate. 2. I can see some people in the park. 3. There are some new buildings in our street. 4. I want some milk in my coffee. 5. I have got some free time today. 6. They have got some questions. 7. She buys some products in this shop. 8. Mother gives the children some bread and butter.

15. Задайте к предложениям общие вопросы. Напишите предложения в отрицательной форме:

Образец:

There is somebody in the house. — Is there anybody in the house?

There is somebody in the house. — There is nobody in the house. / There isn't anybody in the house.

1. He can tell you something interesting. 2. Somebody knows this information. 3. There is something tasty for dinner. 4. I want to go somewhere on Sunday. 5. She has something to eat. 6. I can see somebody behind the tree. 7. We have something to tell you.

16. Переведите на русский язык:

1. To know everything is to know nothing. 2. Everybody's business is nobody's business. 3. Can you see anything? — Nothing at all. 4. She never gives anything to anybody. 5. Somewhere someone is crying. 6. She has nowhere to live. 7. I can't remember anything. 8. Nothing new under the sun. 9. Never put off till tomorrow what you can do today. 10. It is never too late to learn. 11. They must be somewhere near here. 12. She hasn't got anybody to talk to. 13. They never go anywhere in the evening. 14. He never reads anything except newspapers. 15. Can you smell anything? — Yes, something burning.

Тест 1

Подберите подлиси к рисункам из словосочетаний, данных в рамке:

a bar of, a bottle of, a tin of, a packet of, a loaf of, a joint of,
a dozen of, a jar of, half a pound of, a tube of, a box of



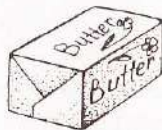
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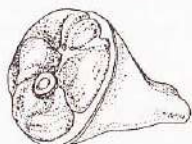
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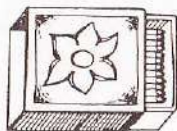
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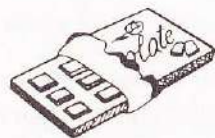
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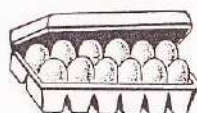
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9



10



11

Тест 2

Заполните пропуски словами из рамки (используйте каждое слово один раз):

bargains, buy, ones, prices, are, offer, money, line, there,
supermarkets, spend, different

Shopping in the USA

Americans love to shop. If they shop for small items like coffee and tea or big ___ (1) like furniture, they ___ (2) a lot of time and ___ (3) in different stores. Many of them are smart shoppers, they compare ___ (4), check the sales and look for ___ (5). As they say, "a penny saved is a penny earned."

In the USA you can do shopping at many ___ (6) places.

Food is more expensive at the convenience stores, they are open 24 hours a day and you can shop there quickly. Usually you make your purchase without having to wait in ___ (7). Many people do their weekly shopping at the large ___ (8) near their home.

Supermarkets ___ (9) a wide variety of goods and services. You can get food, flowers, cosmetics, autosupplies, household items and even stamps ___ (10).

The oriental markets contain foodstuffs and delicacies that are unavailable at the supermarkets.

Some people buy most of the groceries at the oriental markets. You can get Vietnamese, Korean and other specialties there.

Some Americans often ___ (11) fruit at the farmers markets. Farmers bring their fresh fruit and vegetables to this open-air markets several times a week. The prices ___ (12) fairly reasonable and the produce is fresh.

Miscellanea

IT IS INTERESTING TO KNOW

What Is Sold Where

Until a few years ago the English used to shop at their local green-grocer's, butcher's, baker's and so on. Now these small shops have all but capitulated as their customers pile into their cars and get everything they need at huge out-of-town-centre hangars filled with all their hearts desire.

The only shops to have survived the march of the supermarkets in any numbers are the corner shops, known in some quarters as Pa-telleries since so many of them are run by Ugandan Asian immigrant families. These corner shops are often supermarkets in miniature and sell anything from sweets to sweat bands, from napkins to newspapers. Many of them are also open all day and half the night. The English say that there is only one golden rule. You can get anything you need in very small or very big shops and nothing in medium-sized ones.

Reading Food Labels

Over the past 40 years, the range of foods available in packets, jars and cans has increased dramatically. Legislative bodies recognized that consumers required more information in order to make the best choices for health, which resulted in improved product labels. Food manufacturers in the European Community and North America are required by

law to provide the following information on product labels: total weight or volume, a list of the ingredients and of the additives in order of weight, the name and address of the manufacturers and the country of origin.

Manufacturers should also list caloric value per 100 g, suggested number of servings the packaged food provides and the date after which the product cannot be sold or should not be eaten. This date is usually stamped on the lid or the base of products. Many labels also provide a nutritional analysis of food, such as total fat, carbohydrate and protein content.

USEFUL ADVICE

Shopping in Britain

1. You are welcome to the stores and shops, but the managers ask you to abide by the normal British rules and regulations.

2. Shopping is not necessarily the same as in your native country and your home town — if you have any doubt, ask the sales staff to assist you.

3. Where baskets are provided, please, use them, do not put any item in your bag or pocket until you have paid for it.

4. Do not mishandle any of the goods on display, do not handle perishable goods (fruit, etc.) or fragile items, unless you have permission to do so.

5. No alcoholic drink may be bought anywhere by persons under the age of 18.

6. Always keep the receipt that you receive.

7. Do not congregate in groups in such a way that you restrict the free passage of other shoppers, or interfere in any way with the sales staff.

8. Security staff work in most of the stores and shops in England. They will be watching for any irregularity, and they have the power by law to detain you.

JOKE

A Bicycle or a Cow?

A salesman at the village store was trying to persuade¹ a farmer to buy a bicycle.

“I’d rather spend my money on a cow,” the farmer said.

“But think,” insisted the salesman. “What a fool you’d look riding about on a cow.”

“Not half such a fool as I’d look trying to milk a bicycle,” answered the farmer.

¹ [pə'sweɪd] — уговаривать

A POEM TO ENJOY

At the Grocery Store

Excuse me, please, I'm looking for tea.

It's on the top shelf,

Aisle number three!

What else do I need? Corn and beans,

Carrots, apples and tangerines;

A gallon of milk, two pounds of steak,

A loaf of bread and a chocolate cake;

Some peanut butter and cherry jam.

Ready to check out?

Yes, I am!

PROVERBS AND SAYINGS TO MEMORIZE

1. Don't put all your eggs in one basket.
2. To buy a pig in a poke.
3. Take care of the pence and the pounds will take care of themselves.
4. A penny saved is a penny earned.
5. Hope is the poor man's bread.

GIVE IT A NAME

1. It is a vegetable that grows under the ground. It can be boiled, baked or fried. It can also be made into chips or crisps.

2. It is the meat from a bull or a cow.

3. It is a vegetable. We eat the dark red part that grows under the ground.

4. It is a shopkeeper who sells fruit and vegetables.

5. It is a large shop which sells all kinds of food and things for the house.

6. It is a plant which has seeds called grains.

7. It is a vegetable. It looks like a large ball of leaves. The leaves can be green, white or purple.

Текст для дополнительного чтения

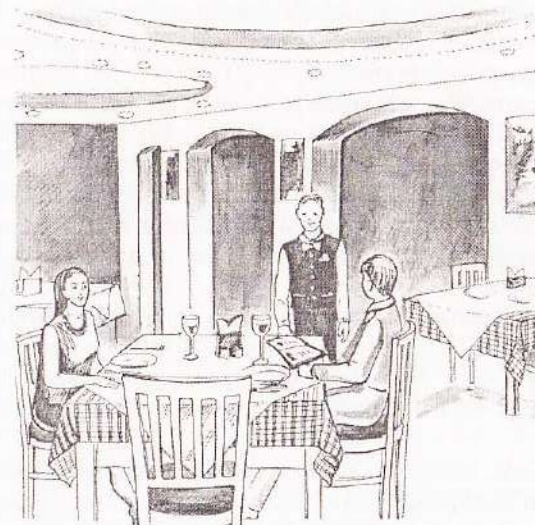
Fruits

Avocados, once a rare treat, have become something of a commonplace, if that is the word to use for anything so good. Today mangoes

and guavas, lychees and pawpaws are appearing in supermarkets and small greengrocer's shops alike and we have a lot of pleasure in trying them out. It is the development of new growing methods, swift chilled transport and up-to-date packing methods that have made possible this revolution in our eating habits, and there has never been such a variety of fruit on sale as there is now. Take citrus fruits. There were once lemons and grapefruit, oranges and tangerines. Now there is an enormous variety of orange and tangerine crosses, there are ugly fruits and pink grapefruit. There are all kinds of melon, there are fresh dates and figs. A fruit salad today presents a bewildering choice. We can have a mixture of the familiar and the unusual in one salad, and we can use canned fruit as well. The fruit should not be chopped too small, it looks best arranged in layers preferably in a deep glass dish. You can make marmalade using all those bits of peel that are usually thrown away. You store orange, lemon and grapefruit skins in the freezer and boil them up with a can of concentrated citrus fruit pulp. It makes a very economical marmalade.

Урок 2

AT THE RESTAURANT (В РЕСТОРАНЕ)



Текст А

Eating out in Moscow

Some years ago it was rather difficult to find a place for eating in Moscow. There were few canteens, cafes and restaurants where people could have lunch, dinner or a snack. But Moscow has changed. Nowadays there are a lot of different places here where we can eat decent food at reasonable price and take someone for lunch on business.

If you want to eat on the run, you should go to a fast-food restaurant: McDonalds, "Russian Bistro" or Pizza Hut. They are very popular now. The first Russian-Canadian restaurant McDonalds was opened in 1990. Nowadays there are a lot of them in our city and everyone has experienced the dishes there. The service is quick: you enter the restaurant, come up to the counter, make your choice, pay the money, take the tray with your dishes and occupy any vacant table. The menu card offers you single or double hamburgers, cheeseburgers, fillet of fish, fried crisp potatoes. For a drink, you can order cooling beverages — "Coca-Cola", "Fanta", "Sprite", tea or coffee.

If you are in a hurry, you can have a snack in a bar. There are many kinds of bars in Moscow: snack bars, express bars, milk bars, beer bars.

Besides, if you are hungry but have too little time for eating, you can take a quick bite in a cafe "Russian Bistro" or "Russian Bliny".

But if you seek the gastronomical experience of your life, you should go somewhere else. There are hundreds of restaurants in Moscow to satisfy everyone's taste — from traditional Russian food to the finest of French wines and delicacies of the Far East.

The Russian people have always been gourmets. Moscow famous restaurants were reborn in our time. One can again visit "Yar" or "Metropol". Many new restaurants keep the old traditions of the Russian cuisine and hospitality. Each restaurant has its specialties of the house.

In European, American and oriental restaurants of Moscow you can order international dishes although each restaurant as a rule specializes in one of the national cuisines.

The French cuisine has had the leading role in Moscow homes and restaurants since Peter the Great's times. In today's Moscow you can find a classical choice of French dishes at the art restaurant "Nostalgie". The restaurant has a vast wine list and a sommelier to help you make the right choice.

Italian cuisine in Moscow is one of the most popular. Speaking about Italian cuisine, it is impossible not to mention the beloved pasta and the internationally popular pizza. Best Moscow restaurants, "Pizza Express" for example, offer you a great choice of pasta with different sauces as well as many pizzas — *Neapolitana, 4 Seasons, Margarita*, which became Muscovites' favourites.

North America cuisine is also very popular in Moscow. The main food for modern Americans and Canadians is vegetables and fruit salads. Steak-house restaurants are proud of meat dishes. The leading dish here is American steak.

If you are interested in the culinary arts of Indochina, you have to visit popular Chinese, Japanese or Korean restaurants. The people of Indochina eat practically every kind of food, but in the culinary art they don't use European dairy products. They almost never use salt but they use soya sauce, rice wine, sesame oil and starch diluted in water as dressings.

It is impossible to describe all the variety of delicious dishes of different countries. Our advice is to visit these restaurants and taste everything yourself.

Словарь к тексту

canteen [kæn'ti:n]	столовая
snack [snæk]	легкая закуска
decent ['di:s(ə)nt]	приличный
reasonable ['ri:z(ə)nəb(ə)l]	разумный, умеренный

to experience [ɪk'spɪ(ə)riəns]	пробовать
tray [treɪ]	поднос
to occupy ['ɒkjʊpaɪ]	занимать
vacant ['veɪkənt]	свободный
fillet ['fɪlɪt]	филе
cooling beverage ['ku:lɪŋ ,bev(ə)rɪdʒ]	прохладительный напиток
to satisfy ['sætɪsfaɪ]	удовлетворять
delicacy ['delɪkəsi]	деликатес
gourmet ['gʊəmeɪ]	гурман
to be reborn [rɪ:'bɔ:n]	возрождаться
cuisine [kwɪ'zi:n]	кухня (блюда)
hospitality [hɒspɪ'tælɪti]	гостеприимство
specialty ['speʃj(ə)ltɪ] (of the house)	фирменное блюдо
sommelier [səme'lje]	сомелье
to mention ['menʃ(ə)n]	упоминать
pasta ['pæstə]	паста (макаронные изделия)
pizza ['pɪtsə]	пицца
steak [steɪk]	стейк
culinary ['kʌlɪn(ə)rɪ]	кулинарный
starch [stɑ:tʃ]	крахмал
to dilute [daɪ'lʊt]	разбавлять
dressing ['dresɪŋ]	приправа, соус

Задания к тексту

1. Запомните следующие выражения и письменно составьте с ними предложения:

- to eat decent food at reasonable price — прилично поесть по разумной цене
- to take someone for lunch on business — пригласить кого-либо на бизнес-ланч
- to eat on the run — поесть на бегу
- to experience the dishes — попробовать блюда
- to be in a hurry — спешить
- to have a snack — перекусить
- to take a quick bite — перекусить
- to satisfy one's taste — удовлетворить чей-либо вкус
- to keep the old traditions — хранить старые традиции

2. Переведите на английский язык, используя лексику текста:

1. Я знаю хороший ресторан недалеко от нашего офиса, куда ты можешь пригласить своего гостя на бизнес-ланч. 2. В этом кафе вы можете прилично поесть по разумной цене. 3. У меня никогда нет времени на обед, я всегда ем на бегу. 4. Если вы спешите, то можете пообедать в ресторане быстрого питания. 5. Если вы хотите пополнить свой гастрономический опыт, то должны пообедать в

ресторане русской кухни. 6. В Москве сейчас много ресторанов, которые хранят традиции русской кухни. 7. В каждом ресторане есть свое фирменное блюдо. 8. В Москве есть также много ресторанов, которые специализируются на какой-либо национальной кухне. 9. Народы Индокитая используют вместо соли соевый соус. 10. Невозможно описать все многообразие национальных блюд разных стран.

3. Ответьте на вопросы:

1. What was the situation with eating out in Moscow some years ago?
2. How has it changed lately?
3. Where can you eat on the run in Moscow?
4. When was the first McDonalds opened in Moscow?
5. Why are the restaurants of quick service so popular nowadays?
6. What does the menu card offer to the customers of McDonalds?
7. What kinds of bars can you find in Moscow?
8. What restaurants with traditional Russian cuisine are there in Moscow?
9. Where can people try national dishes of different countries?
10. Where can you find a classical choice of French dishes?
11. What is the name of the person who helps people make the right choice of wines?
12. What are the most popular Italian dishes with Muscovites?
13. What is the leading meat dish in American restaurants?
14. What is typical of the oriental cuisine?
15. Do you often go to eat out?
16. What cuisine do you prefer?
17. Have you ever tried dishes of Chinese cuisine? Did you like them?

Текст В

At the College Canteen

I spend a lot of time at the college, that is why it's necessary to have a snack time there. During the break I go to have lunch to our college canteen. It's always full of people at this time. I go to the service counter and line up. There is self-service at our canteen. Sometimes it takes quite a lot of time to stand in the line and I have to gulp my lunch in five minutes.

The choice of dishes in our canteen is rather rich, the quality of food is good and the prices are reasonable.

To begin with, I usually have some salad — tomato and cucumber salad or mixed salad. For the first course I have soup — fresh cabbage

shee, solyanka, pea soup or maybe some fish soup for a change. For the main course I have meat or chicken dishes, for example steak, meatballs or roast chicken with spaghetti or potatoes (mashed or fried). I prefer meat to fish but I eat fish from time to time too. For dessert I usually have fruit juice or a cup of tea with a bun or a slice of cake. I take them from the counter, put on my tray and go to the cashier's desk to pay the money. Then I take a seat at any vacant table.

Besides the kitchen staff and the cashier two or three students on duty help to clear the plates and cups off the tables and to keep order in the canteen.

Словарь к тексту

to line up	становиться в очередь
self-service [self'sɜ:vɪs]	самообслуживание
to gulp [gʌlp]	плотать поспешно
first course [kɔ:s]	первое (блюдо)
main course	второе (блюдо)
meatballs ['mi:tbɔ:lz]	тефтели
roast [rəʊst]	жареный (без масла)
spaghetti [spə'geti]	спагетти
mashed potatoes [ˌmæʃt pə'tetəʊz]	картофельное пюре
dessert [dɪ'zɜ:t]	десерт
slice [slaɪs]	ломтик, кусочек
staff [stɑ:f]	сотрудники, работники

Задание к тексту

Назовите 2-ю форму следующих глаголов и перескажите текст в Past Simple:

spend, go, be, take, have, eat, prefer, put, pay, help, keep, clear.

Диалоги

1. Прочитайте по ролям и переведите:

Eating out

Ann: Hello!

John: Hi! How are you?

Ann: Ok! Thank you. And you?

John: Not bad, thanks.

Ann: I've had a long day and I'm too tired to cook.

John: Me too! Let's go out.

Ann: How about Chinese food? I know a nice restaurant not far from our place.

John: Well, but I don't really like Chinese food.

Ann: I know! Let's go to Maxim's.

John: It's too expensive. What about pizza?

Ann: That sounds good, but McDonalds is closer.

John: You're right. It's cheaper too.

At the Self-service Cafe

- Do we help ourselves?
- Sure, it's self-service here.
- What would you recommend?
- Have you ever tried ... ? It's particularly good here.
- All right. I'll try that.

A Quick Snack

- We've done a good job. Let's have a break.
- I wouldn't say "no" to that. Besides, it's lunchtime and I am awfully hungry.
- Let's go to a snack bar to have a quick snack.
- Let's. What can we have there?
- Sandwiches, hot dogs, hamburgers, cooling beverages, tea and coffee.

Refreshment at the Office

- Would you care for a cup of coffee, sir?
- I'd rather have a cup of tea.
- How do you like it?
- Strong with two spoonfuls of sugar, please.
- Another cup of tea?
- Thank you, I think I'll trouble you for a second.

At the Restaurant

- Can we take this nice table for two?
- No, I'm sorry, you can't. It's reserved. Come over here, please. You'll be very comfortable at this table. Here is the menu card.
- Thank you very much. Give us some time to look it through.
- Of course. (*in some minutes*) Have you made the choice?
- I'll start with soup and have a beef steak to follow.
- Do you prefer the beef steak underdone or well-done?
- I like it tender.

— As for me, I had meat for my main course yesterday, so I'll have fish for a change.

— Will you have any dessert? What would you like?

— Fruit salad and ice cream for me.

— I'll have the same. And I'll take a cup of coffee. Won't you have one also?

— Yes. Make it two. That'll be all, I suppose.

— What do we have to pay, waiter?

— 69 euros and 20 cents, sir.

— Here you are. (Gives a €100 note).

— Here is your change — 30 euros and 80 cents.

— Forget 80 cents.

— Thank you. Goodbye.

2. Запомните следующие выражения и используйте их при составлении диалогов:

I'll have	chicken soup fish salad pizza cheese sandwich strawberry ice cream
I'd like some	cake mineral water fruit bread milk
What's the	main course of the day? special today? soup of the day? cereal today? salad today? dessert today?
It's	roast beef lamb stew mushroom soup porridge cucumber salad apricot mousse

3. Прочитайте вопросы официанта в левой колонке и подберите к ним ответы посетителя из колонки справа:

Questions:

1. What would you like to drink?
2. Is everything OK?
3. Can I bring you anything else?
4. Are you ready to order?

Answers:

- a. Six.
- b. One check would be fine.
- c. No, thank you.
- d. Nonsmoking.

5. Smoking or nonsmoking? e. At the window, please.
 6. Do you want separate checks? f. Everything is all right.
 7. How many are you? g. Mineral water and juice, please.
 8. Do you want a table near the window? h. Just a minute, please.

4. Заполните пропуски:

Waitress: How ...?

Guest: There are ... of us.

Waitress: Would you ... smoking or nonsmoking?

Guest: ... will be fine.

Waitress: Are you ... to order?

Guest:

5. Составьте диалоги, соответствующие следующим ситуациям:

1. Вы решили пообедать с другом в столовой колледжа. Обсудите меню и выберите блюда.
2. Вас пригласили в кафе, в котором вы никогда не были. Спросите, какая там кухня.
3. Вы с друзьями заказываете ужин в ресторане. Попросите официанта дать вам рекомендации при выборе блюд.

Лексические упражнения

1. Разделите слова на две группы: Food и Drinks:

water, meat, potato, cabbage, ham, juice, grape, beer, duck, carp, bacon, cocktail, porridge, veal, coffee, bean, cherry, candy, tea, cake, wine, rice, biscuit, cocoa, bread, prawn.

2. Найдите в каждой группе слов название блюда или напитка, не относящееся к ней:

1. baked fish, beef steak, boiled pike-perch, fish steak, fried cod, steamed salmon
2. clear soup, beef tea, broth, cheese sandwich, chicken consommé¹, milk soup
3. pork chop, pot roast, fried salmon, hotpot, rump steak, entrecôte
4. stewed cabbage, roast beef, carrot cutlets, Russian salad, baked mushrooms, vegetable soup
5. rum, vermouth, sherry, Muscat, gin, entrée², champagne.

3. Выберите правильный ответ:

1. Cream of chicken is a kind of ...

¹ [kən'sɒmeɪ, 'kɒnsəmeɪ] — консоме

² ['ɒntrɛɪ] — горячее (блюдо)

- a) dessert; b) salad; c) soup.
 2. Ice cream is ...
 a) a side dish; b) a main course; c) a dessert.
 3. Ham, lettuce and tomato is a kind of ...
 a) soup; b) appetizer; c) beverage.
 4. Coca-Cola is usually served as ...
 a) dessert; b) beverage; c) appetizer.
 5. Apple pie is ...
 a) a sandwich; b) an appetizer; c) a dessert.

4. Напишите по три примера к следующим разделам меню:

- a) Grape wine: _____, _____, _____
 Sweet dessert wine: _____, _____, _____
 Strong / hard drinks: _____, _____, _____
 Poultry dishes: _____, _____, _____
 Meat dishes: _____, _____, _____
 Fish dishes: _____, _____, _____
 Vegetarian dishes: _____, _____, _____
 б) Appetizers: _____, _____, _____
 Soups: _____, _____, _____
 Main fish course: _____, _____, _____
 Main meat course: _____, _____, _____
 Side dishes: _____, _____, _____
 Desserts: _____, _____, _____
 Salads: _____, _____, _____

5. Составьте меню кафе, используя следующие названия продуктов и блюд:

Breakfast: rice cereal, fried eggs, orange juice, boiled eggs, semolina, coffee, tea, porridge, bread and butter, apple juice, cornflakes, ham sandwich, cheese sandwich.

Lunch: vegetable cream soup, apple pie, boiled fish, sausages and stewed cabbage, boiled new potatoes, fried mushrooms, mashed potatoes, cheese, cold boiled meat, roast chicken.

Dinner: beef tea, chicken noodle soup, beef steak, crab salad, mixed green salad, rissoles, fried potatoes, mineral water, juices, fruit salad, veal chop, cucumber salad, boiled salmon.

Supper: scallop, cabbage salad, boiled meat, assorted fish, melon, ice cream, mutton chop, coffee, watermelon, grapes, pears, roast chicken, tea, roast goose, assorted meat, fish salad.

6. Изучите меню кафе и сделайте заказ:

1. Две порции селетки с луком, луковый суп, два антрекота.
2. Гороховый суп, баранья отбивная, вишневое мороженое.
3. Рыбное ассорти, тушеные овощи, минеральная вода.
4. Для себя и своей подруги (друга): крабовый салат, утка с яблоками, кофе, мороженое.

5. Четыре порции бульона с пирожками, четыре запеченных карпа с грибами, две порции мороженого, два мусса.

Menu Card

<p>Starters Herring with onion Assorted fish Assorted meat</p>	<p>Side dishes Fried potatoes Mashed potatoes Boiled rice Stewed vegetables</p>
<p>Salads Cucumber and tomato salad Crab salad Fish salad</p>	<p>Specialties Roast duck and apples Baked carp with mushrooms Hotpot</p>
<p>Soups Mushroom soup Onion soup Pea soup Beef tea and patties</p>	<p>Desserts Ice cream Mousse</p>
<p>Main courses Lamb chop Entrecôte¹ Roast beef Boiled sturgeon Fried salmon</p>	<p>Beverages Mineral water Coca-Cola</p>

¹ ['ɒntreko:t] — антрекот

Грамматические упражнения

1. Образуйте Participle II (причастия прошедшего времени) от данных глаголов, переведите их на русский язык:

to wash, to dry, to salt, to cook, to fry, to boil, to roast, to stew, to tin, to bake, to smoke, to serve.

2. Переведите на английский язык словосочетания:

приготовленный завтрак, копченая колбаса, жареное мясо, кипяченое молоко, отварная говядина, сушеные фрукты, поданная еда, испеченный пирог, копченая осетрина, соленая рыба.

3. Поставьте глаголы в Past Simple:

1. I work at the restaurant. 2. My mother seldom cooks dinner. 3. They help their friends. 4. I often fry fish. 5. My grandmother dries apples in summer. 6. He does shopping on Monday. 7. We have lunch at 12. 8. She tins meat herself. 9. I bake delicious apple pies. 10. They usually take a table by the window. 11. We order fish and chips in this snackbar. 12. He eats too much. 13. I drink a glass of juice every morning. 14. We buy dairy products every day. 15. This waiter serves this table. 16. I am in a hurry.

4. Задайте к предложениям общие вопросы и дайте краткие ответы:

Образец:

The girl drank a glass of juice.

Did the girl drink a glass of juice? — Yes, she did. / No, she didn't.

1. Ann loved her cat very much. 2. They often went to the cinema together. 3. Mother bought a cake for tea. 4. I had dinner with my family yesterday. 5. We came home late last night. 6. After dinner they were very thirsty. 7. He drank two cups of tea. 8. Mother made a wonderful dinner yesterday. 9. Granny liked to cook very much. 10. She recommended this restaurant to me. 11. My parents had a nice car three years ago. 12. I ate on the run in a fast-food restaurant yesterday.

5. Задайте к каждому предложению вопросы пяти типов:

1. He went shopping every Saturday. 2. They had a snack in a bar. 3. She paid for dinner herself. 4. I ate too much at breakfast. 5. Strawberry cost too expensive last summer.

6. Переведите на английский язык:

1. Передайте мне сахар, пожалуйста. 2. Не курите, пожалуйста, за столом. 3. Не опаздывайте на урок. 4. Выпейте чашечку чая, пожалуйста. 5. Возьмите мой зонт. Сейчас пойдет дождь. 6. Пойдемте в кафе! 7. Пусть она идет домой. Она плохо себя чувствует. 8. Давайте

пообедаем где-нибудь. 9. Не разрешай ему курить. 10. Дай мне, пожалуйста, твою ручку. 11. Позволь мне уйти пораньше сегодня. 12. Принесите мне что-нибудь поесть, пожалуйста. 13. Позвольте мне сделать это самой. 14. Не приходите завтра так рано. 15. Не ешьте так много хлеба. 16. Давайте сделаем это сейчас!

7. Вставьте местоимение *much* (a lot of) или *many* (a lot of):

1. There are ... plates on the table. 2. Please don't put ... pepper on the meat. 3. I never eat ... bread with soup. 4. Don't eat so ... ice cream. You can catch a cold. 5. ... of these students can speak English well. 6. Do you drink ... coffee? 7. How ... money have you got? 8. He hasn't got ... friends. 9. Do you watch TV ...? — No, not 10. There is ... food in the fridge. 11. They haven't got ... money, but they have got ... friends. 12. There was ... food at the party, but I didn't eat

8. Вставьте местоимения *little*, *a little*, *few*, *a few*:

1. He is very thin because he eats 2. It was dark and there were ... people in the park. 3. We have ... bread, so you needn't go to the shop. 4. I'm not happy here, I've got ... friends. 5. They have ... money. They are poor. 6. Granny brought us ... nice toys and we were happy. 7. I have ... money, so we can go to the cinema. 8. Her wardrobe is not very rich, but she has got ... nice dresses.

9. Вставьте модальный глагол *may* или *can*:

1. Do you think you ... do that? 2. ... we come and see you tomorrow? 3. ... I use your pen? 4. ... I help you? 5. You ... take this book: I have already read it. 6. ... you tell me how to get to the supermarket? 7. ... I take the apple? 8. He ... swim well.

10. Вставьте модальный глагол *may*, *must* или *need*:

1. ... we do it all today? — No, you ... not, you ... do it tomorrow. 2. You ... come and see me any time you like. 3. ... we go home now, we have done everything? — Yes, you 4. ... you go right now? — No, I ... not. 5. ... I have the menu card? 6. They ... be at home in the evening. They have guests tonight. 7. You ... not go to the shop. We have a lot of food. 8. It is late. The children ... go to bed.

11. Замените глагол *should* на *ought to*:

1. Bill should drive carefully. He is too tired. 2. You should stop smoking. 3. It's a very good film. You should see it. 4. He shouldn't eat so much chocolate. 5. She shouldn't work so hard. She looks tired. 6. I think we should do something to help her. 7. You should order this dish. It is very tasty. 8. They should have a rest after such a busy week. 9. You look ill. You should go to the doctor. 10. They shouldn't eat junk food. 11. He should go to bed earlier. 12. You shouldn't speak in a loud voice. The child is sleeping.

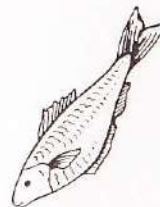
Тест 1

Подберите к каждому слову рисунок и укажите его номер:

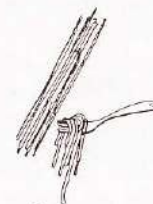
cheese
vegetables
bread
bananas

wine
fish
spaghetti
lemon

a cup of tea
sausages
ice cream
toasts



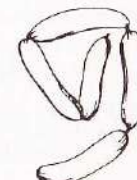
1



2



3



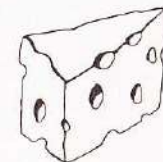
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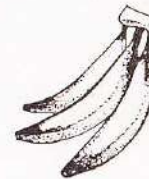
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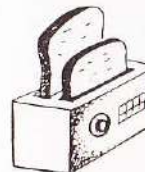
6



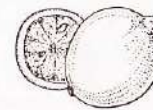
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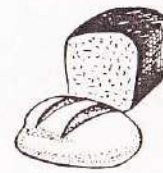
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11



12

Тест 2

Заполните пропуски словами из рамки (используйте каждое слово один раз):

does, alcohol, traffic, quickly, the, for, attention, drinking, slower, poor

Alcohol

Alcohol is perhaps ___ (1) most widely used drug in our society. Unlike food, alcohol ___ (2) not have to be digested. It affects a person very ___ (3). It slows the brain and affects memory, self-control and ___ (4). Body movements become ___ (5) and muscle coordination is ___ (6).

The widespread use of ___ (7) has caused special problems not only ___ (8) people who use it, but for society as well. About half of all the people killed in ___ (9) accidents each year die because someone was driving after ___ (10) too much.

Miscellanea

IT IS INTERESTING TO KNOW

Do You Need Three Meals a Day?

How many meals you have each day depends on your activity level and personal preference. Some people feel and work best on four or five small meals.

It is thought that eating a big breakfast, less lunch and a very small supper will aid digestion¹. In other words, you should breakfast like a king, lunch like a prince and dine like a pauper². This allows the digestive system to break down food during the active part of the day and give you a steady supply of nutrients. If you eat a heavy meal during the evening, it may not be digested properly and may cause indigestion.

Chewing Gum

People think that chewing gum is a modern American invention. But it isn't quite true. For thousand of years people have chewed³ gum⁴ resin⁵ made from a juice collected from trees.

Mexican Indians have chewed chicle⁶, the gum resin from the sapodilla tree⁷.

An American inventor, Thomas Adams, bought a large amount of chicle to make something to chew from it. In 1871 he made and sold the first gumballs. People liked them very much.

The chewing gum, as we know it today, was made by William Wrigley in the 1890s. He made gums into flat sticks and added special flavours. Nowadays, Wrigley's Spearmint gums and Juicy Fruit gums are the most popular chewing gums all over the world.

Chewing gum was brought to Europe by American soldiers. They were given chewing gum each day because it kept people from getting thirsty.

¹ [dɪ'dʒɛstʃ(ə)n] — пищеварение

² ['pɔ:pə] — нищий

³ chew [tʃu] — жевать

⁴ [gʌm] — каучуковый

⁵ ['rezɪn] — смола

⁶ ['tʃɪk(ə)] — чикл, натуральный каучук

⁷ Саподилла (сапотовое дерево, из млечного сока которого получают вещество, близкое к гуттаперче)

The soldiers gave gum to the people they met and soon it became very popular everywhere.

USEFUL ADVICE

When Having Meals at a Restaurant

1. Choosing a meal can be a problem sometimes because dishes are called unknown foreign names. Do not guess, ask the waiter to help you.
2. Do not let the number of knives, forks and spoons confuse you. It is simple — use them in the order in which they are laid.
3. When eating, take as much as you want, but eat as much as you take.
4. Do not eat too fast or too slowly, eat as you eat.
5. There is no rule about eating everything on your plate, to indicate that you have had enough place knife and fork together, not criss-cross.
6. Do not leave the spoon in your cup when drinking tea or coffee.
7. Do not empty your glass too quickly — it will be refilled.
8. Normally a meal in a restaurant takes time. Usually you tell the waiter what you want for the first two courses; he will take your order for dessert and coffee later.
9. When paying the bill, it is customary to tip waiters, however in most restaurants a service charge is nowadays added to avoid individual tipping. But if the waiter has been very helpful, some people like to give a small tip.

FROM THE HISTORY OF WORDS

Hot Dogs

These sausages were first sold in the United States in the 1860s. Americans called them "dachshund¹ sausages", because they had the form of dachshunds — long and thick.

They were sold at baseball games. The sellers put the hot sausages on buns and shouted: "Get your hot dachshund sausages!"

One day in 1906 a newspaper cartoonist went to a baseball game and saw people with the dachshund sausages. Soon a funny cartoon appeared in a newspaper: a bun with a dachshund inside. Under the drawing the cartoonist wrote: "Get your hot dogs!", because he didn't know the spelling of the word *dachshund*. After that they became very popular and people began to name the sausages in buns "hot dogs".

¹ ['dækʃhʊnd, -s(ə)nd] — такса

JOKES

Husband (angrily): What! No supper ready? I'm going out to a restaurant!

Wife: Wait just five minutes!

Husband: Will it be ready then?

Wife: No, but then I'll be ready to go with you.

While serving the soup the waiter looked out of the window and remarked: "It looks like rain, sir." The man tasted the soup and said: "It tasted like rain too."

A farmer comes to a town for the first time. He stops at a hotel and asks the clerk about hours for meals.

"Breakfast is from 7 to 12 o'clock, lunch is from 12 to 3, dinner is from 5 to 7 and supper is from 7 to 9," answered the clerk.

"O, my goodness," cried the farmer. "You eat here the whole day, don't you? But I want to see the town. I don't want to stay at your hotel. I want to go to another one."

A DIALOGUE TO ENJOY

What Would You Like to Eat?

Waiter: Hello, please have a seat.

What would you like to eat?

Jean: I think I'll have a steak

And then for dessert some cake.

Waiter: Would you like it on a bun?

Medium? Rare? Perhaps well-done?

With some string beans or some peas?

Potatoes? Some salad? Some cheese?

Jean: I'd like my steak well-done,

Served on a toasted bun.

I'd like some ketchup too.

Waiter: I'll fix it just right for you.

Jean: With a baked potato, please,

Lots of string beans, lots of cheese,

And a salad would be nice,

And bring me some water with ice.

PROVERBS AND SAYINGS TO MEMORIZE

1. Eat at pleasure, drink with measure.
2. It makes one's mouth water.

3. One man's meat is another man's poison.
4. Appetite comes with eating.
5. A hungry man is an angry man.

GIVE IT A NAME

1. It is something you can drink from. It is made of glass and does not have a handle.
2. It is the liquid that comes from fruit when you squeeze it.
3. It is a very cold sweet-tasting creamy food.
4. It is used to flavour food. It is found in the earth and in the sea water.
5. It is something you can drink from. It is made of china or clay and has a handle.
6. It is food that people eat, usually at fixed times during the day.
7. It is food that is just enough for one person.

Текст для дополнительного чтения

The Joys of Juice

Fresh fruit and vegetable juice drinking has become much more widespread in recent years. Many people start each day with a glass of freshly squeezed orange juice, while others harvest their own crops of fruits and vegetables to press themselves, or follow diet regimes that are based on juices.

The Health Benefits. Most fresh fruits and vegetables are excellent sources of the antioxidant vitamins, beta carotene and vitamins C and E. These nutrients, research suggests, help to neutralize the harmful effects of the body's free radicals, which have been linked to aging, heart disease and cancer.

Juices can also make you feel healthier because they contain plant enzymes that aid digestion. It is even claimed that juices are able to alleviate many common complaints such as sore throats and insomnia. But fruit juices such as apple and citrus juices naturally contain about 10 per cent sugar and, if consumed frequently throughout the day, will cause tooth decay.

Making Your Own. Although juices do not pack as much of a punch nutritionally as the raw, fibrous fruit or vegetable, they are often tastier. Carrot juice is a notable example.

Juices are also a good way to boost your vitamin intake. In most cases a glass of fresh juice provides several times the recommended

levels of vitamins and minerals, and because they are water-based, the body will excrete any excess.

Freshly squeezed juices are better than the shop-bought variety because vitamin C diminishes with time and with exposure to air. They are also more likely to be free of any additives. Citrus fruits can be squeezed by hand, but with a juicing machine you can make a variety of cocktails. Thoroughly wash all vegetables and fruits you use to remove traces of insecticides and fertilizers.

Ready-made Juices. Many manufacturers add preservatives or additives to packaged or bottled juices. Often, however, these are naturally occurring plant by-products and not necessarily harmful. By far the most common added ingredient in juice is refined sugar.

If you buy ready-made juices or the frozen concentrates, read the label to make sure that they have no added sugar or colourings, especially if you are giving them to children. For younger children, even pure fruit juices should always be diluted; many juices are quite acidic and can damage young teeth or cause diarrhea if children drink them at full strength.

Урок 3

MEALS IN THE USA AND GREAT BRITAIN (КАК И ЧТО ЕДЯТ В США И ВЕЛИКОБРИТАНИИ)



Текст А

How Do the Americans Eat?

There are various ethnic food, health food, fast food and traditional home-cooked food in the USA.

Mexican food is the favourite of many Americans, but they love spaghetti, pizza and other types of Italian food. Chinese food has been popular with them for years. Now they often prefer fast food like hamburgers, hot dogs and French fries.

Many years the American people liked traditional big breakfast and diet of meat and potatoes. Usually they eat three times a day.

For breakfast they have first juice, particularly orange one, then different kinds of cereal: cornflakes, oatmeal, cream of wheat and others or eggs (fried or hard-boiled), tea or coffee.

Lunch is a quick meal for the most Americans. For lunch they have fast food: pizza, potato chips, McDonald's food, sandwiches, hot dogs, hot corn, any kind of sweet gas water, fruit and salads.

There are many fast-food restaurants all over the country where people can have lunch during their short lunch break.

When the American people talk about lunch, they usually say: "Let's grab a sandwich! How about a bite to eat?" At lunchtime most Americans eat on the run, so fast food is very popular.

For dinner they always have salad with different kinds of vegetables mixed with croutons and dressing. After salad they like to eat fried chicken, steaks, ribs, beef, fish, baked, fried and mashed potatoes.

Maybe the Americans have more time for dinner, but they don't often have enough time for grocery shopping, cooking and washing dishes. Often instead of asking, "What's for dinner?" they ask: "Where are we going for dinner?"

The Americans have never eaten herring and seldom soup. But if they want any soup, they eat puree or cream soup. During any meal they drink different kinds of gas water or Coca-Cola. Lettuce is the main ingredient of salads. The American people like ice cream, cookies, cakes, candies very much, they also use 8—10 glasses of water a day.

In common the Americans eat much, particularly at weekends. They go outside and very popular food is barbecue and food in cans. They also eat hot dogs, hot corn and less bread.

60 per cent of the Americans (children and adults) are overweight. And nowadays the American people begin to think seriously about their physical wellbeing. So health food becomes more popular. It doesn't contain chemicals and preservatives. Health food is fresh and natural. American doctors recommend to eat a well-balanced diet daily.

Словарь к тексту

French fries [ˈfrentʃˈfraɪz] <i>Am.</i>	картофель, жаренный во фритюре
diet [ˈdaɪət]	питание, пища, рацион, диета
cornflakes [ˈkɔːnˈfleɪks]	кукурузные хлопья
cream of wheat [ˈkriːm əv ˈwaɪt]	каша из мелкодробленых зерен пшеницы
gas water [ˈɡæs ˈwɔːtə]	газированная вода
to grab [ɡræb]	поесть наспех, «перехватить»
bite [baɪt]	легкая закуска
crouton [ˈkruːtɒn]	гренки
ribs [rɪbz] <i>Am.</i>	телятина (<i>спинная часть</i>)
puree [ˈpjʊə(ə)reɪ] soup / cream soup	суп-пюре
lettuce [ˈletɪs]	салат, латук
cookie [ˈkʊki]	печенье
barbecue [ˈbɑːbɪkjʊː]	барбекю (<i>мясо, зажаренное на открытом огне</i>)
can [kæn]	консервная банка
overweight [ˌəʊvəˈweɪt]	имеющий избыточный вес
preservative [prɪˈzɜːvətɪv]	консервант
wellbeing [ˌwelˈbiːɪŋ]	здоровье

Задания к тексту

1. Подберите русские эквиваленты к следующим словосочетаниям:

various ethnic food, traditional home-cooked food, different kinds of cereal, wheat cream, with croutons and dressing, mashed potatoes, the main ingredient, food in cans, cream soup, less bread, physical wellbeing, a well-balanced diet.

2. Переведите на английский язык, используя слова и выражения из текста:

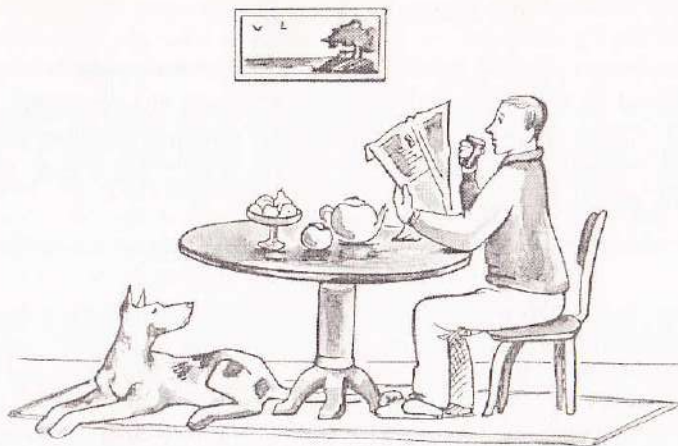
1. Мексиканская пища — самая любимая для многих американцев. 2. Многие годы американцы любили традиционный обильный завтрак и рацион из мяса и картофеля. 3. По всей стране много ресторанов быстрого питания. 4. На обед они всегда едят салат из различных овощей, смешанных с гренками и заправкой. 5. Американцы не едят селедку и редко едят суп. 6. В общем, американцы едят много, особенно в выходные дни. 7. Здоровая пища не содержит химических продуктов и консервантов.

3. Отметьте верные утверждения словом *right*, неверные — словом *wrong*:

- Most Americans prefer having home-cooked lunch.
- Chinese food is not popular with the Americans.
- The Americans often prefer fast food: hamburgers, hot dogs, French fries.
- The Americans never have salad for dinner.
- American women like cooking and washing dishes.
- The Americans like to have herring and soup for dinner.
- They drink different kinds of gas water during any meal.
- When the Americans go for a picnic, they often bake potatoes in the open-air fire.

4. Ответьте на вопросы:

- How many times a day do the Americans usually eat?
- What do they have for breakfast?
- Do most Americans eat lunch on the run or at the restaurant?
- Where can the American people have lunch quickly?
- What do they say about lunch?
- Do the Americans have more time for dinner?
- What do the Americans always have for dinner?
- The Americans like to have dinner at home, don't they?
- What do the Americans drink during any meal?
- Lettuce is the main ingredient of salad, isn't it?
- How many glasses of water do the Americans drink a day?
- What kind of food becomes more popular now?
- Is health food fresh and natural?
- What do American doctors recommend to eat?



Текст В

What Do the English Eat?

Ann lives in London. She is a former college teacher, now on pension. We asked her to tell us how and where the ordinary English have their meals. Here is her story.

What do the English eat? One's daily diet depends (probably as everywhere) on taste, income and pattern of everyday life. For breakfast, someone dashing off to work will grab a cup of tea or coffee and a piece of toast and marmalade, or not even that, and buy a coffee and croissant en route! But at weekends, when there is more time, they might on Saturday or Sunday have the "Great British Breakfast" (which is now marketed everywhere in cafes as "all day breakfast" — very popular with tourists). This consists of fried bacon, eggs, tomatoes, mushrooms, sausage, baked beans and fried bread. This food is ironically known as "heart-attack specials" — but if one goes away to stay in a bed-and-breakfast place or hotel, you have it all the same! Anyone health-conscious may have cereal, e. g. muesli, fruit juice and perhaps a piece of toast and marmalade. At weekends, I may have scrambled eggs on toast, with grilled bacon, coffee. Lunch for me would be a sandwich with brown, wholemeal bread, a banana, occasionally soup and/or fruit juice — most people eat their main meal in the evenings, because of work, and for preference. Again main dinners — anything! Traditional English food is fish and chips with peas, steak and kidney pie, sausage and mashed potatoes, but people also eat Indian or Chinese food, pasta with a meat or vegetable sauce, with the usual Mediterranean herbs, such as basil, oregano, plus olives, Pesto sauce, sprinkled with Parmesan cheese. As for eating out — income determines this. As I am

on pension, it is usually Indian or Chinese, and there is a cheap Polish restaurant near my place — this would be once a month, and I may also get in a takeaway (you phone the restaurant and they deliver — usually Indian) once or twice a month. However if you are young on a high income, you may eat out several times a week, and get frequent takeaways: you may have to pay £100—150 for two in the modern European, Mediterranean or even some up-market Indian restaurants (compare the ones we go to — £30—40 for two).

Словарь к тексту

income ['ɪŋkʌm, 'ɪn-]	доход
pattern ['pæt(ə)n]	образ (жизни)
to dash [dæʃ] off	бежать, мчаться
croissant ['krwɑ:sɒŋ]	круасан, рогалик
en route [ɒn 'ru:t]	по пути
to market ['mɑ:kɪt]	зд. рекламировать
bacon ['beɪkən]	бекон
baked beans [ˈbeɪkt 'bi:nz]	консервированная белая фасоль в томатном соусе
bed-and-breakfast [ˌbed ənd 'brekfəst]	гостиничное обслуживание, в цену которого входят размещение и завтрак
health-conscious ['helθkɒnʃəs]	заботящийся о своем здоровье
muesli ['mju:zli]	мюсли
wholemeal ['həʊlmi:l]	цельнозерновой
preference ['pref(ə)rəns]	предпочтение
steak and kidney ['steɪk ənd ˌkɪdni] pie	пирог с мясом и почками
Mediterranean [ˌmedɪtə'reɪniən]	средиземноморский
basil ['bæz(ə)l]	базилик
oregano [ɔ:'rɪɡə:nəʊ]	ореган (растение из семейства мяты)
Pesto sauce	песто (итальянский соус из базилика и чеснока)
to sprinkle ['sprɪŋk(ə)l]	посыпать
Parmesan cheese [ˌpɑ:mɪzæn 'tʃi:z]	сыр пармезан
takeaway ['teɪkəweɪ]	еда на вынос (в ресторанах быстрого питания)
to deliver [dɪ'lɪvə]	доставлять
up-market [ʌp'mɑ:kɪt]	элитарный, дорогой

Задания к тексту

1. Переведите на английский язык:

1. Ежедневный рацион англичанина зависит от его предпочтений, дохода и образа жизни. 2. «Большой английский завтрак» со-

стоит из бекона, яиц, помидоров, грибов, консервированной фасоли в томатном соусе и тостов. 3. Те, кто заботится о своем здоровье, предпочитают на завтрак мюсли, фруктовый сок, тосты с апельсиновым джемом. 4. Традиционная английская еда — рыба с картофелем во фритюре, зеленый горошек, слоеный пирог с мясом и почками, колбаса, картофельное пюре. 5. Ужин в современном дорогом ресторане с европейской, средиземноморской или индийской кухней обойдется в 100—150 фунтов на двоих.

2. Ответьте на вопросы:

1. What does the daily diet of the English depend on?
2. What does the breakfast of people who work consist of?
3. What is the "Great British Breakfast"?
4. How is this food ironically called?
5. What do health-conscious people have in the morning?
6. What does Ann have for lunch?
7. When do most people have their main meal?
8. What is traditional English food?
9. What do you think of the English food? Chinese food?
10. How much do you have to pay for a meal in the modern European restaurant of London?

Текст С

British Cuisine

There is no cuisine in the world about which there are as many jokes as there are about British cooking. Particularly the French are great in making jokes about British cuisine. For example, according to one French comic, hell is a place where the cooks are British.

Or do you know why the British serve mint sauce with lamb? According to French food critics, mint must be the only plant not eaten by sheep.

Of course, these all are exaggerations. The British bear them with their superior sense of humour.

British cuisine cannot present so many internationally renowned dishes as French cuisine does. But British cuisine has contributed a lot to the world's steak culture, and there are a number of inventions in British cuisine which are even adopted by the French — as for example the creation of sandwiches.

As for steaks, that has in the past been so British that British elite troops were called *Beefeaters*. And the term *porterhouse* for a special large kind of steak cuts has nothing to do with porters or luggage carriers but originates from British pubs where a special brand of dark beer,

Porterbeer, was served, and where a snack consisted of a steak some 900 grams by weight — a single portion for a single man.

It's a character trait of the British not to be proud of their cuisine too much. In case of their foods and drinks, the British learnt a lot from the colonies conquered by the beefeaters all around the world. From East Asia (China) they adopted tea (and reexported the habit to India), and from India they adopted curry-style spicing.

However, they didn't just copy these food and drink habits but combined them with their own foodstuffs: tea with milk and curry with pastry (to make curried pies).

Словарь к тексту

hell [hel]	ад
exaggeration [ɪgˌzædʒə'reɪʃ(ə)n]	преувеличение
renowned [rɪ'naʊnd]	известный
adopt [ə'dɒpt]	перенимать, заимствовать
creation [kri'eɪʃ(ə)n]	создание
elite [e'li:t, i-]	элитный
troop [tru:p]	войско
Beefeaters ['bi:fi:təz]	бифитеры, «мясоеды» (<i>прозвище дворцовой стражи или стражников лондонского Тауэра</i>)
porterhouse ['pɔ:təhaʊs]	стейк из говядины высокого качества
cut [kʌt]	вырезка, филе
pub [pʌb]	пивная, трактир, таверна
brand [brænd]	сорт
porter ['pɔ:tə]	крепкое темное горькое пиво
trait [treɪ(t)]	черта (<i>характера</i>)
conquered ['kɒŋkəd]	завоеванный, захваченный
habit ['hæbɪt]	привычка
curry ['kʌrɪ]	карри (<i>острая индийская приправа из куркумы и др. пряностей</i>); блюдо, приправленное карри

Задания к тексту

1. Подберите английские эквиваленты к следующим словам и словосочетаниям:

шутить; единственное растение; превосходное чувство юмора; блюда, признанные во всем мире; изобретение; элитные войска; весом 900 граммов; характерная черта; они заимствовали чай; не только переняли эти привычки.

2. Ответьте на вопросы:

1. What did one French comic say about British cuisine?
2. Why do you think the British serve mint sauce with lamb?
3. There are a lot of jokes about British cuisine. How do they bear them?
4. Do you know inventions of British cuisine?
5. British cuisine has contributed a lot to the world steak culture, hasn't it?
6. Can you translate the word *beefeater*?
7. Are the British proud of their cuisine?
8. What did the British adopt from East Asia (China)?
9. Where did the British adopt curry-style spicing from?
10. The British didn't just copy food and drink habits from other countries, did they?

3. Расскажите, что вы знаете об английской кухне, используя в качестве плана следующие вопросы:

1. How many meals a day do the English generally have?
2. How many courses do these meals consist of?
3. Do the English eat out a lot? Who can afford it?
4. What are your views on English food?
5. Can you describe a typical English breakfast?
6. What are the most famous dishes in Great Britain?
7. Which English dishes would you like to try and why?
8. Are English dishes well known in our country?
9. Which Russian dishes would you recommend to an English visitor?

Диалоги

1. Прочитайте по ролям и переведите:

What Tania Likes

Mary: Do you miss your home cooking or are you getting used to our English food, Tania?

Tania: There are some dishes I miss very much indeed. You see, our food is different from yours.

Mary: Yes, I know. But what English dishes do you like? Or don't you like any of them?

Tania: Well, first of all I'm fond of your fish and chips. Fish is always fresh and tasty.

Mary: Have you eaten our national dishes: roast beef, Yorkshire pudding?

Tania: Oh yes, I like the way you cook them. Your steak is so tender and delicious.

Mary: It's very nice of you to say so. And how do you find my apple pie?

Tania: Oh, it's my favourite English dish now.

Mary: I'm glad you like it.

English Breakfast

Sergey: Tania, have you had breakfast yet?

Tania: Oh yes. Mary cooks an English breakfast every morning.

Sergey: What has she done for breakfast today?

Tania: We have had boiled eggs, toasts, bread and butter, marmalade and tea. Everything was delicious. I think there is nothing like an English breakfast.

Sergey: My breakfast at the hotel is always rolls and coffee.

Tania: Do you like English coffee?

Sergey: Oh no! English people can't make good coffee.

Tania: Yes, I enjoy English breakfast but their coffee is bad.

Sergey: Did you get used to English tea with milk?

Tania: Yes, and I prefer it to coffee.

Going to the Pub

Mary: John is going to take you out tonight.

Sergey: Where are we going to?

Mary: Would you like to go to a pub?

Sergey: To a pub? What's that?

Mary: Oh, you don't know what English pubs are? Pubs have been part of the British way of life for years. We go to a pub to meet friends and have a chat.

Sergey: Is it like a cafe?

Mary: No, the cafe is a place where people go for a meal or a quick cup of tea. But when you want to relax after a day's work and have your usual drink, you go to the pub.

Sergey: Do they buy food?

Mary: Yes, you can also buy food in some pubs: they serve hot sausages, pork pie, sandwiches or a ploughman's¹ lunch, consisting of bread, cheese and pickles².

Sergey: That's very interesting. Let's go to a pub.

2. Задайте друг другу следующие вопросы и ответьте на них:

1. What do Russian people usually have for breakfast? What do you usually have for breakfast? Do you drink black or white coffee? Do you like tea with milk? Can you afford to have freshly squeezed oranges in the morning? What do you think is the healthiest breakfast?

¹ ['plʌmən] — пахарь

² ['pɪk(ə)lz] — соленые или маринованные огурцы и пр.

2. The English usually have for lunch (the midday meal) some light food. And what about you? When do you usually have your midday meal? How do we call it? What do you usually have for dinner?

3. The main meal of the English is in the evening and it is called dinner. When do you have dinner? When do you usually have supper? What do you usually have for supper?

4. Who cooks meals in your family? What is the everybody's favourite dish in your family? Who makes it? Do you like cooking? Do you often cook at home?

5. Some people can't stand eating alone. What about you? Don't you mind eating alone? Do you always invite your classmates when you go to have a snack to the students' canteen?

Лексические упражнения

1. Выберите прилагательные, описывающие качества блюд. Составьте с ними предложения.

Образец:

The meal can be cheap.

The steak can be delicious.

cheap, expensive, delicious, nice, tasty, dangerous, high, handsome, young, right, dry, good, new, rare, underdone, appetizing, awful, horrible, tender, salty, healthy, hearty, short.

2. Переведите на русский язык, обращая внимание на многозначность слов *smell, taste*:

а) **smell**, *v* 1) нюхать; 2) пахнуть
smell, *n* запах

1. Smell these apples! Aren't they sweet! 2. She smelt the fish to find out whether it was fresh. 3. Can you smell something burning? 4. The dish smells wonderful, doesn't it? 5. The coffee smells good. 6. I don't like the smell of these flowers.

б) **taste**, *v* 1) пробовать на вкус; 2) иметь вкус
taste, *n* вкус

1. Taste this cake! Isn't it delicious? 2. He tasted the soup to find out whether he had put enough salt in it. 3. This milk tastes sour. 4. What does this soup taste of? 5. This cucumber is bitter to the taste. 6. The dish left a bad taste in the mouth. 7. His wife dresses in good taste.

3. Дополните каждую из идиом словом или словосочетанием из рамки и подберите соответствующие русские эквиваленты:

a pancake, a berry, two peas in a pod, mustard, chalk and cheese,
a cucumber, a toast, a bee

1. As brown as

2. As keen as

3. As cool as

4. As flat as

5. As different as

6. As warm as

7. As like as

8. As busy as

Грамматические упражнения

1. Напишите предложения в Future Simple, внося необходимые изменения и дополняя их словами *tomorrow, next Sunday, next month* и т.п.:

1. Henry invites many guests to his parties. 2. They travel in summer. 3. I take my dog for a walk two times a day. 4. Mother cooks nice dinners. 5. We often discuss our plans. 6. She buys a new dress every month. 7. He goes shopping on Sunday. 8. I drink coffee. 9. In other cities we always visit interesting places. 10. My parents get up early.

2. Напишите предложения в отрицательной форме:

1. I'll get up early tomorrow. 2. We'll go shopping next weekend. 3. He'll come to work in time. 4. Mary will be late for the film. 5. I'll stay at home on Saturday. 6. They'll watch a new comedy on TV. 7. I'll buy provisions for my birthday party. 8. My mother will make a holiday dinner. 9. They will go to the restaurant tomorrow. 10. Ann will marry Bill in July.

3. Задайте к каждому предложению вопросы пяти типов:

1. Kate will go to London next summer. 2. They will eat out tomorrow. 3. We would prefer English tea with milk to coffee. 4. John will go to the pub to meet his friends and have a chat. 5. Mary will cook several national dishes.

4. Напишите предложения в вопросительной и отрицательной форме:

Образец:

Nick is going to phone Liz.

Is Nick going to phone Liz? — No, Nick is not going to phone Liz.

1. My sister is going to have dinner out. 2. They are going to visit the Tretyakov Gallery. 3. I'm going to spend my summer holidays abroad. 4. We are going to discuss our plans tomorrow. 5. Mother is going to make breakfast at 8.

5. Переведите на английский язык, используя конструкцию *to be going to do smth*:

1. Завтра мы собираемся пообедать в ресторане. 2. Что ты собираешься делать в следующие выходные? 3. Я не собираюсь покупать новую машину. 4. Я не хочу ехать домой на автобусе. Я собираюсь взять такси. 5. Он собирается пригласить гостей на свой день рождения. 6. Мама собирается приготовить жареное мясо к обеду. 7. Я собираюсь надеть свое новое платье на вечеринку. 8. Я так голодна. Я сейчас съем этот бутерброд. 9. Мы намерены продать наш дом и

купить квартиру в центре города. 10. Я не собираюсь готовить ужин сегодня.

6. Задайте друг другу вопросы о планах на ближайшие выходные.

Образец:

What are you going to watch on TV?

What book are you going to read?

Where are you going to spend your weekend?

7. Переведите на русский язык, обращая внимание на многозначность глаголов *shall, would, will*:

1. We shall phone him tomorrow. 2. It's warm in the room. Shall I open the window? 3. I'm going to the theatre tonight. What shall I wear? 4. I've got so many problems. What shall I do? 5. Will you open the window, please? 6. My father will leave for England next month. 7. Will you give me a pencil? 8. If you could come, I would be happy. 9. Would you like to have dinner with me on Saturday? — Yes, I'd love to. 10. Would you like a chocolate? — Yes, please. 11. Mother said she would come earlier tomorrow. 12. I'd like to ask a question. 13. Would you rather have dinner at home or in the restaurant? 14. Would you prefer meat or fish? 15. Shall we go out tonight? — Well, I'd rather stay at home. 16. You shall help him. 17. I'm thirsty. I'd like a drink.

8. Напишите степени сравнения следующих прилагательных:

а) Образец:

a cold day — a colder day — the coldest day

a long nose, a clever child, an old man, a big shop, funny stories, a hot pie, warm dishes.

б) Образец:

a beautiful girl — a more beautiful girl — the most beautiful girl

a handsome boy, an interesting book, wonderful days, an expensive restaurant, an intelligent woman, a difficult question.

в) Образец:

a good student — a better student — the best student

bad food, good friends, a bad nut, a good day.

9. Поставьте прилагательные в скобках в нужную форму:

1. The 22nd of December is the (short) day of the year. 2. Ann is the (good) student at our faculty. 3. My mother is (young) than my father. 4. The days in summer are (long) than in winter. 5. It is the (bad) day in my life. 6. She is a very (beautiful) girl. 7. The Ostankino Tower is the (high) tower in Europe. 8. It is (high) than Eiffel Tower. 9. Your car is (expensive) than mine. 10. This is the (clever) man I've ever known. 11. She is the (beautiful) woman I've ever seen. 12. The situation is even (bad) than I expected.

Тест 1

Подберите к каждому слову рисунок и укажите его номер:

sausage
carp
sweets
pizza

pike
soup
herring
pepper

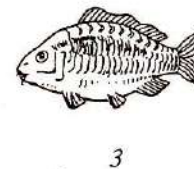
eel
hamburger
radish
cauliflower



1



2



3



4



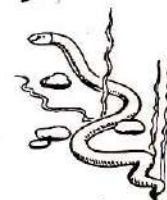
5



6



7



8



9



10



11



12

Тест 2

Заполните пропуски словами из рамки (используйте каждое слово один раз):

cook, of, and, also, drink, is, made, place, the, eat,
are, wins, soup

Irish Food

Ireland ___ (1) on the edge of Europe, with the Atlantic Ocean to its west. In the southwest ___ (2) the island, the climate is influenced by the Gulf Stream.

Dublin is the home of *Guinness* and a very cool ___ (3) for a short break.

It has one of ___ (4) youngest population in Europe and one that is well-travelled so the culinary influences ___ (5) international. You can ___ (6) excellent cheese, Japanese and Mediterranean cuisines.

There are plenty of oysters, lobsters ___ (7) scallops from the West Coast, world-class beef and some of the sweetest lamb you've ever eaten.

Irish farmhouse cheese regularly ___ (8) awards internationally.

Bread is tasty. Soda bread (flour, salt, bread soda and buttermilk) is ___ (9) daily in many households. Wheaten bread — another name for brown soda bread — is ___ (10) favourite.

The Irish people make ___ (11) with garden vegetables or wild foods. They also like to ___ (12). Irish stew (based on neck of lamb) or a beef casserole¹, a hearty main course, served with potatoes. There are hundreds of places to eat and to ___ (13) a bottle of excellent wine and a cup of good coffee in the city of Dublin.

Miscellanea

IT IS INTERESTING TO KNOW

Saffron

Little compares to the pungent² aroma and honey-like taste of saffron. And it is very expensive. Just 1 g retails³ at about £2 (£2 million per ton), making it more expensive than silver.

Why Is Saffron So Expensive?

Saffron is the dried stigmas⁴ of the crocus⁵. The flowers are picked by hand in the early morning, left to dry in the sun, then in the evening three stigmas from each flower are removed by hand. To produce 1 kg of saffron, it takes about 140,000 crocuses, a lot of time and a huge amount of intense, back-breaking labour.

Saffron is most famously used in three classic dishes: the French soup bouillabaisse⁶, the Spanish paella⁷ and the Italian risotto á la Milanese. It is also used in traditional Cornish saffron cakes and buns made with yeast.

¹ ['kæs(ə)rəʊl] — горшочек

² ['rʌndʒənt] — острый, резкий

³ ['riteɪlz] — продается в розницу

⁴ stigma ['stɪgmə] — рыльце (*пестика*)

⁵ ['kræʊkəs] — шафран

⁶ [ˌbʊɪjə'bes] — буйабес, густой рыбный суп

⁷ [rɪ'paɪlə] — рис с кусочками мяса, рыбы и овощей

USEFUL ADVICE (TABLE MANNERS)

English Dinner

English dinners are not so different from those anywhere else but there are a few things worth mentioning.

The English often warm the plates. Be careful not to burn yourself when you touch them.

The food is often served up onto the individual plates by the hostess. If you are given more food than you can manage, you must tell your hostess about it. She will take some of it away before you have touched it. This is what you can say: "Oh, it looks delicious, but I'm afraid it (really) is too much for me! I don't think I can manage all of it. I'm sorry."

When leaving the table, you don't use the words "thank you" but you thank your hostess for food by saying, for instance: "I did enjoy that" or "That was delicious. I really enjoyed it."

Drinks

Is it a myth or is it true that the English drink tea all the time? The English very seldom drink milk with their meals as in many other countries. Some Englishmen drink water or squash¹, others may drink beer or wine on special occasions. Some families have tea with their dinner.

If you are not given anything to drink and you find it difficult to have a meal without a drink, you can get yourself a glass of water from the jar. You just say: "May I get myself a glass of water, please?"

JOKES

Tea or Coffee

They say that English people can't make good coffee. There is a story about the man who was having breakfast in an English hotel.

He took a drink from his cup and then said to the waiter, "Waiter, is this tea or coffee?"

The waiter said, "Can't you tell the difference, sir, by the taste?"

"No," the man said, "I can't."

"Well," answered the waiter, "if you can't tell the difference, what does it matter which it is?"

A Mushroom

A Frenchman was travelling in England. He couldn't speak English at all. He knew only a few English words and it was difficult for him to

¹ [skwɒʃ] — фруктовый сок (*обыкн. с газированной водой*)

make himself understood. One day he came to a country inn. He felt hungry and decided to have lunch there. He wanted to order some mushrooms which he liked very much. So he called the waiter and spoke to him in French. The waiter could not understand a single word.

What was the Frenchman to do?

At last he had a good idea. "If I show him a picture of a mushroom, he will understand what I want," he said to himself.

So he took a piece of paper and a pencil and drew a picture of a mushroom. The waiter looked at it and ran out of the room. A few minutes later the waiter returned with an umbrella, for this was how he had understood the picture.

A Polite Question

The manager of a very fashionable restaurant was much pained when a guest tied his napkin round his neck. So he called a boy waiter to make the gentleman understand, as tactfully as he could, that such things were not done.

The boy approached the guest and asked seriously: "Shave or haircut, sir?"

A POEM TO ENJOY

You Are Drinking My Strawberry Shake

You can sing this dialogue on the melody of the English song "My Bonny is over the Ocean".

Jack: Excuse me, I'm sorry to tell you,
But you took my drink by mistake.
Excuse me, I'm sorry to tell you,
You are drinking my strawberry shake.

Mag: I'm not.

Jack: You are.

Mag: Don't get upset. Don't raise your voice.

Jack: I'm not.

Mag: You are.

Jack: Please, don't raise your voice to me.

Mag: And what makes you think it's your milk shake?

I think you must be colour-blind.

And what makes you think it's your milk shake?

I think you are out of your mind.

Jack: I'm not.

Mag: You are.

Jack: Let's let the manager say who's right.

Mag: All right.

Jack: All right.

Mag: Let's have him settle the fight.

PROVERBS AND SAYINGS TO MEMORIZE

1. Hope is a good breakfast but a bad supper.
2. Better an egg today than a hen tomorrow.
3. As slippery as an eel.
4. All sugar and honey.
5. Hunger breaks stone walls.

GIVE IT A NAME

1. Two slices of bread with food between them.
2. It is a drink. It is made by pouring boiling water onto the dried leaves of a plant with the same name.
3. It is a small plant. It has a short thick stem with a round top. It looks like a tiny umbrella.
4. It is a sea creature that has a hard shell, two large claws and eight legs.
5. It is a food that is made by cooking fruit with a lot of sugar.
6. It is a food made from milk. It can be hard or soft. Some sorts of it have a strong flavour.
7. When you do it, you put food in your mouth, chew it and swallow it.

Тексты для дополнительного чтения

What Means to Be Well-Mannered for an English and for an American

The well-mannered Englishman at table holds and keeps his knife in his right hand, his fork in his left, cuts his meat and presses his vegetables onto his fork.

The well-mannered American first cuts up all his meat, then places his knife down on the right of his plate, takes his fork in his right hand and with his fork lifts the food to his mouth.

He will have coffee (generally with cream) half-way through his dinner before the pudding (which he calls "desserts"). The Englishman drinks his coffee (black usually) after dinner. And of course, Americans are coffee-drinkers rather than tea-drinkers. The English for which tea-making is almost a religious ceremony would be shocked at the

American's idea of how tea should be made. The popular method is to take a cup of hot (not necessarily boiling) water and drop into it a cotton bag with tea leaves in it. For a change they will sometimes put a pan of water on the electric stove and, just as the water gets warm, throw in a few teaspoonfuls of tea. Then they pour the mixture into a tea pot (cold, of course), pour it from there into a cup (or glass) and then drink it without turning a hair¹.

What is Tea for the British?

Tea is the national drink of the British.

Britain imports about 20 % of all the world's tea. It was introduced to Britain in 1657 by Catherine of Braganza, King Charles II's wife and became so popular that special ships ("clippers") were designed to bringing it quickly from China.

The English custom of afternoon tea goes back to the late 18th century, when Anne, wife of the 7th Duke of Bedford, decided that she needed tea and cakes to bring back her strength around 5 p.m.

The British drink more tea than any other nation — about 4 kilos a head, or 1,650 cups of tea a year.

Most people in Britain drink tea with black leaves, but now herbal teas, which do not contain caffeine, are becoming more popular.

The British way of making tea is special. There are some strict rules how their tea is made:

- The teapot must be warmed before the tea is put in.
- The water must be boiling properly.
- The right quantity of tea — "one spoon for each person and one for the pot" — must be used.
- Tea must be brewed for three minutes.

The drinking of tea is the opportunity for the British to rest for a few minutes.

"If you are cold, tea will warm you,
if you are heated, it will cool you,
if you are depressed, it will cheer you,
if you are excited, it will calm you."

Eggs

Cooks love eggs and the wise cook is never without a good supply. Eggs are versatile, easy to use, easy to digest, and most people like them. They are always obtainable and their price remains reasonable. Store them in a cool place, larder² or refrigerator, and there is always

¹ without turning a hair — не моргнув глазом

² ['lɑ:də] — шкаф для продуктов

the basis of a quick, inexpensive meal ready to hand. If you keep them in the refrigerator, take them out and let them reach kitchen temperature before using. Beaten when warm rather than cold, the whites produce far greater volume for meringues¹ or soufflés². Most people are now familiar with the grading system, from Grade 1 for the largest down to Grades 5 or 6 for the smallest.

Brown eggs or white? The answer is that it does not matter, the difference is only in the eye of the beholder. In America they pay extra for pure white ones, the British do the same for dark brown. They are all good. Boil them, scramble them, fry them with bacon, make an omelet, make mayonnaise or meringues.

The egg is the basis of most cakes and many sauces. It takes kindly to cheese and to vegetables of all kinds, and it can help you to achieve spectacular success with many simple dishes. Take the soufflé, for instance. A good soufflé, golden and well risen, puffing up in its dish as you take it out of the oven, does a lot for your reputation as a cook. Contrary to popular belief, there is no mystery about soufflés and it is truthfully said that if you can make a white sauce, you can make a soufflé. The important thing is that it should be eaten straight out of the oven. There should not be too much trouble over this!

¹ meringue [mə'reɪn] — меренга, безе

² soufflé ['su:flɛɪ] — суфле

RUSSIAN CUISINE
(РУССКАЯ КУХНЯ)

Текст А

Russian Cuisine

Russian cuisine is rich and varied. There is a big choice of appetizers, soups, hot and dessert dishes. Soup makes an important part of a Russian meal. The traditional Russian soups are *shchee* (fresh cabbage meat *shchee*, sauerkraut *shchee*, *shchee Petrovsskie* cooked from pike-perch and fresh cabbage), *borshch*, *rassolnik* (kidney and salted cucumber soup), meat and fish *solyanka*, *ukha*, mushroom soup and soup in season — *okroshka* and cold beetroot soup. No two recipes are the same for *borshch* and *shchee*.

Many ways of cutting and cooking meat came from France, that is why they have French terms: *antrekot*, *eskalop*, *file*. Roast suckling pig is a classic festive dish on the Russian table. The traditional method was to roast the pig on a baking tray in the oven. It was cooked with the head left on, basted frequently with oil or butter and served with buckwheat and sometimes with a hot sauce. Alexander Grigoryevich Stroganoff gave his name at the end of the 19th century to a dish—beef Stroganoff. Stroganoff lived in Odessa and had a very good cook who was either

French or French-trained. Beef Stroganoff is a dish made of meat cut into strips and cooked in sour-cream sauce.

Pelmeni is another specialty of Russian cookery, which has its history. Under the Mongol yoke *pelmeni* became established in Siberia and the Urals and gradually spread on all the territory of Russia. Nowadays there is a great number of recipes and varieties of them. Traditional mixture of beef, pork and elk is used to make minced meat. It is interesting that the whole ceremony of making *pelmeni* exists in the villages of Siberia. There is a local tradition there that the families gather at the table once or twice a month in winter and spend the whole afternoon to make a vast batch of *pelmeni*. The women make the dough and chop the meat, the men do the folding. The traditional form is ear-shaped, but they come in all shapes from square to triangles. Then the *pelmeni* are deep frozen and kept in sacks, bags or buckets in cold pantries.

Russian cooking makes greater and more varied use of mushrooms than any other cuisine in the world. They are eaten raw, dressed with herbs, cooked into soups and pies, baked with cream. A popular winter delicacy is pickled or salted mushrooms, which are eaten as hors d'oeuvres.

The great Russian fish are freshwater fish, headed by the celebrated *sterlet* from the river Volga. They include several varieties of sturgeon and over a dozen different salmon. Of the extensive salmon family *fera* (trout) — *sig* — is still known to some people as “the Tsar’s fish”. They are served hot and cold, smoked, in aspic or stuffed, fried, marinated and the like. And, of course, soft, pressed and red caviar is the hit of every festive table.

The English word “porridge” is no good for translating *kasha*, which covers almost all ways of cooking all grains in water, milk, stock and cream. There is a large variety of consistencies from dry (like rice) to a thick puree. The simplest and traditional way to serve Russian *kasha* is with plenty of good butter. As the saying goes: “You can’t spoil *kasha* with butter”.

There is a large variety of poultry and game dishes in Russian cuisine: roast chicken, roast duck and goose stuffed with apples and sauerkraut, roast partridge, hazel grouse, woodcock, black cock, pheasant and quail. They are juicy and tender dishes.

A large variety of milk products are used in Russian cooking: a sort of dry, granulated cream cheese called *tvorog*, thick sour cream called *smetana* and several types of sour-milk products of the yoghurt type. *Smetana* can be used with almost anything: we can dress soups, meat dishes, strawberries and apples sliced up with it. It is also used on pancakes and drunk by the glassful with or without sugar. *Smetana* is also an almost universal flavouring sauce. *Smetana* is made from cream and contains 2,5 % of protein, 20—40 % of fat, lactic acid. *Kefir* is a dietary beverage made from cow’s milk, yeast and lactic acid bacteria. *Ryazhenka* is a sour milk product made from baked milk.

Russian cuisine is famous for its pies which were baked in Russia in good old times and are very popular nowadays. They are *rasstegai* (open-topped *pirozhki* with meat of fish stuffing), *kulebiaka* (a pie with meat, cabbage or fish filling), *vatrushki* (yeast dough rolls with hollows filled with curds or jam), *krendeli* (knot-shaped bread), *boubliki* (thick ring-shaped rolls), *baranki* (ring-shaped rolls), *sooshki* (small ring-shaped crackers), *koolich* (Russian Easter cake).

As for drinks, Russian cuisine offers you its original beverages: *kvas* and *zbiten*, and a lot of different fruit and berry beverages. *Kvas* is a beverage made from rye bread and water fermented by yeast. There is a lot of sorts of *kvas*: mushroom *kvas*, *kvas* with mint, beetroot *kvas*, *kvas* with horseradish and a lot of others. *Zbiten* is an old Russian beverage made from *kvas*, cognac or vodka, honey, tea and spices.

Russian people are very hospitable and generous at the table. They invite everyone who enters their house to eat with them. Bread and salt are the symbolic offering at welcome and also a sign of respect from host to guest. The guest is welcome to share the food even if the house has no more to offer than bread and salt. Hospitality is a typical trait of character of a Russian.

Словарь к тексту

varied ['ve(ə)ri:d]	разнообразный
appetizer ['æpitaizə]	закуска
sauerkraut ['sauəkraut]	квашеная/кислая капуста
beetroot ['bi:trʊt]	свекла
recipe ['resipi]	рецепт
suckling pig ['sʌklɪŋ pi:g]	молочный поросенок
oven ['ʌv(ə)n]	печь, духовка
baking tray ['beɪkɪŋ treɪ]	противень
festive ['festɪv]	праздничный
to baste [beɪst]	поливать жиром (во время жарения)
cookery ['kʊk(ə)ri]	кулинария
yoke [jʊk]	иго
elk [elk]	лось
minced [mɪnst] meat	мясной фарш
batch [bætʃ]	партия (количество)
dough [daʊ]	тесто
to chop [tʃɒp]	рубить
to fold [fəʊld]	заворачивать, сворачивать
triangle ['traɪŋ(ə)l]	треугольник
bucket ['bʌkɪt]	ведро, бадья
pantry ['pæntri]	кладовая
raw [rɔ:]	сырой
to dress [dres]	приправлять

pickled ['pɪk(ə)ld]	маринованный
hors d'oeuvre [ɔ:'dɜ:v]	закуска
(pl) hors d'oeuvres [ɔ:'dɜ:v]	
freshwater ['frefswɔ:tə]	пресноводный
celebrated ['selɪbreɪtɪd]	знаменитый
feral(trout) ['ferə(traʊt)]	сиг
aspic ['æspɪk]	желе
stuffed [stʌft]	фаршированный
caviar ['kæviə:]	икра
soft caviar	зернистая икра
pressed caviar	паюсная икра
stock [stɒk]	крепкий мясной бульон
consistency [kən'sɪst(ə)nsi]	консистенция
thick [θɪk]	густой
to spoil [spɔɪl]	портить
partridge ['pɑ:trɪdʒ]	куропатка
hazel grouse [ˌheɪz(ə)l 'graʊs]	рябчик
woodcock ['wʊdɔ:k]	вальдшнеп
black cock ['blæk kɒk]	тетерев
pheasant ['fez(ə)nt]	фазан
quail [kwel]	перепел
tender ['tendə]	нежный
flavouring ['fleɪv(ə)rɪŋ]	заправка, приправа
lactic acid [ˌlæktɪk 'æsɪd]	молочная кислота
dietary ['daɪət(ə)ri]	диетический
yeast [jɪst]	дрожжи
baked [beɪkt]	топленный
filling ['fɪlɪŋ]	начинка
hollow ['hʊləʊ]	углубление, ямка
knot [nɒt]	узел, переплетение
Easter ['ɪstə]	Пасха
to ferment [fɜ:'ment]	бродить; вызывать брожение; сквашивать
horseradish ['hɔ:srædɪʃ]	хрен
cognac ['kɒnjæk]	коньяк
hospitable ['hɒspɪtəb(ə)l]	гостеприимный
generous ['dʒen(ə)rəs]	щедрый
sign [saɪn]	знак, признак

Задания к тексту

1. Подберите русские эквиваленты к следующим словосочетаниям:

many ways of cutting, with the head left on, was either French or French-trained, cut into strips, to make minced meat, in aspic, thick sour cream, yeast dough rolls, filled with curds, knot-shaped bread, water fermented by yeast, a sign of respect, a typical trait of character.

2. Переведите предложения на английский язык, используя слова и выражения из текста:

1. Суп — это часть обеда в русской кухне. 2. Щи — это традиционный русский суп, приготовленный из мяса и капусты. 3. Петровские щи готовятся из судака и свежей капусты. 4. В русской кухне нет двух одинаковых рецептов щей и борща. 5. Многие способы нарезки и приготовления мяса заимствованы из французской кухни. 6. Жареный молочный поросенок — традиционное праздничное блюдо русской кухни. 7. В деревнях Сибири существует целая церемония приготовления пельменей. 8. Женщины делают тесто и рубят мясо, мужчины лепят пельмени. 9. Русское слово «каша» обозначает почти все способы приготовления круп. 10. Как говорится в пословице, «кашу маслом не испортишь». 11. Сметана — это универсальная приправа в русской кухне. 12. Русская кухня знаменита различными пирожками. 13. Русские люди очень гостеприимны; они приглашают к столу каждого, кто входит в дом. 14. Гостеприимство — типичная черта русского характера. 15. Сбитень — это старинный русский напиток, который готовят из кваса, коньяка или водки, меда, чая и специй.

3. Ответьте на вопросы:

1. What is the name of the popular Russian dish made of meat cut into strips and cooked in sour-cream sauce?
2. What is the name of the highly seasoned soup made of beetroot and cabbage and served with sour cream?
3. What is the name of the Russian fermented beverage made of rye?
4. What are the names of the most popular Russian yoghurt-type beverages of fermented cow's milk?
5. What is the name of the Russian national dish made of cooked grain?
6. What is the name of the classic chicken dish invented in Russia in the Soviet period?
7. What is the name of a many-layered Russian pie?
8. What is the name of the Russian Easter cake?
9. What is the Russian counterpart (двойник) of Italian ravioli?
10. What is the name of the urn the Russians use to boil water for tea and which literally means "self-boiler"?
11. What is the name of the Russian cottage cheese?
12. What Caucasian name do the Russians use in reference to what the Americans know as "shish kebab"?
13. What are the French terms for some Russian meat dishes?
14. What is the name of open-topped pies with curd stuffing?
15. What is the most typical trait of the Russian character?

Текст В

Specialties of Russian Cuisine

According to Russian tradition, a meal begins with the appetizers, for example a variety of salted, fermented and pickled cucumbers, cabbage and mushrooms, also soaked apples and cowberry to be followed by cold dishes. Also popular are soaked cranberry and marinated garlic.

The routine feature of any Russian feast is the Olivier salad. It consists of potatoes, green peas and cold veal or chicken and dressed with mayonnaise.

More than a century ago a Frenchman by the name of Olivier kept the Hermitage Restaurant in Moscow. He was the author of this salad.

Vinaigrette, another Russian-style salad, is based on boiled beetroot diced. To this are added boiled carrots and potatoes, salted cucumbers, finely chopped onions and sauerkraut. The salad is dressed with mayonnaise or sunflower oil.

Jellied Dishes. Jellied dishes are very popular in Russia. Boiled fish, meat or poultry is covered with aspic and decorative pieces of vegetables, fruits, mushrooms, and spices are added to make the dish more attractive and flavoury. Many Russian-cuisine restaurants offer jellied sturgeon, jellied calf's tongue and a jellied assortment of turkey, ham and ox tongue. Horseradish is a routine dressing for jellied dishes.

Studens. *Studen* is the name of a Russian dish made of veal, beef or pork boiled to a soft and tender state. The resulting thick broth is mixed with finely chopped meat and cooled until it jellies. The dish is eaten with horseradish.

Pancakes. Pancakes (*bliny*) is a popular hot dish in Russia. They are made of wheat, buckwheat or millet and served with black and red caviar, cream butter, lightly-salted fish and sour cream. Pancakes come not only as appetizers but also as desserts with strawberries, jams or honey.

Traditional Russian Desserts. Many Russian desserts are prepared with fruits and berries, for example, baked apples with vanilla and vodka sauce or apples baked with honey. Also popular are forest berries with whipped cream; homemade curds with berries, fruits, honey and whipped cream; cranberry *kissel* with ice cream and raspberry liqueur.

The old recipes include the *Guryevskaya kasha*, a dish based on semolina. Boiling milk and cream are poured over semolina and the mixture is left to stand for 15 minutes. Then the semolina is sliced, milk skins are sandwiched in between the layers. The whole is then covered with jam or honey and sprinkled with nuts, candied fruits and spices, and pieces of fresh fruit are put on top. The more layers and ingredients,

the more delicious is the dish. This dessert dish was made in honour of the victory over Napoleon in the war of 1812.

Словарь к тексту

garlic ['gɑ:lɪk]	чеснок
routine [ru:'ti:n]	характерный; обычный
feast [fi:st]	застолье, праздничный стол
vinaigrette [ˌvɪnɪ'gret, ˌvɪneɪ-]	винегрет
diced [daɪst]	нарезанный кубиками
jellied ['dʒelɪd]	заливной
flavoury [ˈflɛv(ə)rɪ]	ароматный
tongue [tʌŋ]	язык
broth [brʊθ]	мясной бульон
creamy ['kri:mɪ]	мягкий
whipped cream [ˈwɪpt 'kri:m]	взбитые сливки
homemade [ˌhəʊm'meɪd]	домашний, домашнего приготовления
liqueur [lɪ'kʃʊə]	ликер
pour [pɔ:]	лить, наливать
milk skin ['mɪlk skɪn]	молочная пленка/пенка
candied ['kændɪd]	засахаренный

Задания к тексту

1. Подберите английские эквиваленты к следующим словосочетаниям и выражениям:

соленые, квашенные и маринованные огурцы; моченые яблоки; характерная черта; приправленный майонезом; мелко порезанный лук; сделать блюдо более красивым и ароматным; нежный вкус; чем больше слоев и ингредиентов, тем вкуснее блюдо; в честь победы над Наполеоном.

2. Ответьте на вопросы:

1. What does a meal begin with according to Russian tradition?
2. Who was the author of the Olivier salad?
3. Do you know ingredients of the Olivier salad?
4. What does vinaigrette (Russian salad) consist of?
5. Jellied dishes are very popular in Russia, aren't they?
6. Where can we taste jellied dishes?
7. What dishes are eaten with horseradish?
8. What are pancakes (*bliny*) made of?
9. Can we eat pancakes as appetizers or as desserts?
10. What Russian desserts do you know?
11. What is the name of the Russian dessert made in honour of the victory over Napoleon?

Диалоги

1. Прочитайте по ролям и переведите:

Jim: Hello! Nice to see you.

Helen: Good afternoon! Glad to meet you too.

Jim: What a nice day today! Where will we go?

Helen: Would you like to go to the restaurant "Moscow" and to try some dishes of the Russian cuisine? I'm rather hungry.

Jim: OK! I want to taste Russian *shchee* or *borshch*.

Helen: And I can recommend you Russian *bliny* and *blinchiki* with mushrooms, caviar or minced meat. They are so tasty.

Jim: Well! Let's go! It seems to me I'm hungry now too.

Jane: It is a hot day today, isn't it?

Mary: Sure. And I'm very thirsty.

Jane: Let's drop into this Russian cafe.

Mary: Well, what would you like to have?

Jane: I'd like to eat *okroshka* or cold beetroot soup.

Mary: And I prefer only *kvas* now.

Waiter: Good morning! Nice to see you in our cafe.

Mrs Deans: Good morning! Glad to meet you too.

Waiter: What can I do for you?

Mrs Deans: Breakfast for me, please.

Waiter: Here is a menu card.

Mrs Deans: Thank you, but I'm on a diet. What can you recommend?

Waiter: We have a large variety of milk products: *tvorog*, *smetana*, *ryazhenka* and *kefir*, different kinds of *kasha*.

Mrs Deans: Can you tell me some words about *tvorog* and *ryazhenka*? I don't know what they are.

Waiter: *Tvorog* is a sort of dry granulated cream cheese and *ryazhenka* is a sour-milk product made from baked milk.

Mrs Deans: OK! I don't like *kasha*, so will you bring me *tvorog* and *ryazhenka*?

Waiter: Anything else? Would you like to taste Russian *krendeli*, *boubliki* or *sooshki*?

Mrs Deans: *Sooshki*? What is it?

Waiter: *Sooshki* are small ring-shaped crackers. They are rather good for tea.

Mrs Deans: Then a cup of fresh-made tea with lemon and *sooshki*.

Waiter: I'll do it in no time... Here is your breakfast. Good appetite!

Mrs Deans: Thank you. How much is it?

Waiter: 85 roubles.

Mrs Deans: Here is the money, keep the change.

Waiter: Thank you. Come to our cafe again.

Waiter: Good afternoon, sir! Glad to see you. Can I help you?

Mr Campbell: Good afternoon! Nice to see you too. I would like to have a birthday party in your restaurant.

Waiter: When do you want to come? And how many of you?

Mr Campbell: Tomorrow at seven o'clock in the evening. A table for four, please. We would like to taste national Russian cuisine.

Waiter: OK! Here is a menu card. We have a big choice of appetizers, salads, *pelmeni*, meat and fish dishes.

Mr Campbell: Well, I would like to have red caviar, herring, pickled cucumbers and salted mushrooms.

Waiter: I advise you to order traditional Russian meat dish *kholodets*. It is an aspic dish made with pig's trotters or ox cheek. And what main courses do you prefer? Meat or fish dishes?

Mr Campbell: We want to taste Russian *pelmeni*. Can you tell me some words about them?

Waiter: They are meat dumplings, dough is rolled thin, cut into small pieces and then filled. *Pelmeni* are cooked in boiling water. We have *pelmeni* with different kinds of filling: meat, fish, mushrooms.

Mr Campbell: OK! I'll take *pelmeni* with meat filling. What can you recommend for dessert?

Waiter: We have fruit and berry *kissels*.

Mr Campbell: What are they?

Waiter: *Kissels* are made from fruit or berry juice and potato flour. They are tasty. And of course, you should order *Guryevskaya kasha* for dessert. It's a many-layered cooked semolina with layers of jam and baked milk skin. It's delicious.

Mr Campbell: Thank you. I'll order *kissel* and *Guryevskaya kasha* for dessert. And what about *zbiten* for drink? They say it's an old Russian beverage made from *kvas*, cognac or vodka, honey, tea and spices, isn't it?

Waiter: Oh yes! We have it.

Mr Campbell: Well! How much is my bill?

Waiter: Just a minute, please. I won't be long... Here is your bill.

Mr Campbell: Thanks a lot. It's not very expensive. We'll be at seven tomorrow.

Waiter: You are always welcome. See you tomorrow.

Mr Campbell: Goodbye! Have a nice day!

2. Составьте диалог, используя следующие реплики:

Waiter:

- Here is the menu.
- What can I do for you?
- Two hundred forty seven roubles.

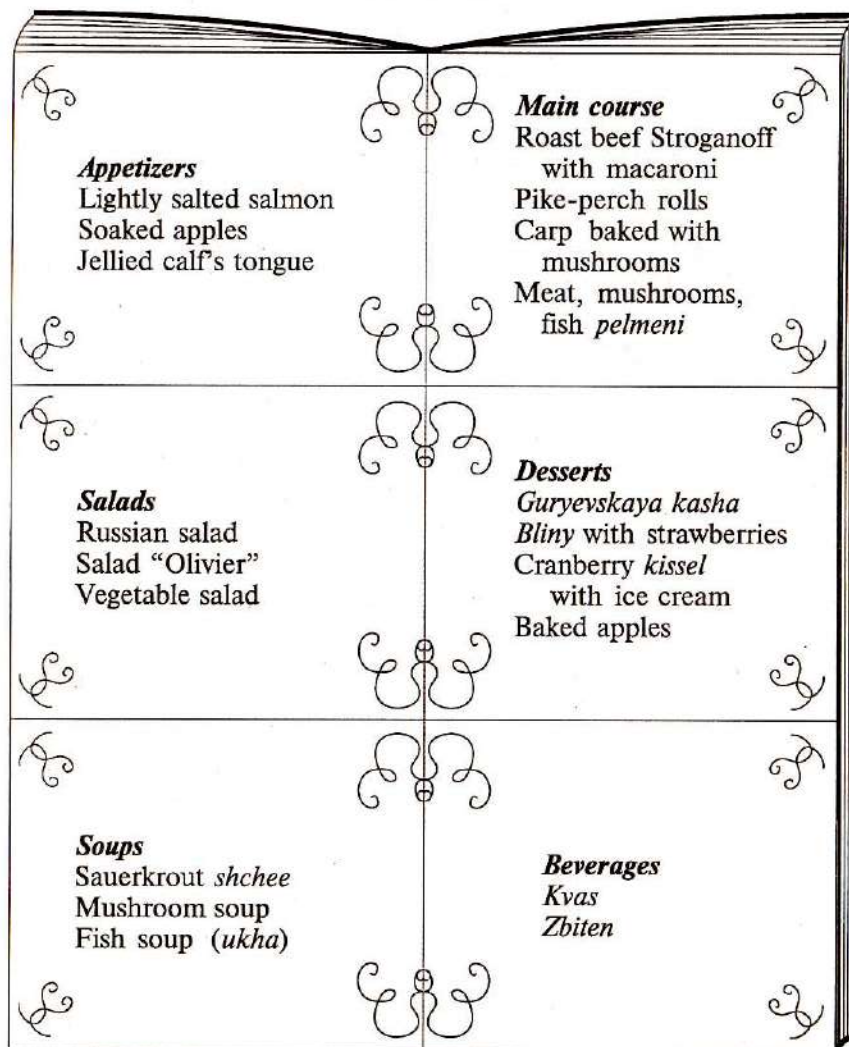
Guest:

- Well, I'll take *pelmeni* and *shchee*.
- I want to taste Russian dinner.
- What can you recommend?

- I can recommend you fresh cabbage *shchee*, *pelmeni*, herring and Russian salad.
- Thank you. Come again. You are always welcome.
- Anything for dessert?
- What about drinks?
- How much is my bill?
- Special beverage.
- Here is the money. No change.
- *Guryevskaya kasha*.

3. Изучите меню ресторана "Russian Style":

Menu Card



Закажите:

1. Моченые яблоки, щи из кислой капусты, пельмени с грибами, квас.
 2. Слабосоленого лосося; овощной салат; уху; карпа, запеченного с грибами, для себя и своей подруги.
 3. Для себя и трех своих друзей салат «Оливье», бефстроганов, запеченные яблоки.
 4. Грибной суп, пельмени с рыбой, сбитень, гурьевскую кашу.
 5. Заливной телячий язык, квас, клюквенный кисель с мороженым.
4. Изучите меню кафе "Russian Bliny":

Menu Card

Appetizers <i>Bliny</i> with sourcream <i>Bliny</i> with black caviar <i>Bliny</i> with red caviar <i>Bliny</i> with lightly-salted fish <i>Bliny</i> with herring	Main courses <i>Blinchiki</i> stuffed with meat <i>Blinchiki</i> stuffed with mushrooms <i>Blinchiki</i> stuffed with cabbage <i>Blinchiki</i> stuffed with potatoes
Desserts <i>Bliny</i> with strawberries <i>Bliny</i> with raspberries <i>Bliny</i> with cranberry jam <i>Bliny</i> with honey	
Tea Strong black tea with milk Strong black tea with lemon Strong black tea with honey	Beverages <i>Kvas</i> <i>Zbiten</i> Cranberry <i>mors</i>

Закажите:

1. Блины со сметаной, чай с лимоном.
2. Для семьи из трех человек блины с красной икрой, блины с малиной, сбитень.
3. Для себя и двух своих друзей блинчики с грибами, квас.
4. Блинчики с мясом, блины с медом, чай с молоком.

Лексические упражнения

1. Выберите правильный ответ:

1. Sour cream is to most Russian soups.
a) added; b) baked; c) cooked.
2. *Pelmeni* are cooked in slightly boiling water.
a) whipped; b) salted; c) cooled.
3. Fillings are made of beef, mutton or pork.
a) minced; b) mixed; c) broiled.
4. *Kasha* or porridge in the Russian brick stove has a special flavour.
a) broiled; b) baked; c) cooked.
5. Beef steaks and schnitzels are on frying pans.
a) combined; b) boiled; c) fried.
6. Russian-style mushrooms are real forest mushrooms.
a) salted; b) drained; c) cut.
7. The typical Russian meat dish is a suckling pig whole.
a) stewed; b) stuffed; c) baked.
8. Beef fillet is with mushrooms.
a) roasted; b) mashed; c) minced.
9. salmon dishes are very delicious.
a) Grated; b) Cut; c) Fried.
10. Then the semolina is .
a) tossed; b) sliced; c) whisked.

2. Назовите следующие блюда:

1. This soup is served cold and has dark red colour.
2. It's a sort of dry granulated cream cheese.
3. They are small ring-shaped crackers.
4. This soup is served cold, its base is *kvas*.
5. This sour-milk product is made from baked milk.
6. They are made from dough and different kinds of filling and are cooked in boiling water.
7. It's a many-layered cooked semolina with layers of jam and baked-milk skin.
8. This kind of salad is called "Russian salad" all over the world, but the Russians call it with a French name.
9. You can't spoil it with butter.

Грамматические упражнения

1. Напишите Past Simple и Past Participle следующих глаголов:

tell, show, ask, answer, send, give, help, forget, invite, call, serve.

2. Переведите на английский язык, употребляя глаголы в Past Simple и Past Simple Passive:

он рассказал	ему рассказали
я показал	мне показали
мы спросили	нас спросили
она послала	ее послали
они ответили	им ответили
я дал	мне дали
вы помогли	вам помогли
ты забыл	тебя забыли
мы пригласили	нас пригласили
они позвали	их позвали
мы обслужили	нас обслужили

3. Переведите на английский язык, употребляя глаголы в Present, Past и Future Simple:

ему рассказывают	ему рассказали	ему расскажут
мне показывают	мне показали	мне покажут
нас спрашивают	нас спросили	нас спросят
ее посылают	ее послали	ее пошлют
им отвечают	им ответили	им ответят
мне дают	мне дали	мне дадут
вам помогают	вам помогли	вам помогут
тебя забывают	тебя забыли	тебя забудут
нас приглашают	нас пригласили	нас пригласят
их зовут	их позвали	их позовут
нас обслуживают	нас обслужили	нас обслужат

4. Переведите на русский язык шуточный мини-рассказ:

He was talked about.
He was sent for.
He was waited for.
He was looked at.
He was listened to.
He was laughed at.

5. Переведите на русский язык:

1. I was asked to bake a cherry pie. 2. The guests were offered lamb chops, beef stew and fried chicken as a main course. 3. The waiter was told to serve all the guests. 4. *Samovar* was used to boil water for tea.

5. *Kefir* is made of fermented cow's milk. 6. Customers were informed of the new prices. 7. *Okroshka* will be served in hot weather. 8. The dishes were washed by my mother. 9. Cheese is cut with a special knife. 10. This soup is prepared of kidneys and salted cucumbers.

6. Переведите на английский язык:

1. Это блюдо готовят из мяса и овощей. 2. Мою маму попросили испечь яблочный пирог. 3. Лимон режется тонкими ломтиками (in thin slices). 4. К этому блюду подают жареный картофель. 5. Стол был накрыт до прихода гостей. 6. Обед был заказан вчера. 7. Чай был подан в красивых чашках. 8. Обед будет приготовлен лучшими поварами. 9. Начинка из яблок будет использоваться для этого пирога. 10. Мы были приглашены на вечеринку нашими друзьями.

7. Объедините два предложения, используя оборот *either...or* или *neither...nor*:

Образец:

*I can drink tea. I can drink coffee. — I can drink either tea or coffee.
He doesn't take money. He doesn't take a bag. — He takes neither money nor a bag.*

1. She can put on a dress. She can put on a suit. 2. He hasn't got any pens. He hasn't got any pencils. 3. Ann has no sons. Ann has no daughters. 4. I would like some chocolate ice cream. I would like some vanilla ice cream. 5. We can order fish salad. We can order vegetable salad. 6. You don't want any mushroom soup. You don't want any noodle soup. 7. They went to the cafe. They went to the bar. 8. He is not a cook. He is not a waiter.

8. Вставьте предлоги *at*, *in* или *to*, где необходимо:

1. What time do you go ... bed? 2. I like reading ... bed. 3. Where is Jack? — He is ... work. 4. Where does he work? — He works ... the restaurant. 5. I met a lot of people ... the party. 6. Do you go ... college today? 7. Where is Ann? — She is ... the kitchen making some coffee. 8. John didn't go ... work yesterday, he was ... home. 9. Tomorrow we'll go ... the country. 10. My mother comes ... home at 5 o'clock. 11. I am not going ... college today, I am staying ... home. 12. After classes I usually go ... home, but sometimes I stay ... college to work ... the library.

9. Вставьте предлоги *at*, *on* или *in*, где необходимо:

1. I usually get up ... 6 o'clock. 2. My father's birthday is ... September. 3. We have exams ... the end of January. 4. My brother is starting his new job ... the 3rd of June. 5. I am going to London ... this summer. 6. He can't sleep ... night. 7. Children did their homework ... the evening. 8. We usually go to the country ... the weekend. 9. I don't go to college ... Sunday. 10. What are you doing ... Saturday evening? 11. Wait for me, please. I'll come back ... 5 minutes. 12. ... last week I visited my Granny. 13. Are you free ... the moment? 14. We are leaving ... next Monday. 15. She worked

at hospital ... that time. 16. Pushkin was born ... 1799. 17. The last lesson is over ... half past three. 18. The forest is lovely ... winter.

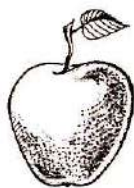
Тест 1

Подберите к каждому слову рисунок и укажите его номер:

pear
cherries
cabbage
orange

plums
pineapple
peas
peach

potatoes
onion
apple
cucumber



1



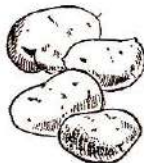
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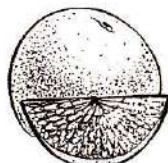
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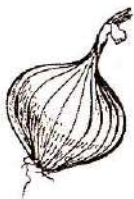
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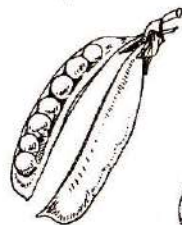
8



9



10



11



12

Тест 2

Заполните пропуски словами из рамки (используйте каждое слово один раз):

boiled, dish, dough, also, is, baked, are, marinated, filled, in, fish, served

Fish Dishes

The best-known and probably the most popular fish dish served ___ (1) a Russian restaurant is monastery-style sturgeon. Pieces of sturgeon are ___ (2) with mushrooms and sour cream. Another appetizing ___ (3) is sturgeon Tzar-style *shashlik* with tartar sauce, olives and green lemon. Before frying the sturgeon pieces are ___ (4) in white wine with onions and lemon. This makes the ___ (5) particularly tender.

Beyond all praise ___ (6) pike-perch rolls. Pieces of the fillet are first coated with salmon mousse and then wrapped in ___ (7) and baked. The rolls are ___ (8) with potatoes and cauliflower. Another way to prepare pike-perch ___ (9) to fry the pieces in beer dough.

The fish dishes also include ___ (10) sturgeon and horseradish in *kvas*, trout ___ (11) with mushrooms and cheese and carp baked with mushrooms. Fried or steamed salmon dishes are ___ (12) delicious.

Miscellanea

IT IS INTERESTING TO KNOW

In 1860 was published the classic recipe book by Elena Molokhovetz "Gift to Young Housewives". It was over 1,000 pages long and is still considered a kitchen Bible by Russia's home cooks. Mrs Molokhovetz was full of respect for Russian traditions and the dictates¹ of the Church calendar, but French in the techniques and refinement she brought to the ordinary table.

* * *

Salting and soaking are the oldest methods of preserving products for long and cold Russian winters. Foods treated in these two ways were favourites with both peasants and royalty. Empress Catherine the Great liked best of all a Russian dish of salted cucumber with a piece of boiled beef.

* * *

Russian cuisine has borrowed many products and preparation methods from other national cuisines. Trade with Byzantium brought Russia spices, seasonings, rice and buckwheat. Bulgaria shared its peppers, eggplants² and marrow squashes³.

Western neighbours influenced Russian cuisine too and now we have beef steaks and schnitzels from German-Dutch cuisine and many sauces, dishes of poultry, game, fish and vegetables from France.

¹ ['diktets] — предписания, требования

² eggplant *Am.* = aubergine

³ marrow squash [ˌmæɹəʊ 'skwɒʃ] — кабачок

FROM THE HISTORY OF WORDS

Tomato

The tomato was brought to Europe from Mexico in the 16th century. The Italian botanist Mattioli called it *pomo d'oro*, or golden apple, because of the colour the tomato has during its ripening. So Italians call the fruit *pomodoro* (the plural is *pomodori*), the French, English, Spanish and German continue to use the name the Indians of Mexico gave it: *tomato* or *tomate*.

JOKES

Cake

Mother: Yesterday I left two pieces of cake in the cupboard. Now there is only one piece left. Can you explain it?

Pete: Well, I think, it was so dark that I didn't notice the other.

Good Manners

Nick invited his new friend Tommy to dinner at his house. Tom's mother was very anxious about her little son's table manners.

"Tommy, don't eat off the knife. And if your food is too hot, don't blow on it. And don't talk with your mouth full," she told him.

When Tommy returned, he said: "I remembered what you told me, Mum, and I did only one thing wrong."

"What did you do, Tommy?"

"Oh, when I wanted to cut my meat, it fell off the plate on the floor."

"Oh, my dear, what did you do then?"

"I said, that's always the way with tough¹ meat, and picked it up from the floor."

A POEM TO MEMORIZE

There Are Days When Everything Goes Wrong

The bread was stale²
It was three days old
The milk was sour

¹ [tʌf] — жесткий

² [steɪl] — черствый

The coffee was cold
The butter was rancid¹
The steak was tough
The service was dreadful²
The waiter was rough³
My bill was huge
His tip⁴ was small
I'm sorry I went to that place at all.

PROVERBS AND SAYINGS TO MEMORIZE

1. A tree is known by its fruit.
2. Every cook praises his own broth.
3. Too many cooks spoil the broth.
4. To eat the calf in the cow's belly.
5. To cook a hare before catching him.

GIVE IT A NAME

1. It is the first meal of the day.
2. It is yellow fat which is made from cream. You can spread it on bread.
3. An oval object laid by female birds, has a hard shell and contains a baby bird.
4. It is a white or brown powder made by grinding grains such as wheat.
5. It is a sweet sticky liquid that is made by bees.

Текст для дополнительного чтения

The Potato

The potato originated in the Andes Mountains and was domesticated by the native people who were adept⁵ at growing crops at high altitudes, building terraces and using irrigation as part of the diets of the peoples of Peru and Chile.

One of the species of potato — the sweet potato — was discovered and taken back to Europe by Christopher Columbus. The regular potato

¹ ['rænsɪd] — прогорклый

² ['dredfʊl] — ужасный

³ [rʌf] — грубый

⁴ [tɪp] — чаевые

⁵ ['ædept, ə'dept] — умелый, искусный

came to the attention of the Conquistadores in Peru and was taken by them to Mexico. It was later transported to North America to what became the colony and State of Virginia.

In the second half of the 16th century, potatoes were shipped to Europe. The potato resolved severe dietary problems in many countries but it also provoked a substantial increase in the population, which led many to remark that the tuber¹ must be a powerful aphrodisiac.

The plant arrived in Italy around 1560 but appeared to have been appreciated only as an ornamental plant. Italians called it a truffle and, at the same time, fed it to hogs². The Italian word *tartufoli* was the source of the German name for the potato *Kartoffel*.

The French revolution established the potato as an important element of the daily diet. *La Cuisiniere Republicaine* published in Paris in 1795 contained a recipe *Pommes de terre a l'economique*, with parsley and onion.

In 1801 the Italian monk Vincenzo Corrado wrote a "Treatise³ on Potato" which contained a substantial list of preparations including potato mash, creamed potatoes and potatoes in balls, fritters⁴, roasted and stuffed with butter.

The document also contained the prototype recipe of potato *gnocchi*: "Bake the potatoes in the oven and scoop out the pulp, which should be pounded⁵ (in the mortar⁶) along with a fourth of its bulk of hard-boiled egg yolks and with as much veal fat and ricotta cheese. Add several beaten eggs to bind⁷ the mixture. Season with spices and divide half a finger long and as thick. Dredge⁸ the pieces in flour and boil over high heat for a short time. Sprinkle cheese over the dish and serve with meat sauce."

The national cuisine of each country adopted the potato after its own fashion, creating a lot of different recipes.

- 1 ['tju:bə] — клубень
- 2 hog [hɒg] — свинья
- 3 ['trɪtɪs] — трактат
- 4 ['frɪtəz] — оладьи
- 5 [paʊnd] — измельчать
- 6 ['mɔ:tə] — ступка
- 7 [baɪnd] — делать вязким, густым
- 8 [dredʒ] — посыпать, обваливать

Урок 5

COOKING (ПРИГОТОВЛЕНИЕ ПИЩИ)



Текст А

Preparing for the Party

A mother and her daughter are cooking dishes for the party.

I need your help badly, Mary. There is so much to do for tonight's party — a salad to be prepared, various pies and cakes to be baked, a goose to be roasted, and a lot of other things to be cooked.

Please take the mincing machine and mince this bit of meat while I am scraping and slicing the carrots.

Will you peel these potatoes and onions? I'll make some potato chips and you set up the rest of the potatoes to boil. When they are soft, mash them with butter and milk. You know that milk must be hot, don't you? So, we'll have mashed potatoes and vegetables with the meat. Please clear the peeling off the table.

Now, wash and cut the potatoes and cucumbers, put them on the dish but don't dress with the mayonnaise, we'll do it later.

I think that it's time to get out the goose from the oven. Oh, what a perfect smell! I've never yet had such a beautiful golden crust. It makes one's mouth water just to look at it.

Won't you please get me the baking pan? We'll bake a layer cake and a pie with jam filling. I'll beat the eggs for the dough. Look, the rice is boiling over, turn the gas down a little, will you?

Now, be a good girl and whip the whites of these eggs. Here is some powdered sugar to mix with the whites when you are through... That's about all, I think. Thank you, dear, you've been a great help to me. Only put the fish jelly into the refrigerator, and then you may be free till evening.

Now will you help me in laying the table? The guests will come in an hour. We'll be twelve altogether, so lay twelve places. Take the dishes for refreshments from the sideboard and put them on the table. Now fetch the wine glasses — one for each cover.

We shan't uncork the bottles. That's a man's job, of course, but get the corkscrew ready. Now, while I'm busy in the kitchen reheating some dishes, you open these tins. Here is the tin opener for you.

Словарь к тексту

mincing machine [ˈmɪnsɪŋ məʃiːn]	мясорубка
to mince [mɪns]	пропускать через мясорубку
to scrape [skreɪp]	чистить, скоблить
to slice [slaɪs]	резать ломтиками
to peel [piːl]	чистить (<i>овощи, фрукты</i>)
crust [krʌst]	корочка
baking pan [ˈbeɪkɪŋ pæn]	форма для пирога
layer cake [ˈleɪə keɪk]	слоеный торт
to beat [biːt]	взбивать
to whip [wɪp]	взбивать
white [waɪt]	белок (<i>яйца</i>)
to be through [θruː]	заканчивать
cover [ˈkʌvə]	прибор
to uncork [ʌnˈkɔːk]	открывать (<i>бутылку</i>)
corkscrew [ˈkɔːkskruː]	штопор
to reheat [riˈhiːt]	подогревать
tin opener [ˈtɪn ˌəʊp(ə)nə]	консервный нож

Задания к тексту

1. Подберите английские эквиваленты к следующим словосочетаниям и выражениям:

нужно так много приготовить для сегодняшнего обеда; остальной картофель; картофельное пюре; очистки; заправить майонезом; прекрасная золотистая корочка; слюнки текут; начинка из варенья; белки яиц; сахарная пудра; это пока все; заливная рыба; помочь накрыть на стол; мужская работа; приготовь штопор.

2. Ответьте на вопросы:

1. What is to be prepared to the party?
2. What is the daughter doing while her mother is slicing the carrots?
3. What are they going to do with the potatoes?
4. How do they usually prepare mashed potatoes?
5. What salad is the daughter preparing?
6. What was in the oven?
7. What is the mother going to bake?
8. What kind of filling has she prepared?
9. Who will beat the eggs for the dough?
10. What must be put into the refrigerator?
11. Who is laying the table?
12. How many guests are coming?
13. Is the mother going to uncork the bottles?
14. Who will do it?
15. What is the daughter doing while the mother is reheating some dishes?
16. What does she need to open the tins?
17. Do you help your mother to cook dishes for the party?
18. Do you help in laying the table?
19. What do you like to cook?
20. Who washes the dishes after the dinner?

3. У вас сегодня вечером гости. Расскажите, какие блюда вы обычно подаете, как их готовите, чем решили угостить своих друзей сегодня. Используйте лексику текста.

Текст В

What Is a Fondue?

Have you ever eaten a fondue? If not, we can help you. We are going to make a fondue together now.

Something from the history of the name of this dish. Fondue is a French word for "melted" because the principle of its preparing is based on cheese or fat melting.

First of all we advise you to choose wine and cheese for preparing a tasty dish. A Swiss cheese fondue is normally made from the Swiss cheese Emmentaler and Gruyère, but any hard cheese can be used. You could take cheddar, for example.

You need alcohol in a fondue, not just for flavour, but to lower the boiling point and stop the protein in the cheese from curdling. Use dry Swiss white wine if you can, or a Riesling.

Don't forget about the fondue set, it consists of a cast-iron set, a tablemat stand and special forks.

Then take 1 large garlic clove, peeled and cut in half, 400 ml dry white wine, 1 teaspoon fresh lemon juice, 350 g grated cheese Gruyère and 350 g grated cheese Emmentaler, 1 tablespoon corn flour, 2 tablespoons kirsch and a large pinch of ground nutmeg.

For serving you should have 1—2 French sticks and/or a bowl of freshly boiled small new potatoes and green salad. (Per serving for six 499 calories, protein 34 g, carbohydrate 3 g, fat 35 g, saturated fat 22 g, fibre trace, added sugar none, salt 1.34 g.)

1. Rub the sides and base of the fondue pot with the cut garlic. Pour in the wine and lemon juice and heat on the point of simmering.

2. Turn the heat down low and add the cheese, a handful at time, stirring well with a large wooden fork or spoon. Stir slowly and continuously over a low heat so the mixture just bubbles gently. The cheese will take a good few minutes to melt into the wine, but be patient and you'll end up with a lovely smooth sauce.

3. When all the cheese has been added, blend the corn flour and kirsch in a small bowl, then mix into the pot. Stir until the mixture is smooth. Season with pepper and nutmeg. Transfer to the fondue burner at the table and serve with the chunks of bread and/or potatoes for dipping, and a big green salad to eat after the fondue is finished.

This recipe is good enough as a main course (4—6 servings) or an appetizer (12 servings). It takes you 10 minutes for preparation and 15 minutes for cooking.

Fondue etiquette. During the meal stir the fondue from time to time in a figure eight. Keeping it on the move will stop it becoming lumpy and sticking to the bottom. If the mixture gets too thick, add a little warmed wine and stir well, but don't ever let the fondue boil.

When the fondue is nearly finished, there will be a crusty layer of cheese on the bottom. Scrape this out and divide it between the guests, it's delicious.

You can serve the bread lightly baked or toasted, but day-old bread is best for dipping.

Don't ever drink water with a fondue as this causes violent indigestion. The water coagulates the cheese into a solid mass giving you terrible stomach pains.

Do as the Swiss do — drink white wine or hot tea.

Словарь к тексту

fondue ['fɒndju:]

фондю (блюдо из кусочков мяса, рыбы, сыра или фруктов, готовится в кипящем масле или вине на открытом огне непосредственно на столе в специальном приборе)

cheese fondue
to melt [melt]
Emmentaler ['emənta:lə]

Gruyère ['gru:jeə]

boiling point ['bɔɪlɪŋ pɔɪnt]
protein ['prəuteɪn]
to curdle ['kɜ:dl]
Riesling ['ri:zlɪŋ]

fondue set

cast-iron ['kɑ:st'ɑɪən] set
tablemat ['teɪb(ə)lmæt] stand
clove [kləʊv]
grated ['greɪtɪd]
kirsch [kɪʃ]
pinch [pɪntʃ]
ground [graʊnd]
nutmeg ['nʌtmeg]
French stick [ˌfrentʃ'stɪk]

calorie ['kæləri]
carbohydrate [ˌkɑ:bəʊ'hɑ:dreɪt]
saturated ['sætʃəreɪtɪd]
fibre ['faɪbə]
trace [treɪs]
to rub [rʌb]
simmering ['sɪməɪŋ]
handful ['hændfʊl]
to stir [stɜ:]
to bubble ['bʌb(ə)l]
smooth [smu:θ]
burner ['bɜ:nə]
chunk [tʃʌŋk]
to dip [dɪp]
lumpy ['lʌmpi]
to stick [stɪk]
crusty ['krʌsti]
violent ['vaɪələnt]
indigestion [ˌɪndɪ'dʒestʃ(ə)n]

to coagulate [kəʊ'ægjʊleɪt]

фондю из сыра
плавиться
эмменталь (сорт светло-желтого твердого неострого швейцарского сыра с крупными дырками)
грюер (сорт твердого швейцарского сыра с запахом орехов)
температура кипения
белок
сворачиваться
рислинг (сладкое или сухое белое вино с легким цветочным вкусом)
набор для приготовления фондю
чугунный котелок с горелкой
подставка (для котелка)
долька
тертый
вишневая наливка
щепотка
молотый, тертый
мускатный орех
багет (французский длинный батон хлеба)
калория
углевод
насыщенный
клетчатка
след
тереть
закипание
горсть
мешать, перемешивать
кипеть
однородный
горелка
кусочек, ломоть
макать
комковатый
прилипать
хрустящий
сильный
несварение, нарушение пищеварения
свертывать, коагулировать

Задания к тексту

1. Подберите английские эквиваленты к следующим словосочетаниям и выражениям:

любой твердый сыр; не только для аромата; чтобы понизить точку кипения; не забудьте о наборе для приготовления фондю; очищенный и разрезанный пополам; для подачи вам следует иметь 1—2 багета; этот рецепт хорош (годится) для второго блюда или для закуски; вам потребуется 10 минут для подготовки и 15 минут для приготовления; мешайте фондю время от времени в виде цифры восемь; если смесь становится очень густой; не позволяйте фондю кипеть; хрустящий слой сыра на дне; это вызывает сильное несварение; вода коагулирует сыр в твердую массу; сильные желудочные боли.

2. Ответьте на вопросы:

1. What kind of cheese is normally fondue made of?
2. Do you need alcohol in a fondue?
3. Which wine is better for a Swiss fondue?
4. What does a fondue set consist of?
5. How many ingredients should you have for a fondue?
6. Could you name all of these ingredients?
7. How long does it take you for preparation and for cooking?
8. Why should you stir the fondue from time to time?
9. What should we do if the mixture (fondue) gets too thick?
10. Day-old bread is best for dipping, isn't it?
11. Which is better, to drink water, white wine or hot tea with a fondue?
12. Would you like to taste this Swiss fondue?
13. Do you want to become a good cook of Swiss fondue?

Диалоги

1. Прочитайте по ролям и переведите:

Making Cabbage Rolls

Jane: Most of all I like cooking salads. What about you?

Olga: As for me, I prefer making meat dishes.

Jane: What did you cook last?

Olga: I made cabbage rolls last Sunday for my sister's birthday party. It's her favourite dish.

Jane: Can it be called *golubtsy*?

Olga: Yes. Both of these names are for the same dish.

Jane: I like it too. Do you boil cabbage leaves?

Olga: I place whole head in a large kettle with boiling water and boil it 2—3 minutes.

Jane: And how do you prepare the filling?

Olga: I sauté¹ meat with onion, add rice, eggs, salt and pepper, place three tablespoons of this mixture on each cabbage leaf and wrap it.

Jane: And what kind of mixture do you pour over the cabbage rolls?

Olga: I mix tomatoes, bouillon, sugar, salt and pepper.

Jane: Do you cook them in oven?

Olga: Yes, about one hour, turning occasionally.

At Table

Hostess: Won't you have another helping of salad?

Guest: Thank you, I've had a good helping of it.

Hostess: You haven't eaten any meat.

Guest: No, thanks. I don't eat meat. I'm vegetarian.

Hostess: You are a poor eater. Can I help you to anything else?

Guest: No, thank you, I've had quite enough. I mustn't overeat, I don't want to put on weight.

Hostess: What will you have, tea or coffee?

Guest: I'll take a cup of tea, if you please.

Hostess: Have some jam, please. We have strawberry jam and raspberry jam. Which do you prefer?

Guest: Thank you. I like both.

Hostess: Won't you help yourself to some cake?

Guest: Just a tiny piece.

Hostess: Take some more pie. It won't do you any harm, I'm sure.

Guest: You are very kind. I really think I'll take a little more. I'm very fond of pies.

Hostess: May I offer you another cup of tea?

Guest: Thank you, I think I'll trouble you for a second cup.

Hostess: No trouble at all. Is there anything else you'd like?

Guest: Will you please pass the sugar? Thank you.

2. Составьте диалоги, используя следующие сюжеты:

1. Хозяйка угощает гостя.

2. Две подружки (два друга) делятся секретами приготовления любимых блюд.

3. Ваш друг (подруга) спрашивает о приготовлении какого-либо блюда, и вы даете рекомендации.

¹ [səuteɪ] — to cook quickly in a little hot oil or fat

Лексические упражнения

1. Подберите к словам из левой колонки их значения из правой:

- | | |
|----------------|--|
| 1. to chop | a. to cut up with a knife |
| 2. ingredients | b. to cook on low heat |
| 3. recipe | c. to cook until brown |
| 4. seasoning | d. something you add to make food taste better |
| 5. to brown | e. list of ingredients and directions to make a dish |
| 6. to simmer | f. items you combine to make a certain kind of food |

2. Пронумеруйте в правильном порядке этапы приготовления жареного цыпленка:

Heat the oil in a frying pan.
Brown on one side. Turn chicken with a spatula.
Cook the onions in oil until soft. Add chicken.
Cut the chicken into pieces. Chop the onion.
Brown on the other side.

3. Подберите русские эквиваленты к следующим терминам:

- | | |
|--|---|
| baste
<i>поливать</i> | to spoon liquid or fat over food while it cooks, to add flavour and prevent drying of the surface |
| blanch
<i>бланшировать</i> | to immerse in boiling water, then draining and rinsing with cold water, generally in order to loosen skin or set colour |
| blend
<i>смешивать</i> | to thoroughly mix two or more ingredients |
| braise
<i>тушить</i> | to brown food in a small amount of hot fat, then cooking tightly covered either in the oven or on top of the stove, in a small amount of liquid |
| deep-fry
<i>глубоко жарить</i> | to cook food in a deep layer of hot fat |
| dissolve
<i>растворять</i> | to mix a dry substance with liquid until it is in a solution |
| dredge
<i>панировать</i> | to coat with flour |
| dripping
<i>жир</i> | fat and juice resulting from cooking meat or poultry |
| flake
<i>ломать</i> | to break lightly into small pieces with a fork |
| frost
<i>мороз</i> | to cover with icing |
| garnish
<i>украшать</i> | to decorate food for eye and taste appeal using contrasting colours of food |
| giblets
<i>потроха</i> | the liver, heart and gizzard of poultry |
| knead
<i>месить</i> | to work dough with a pressing motion, accompanied by folding and stretching |
| mash
<i>размять</i> | to reduce to a soft pulpy state |
| melt
<i>таить</i> | to liquefy by applying heat |
| pan-broil
<i>жарить на сковороде</i> | to cook meat on a hot dry surface, pouring off grease as it accumulates |
| pan-fry
<i>жарить на сковороде</i> | to cook in a small amount of fat in a frying pan. |

- | | |
|--|---|
| parboil
<i>предварительно варить</i> | to boil until partially cooked (cooking is generally completed by another method) |
| poach
<i>варить на медленном огне</i> | to cook in simmering liquid to cover, retaining original shape of food |
| pot-roast
<i>жарить в кастрюле</i> | to cook less tender cuts of meat in a little liquid, with or without browning first |
| sift
<i>просеивать</i> | to pass through a sieve |
| simmer
<i>варить на медленном огне</i> | to cook in liquid at a temperature just below boiling |
| skim
<i>снимать пену</i> | to remove film that forms |
| sliver
<i>ломать</i> | to cut or shred into long, thin pieces |
| stew
<i>варить</i> | to cook covered in a small amount of simmering or boiling water for a long time |
| toss
<i>перемешивать</i> | to lightly mix ingredients without mashing |
| whip
<i>завешивать</i> | to beat rapidly to increase volume by the incorporation of air |

4. Ознакомьтесь с преимуществами и недостатками основных методов приготовления пищи:

Methods of Cooking

Cooking Methods	Benefits	Disadvantages
Deep-frying		
Quick cooking in boiling fat	Retains some vitamins	Increases the fat content of foods
Dry-frying		
Fat-free frying	No fat added. Good retention of vitamins and minerals	Only suitable for foods containing some natural fat
Stir-frying		
Quick cooking over high heat	Crisp look and taste. Little fat is needed. Minimal vitamin loss	High in salt if too much soya sauce is used
Microwaving		
Cooking in a microwave oven	Minimal vitamin loss	Uneven cooking with "cold" and "hot" spots in food
Braising and stewing		
Slow cooking in liquid over several hours	Improves flavour and texture of tough cuts of meat	Vitamins leach into liquid but retention in stewing is better than in roasting

Cooking Methods	Benefits	Disadvantages
Grilling		
Quick cooking with dry heat	No fat added. Vitamin and mineral loss to pan sediments	Charcoal or open-flame grilling of meats may induce the formation of carcinogens
Boiling		
Cooking in large amounts of water	Improves texture of tough vegetables	Some vitamin loss to liquid
Poaching		
Simmering in a little liquid	No added fat	Some vitamin loss
Steaming		
Cooking over steam that is converted from a little water	Preserves most nutrients and flavour	Need to watch cooking time carefully to prevent overcooking
Roasting		
Cooking with intense, dry heat	Succulent meat; vegetables retain some vitamins	Vitamin loss. Fat added to meat with the basting
Pot-roasting		
Slow baking in a covered dish	No added fat	Some vitamin loss
Pressure cooking		
Quick cooking at high temperature, minimal water	Most vitamins and minerals preserved	Timing difficult to control, which may cause overcooking

Ответьте на вопросы:

1. What methods of cooking would a person prefer on a slimming diet?
2. What methods are the healthiest in your opinion?
3. What does deep-frying mean?
4. What are the benefits of microwaving?
5. What are its disadvantages?
6. What does poaching mean?
7. What are the benefits and disadvantages of pressure cooking?

5. Составьте предложения или мини-диалоги со следующими выражениями:

Образец:

to baste the meat — While/Before serving I recommend to baste the meat.

to baste the meat
to bring to boil
to boil in plenty of water

to boil potatoes in jackets
to chop the meat finely
to clear the meat from the bone
to cover
to uncover
to cut off the stalk from a beetroot (carrot)
to cut a potato into quarters

to form the meat into balls

to fry the fish in oil
(butter, drippings)

to grate a potato/
to rub a potato through a grater
to mince the meat
to peel potatoes (onions, carrots)

to pepper
to pick out all the bones from the fish
to put in a little milk (water, broth)

to salt
to season
to skim it clean
to slice a potato thinly (thickly)

to scrape new potatoes

to thicken (something)
with flour
to trim a cabbage

to turn over quickly
to wash vegetables from dirt and dust

Let it boil till the froth rises.

Let them boil for ten minutes.

поливать мясо подливкой
доводить до кипения
варить в большом количестве воды
варить картофель в мундире
мелко рубить мясо
отделять мясо от кости
закрывать крышкой
снимать крышку
отрезать стебель у свеклы (моркови)
разрезать картофелину на 4 части
делать фрикадельки/тефтели из мяса
жарить рыбу на растительном масле (сливочном масле, жире)
тереть картофель на терке

делать мясной фарш
очищать картофель (лук, морковь)
перчить
удалять из рыбы все кости

добавлять немного молока (воды, бульона)

солить
приправлять
снять всю пену
нарезать картофель тонкими (толстыми) ломтиками
скоблить/очищать от кожуры молодой картофель
делать гуще, добавляя муку

очищать кочан капусты от внешних листьев
быстро переворачивать
смывать с овощей грязь и пыль

Пусть варится до появления пены.

Пусть варятся в течение 10 минут.

Don't let it overboil!
The milk has boiled over.
Have you peppered
and salted the meat?

Не переварите!
Молоко убежало.
Вы поперчили и посолили
мясо?

Грамматические упражнения

1. Поставьте глаголы в скобках в Present Simple или Present Continuous:

1. Mother (to cook) very tasty soups. 2. Look! Children (to play) in the yard. 3. Nick (to make) breakfast every morning. 4. I can't speak to you now as I (to do) my homework. 5. They (not to watch) TV at the moment, they (to read) newspapers. 6. I usually (to have) dinner after work. 7. My parents (to have) dinner now. 8. You (to cook) every day? 9. You (to cook) meal now? 10. My brother (not to play) computer games now, he (to watch) TV. 11. I (not to drink) coffee now. I (to write) a composition. 12. Look! The baby (to sleep). He always (to sleep) after dinner.

2. Ответьте на вопросы, употребляя Past Continuous:

Образец:

I was having breakfast at 7 o'clock yesterday.

What were you doing

- at 10 o'clock yesterday?
- when mother came home?
- when I phoned you?
- when father worked in the garden?
- when Granny came into the room?
- when friends arrived?
- at 8 o'clock in the evening?

3. Задайте вопросы к предложениям:

Образец:

I was reading a book when my sister came into the room. — What were you doing when your sister came into the room?

1. My sister was washing up when I came into the kitchen. 2. When mother came home, I was watching TV. 3. We were having dinner at 5 o'clock. 4. He was sleeping at 7 o'clock. 5. When mother phoned, her daughter was washing up. 6. I was reading a magazine when the doorbell rang. 7. She was crying when I saw her yesterday.

4. Опровергните утверждения упражнения 3.

Образец:

My sister wasn't washing up when I came into the kitchen. She was reading.

5. Поставьте глаголы в скобках в Past Simple или Past Continuous:

1. When I (to see) him yesterday, he (to speak) to his teacher. 2. When my sister (to wash up) yesterday, she (to break) a cup. 3. Mother (to have) breakfast at 8 o'clock yesterday. 4. I (to have) dinner at the restaurant last Sunday. 5. When I (to prepare) breakfast in the morning, I (to cut) my finger. 6. When you (to ring up) my sister yesterday, she (to sleep). 7. I (to cook) meat soup last Monday. 8. When my grandparents (to come) to visit me last Monday, I (to cook) meat soup. 9. When I (to open) the door, my friends (to sit) at table and (to have) dinner. 10. When Nick entered the bar, the barman (to stand) behind the counter and (to make) cocktails. 11. ... you (to work) at 3 o'clock yesterday? — No, I (to have) a rest. 12. My friend (to phone) me yesterday from London. 13. When he (to phone) me, I (to have) tea with my friends. 14. I (to prepare) dishes for the evening party the whole yesterday's afternoon. 15. My brother (to translate) an article from a newspaper the whole Saturday's evening.

6. Напишите предложения в отрицательной форме и переведите их на русский язык:

1. I will be having dinner at the restaurant at that time. 2. When you come, I will be laying the table. 3. He will be translating the article at 11 o'clock tomorrow. 4. My friends will be waiting for me at 7 o'clock tomorrow. 5. When I come home tomorrow, my family will be having dinner. 6. I will be working at my report from 5 till 8 tomorrow.

7. Задайте специальные вопросы к предложениям упражнения 6.

Образец:

I will be reading a book at 7 o'clock tomorrow. — What will you be doing at 7 o'clock tomorrow?

8. Переведите на английский язык:

1. Когда я завтра приду домой, моя сестра будет готовить ужин. 2. Завтра в 10 утра я буду смотреть новый фильм по телевизору. 3. Я думаю, когда ты позвонишь, они будут обедать. 4. Завтра в 7 утра мы будем завтракать. 5. Когда гости придут, ты будешь встречать их. 6. Я буду работать в саду с 2 до 4 часов. 7. Он будет делать уроки в это время. 8. Что ты будешь делать, когда я к тебе приду? 9. Они будут ждать тебя завтра с 10 до 11 часов утра. 10. Когда мои друзья придут, я буду накрывать на стол.

9. Образуйте Participle I и Participle II от следующих глаголов:

to cook — готовить, ... — готовящий, ... — приготовленный
to boil — кипятить (кипеть), ... — кипящий, ... — прокипячен-
ный
to fry — жарить, ... — жарящий, ... — зажаренный
to read — читать, ... — читающий, ... — прочитанный

to order — заказывать, ... — заказывающий, ... — заказанный
 to add — добавлять, ... — добавляющий, ... — добавленный
 to use — использовать, ... — использующий, ... — использо-
 ванный
 to recommend — рекомендовать, ... — рекомендующий, ... —
 рекомендованный

10. Переведите предложения на английский язык, используя Participle I и Participle II:

1. Я увидел на кухне сестру, готовящую обед. 2. Суп, пригото-
 ленный сестрой утром, был холодный. 3. Положите очищенные
 овощи в кипящую воду. 4. Девушка, заказывающая обед, попро-
 сила принести жареную осетрину. 5. Я предпочитаю отварное мясо.
 6. Готовя это блюдо, я использовал говядину. 7. Официант, обсу-
 живающий наших гостей, очень вежлив. 8. Он сидел у окна и гля-
 дел на играющих детей. 9. Друзья пообедали, обсуждая новости дня.
 10. В комнате они увидели накрытый стол. 11. Продукты, купленные
 женой, он положил в холодильник. 12. Делая покупки, она никогда
 не забывала о сладостях для детей. 13. Чтобы приготовить этот салат,
 вам понадобятся соленые огурцы и отварные овощи. 14. В нашей
 семье все любят жареный картофель. 15. Копченую и вареную кол-
 басу я обычно покупаю в специализированном магазине.

11. Вставьте местоимения *each, every, all, everything, everybody/everyone*:

1. Wash ... potato carefully. 2. We go out ... Sunday's night. 3. ... looks
 tired today. 4. He does ... to help me. 5. ... my friends study at college.
 6. She knows ... in her block of flats. 7. I spent ... the money yesterday.
 8. ... student of our group takes part in this concert. 9. ... woman wants
 to have a family and children. 10. ... of the cups has a different design.
 11. ... time I see her she has a different dress on. 12. ... likes music.

12. Вставьте местоимение *other* или *another*:

1. Can I have ... cup of tea? 2. Where are the ... students? 3. We can
 do that ... time. 4. You have got two sons. One is here, where is the ...?
 5. Give me ... apple. They are so juicy. 6. He has got two cars, one is red
 and the ... is white.

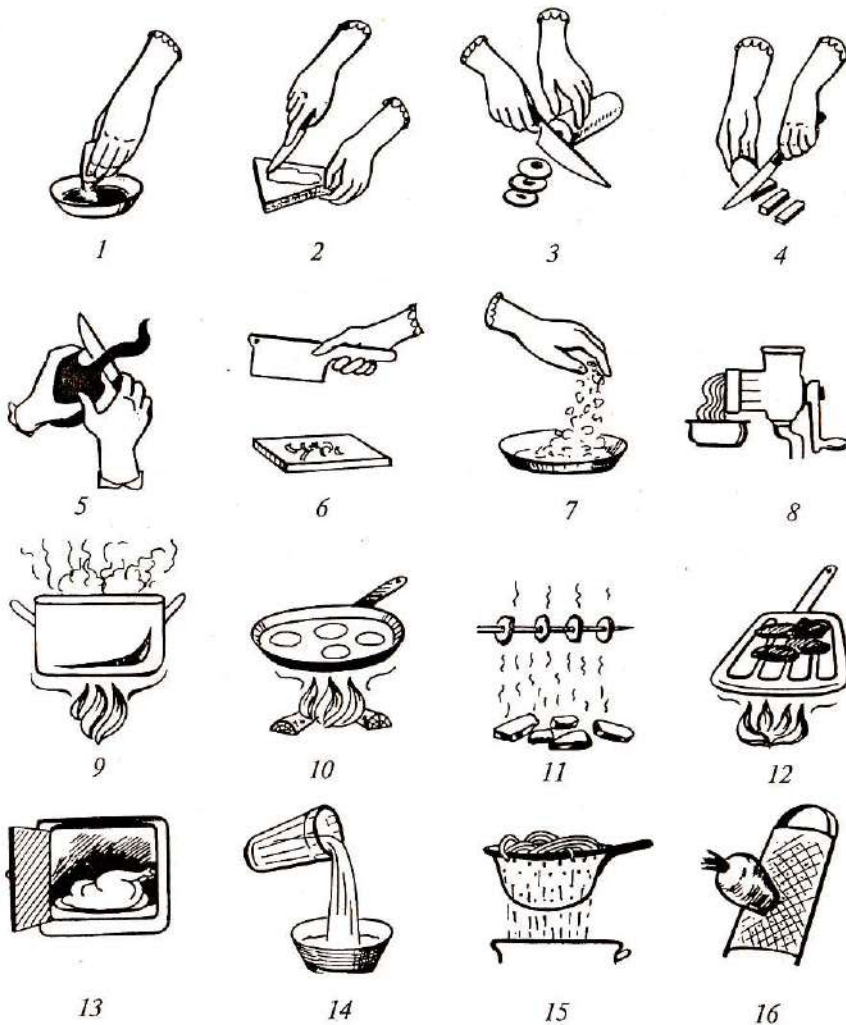
**13. Переведите предложения на русский язык, обращая внимание на
 значение местоимения *one (ones)*:**

1. To cross the street, one must wait for a green light. 2. What apples
 will you take? — The red ones. 3. This salad is better than the one we
 had yesterday. 4. Don't buy those potatoes. Buy the other ones. 5. I need
 one of these streets. 6. It's one of the best shops in our town. 7. These
 spoons are dirty. Can we have some clean ones? 8. These chocolates are
 nice. Would you like one? 9. This boy is one of her brothers. 10. One
 should always come to classes in time. 11. One can do it easily.

Тест 1

Подберите к каждому слову рисунок и укажите его номер:

pouring	peeling	roasting	sprinkling
frying	boiling	draining	dipping
barbecueing	chopping	grating	spreading
grilling	mincing	dicing	slicing



Тест 2

Заполните пропуски словами из рамки (используйте каждое слово один раз):

there, are, table, is, measurements, groceries, measured, a, gallon, sweets, weighs, pears

Weights and Measures

English weights and measures are very difficult to ___ (1) foreigner.

For general use the smallest weight is 1 ounce (written *oz*), and there ___ (2) 16 ounces in a pound (written *lb*). The English buy ___ (3), tobacco and sometimes cigarettes by the ounce while most ___ (4) or fruit, such as apples, ___ (5), strawberries, by the pound, half-pound or quarter-pound.

Fourteen pounds ___ (6) 1 stone. The English always give people's weight in stones and pounds. For example, a man ___ (7) 11 stones 9 lbs (not 163 lbs).

112 lbs make up 1 hundredweight (written *cwt*) and ___ (8) are 20 hundredweights in a ton.

Liquids are ___ (9) in pints, quarts and gallons. There are 2 pints in a quart and 4 quarts in a ___ (10).

Finally, for length the principal ___ (11) are inches, feet, yards and miles.

The easiest way to remember them, perhaps, is a little ___ (12) like this:

12 inches	1 foot (ft)
3 feet	1 yard (yd)
1.760 yards	1 mile

Miscellanea

IT IS INTERESTING TO KNOW

Fusion¹ Cooking

Fusion cooking is cooking which combines one or more elements from different cooking traditions, either techniques or ingredients. It is also called cross-cultural cooking, or cooking without barriers. Fusion ingredients usually come from Asia, Central America or South America.

¹ ['fju:z(ə)n] — слияние, соединение, сплав

Food is changing. Nowadays people want food that has more flavour. There are other reasons for the spreading of fusion cooking. They are the communication revolution (a chef can fax a recipe in seconds) as well as the improved quality and speed of overseas food transportation.

FROM THE HISTORY OF WORDS

Cacao

The cacao is a tropical plant that originated in Central and South America. It grows to a height of 5 to 8 m. The fruits are pods that are oblong and oval in shape and 15 to 20 cm long. The pods weigh 500—600 g. Each pod contains about 40 to 50 beans arranged in five rows.

The natives, especially the Mayas and Aztecs, used the cacao beans as a source of food and beverages and also as a means of exchange, buying with it necessities in the markets throughout the region.

The Aztecs consumed cacao as a beverage, after having pounded the roasted beans in hot water. They sometimes sweetened the drink with honey and thickened it with cornflour. Cayenne pepper was also often used to make it piquant. The beverage was called chocolate — a combination of *choco*, the Aztec name for cacao, and *latl*, their word for water.

In Mexico, cacao beans formed the basis of a complex system of exchange too. For example, the city of Tabasco paid the Emperor Montezuma an annual tax of 24,000 cacao beans. That assured the monarch his daily ration of 30 cups of chocolate and 2,000 more for his courtiers¹.

Chocolate is a useful source of energy. A cup of this precious beverage would put a man in condition to make a whole day's march without the need for other food.

A POEM TO ENJOY

Company's Coming

Company's coming, what shall I serve?
An entrée, dessert and perhaps an hors d'oeuvre.
Will it be perfect? How will it taste?
If nobody eats, it will all go to waste.

I always get scared when I cook for a guest.
It's almost as bad as taking a test.
Can I be sure it will all work out fine?
Will they all say that my cooking's divine?

¹ courtier ['kɔ:tiə] — придворный

First of all I will make up a list.
So that nothing's forgotten and nothing is missed.
I'll plan the whole menu and do things ahead.
I'll make it look easy, not something to dread.

LIMERICKS

There was an old Man of Berlin
Whose form was uncommonly thin.
Till he once by mistake
Was mixed up in a cake.
So they baked that old Man of Berlin.

There was an old Man of Columbia
Who was thirsty and called out for some beer.
But they brought it quite hot
In a small copper pot
Which disgusted that Man of Columbia.

There was an old Man of the East
Who gave all his children a feast.
But they all ate so much
And their conduct was such
That it killed that old Man of the East.

PROVERBS AND SAYINGS TO MEMORIZE

1. He who would eat the nut must first crack the shell.
2. Neither fish nor flesh.
3. To fall off the frying pan into the fire.
4. You cannot eat your cake and have it.
5. A watched pot never boils.

GIVE IT A NAME

1. It is meat from a pig. The meat is salted and sometimes smoked.
2. The thick part of the milk that you can whip to put on cakes.
3. It is meat from a pig.
4. It is a kind of food which is used to sweeten other food and drinks.
5. It is sliced bread made brown and crisp by heating.
6. It is a finely cut meat mixture put into a skin.
7. It is a floury mixture that can be cooked to make pastry or bread.

Тексты для дополнительного чтения

Chicken — Everybody's Meat

Chickens are on most tables today. Modern methods of rearing and refrigeration have made birds of uniform quality available everywhere and we eat them probably more than any other meat. Most people now buy frozen ones which are inexpensive and ready to cook. You can buy whole birds or chicken pieces. For a family a whole bird is a saving as it will provide more than one meal and it is so adaptable that there is never any problem with leftovers. Chicken pieces are good for a quick meal. The most economical joints are the drumsticks and thighs — there is a lot of meat on them. Frozen oven-ready chickens are nearly always young birds that should never be overcooked, but you may occasionally come across a boiling fowl¹, which is good value for money as there is plenty of meat on it and the flavour is good. These are old laying² birds and are best slowly casseroled³. The rather bland⁴ taste of frozen chicken lends itself to the addition of other flavours. Most keen cooks like to make their own stuffings or at least add to the bought packet variety. For a change, flavour the bird with herb butter or bacon tucked⁵ under the skin of the breast before roasting — it is much simpler than making an elaborate stuffing. Or roast it the French way with the addition of a little stock in the tin. Make a little chicken go a long way by stir-frying. Two chicken breasts cut into fine strips and cooked this way, served with plenty of crispy vegetables, can be enough for six people.

Marjoram⁶

A gentle, calming herb, marjoram was called "joy of the mountains" by the ancient Greeks. They say it was a favourite herb of Aphrodite, the goddess of love. Greek brides and grooms had crowns made from marjoram.

Marjoram is a perennial⁷ member of the mint family. The two most popular varieties are sweet marjoram⁸ and wild marjoram⁹ (more commonly known as oregano).

¹ [fəʊl] — птица

² несущиеся

³ to casserole ['kæsə'reɪl] — готовить в кастрюле из керамики или жаропрочного стекла

⁴ пресный, безвкусный

⁵ tuck — начинять

⁶ ['mɑ:dʒ(ə)rəm] — майоран, душица

⁷ [prə'teniəl] — многолетний (о растении)

⁸ sweet marjoram — садовый майоран

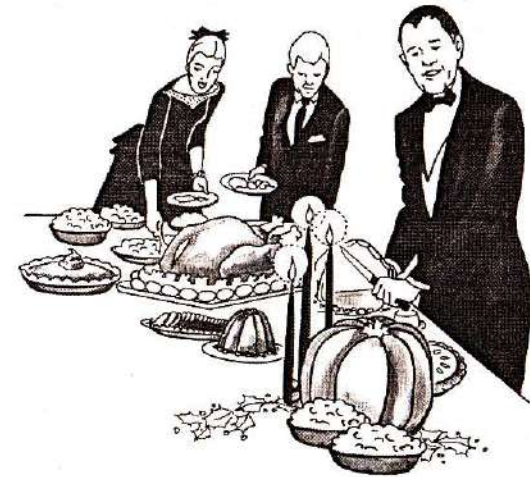
⁹ wild marjoram — дикий майоран

It is very popular in French cooking. Marjoram enhances the flavour of many foods, including poultry, lamb, sausage, green vegetables, carrots, cauliflowers, cucumbers, potatoes, parsnips¹, mushrooms, eggs and tomatoes. It also goes well with soups, cheese, spreads, stuffings and salad dressings. You can put a fresh sprig² of marjoram in salads.

For preparing savoury seasoning you should combine 1 tablespoon dried marjoram, 1 tablespoon dried basil, 2 teaspoons garlic powder, 2 teaspoons dried thyme³, 1 teaspoon dried crushed rosemary and 3/4 teaspoon dried oregano and store it in a covered container. Before grilling steaks, lamb, poultry or sausage rub over them with this seasoning.

One tablespoon of fresh marjoram equals 1 teaspoon dried marjoram. That's the basic rule for most herbs.

For a beautiful summer table setting, tie small bunches of fresh marjoram into bouquets.



Текст А

Menu Planning

The menu is a listing of the items the food service establishment has for sale. The menu is an important component of food service operations. Without a menu the customers will not know what their choice is for dishes to order. The menu creates an image of the establishment. It should be in harmony with the type of the food service establishment. For example, fast-food or quick-service restaurants offer a limited number of menu items but they sell these items in large quantities. Their customers are served at a sales counter, that is why separate menus are not needed. Customers are familiar with the standardized menu and do not need its description. Fast-food restaurants simply post names and prices of their products near the sales counters.

On the other hand, a big restaurant would have an altogether different menu. First, the number of menu items would be much greater. The traditional table-service restaurant might have a menu as large as a book with detailed descriptions of its wide range of dishes. To draw attention

¹ пастернак

² веточка

³ [тайм] — тимьян, чабрец

to daily specials some restaurants find it useful to box these items on the menu or to write them on a chalkboard near the entrance.

The menu planning is organized on the basis of the available food products and kitchen staff. The service transfers the menu items from the kitchen staff to the customers. In order to properly serve customers, the servers should be ready to answer their questions. They should know what items are on the menu, the portion sizes offered, how the items are prepared. Service should also know the meaning of all terms used on the menu so they can explain them to any customers.

13 The menu is generally designed by the chef (head cook) of the restaurant. The structure of the menu is usually based on following courses:

- Starters
- Soups
- Entrées
- Main courses
- Desserts

When a chef designs a menu, he (she) usually starts with the main course and then plans the other courses.

There are four basic types of menus:

1. **À la carte menu** allows the customer to choose dishes which are cooked to order and served to the guests.

2. **Table d'hôte menu** offers a limited choice of dishes. The guests have to take the whole meal consisting of three or four dishes and pay a fixed price.

3. **Carte du jour** means "card of the day" and the dishes of this menu are served on this day only.

4. **Cycle menu** is a number of menus, which are repeated in a certain period of time. It is usually used in hospitals, student and school canteens.

Словарь к тексту

listing ['listɪŋ]	перечень
item ['aɪtəm]	зд. блюдо
food service establishment [f'ɪstæblɪʃmənt]	предприятие общественного питания
sales counter	прилавок, стойка
to post [pəʊst]	вывешивать
to box	помещать в рамку
available [ə'veɪləb(ə)l]	имеющийся (в распоряжении)
properly ['prɒpəli]	должным образом
server ['sɜ:və]	обслуживающий персонал
to design [dɪ'zaɪn]	разрабатывать
entrée ['vɒtreɪ]	1. горячая закуска; 2. Ам горячее блюдо
chef [ʃef]	шеф-повар

À la carte [ælə'kɑ:t, ɑ:lɑ:-]
table d'hôte [tɑ:b(ə)'dɒt]

а-ля карт (выбор блюд по меню)
табльдот (комплексный обед,
ужин)

carte du jour [kɑ:t du:'ʒɔʒ]
cycle menu

меню на данный день
циклическое меню

Задания к тексту

1. Подберите английские эквиваленты к следующим словосочетаниям и выражениям:

1. предприятия общественного питания, важный компонент обслуживания, создает представление (имидж), ресторан быстрого обслуживания, ограниченное количество блюд в меню, традиционный ресторан с обслуживанием столов, детальное описание, привлечь внимание, блюдо дня, имеющиеся в распоряжении продукты питания, работники кухни, чтобы надлежащим образом обслужить гостей, шеф-повар разрабатывает меню, обслуживающий персонал.

2. Переведите на английский язык, используя слова и выражения из текста:

1. Меню — это перечень наименований блюд, предлагаемых предприятием общественного питания. 2. Рестораны быстрого питания предлагают ограниченное количество блюд. 3. Гости не нуждаются в описании блюд, так как они хорошо знакомы с меню. 4. Чтобы привлечь внимание гостей к фирменным блюдам, некоторые рестораны пишут их названия на доске около входа. 5. Меню планируется на базе имеющихся в наличии продуктов и персонала кухни. 6. Официанты должны уметь объяснить гостям состав каждого блюда. 7. Меню разрабатывается шеф-поваром ресторана. 8. Шеф-повар обычно начинает планирование меню с основного блюда.

3. Ответьте на вопросы:

1. What is a menu?
2. What kind of menu can we see in fast-food restaurants?
3. What kind of menu might the traditional table service restaurant have?
4. What do some restaurants do to draw attention to their daily specials?
5. What should the restaurant servers know about the menu?
6. Who usually designs the menu of the restaurant?
7. What is the usual structure of the menu?
8. What does a chef start with when designing a menu?
9. What types of menu do you know?

Setting the Table

Setting a table must begin with good preparation and organization. Check carefully for the perfect cleanliness of the dinnerware (tableware), silverware (cutlery) and stemware (glassware).

Appetizers, soups and salads are set in place on top of a service plate that remains until it is replaced by the main entrée dinner plate. Napkins are never placed on the service plate, but are traditionally placed to the left.

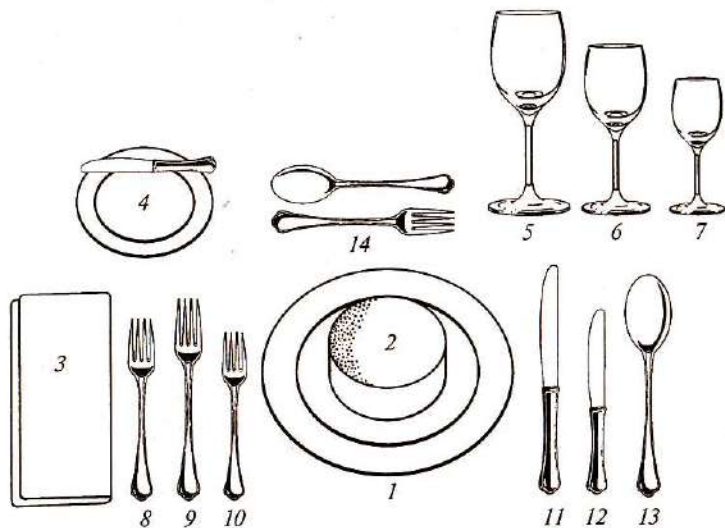
✓ The service plate determines the position of the utensils. They are arranged from the inside out. The dinner (service) knife is on the right side with the edge to the inside, then goes the fish knife.

✓ The soup spoon is placed to the outside of the fish knife on the right. The dinner (service) fork is usually on the left. It is often recommended that the salad fork is placed to the left of the dinner fork. However, in this formal setting the dinner fork is placed to be used before the salad fork because it is suggested that the guest awaits the main meal before helping himself (herself) to the salad.

✓ The general rule with utensils is to start from the outside of your place setting, and work your way toward the service plate (the main meal plate): soup spoon first, then fish knife and fork, then service knife and fork.

✓ The bread plate with the butter knife (spreader) with the edge to the outside is placed to the left of the service plate above the forks.

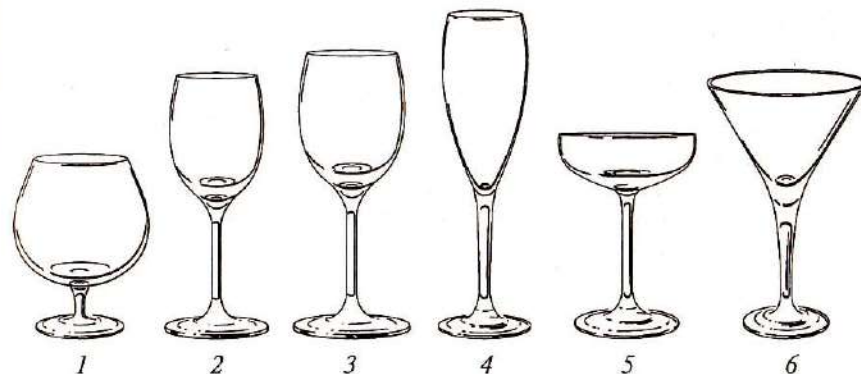
✓ The dessert spoon and cake fork are above the plate. The fork handle should point to the left, the spoon handle to the right.



- | | |
|---|---------------------------------|
| 1. service plate | 8. fish fork |
| 2. soup bowl | 9. dinner fork |
| 3. napkin | 10. salad fork |
| 4. bread and butter plate with butter knife | 11. service knife |
| 5. water glass | 12. fish knife |
| 6. white wine glass | 13. soup spoon |
| 7. red wine glass | 14. dessert spoon and cake fork |

The stemware is positioned after everything else. Position the glasses so that the guest will be able to reach each without having to manoeuvre around any of the other glasses at his place. Put no more than four glasses next to each setting. You may need some additional glasses. If two different white wine selections are offered, two different glasses are required. The guest should be able to enjoy each wine separately.

Which glasses go with what drinks. Each type of wine needs a particular type of glass to bring out the special bouquet.



- | | |
|---------------------|---------------------------------------|
| 1. brandy glass | 4. tall champagne glass (tulip flute) |
| 2. red wine glass | 5. low champagne glass (saucer) |
| 3. white wine glass | 6. martini glass |

Словарь к тексту

dinnerware ['dɪnəweə],
tableware ['teɪbl(ə)weə]
silverware ['sɪlvəweə] Am,
cutlery ['kʌtləri] Am
stemware ['stemweə] Am,
glassware ['glɑ:swɛə] Am
service plate ['sɜ:vɪs plɛɪt]
entrée ['ɒntri:] Am

посуда, приборы для сервировки стола
ножи, ложки, вилки
стаканы, бокалы, рюмки
подстановочная тарелка
горячее (блюдо)

napkin ['næpkin]
utensils [ju:'tens(ə)lz]
to arrange [ə'reɪndʒ]
edge [edʒ]
spreader ['spredə]
handle ['hændl]
bowl [bəʊl]
bouquet [bəʊ'keɪ, bu:-]
to manoeuvre [mə'nu:və]
tulip flute ['tju:lɪp flʊ:t]

saucer ['sɔ:sə]

martini [mɑ:'tɪni]

салфетка
приборы, принадлежности
располагать
режущая кромка, лезвие (*ножа*)
нож для масла
ручка, рукоятка
миска, глубокая тарелка, чашка
букет (*вина*)
маневрировать
флют(т)е (*высокий бокал для шампанского в форме флейты*)
широкий бокал для шампанского, бокал-блюдец
мартини

Задания к тексту

1. Ответьте на вопросы:

1. How must setting a table begin?
2. Where are napkins placed?
3. How are the utensils arranged?
4. Where is the dinner knife put?
5. How is it put?
6. Where is the fish fork's place?
7. Where is the soup spoon placed?
8. Where is usually the salad fork placed?
9. Where is the bread plate?
10. Where are the dessert spoon and cake fork?
11. When is the glassware positioned?
12. How many glasses can be put on the table?

2. Расскажите, как вы сервируете стол для обычного обеда (ужина).

3. Расскажите, как вы накрываете праздничный стол, используя следующие слова и словосочетания:

to take out nice dishes from the cupboard, to put smart napkins and tablecloth on the table, to decorate with..., silverware, fine china, beautiful glassware, candles, guest cards, vases with flowers.

Текст С

Choosing the Right Wine

Your choice of wines will depend on the type of dinner you organize (formal, casual, etc.) and the tastes of your guests (if you know them).

For example, you can choose to serve only champagne if you wish to be very ceremonial or very romantic.

But if you organize a casual barbecue party, you can choose the option of serving the same fresh light red wine or rosé during the whole time.

Basic overall rules to choose your wine

Entrée: generally accompanied with dry white wine or rosé.

Main course:

- red wine for red meat, light red wine for white meats;
- dry white wine for fish or seafood;
- on a general base, fresh and light red wine goes with everything;
- rosé is not considered as top wine but it is good and fresh for casual meals when it is hot.

Cheese: red wine, preferably full-bodied with powerful cheese flavours.

Dessert: sweet white wine.

Словарь к тексту

formal ['fɔ:m(ə)l]	официальный
casual ['kæʒuəl]	обычный, повседневный
option ['ɒpʃ(ə)n]	возможность
fresh wine ['freʃ waɪn]	свежее вино
rosé ['rəʊzeɪ]	легкое розовое вино
full-bodied [fʊl'bɒdɪd] wine	полное вино

Задания к тексту

1. Закончите предложения, выбрав подходящие варианты:

1. The choice of wines depends on ...
a) the weather; b) the type of dinner; c) the season; d) the tastes of your guests.
2. You can serve the same fresh light red wine or rosé during the whole time ...
a) if you wish to be very ceremonial; b) if you give a big party; c) if you organize a casual barbecue; d) if you serve a fish dish.
3. Entrées are generally accompanied with ...
a) champagne; b) red wine; c) dry white wine; d) rosé.
4. Dry white wine is good for ...
a) red meat; b) fish; c) seafood; d) cheese.

2. Переведите на английский язык:

официальный обед, зависит от вкусов ваших гостей, подавать только шампанское, к рыбе и морепродуктам подают сухое белое вино, розовое вино не считается самым лучшим, свежее легкое красное вино подходит ко всему.

Serving Wines at a Restaurant

Wine is an integral part of fine dining experience in a restaurant. In many restaurants the wine service will be more relaxed than the formal service described below but the basics are still the same.

Sommelier or waiter. You can more likely find a sommelier in a very fine restaurant and especially in Europe. A sommelier, in simplified terms, is a wine waiter. He/she has extra knowledge about wines, wine service and the selections available at the restaurant. If a restaurant has a sommelier, that person will work with you specifically with regard to the wines. A sommelier's attire is usually different than the other wait staff members'. It is common for a sommelier to have a "tastevin" hanging from a sash around his neck. A tastevin is a shallow metal tasting cup that is a tool of the trade for most sommeliers. In restaurants without a sommelier, the waiter serves both the food and wine ordering.

Selecting wine. If you are having just one wine with your meal, it is a good idea to match it with the main course of those at your table. If you want to have more than one main course, you should order white wine to pair with the lighter main course and fuller wine (presumably red) to match the other main course. Have the first wine poured lightly for everyone to start the meal. If you are not confident or comfortable selecting the wines, ask the sommelier or waiter for suggestion. It is helpful to give them an idea of wines or wine types that you have enjoyed in the past as well as a rough price range you want to spend. It is also common for a host to defer the wine selection to another member of the party who is more experienced.

Задания к тексту

1. Переведите текст на русский язык с помощью словаря.
2. Ответьте на вопросы:
 1. In what restaurants can you more likely find a sommelier?
 2. What is a sommelier in simplified terms?
 3. What kind of knowledge must he/she have?
 4. Is a sommelier's attire different than the other wait staff members'?
 5. What is the sommelier's tool of trade?
 6. Have you ever eaten or worked in a restaurant with the sommelier?
 7. If you have one wine with your meal, which course will you match it with?

1. Прочитайте по ролям, заменяя подчеркнутые слова другими:

Family Dinner

Joan: I'm so hungry. Have you set the table yet?

Mother-in-law: Yes, I have.

Joan: Is dinner ready?

Mother-in-law: Yes, it's ready. Look at the table.

Joan: The table looks perfectly and the smell is wonderful.

Mother-in-law: Will you have some soup?

Joan: Yes, thank you.

Mother-in-law: We have roast beef for the main course.

Joan: I like the way you make it.

Mother-in-law: I know. Here are some boiled potatoes for you.

Joan: Will you pass me the pepper, please?

Mother-in-law: Here you are. Let me give you a little more roast beef.

Joan: Yes, thank you. It is really very good.

Mother-in-law: Will you have a cup of coffee?

Joan: Yes, thank you. With great pleasure.

Mother-in-law: Shall I put milk and sugar in it?

Joan: No, thank you, I don't like coffee with milk and sugar.

2. Прочитайте по ролям и переведите:

Sam's Breakfast

Mother: Help yourself to the porridge, Sam.

Sam: I'd better have a couple of hamburgers, Mum.

Mother: You must have a proper meal, dear, otherwise you'll have problems with your health.

Sam: Is there any cheese left, Mum? Make me a cheese sandwich.

Mother: Will you have a cup of tea?

Sam: No, thank you. I have had a bottle of Coca-Cola already.

Mother: Next time you won't have any Coca-Cola or other artificial products for breakfast.

Sam: What's wrong with it, Mum?

Mother: You know, this kind of food is not good for our stomach.

Sam: Why?

Mother: Because it's full of different additives: artificial colourings, flavourings and so on.

3. Составьте диалоги:

а) между официантом и гостем ресторана, желающим заказать диетические и вегетарианские блюда;

- б) между гостями ресторана, выбирающими детские и фирменные блюда на обед;
в) между двумя гостями ресторана, выбирающими десерт.

4. Запомните следующие выражения и составьте с ними мини-диалоги:

Wine and Toasts

I drink to you, Kate.
Let's have a drink!
What about drink?
He drinks hard.
He is fond of the bottle.
Here's to our host/hostess!
Here's to you!/Cheerio!/Your health!/To you!
I'm sober as a judge.
I never touch/take wine.
Many happy returns of the day!
Take a glass of this.

Вино и тосты

За ваше здоровье, Кэт.
Давайте выпьем!
Может быть, выпьем?
Он много пьет.
Он любит выпить.
За здоровье хозяина/хозяйки!
За ваше здоровье.
Я абсолютно трезв.
Я вина в рот не беру.
Долгих лет жизни!
Выпейте стаканчик этого.

Лексические упражнения

1. Заполните пропуски словами из рамки:

salt shaker, fork, bowl, pepper shaker, knife, spoon, glass, napkin, plate, cup

1. Drink coffee from a 2. Drink water from a 3. Eat soup from a
4. Eat vegetables and meat from a 5. Put a ... on your lap. 6. Cut meat with a 7. Eat soup with a 8. Eat vegetables with a 9. Shake salt from a 10. Shake pepper from a

2. Подберите к словам из левой колонки их значения из правой:

- | | |
|----------------|--|
| 1. utensils | a. list of ingredients and directions to make a food |
| 2. ingredients | b. something you add to make food taste better |
| 3. recipe | c. kitchen items you use to cook with |
| 4. seasoning | d. items you combine to make a certain kind of food |
| 5. kitchen | e. you put the tea cup on it |
| 6. saucer | f. you put plates with food on it |
| 7. tray | g. room where you cook food and wash the dishes |

3. Прочитайте и переведите меню, используя словарь учебника:

Trafalgar Square Restaurant

STARTERS

PASTA SICILIA	£2.35
Tender pasta shells served in a rich, spicy tomato and herb sauce combining strips of pepperoni, red, green and yellow peppers. Served with a slice of garlic bread.	
KING PRAWN SEAFOOD SALAD	£2.45
A delicious salad of mackerel and crab stick chunks on bed of crisp iceberg lettuce crowned with 3 king prawns. Served with seafood sauce and brown bread and butter.	
SOUP OF THE DAY	£1.35
Ask us what's on the menu today.	
PRAWN COCKTAIL	£2.29
DEEP FRIED MUSHROOMS	£2.15
COUNTRY PÂTÉ	£2.10
TROPICAL MELON FRUIT HARVEST	£1.95
SEVEN SPICE PRAWNS	£2.55
Succulent prawns coated with seven hot Cajun spices and bread-crumbs, deep fried until golden brown. Served with brown bread and butter and your choice of dip.	
DEEP FRIED POTATO SKINS	£2.45
Six potato skin wedges deep fried until golden brown and topped with either spicy vegetable chili or creamy cheese and bacon sauce.	
PORK SATAY	£2.29
A traditional Indonesian-style appetizer. Sticks of spicy grilled pork meat served with either a cooling sour cream and chives dip or a spicy peanut dressing.	
GREEK DIP MEDLEY	£1.99
A light Greek-style starter of traditional Taramasalata and Tzatziki dips, served with fresh vegetable crudités and pitta bread.	
THE 2446	£4.39
Ideal for two to share or for one if you're really hungry! 2 deep fried chicken wings, 4 crispy potato skin wedges, 4 breaded scampi and 6 deep fried mushrooms. Accompanied by both ranch dressing and barbecue sauce.	

MAIN COURSES

Chef's Specials

RUMP STEAK WITH CHINESE CHICKEN	£9.15
A 5 oz rump steak with a chicken breast marinated oriental style. Served with mushrooms and a sour cream and chives dip.	
SALMON FILLET AND ORIENTAL KING PRAWN KEBAB	£8.99
A real treat for fish lovers. 4 oz salmon fillet with a kebab of 5 king prawns lightly dusted with oriental spices. Accompanied with a sour cream and chives dip.	
CHAR SUI PORK FILLET	£8.85
A tender pork fillet in a tasty char sui marinade, served with a rich dark sauce containing mange tout and carrot julienne. Garnished with mushrooms.	
TEXAS COMBO	£8.25
We marinate a half baby rack of pork ribs in our special barbecue marinade and top them with smokey barbecue sauce. Served with 4 spicy double chicken wings, a salad garnish and either jacket potato or French fries.	

VEGETARIAN

VEGETABLE TIKKA MASALA	£6.75
Vegetables combined in spicy Indian sauce. Served with savoury rice, a poppadom and mango chutney.	
BROCCOLI AND MUSHROOM BAKE	£6.75
Broccoli florets and chopped mushrooms in a creamy Parmesan and cream sauce. Topped with a golden crispy crumb and served with salad and garlic bread.	

All main courses are served with a mixed vegetable selection of baton carrots, green beans and sliced baby sweet corn and a choice of jacket potato or French fries. Alternatively you may choose either a mixed or continental salad. The price also includes a roll or crispbread and an ice-cream dessert.*

MAIN COURSES FROM THE GRILL

All our steaks are prime quality. You tell us how you want yours grilled, and that's the way we'll do it.

All weights approximate before cooking.

RUMP STEAK	8 oz	£8.99
	12 oz	£11.95

* Our ice cream contains non-milk fat.

PEPPERED STEAK		£9.99
An 8 oz rump steak dusted with crushed peppercorns and served with our creamy peppercorn sauce.		
SIRLOIN STEAK	6 oz	£8.35
	8 oz	£9.99
T-BONE STEAK	14 oz	£12.75
FILLET STEAK	8 oz	£12.25
BEEFEATER MIXED GRILL		£9.45
Rump steak, lamb cutlet, gammon steak and sausage — a real feast!		
GAMMON STEAK	8 oz	£7.35
A tasty steak topped with a pineapple ring.		
MINTED LAMB STEAK		£8.89
A succulent mint marinated loin steak, grilled and served with a tangy red wine and rosemary sauce.		

CHICKEN

MARINATED CHICKEN	£7.89
CHICKEN OSCAR™	£9.25
CHICKEN TIKKA MASALA	£7.99
Pieces of chicken in a spicy Indian sauce. Served with whole grain rice, a poppadom and mango chutney.	

FISH

FILLET OF HADDOCK	£6.85
DEEP FRIED SCAMPI	£7.85
SALMON FILLET	£8.99
A succulent salmon fillet grilled and served with a boat of creamy hollandaise and parsley sauce.	

LIGHTER SELECTION

The dishes below are served with your choice of jacket potato, French fries or garlic bread; or alternatively you may choose a continental or mixed salad.

HOT FILLET SALAD	£5.95
Strips of lightly marinated grilled fillet steak combined with mushrooms, served on a bed of seasonal salad with sweet corn and kidney beans in a light mayonnaise dressing.	
HOT CHICKEN SALAD	£5.75
Grilled chicken fillet, tender and tasty, served on a bed of seasonal salad with sweet corn and kidney beans in a light mayonnaise dressing.	

KING PRAWN SALAD ROYALE	£6.15
A delicious salad of prawns, mackerel, crabstick and tuna on a bed of seasonal salad with sweet corn and kidney beans in a light mayonnaise sauce. Crowned with 5 king prawns and served with our special seafood sauce.	
OCEAN BAKE	£5.95
Succulent pieces of fillet of white fish in a light sauce, topped with potato and a sprinkling of cheese..	
SEAFOOD TAGLIATELLE	£5.99
Ribbons of pasta in a creamy white wine sauce with prawns, scallop and salmon.	
CHICKEN PASTA SUPREME	£5.99
Pasta twists combined with chunks of chicken breast and smoked bacon in a cheese sauce. Delicious!	
HALF RACK OF RIBS	£5.75
We marinate a half baby rack of succulent pork ribs in our special barbecue marinade and top them with smoky barbecue sauce.	
<i>The dishes below are all served with a mixed vegetable selection comprising of baby carrots, green beans, sliced baby sweet corn and a choice of jacket potato or French fries. Alternatively you may choose a continental or mixed salad.</i>	
CHAMPAGNE SOLE	£5.95
Fillet of sole stuffed with scallops and crab meat, served in a creamy champagne sauce. (Contains more than 2% alcohol by volume.)	
DEEP FRIED SCAMPI (a half-portion)	£4.99
DOUBLE CHICKEN BREAST	£5.95
STEAK AND KIDNEY PIE	£4.99
RUMP STEAK	5 oz £6.45
Prime steak, grilled as you like it and served with mushrooms.	

Younger Guests

For our younger guests, this special menu is of the same quality as our main menu but in slightly smaller portions. The price includes a roll and butter or crispbread and a soft vanilla ice cream topped with raspberry, butterscotch or chocolate sauce with nuts.

All the dishes below are served with a mixed vegetable selection of baby carrots, green beans and sliced baby sweet corn and a choice of jacket potato or French fries. Alternatively you may choose a continental or mixed salad.

RUMP STEAK	5 oz £6.45
DEEP FRIED SCAMPI (a half-portion)	£4.99
BARBECUE CHICKEN	£5.75

BURGER IN A BUN	£4.59
MR. MEN MEALS	£2.25

For the very young, Mr Men meals are served at lunchtime until 7.30 in the evening to children who are accompanied by adult taking a main meal in the restaurant.

Please, no more than 3 children for each adult restaurant diner unless prior arrangement has been agreed with the manager. Mr. Men meals are completely free from artificial colours and flavourings.

SIDE ORDERS

MUSHROOMS	£1.10
DEEP FRIED ONION RINGS	£0.99
VEGETABLE MORNAY	£1.19
COURGETTE PROVENÇALE	£1.19
A delicious provincial-style mix of courgettes, tomatoes and onions, flavoured with garlic and herbs.	
GARLIC BREAD	£1.50
CONTINENTAL SALAD	£1.25
MIXED SALAD	£1.45

Our salads are served with a choice of dressing: French, Thousand Island, Blue Cheese, Green Goddess, Ranch or Honey and Tomato.

DESSERTS & COFFEES

Chef's Specials

BANANA SPLIT	£2.15
Our banana split leaves the others in the shade! Two halves of banana on a base of delicious ice cream topped with whipped cream, pieces of kiwi fruit and strawberries, raspberry sauce and crunch nuts.	
PARADISE CAKE	£1.99
You'll fall in love with tropical dessert! A moist nutty cake combining pineapple, coconut and walnuts, finished with a rich cream cheese icing and an orange and passionfruit sauce.	
FRESH FRUIT SALAD	£1.99
A refreshing salad comprising apples, orange segments, pineapple, grapes, strawberry pieces and kiwi fruit in a light syrup.	
DOUBLE CHOCOLATE MOUSSE	£1.99
Double delicious! Served with cream or ice cream.	
PROFITEROLE SURPRISE	£1.99

HORN OF PLENTY	£1.99
A sumptuous combination of mixed fruits topped with ice cream, more mixed fruits, whipped cream and raspberry sauce.	
BRANDY SNAP CORRUPTION	£1.99
APPLE AND BLACKBERRY PIE	£1.89
CHOCOLATE FUDGE DREAM	£1.99
FRESH FRUIT PAVLOVA	£1.89
SYRUP PUDDING	£1.99
STRAWBERRIES AND CREAM	£1.89
CHEESE AND BISCUITS	£1.89

COFFEE AND TEA

We serve only freshly ground filtre coffee.

BY THE CUP	£0.70
Regular or decaffeinated.	
FLOATER	£0.75
A large glass of coffee with cream.	
POT OF TEA	£0.70

LIQUEUR COFFEES

For the perfect end to your meal.

IRISH	£1.65
With smooth Irish whisky.	
RIVIERA	£1.65
With Cointreau, a subtle bittersweet blend of orange.	
HIGHLAND	£1.65
With a blended Scotch whisky.	
CALYPSO	£1.65
With Tia Maria to give you a taste of the tropics.	
PARISIENNE	£1.65
With French brandy for a continental touch.	
MONKS	£1.65
With Benedictine, a blend of brandy and aromatic herbs.	
JAMAICAN	£1.65
With dark rum for a Caribbean kick.	
BEEFEATER	£1.65
With Kahlua, the liquor from Mexico.	

4. Изучив меню, сделайте заказ:

1. Фирменная закуска и второе блюдо.
2. Горячий куриный салат, камбала в шампанском соусе, стейк из баранины с мятой.
3. Две порции брокколи, запеченной с грибами.
4. Три салата из королевских креветок, две порции рыбы, запеченной с картофелем и сыром, одна порция цыпленка под маринадом.
5. Праздничный ужин на четверых на сумму около 300 фунтов.

Грамматические упражнения

1. Дайте положительные и отрицательные ответы на вопросы:

Образец:

Have you ever been to London? — Yes, I have been to London this year. No, I have never been to London.

1. Have you ever been to Paris?
2. Have you ever seen the tiger?
3. Have you ever eaten the oysters?
4. Have you ever drunk the French champagne?
5. Have you ever cooked the polenta?
6. Have you ever tasted the lobster?
7. Have you ever made the charlotte?
8. Have you ever tried the doner kebab?

2. Поставьте глаголы в скобках в Past Simple или Present Perfect:

1. I already (to cook) the dinner.
2. I (to cook) it an hour ago.
3. He (not to eat) today.
4. He (not to eat) yesterday.
5. We (to see) this film recently.
6. She (to see) this film last year.
7. I just (to come).
8. My mother (to come) half an hour ago.
9. Look at the cake! I (to make) it myself.
10. Last Sunday I (to make) an apple pie.
11. They (to finish) the work a moment ago.
12. I already (to finish) my work too.
13. Mother (to prepare) a wonderful dinner last Sunday.
14. I just (to have lunch) with my friends. ...
15. ... you ever (to eat) salted watermelons?
16. We (to have dinner) at the French restaurant yesterday.
17. ... you ever (to be) to London?
18. Look! I (to buy) so much food.

3. Ответьте на вопросы:

Образец:

Have you finished the work yet? — No, I haven't finished it yet. Yes, I have already finished it.

1. Have you eaten at the new French restaurant yet?
2. Have you bought the foodstuff for the dinner yet?
3. Have you washed the dishes yet?
4. Have you warmed up the soup yet?
5. Has he cooked the meat yet?
6. Has she served the guests yet?
7. Have they laid the table yet?
8. Have you had dinner yet?

4. Ответьте на вопросы, употребляя Future Perfect:

Образец:

Have you done your homework? — Not yet. But I shall have done it by 3 o'clock.

1. Have you boiled the vegetables? (by 2 o'clock) 2. Have you laid the table? (by the time the guests come) 3. Have you translated the text? (by 5 o'clock tomorrow) 4. Has he finished to read my book? (by tomorrow)

5. Дополните предложения, употребляя Past Perfect:

Образец:

Kate had laid the table before the guests came.

1. ... before it began to rain. 2. ... before her mother came home. 3. ... by 5 o'clock. 4. I didn't want to go to the cinema because....

6. Переведите на английский язык:

1. Ты когда-нибудь был в Нью-Йорке? 2. Я только что пришел. 3. Он никогда не ел устриц. 4. Вы уже сделали домашнее задание? — Нет, еще не сделали. 5. Мой друг купил машину в этом году. 6. Мы накрыли на стол до того, как пришли гости. 7. Я сделаю эту работу завтра к 5 часам. 8. Когда я пришла домой, мама уже ушла на работу. 9. Ты уже помыла посуду? — Нет еще. 10. Они никогда не были в итальянском ресторане. 11. Билл уже приготовил обед, когда родители вернулись домой.

7. Переведите на русский язык, обращая внимание на многозначность глагола to have:

1. He has blue eyes. 2. I've got a headache. 3. We have to go shopping today. 4. They have been to London this year. 5. I haven't got a camera. 6. Do you have to go to work today? 7. My friend has bought a car lately. 8. There was no bus, so I had to walk home. 9. In our country men have to do military service. 10. How long have you lived in Moscow? 11. When I came home, mother had already cooked dinner. 12. Did he have to go to work last Monday? 13. Have you had dinner yet? 14. I'd like to have a snack.

8. Переведите на русский язык, обращая внимание на многозначность глагола to be:

1. My brother is not married. 2. I'm 18. 3. There are twenty students in our group. 4. What are you going to do tonight? 5. I was working when she came. 6. This house was built 100 years ago. 7. I am never invited to parties. 8. There was a good film on TV yesterday evening. 9. We won't be at home tomorrow. 10. Your task is to set the tables by 3 o'clock. 11. They were to arrive at 4 o'clock. 12. Where have you been in the morning? 13. There were a lot of people in the room. 14. I promise you I'll be in time for the lesson tomorrow.

Тест 1

Подберите к каждому слову рисунок и укажите его номер:

casserole	frying pan	plate rack
mincer	glass	cruet set
corkscrew	rolling pin	grater
saucepan	bowl	



1



2



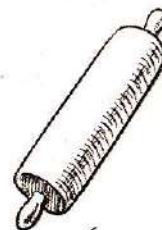
3



4



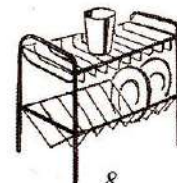
5



6



7



8



9



10



11

Тест 2

Заполните пропуски словами из рамки (используйте каждое слово один раз):

put, soup spoons, tablecloth, dessert, in, cooks, cutlery, ready, forks, plates

Receiving Guests

When we have visitors ___ (1) our house, I usually lay the table and mother ___ (2) dinner. First, I spread the ___ (3). I take out of the cupboard all the ___ (4) — knives, forks and spoons.

I put the knives and the ___ (5) on the right-hand side and the ___ (6) on the left, except the spoons and the forks for ___ (7), which I put across the top.

Before each guest I ___ (8) the service plate. On the left of each guest I put wine glasses. Then I put the napkins to the left of the service ___ (9) and I am ___ (10) for the guests to come in.

Miscellanea

USEFUL ADVICE

Removing Inedible Items from Your Mouth

1. *Olive pits*: drop delicately into your palm before putting them onto your plate.
2. *Chicken bone*: use your fork to return it to the plate.
3. *Fish bones*: remove with your fingers.
4. *Bigger pieces*: bigger bones or food you do not appreciate you should surreptitiously spit into your serviette (napkin), so that you can keep it out of sight.

Foods You Can Get by Hand

1. *Bread*: break slices of bread, rolls and muffins in half or into small pieces by hand before buttering.
2. *Bacon*: if there's fat on it, with a knife and fork; if it is crisp, crumble it with a fork and eat with your fingers.
3. *Finger meals*: follow the cue of your host; if finger meals are offered on a platter, place them on your plate before putting them into your mouth.
4. *Foods meant to be eaten by hand*: corn on the cob, spareribs, lobster, clams and oysters on the half shell, chicken wings and bones (in informal situations), sandwiches, certain fruits, olives, dry cakes and cookies.

JOKES

Diner: Waiter, I want chicken — and the younger the better.

Waiter: In that case, sir, order eggs.

He Understood!

Two Americans were travelling in Spain. One morning they entered a little restaurant for lunch. They did not know Spanish, however, and the waiter did not know English. So they tried to make him understand that they wanted some milk and sandwiches.

At first they pronounced the word "milk" many times. Then they spelled it. But the waiter still could not understand.

At last one of them took a piece of paper and began to draw a cow. He was just finishing his drawing, when the waiter looked at it and ran out of the restaurant.

"You see," said the traveller who had drawn the cow, "what a pencil can do for a man who has difficulties in a foreign country."

After some time the waiter was back, but he brought no milk. He put down in front of the two men two tickets for a bullfight!

PROVERBS AND SAYINGS TO MEMORIZE

1. After dinner sit/sleep a while, after supper walk a mile.
2. Old friends and old wines are best.
3. To be born with a silver spoon in one's mouth.
4. Honey is sweet, but the bee stings.
5. He who would catch fish must not mind getting wet.

LIMERICKS

There was a young man of Calcutta
Who spoke with a terrible stutter.
He said, "If you please,
Will you pass me the cheese
And the b-b-b-b-b-butter."

There was a young lady of Niger¹
Who smiled as she rode a tiger.
They returned from the ride
With the lady inside,
And a smile on the face of the tiger.

There was an old man of Khartoum²
Who kept two black sheep in his room.
"They remind me," he said,
"Of two friends who are dead,"
But he never would tell us of whom.

¹ [ˈnaɪgə] — Нигер (государство)

² [kɑːˈtuːm] — Хартум (город)

GIVE IT A NAME

1. It is a kind of sweet that you chew but do not swallow.
2. It is a small fruit with a thin dark red or yellow skin. It has a large stone in the middle.
3. When you do it, you put something into a liquid and leave it there.
4. It is a food made with flour and baked in an oven.
5. When people do it, they cook food in a pan with hot fat or oil.
6. When you do it, you mix a liquid inside a container with something like a spoon.

Текст для дополнительного чтения

Corn (Maize)

Corn or maize was domesticated and cultivated by the native people of the New World when Christopher Columbus first reached its shores.

The cultivation of corn was of primary importance to the daily diet of the Indians, who used it in making a sort of bread, the *tortilla*.

Columbus took the seeds back to Spain in 1493, but the cultivation of corn began in Europe only around 1520. It was regarded primarily as a garden plant, but in the 16th century it became a culinary fixture and was used to make white and sweet bread — *polenta*. It was cooked in a mass, then cut with a wire into large, thin slices and arranged on a platter with cheese or with butter. Corn was extensively consumed by poor people because they were primarily concerned with filling their empty bellies.

In the United States, the cereal is almost always called *corn*, while in Britain it is called *maize*. *Maize*, variously spelled, is the cereal's proper name in all European languages. The word is derived from the Spanish *maize*, taken in turn from the Indian *maize*. *Polenta* eventually replaced all of the other cereals and provided nourishment for many generations of poor working people in the countries of the Mediterranean Basin, the Balkans, Africa and Asia.

Nowadays there are a lot of different kinds of *polenta* and other dishes made with corn in recipe books.

Урок 7

MY PROFESSION IS A COOK (МОЯ ПРОФЕССИЯ — ПОВАР)



Текст А

My Profession Is a Cook

I study at the Cooking Department of the Moscow College of Technologies and Design, so I will be a cooking and catering professional: a cook or a technologist.

Every school year we do practice work for 2—3 months. This year our group have done their practice at the Golden Palace restaurant. This is a large restaurant, which is open 24 hours a day since it is the restaurant by the casino with the same name.

There are three departments within the main shop there — a cold shop, a hot shop and a pastry-cook's shop. Salads, snacks, sandwiches, cuts of cold meat and fish and desserts are made in the cold shop. Soups, hot meat and fish dishes and sauces are prepared in the hot shop. In the pastry-cook's shop they make tarts, patties, fancy cakes, etc.

The kitchen staff begin their work at 7 o'clock. We, student cooks had to come to the restaurant at 10 o'clock. Each of us was told to go to one of the shops. There we got a programme for the working day. Usually

we prepared sandwiches, fruit salads and canapés for breakfast. We cut bread, ham, sausage and vegetables to put on canapés. We also decorated them with herbs and little figures made of carrots, cucumbers, tomatoes, etc. Breakfast was served from 8 till 12. At 11 o'clock we began to help the cooks by preparing dishes for lunch. Student cooks were usually trusted to cut vegetables and make sauces for desserts: strudels, ice cream, tarts and puddings.

All day we had to carry out cooks' instructions. The kitchen staff are very experienced there. The chef is a very skilled cook too. He has worked many years as a cook in this and other restaurants. The main part of his job is to plan the menu for the day and manage the staff in the kitchen.

At the end of the practice time we had to take an examination. We had to prepare three courses: soup, a main course and dessert. I made Moscow *borshch* as soup, beef with sour cream and mushrooms as a main course and chocolate soufflé as dessert. Most of all I like to cook desserts. I made these in the shape of stars. Then I put three stars of different sizes and colours on the plate and added some kiwi sauce near them on the plate. It was very nice and tasty.

This practice certainly gave us much information, and more importantly, valuable experience in preparing new dishes. I realized happily that I had made the right choice of profession.

Словарь к тексту

to do practice	проходить практику
cold shop	холодный цех
hot shop	горячий цех
pastry-cook's shop	кондитерский цех
to trust [trʌst]	доверять, поручать
to carry out one's instructions	выполнять чьи-либо инструкции
experienced [ɪk'spi(ə)riənst]	опытный
skilled [skɪld]	умелый, опытный
to manage ['mænidʒ]	руководить
to realize	понимать
to make the right choice	сделать правильный выбор

Задания к тексту

1. Подберите английские эквиваленты к следующим словосочетаниям и выражениям:

работники кухни, украшать зеленью, поручить приготовить соус для десерта, очень опытный повар, планировать меню, в форме звездочек, ценный опыт.

2. Ответьте на вопросы:

1. What is your future profession?
2. Have you done practice this year?
3. Where have you done your practice?
4. In what shop did you work?
5. What dishes did you prepare?
6. When did you begin your work?
7. How many hours a day did you have to work?
8. When did the kitchen staff begin their work?
9. What kind of work did you do?
10. Was the kitchen staff experienced there?
11. Was the chef a skilled cook?
12. What were the duties of the chef?
13. Was he a good manager?
14. Who organized your work?
15. Did you have to take an examination at the end of the practice?
16. What did you have to cook?
17. Do you think you made the right choice of profession?
18. Where would you like to work after graduating from college?
19. Do you like your future profession? Why?
20. How do you think to develop your career?

Текст В

Food Safety

The personnel of catering industry — chefs, kitchen supervisors and restaurant managers — are doing their best to fight the war on food-borne illness.

Unfortunately, many people are still poisoned by food and most worry about becoming sick, while many restaurant employees recommend not eating where they work.

One way to prevent customers from becoming ill due to food handling in your restaurant is to adopt a food safety plan that is based on a broader understanding of how food is contaminated.

How can food safety norms be violated?

- Sometimes cooks have no time to take breaks and they have to eat at their workstation, which is a violation of sanitation rules.
- Often, cooks are too tired to clean and sanitize properly.
- Restaurants depend on cooks to be at work. Consequently, cooks come to work sick, often with their symptoms masked by heavy doses of cold and flu medicine but with virus or bacterium still present.

- Time and temperature norms of keeping foodstuffs are not observed properly.
- Management sometimes pressures cooks to produce large quantities of tasty and attractive food in shorter time.

Food Safety Statistics. According to the centres for disease control, between 1998 and 2001, overall rate of food-borne illness dropped from 51.2 cases per 1 million people to 46.9. Many people, however, still contract food poisoning:

- 76 million Americans suffer from food poisoning yearly,
- 325,000 are hospitalized,
- 5,000 die,
- odds are that 1 in 4 people will suffer food poisoning and 1 in 840 will be hospitalized.

According to some survey:

- 4 in 100 people say they worry about contracting food poisoning,
- 32 per cent say they have experienced food illness,
- 10 per cent know of someone else who has been sickened by food.

To prevent the danger of food poisoning all the cooks have to be familiar with time and temperature control, good employee hygiene, safe food handling procedures, cleaning and sanitizing techniques.

(From *The National Culinary Review*, official magazine of the American Culinary Federation, September 2000)

Словарь к тексту

employee [ɪm'plɔɪi, ɛmplɔɪ'i]	служащий, работник
kitchen supervisor ['sju:pəvaɪzə]	санитарный инспектор
food-borne illness ['fu:dbɔ:n ɪlnɪs]	заболевание, вызванное пищевым отравлением
to poison ['pɔɪz(ə)n]	отравлять
safety ['seɪfti]	безопасность, сохранность
to prevent [prɪ'vent]	предотвращать
handling ['hændlɪŋ]	обращение
to contaminate [kən'tæmɪneɪt]	заражать, загрязнять
to violate ['vaɪələɪt]	нарушать
workstation ['wɜ:ksteɪʃ(ə)n]	рабочее место
sanitation [sæ'nɪteɪʃ(ə)n]	санитария
to sanitize ['sænɪtaɪz]	подвергать санобработке, дезинфицировать
to observe [əb'zɜ:v]	соблюдать
to pressure ['preʃə]	заставлять
overall [əʊvə'ɔ:l]	общий
to contract [kən'trækt]	подхватывать (болезнь)
odds [ɒdz]	вероятность

to suffer ['sʌfə]	переносить (болезнь), страдать
survey ['sɜ:veɪ]	исследование
to experience [ɪk'spɪ(ə)riəns]	испытывать
to sicken ['sɪkən]	заболевать
hygiene ['haɪdʒi:n]	гигиена
procedure [prə'si:dʒə]	метод, порядок
technique [tek'ni:k]	метод

Задания к тексту

1. Подберите английские эквиваленты к следующим словосочетаниям и выражениям:

вести борьбу с заболеваниями, связанными с отравлением пищей; отравиться пищей; уберечь клиентов от заболеваний, связанных с пищевыми отравлениями; план безопасного питания; быть нарушенным; рабочее место; нарушение санитарных норм; симптомы, скрытые высокими дозами медицинских препаратов против простуды и гриппа; правила хранения продуктов; принуждать поваров; подхватить пищевое отравление; страдать от пищевого отравления; испытать пищевое отравление; чтобы предотвратить опасность пищевого отравления; должны быть ознакомлены; гигиена служащих; техника уборки и санитарной обработки.

2. Ответьте на вопросы:

1. What is the way to prevent customers from becoming ill due to food handling?
2. How can food safety norms be violated?
3. How many Americans suffer from food poisoning yearly?
4. How many of them are hospitalized?
5. How many Americans die from food poisoning yearly?
6. What do all the cooks have to know to prevent the danger of food poisoning?

Текст С

How I Got into Cooking

Short stories about five famous American cooks, participants in culinary competitions.

David is the third generation of a family of bakers. He spent the first eight years of his life playing with flour and helping his father in their small bakery. Then his father and oldest brother built a large bakery, where David worked until graduating from high school.

Задания к тексту

He studied at the Culinary Institute of America, worked as an assistant pastry chef at three restaurants before becoming pastry chef at a restaurant in New York.

"My mother was the worst cook ever," says Nick. "Zero cooking. That's how I got into food. From necessity."

He was a musician and taught music to high schools. A trip to Paris inspired him to be a chef, and on his return he took a job in a French restaurant. When the position of chef was available, he asked to give it a try. Now he is a very good cook and conducts master class in the New York area.

"My father was one of the best chefs I ever met," says Philippe, "but he wouldn't teach me the profession. He felt the job was so hard for him, he didn't want his son to follow." So, at age 14, Philippe began his apprenticeship at a famous restaurant, then continued his studies under well-known masters. Today he is an instructor at the Culinary Art Institute of Washington.

While living the college-age artist's life, Mary applied for a job as a waitress. "Then one day a cook didn't come to work. They threw the apron at me. Terrified at first, Mary very quickly ("two seconds," she says) grew to love cooking. "I loved the colour, the life of the produce, the flavours, the textures. I'd had plans to be an artist, and then this bolt of lightning hit me." Now she is a head chef and co-owner of a fine restaurant in Chicago.

Judy took her first job in a restaurant only as a mean to buy a car, but soon she liked it very much. She graduated from the Culinary Institute of America and worked for a time as a line cook in Florida, then was offered the head chef position at the Country Club. "I'm happy because I love what I do," she says.

Словарь к тексту

to inspire [ɪn'spaɪə]	вдохновлять
apprenticeship [ə'prentɪsɪp]	обучение, стажировка
instructor [ɪn'strʌktə]	преподаватель
to apply [ə'plaɪ] (for a job)	подавать заявление (о приеме на работу)
apron [eɪprən]	фартук
bolt of lightning [bɔʊlt əv 'laɪtnɪŋ]	удар молнии
co-owner ['kəʊ,əʊnə]	совладелец
line cook	рядовой повар

1. Подберите для каждого действующего лица из левой колонки соответствующую информацию из правой:

- | | |
|-------------|--|
| 1. David | a. His mother couldn't cook. |
| 2. Nick | b. His father didn't want him to be a cook. |
| 3. Philippe | c. She had plans to be an artist. |
| 4. Mary | d. His father was a baker. |
| 5. Judy | e. She says she's happy because she loves what she does. |
| | f. He's a pastry chef at a restaurant. |
| | g. She is a head chef at the Country Club. |
| | h. She is a co-owner of a restaurant. |
| | i. He is an instructor of the culinary art. |
| | j. He was a music teacher. |

2. Ответьте на вопросы:

1. When did you decide to become a cook?
2. Who is the best cook in your family? Is it his/her profession?
3. Are there cooks among your relatives?
4. Do your parents approve of your choice?
5. Have you ever taken part in a culinary competition?
6. What kind of competition was it?
7. Where would you like to work after graduating from college?
8. Would you like to continue your studies? Where?
9. What do you like in your profession?

Текст D

Working His Way Up

Nick Minelli has been a bus boy at Blake's Steak House for six months. Working as a bus boy was a good beginning for Nick. By doing his job well, he knew he could get a promotion. He has done his job well and has shown that he is dependable and trustworthy.

Recently Nick's supervisor suggested that he started training as a waiter. That was great news because Nick suddenly felt closer to his real goal — becoming head chef. Through a combination of hard work, patience and determination Nick planned to work his way up the Ladder of success.

Waiting of tables gave Nick the opportunity to make more money. He made his best tips on Friday and Saturday evenings.

Making salads and baking bread will be Nick's responsibilities if he gets promoted to assistant chef.

Becoming head chef would be like a dream come true for Nick. He believes that hard work and determination will pay off.

Словарь к тексту

bus boy ['bʌs bɔɪ]	помощник официанта, убирающий грязную посуду со стола
promotion [prə'məʊʃ(ə)n]	продвижение по службе
dependable [dɪ'pendəb(ə)l]	надежный
trustworthy ['trʌst,wɜ:ðɪ]	заслуживающий доверия
supervisor ['sju:pəvaɪzə]	инспектор
patience ['peɪʃ(ə)ns]	терпение
determination [dɪ,tɜ:mɪ'neɪʃ(ə)n]	решительность
ladder ['lædə]	лестница
opportunity [ɒpə'tju:nɪtɪ]	(благоприятная) возможность
responsibility [rɪ'spɒnsɪ'bɪlɪtɪ]	обязанность
to pay off	окупаться

Задания к тексту

1. Подберите английские эквиваленты к следующим словосочетаниям и выражениям:

хорошо выполнять свою работу; получить повышение по службе; начать учиться на официанта; упорный труд, терпение и решительность; вверх по лестнице успеха; получать самые большие чаевые; получить должность помощника шеф-повара.

2. Ответьте на вопросы:

1. How long has Nick been a bus boy?
2. How has he shown that he is dependable and trustworthy?
3. What did Nick's supervisor suggest?
4. What was Nick's real goal?
5. What did waiting of tables give Nick?
6. When did he make his best tips?
7. What are the responsibilities of the assistant chef?
8. Do you think Nick's dream will come true?

Текст Е

You Are Looking for a Job

Some people have part-time jobs, and others have full-time jobs. Some people even have several jobs.

What is a day's work? A day's work means many different things to different people. For a cook, day's work may be 12—14 hours. For a waiter the day may begin at 7.00 a.m. and end at 4.00 p.m., or begin at 6.00 p.m. and end at 11.00 p.m. For a manager in a restaurant the day's work may begin at 5.00 p.m. and finish at 1.00 a.m.

When you come to the personnel manager, he/she offers to fill in the application form or to present your résumé.

Here are the samples of a résumé and an application form.

Résumé

Surname (in BLOCK CAPITALS)	_____
First name	_____
Address	_____
Telephone number	_____
Age	_____ Sex (tick as appropriate) M F
Date of birth	_____
Nationality	_____ Marital status (<u>married/single</u>)
Occupation (job)	_____
Interests (hobby)	_____
Signature	_____ Date _____

Application Form

1. Application date: _____
2. Name, middle name, surname: _____
3. Year, date, month and place of birth: _____
4. Marital status and your children's age: _____
5. Your home address and telephone: _____
Nearest metro station: _____
6. Command of foreign languages, how long did you study them: _____
7. Desired position: _____
8. Can you work in shifts (from 6 or 7 a.m. or till midnight)? _____
9. Your present job, since when: _____
10. Your previous job: _____
11. Your education and training: _____
12. What do you expect from working? _____
13. When could you start working? _____

14. Your present salary:

15. Desired salary at our restaurant:

16. Your hobby:

Словарь к тексту

part-time job	работа с частичной занятостью
full-time job	работа с полной занятостью
personnel [ˈpɜːsəˈnel] manager	менеджер по персоналу
application [ˌæplɪˈkeɪʃ(ə)n] form	бланк заявления
résumé ['rezjumeɪ, 'rei-]	резюме

Задание к тексту

Заполните приведенные выше формы резюме и заявления о приеме на работу.

Диалоги

1. Прочитайте по ролям и переведите, обращая внимание на подчеркнутые фразы:

It's My Way

Jack: Hey, Nick, are you still working at the steak house?

Nick: I sure am. Just got promoted too.

Jack: Promoted to what? President?

Nick: Don't give me a hard time, Jack. I just got promoted to waiter.

Jack: Maybe you should try another line of work, Nick — something that pays real money.

Nick: Listen, my pay is getting better, slowly but surely. And I don't mind working hard. At least it's honest work.

Jack: Nick, my friend, I'll never understand you.

Nick: But I'm sure it's my way.

2. Прочитайте по ролям и переведите диалог между менеджером ресторана по персоналу и кандидатом на должность повара. Составьте резюме кандидата.

At the Personnel Department

Candidate: How do you do?

Manager: How do you do? What can I do for you?

Candidate: I'm looking for a job.

Manager: May I ask you a few questions?

Candidate: Sure.

Manager: What's your name?

Candidate: My name is

Manager: How old are you?

Candidate: I'm 21. I was born in 1982.

Manager: What are you?

Candidate: I'm a cook.

Manager: Are you married?

Candidate: I'm single.

Manager: What city are you from?

Candidate: I'm from Moscow.

Manager: What languages do you speak?

Candidate: I can speak Russian and English a little.

Manager: What are your previous jobs?

Candidate: I worked at the Silver Palace restaurant as a cook.

Manager: Why did you quit? And why do you want to join our Vegetarian restaurant?

Candidate: I left my job because I'd like to raise money.

Manager: How much would you like to get?

Candidate: I'd like to get not less than 100 dollars a week.

Manager: How much does it take you to get to us?

Candidate: Forty minutes only.

Manager: All right and now fill in résumé in block capitals, please, here it is.

Candidate: Thank you.

Manager: We'll let you know by phone whether you are employed or passed by.

Candidate: OK. Goodbye.

Manager: Goodbye.

Грамматические упражнения

1. Переведите на русский язык, выделяя инфинитив:

1. She helped me to lay the table for the party. 2. To live is to work and to study. 3. The text to be read at home is not difficult. 4. To read is to know a lot. 5. Mother told him not to go out that day. 6. He went to London to learn English. 7. We stopped for a minute to rest. 8. She is the only woman to understand me. 9. This dish is easy to cook. 10. There's nothing to do. 11. You have a lot of work to do. 12. The tea is too hot to drink. 13. He is clever enough to understand the situation. 14. Children need friends to play with. 15. He entered the Culinary school to become a catering specialist.

2. Переведите на английский язык.

1. Чтобы приготовить это блюдо, тебе нужны овощи и растительное масло. 2. Наш долг — приходить на работу вовремя. 3. Найди хорошую работу — моя цель в данный момент. 4. Я надеюсь, что найду партнера для этого дела. 5. Для того чтобы пользоваться этим прибором (device), вы должны внимательно прочесть инструкцию. 6. Он единственный человек, который меня понимает. 7. У меня есть работа, которую я должен сделать сегодня. 8. Вы слишком молоды, чтобы понять меня. 9. Менеджер попросил накрыть стол на 8 персон. 10. Слайсер — это устройство для резки овощей.

3. Переведите на русский язык, обращая внимание на способы перевода герундия:

1. My sister enjoys being alone. 2. Kate likes cooking, but she hates washing up. 3. I hate getting up early. 4. He doesn't mind working on Sunday. 5. It started raining. 6. The soup was very hot and I was afraid of burning my tongue. 7. The vegetables need washing and peeling. 8. This knife is only for cutting bread. 9. I translated the text without using the dictionary. 10. Nick is very good at cooking. 11. I'm hungry. I'm looking forward to having lunch. 12. Ann didn't succeed in passing the exams. 13. The guests thanked the waiter for serving them so quickly. 14. I insist on your coming to my party. 15. They gave up the idea of finding a job in this town. 16. Instead of eating at home we went to a restaurant. 17. Bill left without finishing his dinner. 18. Speaking English is easier than reading it. 19. It's no use crying over spilt milk. 20. Forgive my interrupting you.

4. Дополните предложения словосочетаниями из рамки, заменяя глаголы герундием:

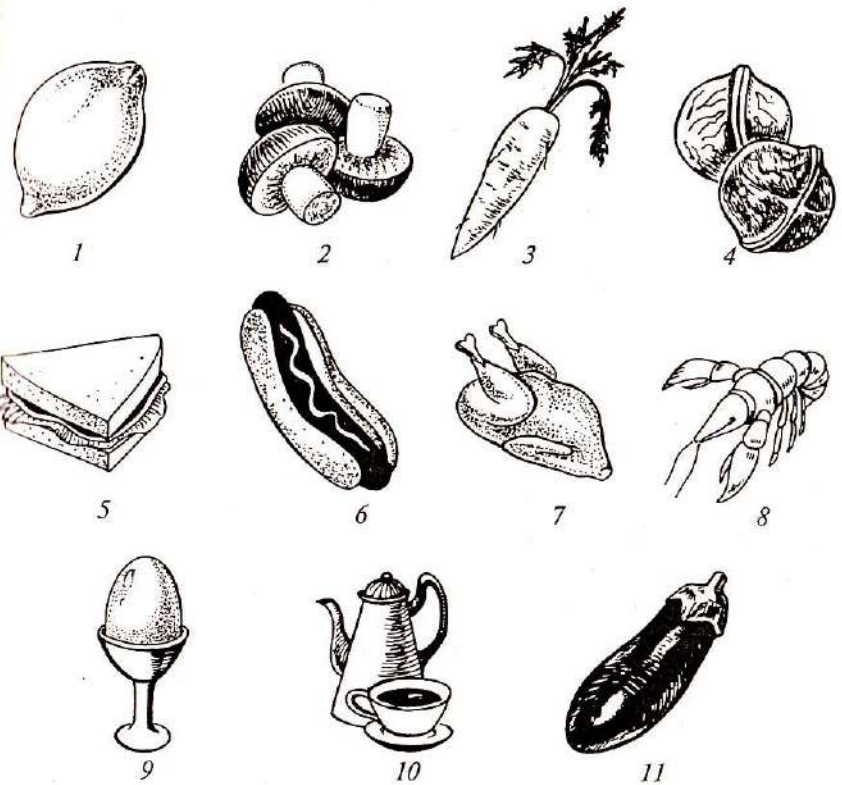
to wait for my friend, to smoke here, to go to theatres, to cook meat dishes, to fry food, to make cakes, to open the window, to have coffee, to eat more vegetables, to travel, to learn foreign languages

1. I enjoy 2. They finished 3. She started 4. They need
5. I don't mind 6. Go on ...! 7. He didn't stop 8. Do you mind ...?
9. My mother likes 10. I avoid 11. My sister hates

Тест 1

Подберите к каждому слову рисунок и укажите его номер:

hot dog	lemon	mushrooms	aubergine
carrot	coffee	cray fish	sandwich
chicken	nuts	egg	



Тест 2

Заполните пропуски словами из рамки (используйте каждое слово один раз):

some, fat, ingredients, taste, contains, low, heart, butter, blended, milk, contain

What's the Difference Between Margarine and Butter?

Margarine is a solid emulsion of water in a single oil, or ___ (1) oils, usually of vegetable origin, it also may ___ (2) a percentage of milk. It has a ___ (3) content of not less than 80 and not more than 90 per cent. Butter is made from ___ (4) and contains about the same amount of fat. Spreads contain less fat and more water — some are specifically marketed as ___ (5)-fat, while others are made from specific ___ (6), such as Olivio made from olive oil, or Utterly Butterly made from "pure buttermilk".

The main advantage of ___ (7) is that it is essentially natural. The main disadvantage is that it ___ (8) a high proportion of saturated fat that can cause ___ (9) disease.

Many butters also have ___ (10) salt. But if you like the ___ (11) of butter, there is no need to feel guilty.

Miscellanea

IT IS INTERESTING TO KNOW

Savouring the Flavour

French children learn how to use their sense of taste in school. Part of their curriculum¹ involves the identifying and describing the tastes of saltiness, bitterness, sweetness and sourness, followed by exercises in which food textures are explored. Finally, children learn how to describe blends of flavours and textures in specific foods.

Refined Taste

The French believe that, like a fine painting or a piece of classical music, the artistry of a cook and the quality of a meal may be appreciated² fully only when the eater's sense of taste has been educated.

How Do We Taste a Food?

As human being, we have about 10,000 taste buds³ in our mouths, located in papillae⁴, which are grouped according to receptivity to salty, sour, sweet and bitter. Inside each bud are some fifty taste cells relaying⁵ information to neurons, which report to the brain. We primarily taste sweet things at the tip of the tongue, sour substances at the sides, salty all over the surface (but mainly toward the front), and bitter at the back. But every taste is the result of a combination of the four primary tastes.

We can only taste a food when it begins to dissolve⁶; it is through saliva⁷ that the taste buds are stimulated.

People's taste in food differs and changes over time. Taste buds themselves only last about a week; the body replaces them. As we get

¹ [kə'ri:kjuləm] — учебная программа

² [ə'pri:ʃiənt] — оценивать

³ taste bud — вкусовая почка

⁴ pl от papilla [pə'pɪlə] — сосочек

⁵ relay ['ri:leɪ] — передавать

⁶ [di'zɒlv] — растворяться

⁷ [sə'laɪvə] — слюна

older, however, they are not replaced as quickly, so it takes more intense flavour to create the same sensation in the mouth.

JOKE

People's Peculiarities¹

A man who stuttered² was asked why he did so.

"It's my p-p-peculiarity," he answered. "Everybody has some p-p-peculiarity."

"I don't have any," said the questioner.

"Don't you stir your coffee with your right hand?"

"Yes, of course."

"That's your p-p-peculiarity. Most p-p-people use a s-s-spoon."

PROVERBS AND SAYINGS TO MEMORIZE

1. They must hunger in winter, that will not work in summer.
2. To weep over an onion.
3. Hunger finds no fault with cookery.
4. A fool and his money are soon parted.
5. No sweet without some sweat.

GIVE IT A NAME

1. It is a small curved plate to put a cup on.
2. It is a part of a cooker. It is like a metal box with a door.
3. It is flesh taken from an animal that has been killed for eating.
4. It is a room that is used for cooking and washing up.
5. It is a brown sweet or drink made from cocoa.
6. It is a liquid food. It is made by boiling meat or vegetables.
7. It is an oven with gas or electric rings on top.

Текст для дополнительного чтения

Gelatin

Gelatin is a healthy natural foodstuff that consists essentially of valuable proteins. It provides a unique combination of multi-functional properties. It is practically invisible and neutral in taste. We can use

¹ peculiarity [pɪ'kjʊlɪ'ærɪti] — особенность

² stutter ['stʌtə] — заикаться

gelatin as gelling agents, stabilizers, binding¹ agents, emulsifiers, film- and foam-formers or whipping agents.

Confectionery products like marshmallows² or gummy bears³ get their typical characteristic from the specific properties of gelatin. The texture of yogurt can be set from firm to creamy with gelatin.

The typical character of aspics or spreadable sausages depends on the unique properties of gelatin to form clear elastic gels and tender textures.

The special gelatin type is used in foods and snacks for sports people, in fitness bars and in numerous other dietetic "light" products where it contributes a health-promoting added value. The beneficial effect of gelatin on skin, hair and nails has been scientifically proven. Thin, brittle⁴, glossless⁵ and split⁶ hair is strengthened and structured when gelatin is taken. Brittle fingernails⁷ and toenails⁸ are also strengthened when gelatin is used.

Урок
8

HEALTHY FOOD
(ЗДОРОВОЕ ПИТАНИЕ)



Текст А

Eating for Good Health

More and more people today are choosing to take greater responsibility for their own health. We now recognize that we can influence our health by making an improvement in lifestyle — a better diet, more exercise and reduced stress.

Your health and general wellbeing is very much determined by what you eat and how even a minor change in your diet can help to strengthen your resistance to many illnesses.

It seems almost absurd to state that you need food to live. The body has a built-in alarm signal — hunger — to tell you when your supply of food, the "fuel for the body", is low. That's why you are never in serious danger of forgetting to eat. This alarm signal is also choosy and at times asks for specific supplies, for example, sweet things when your body sugar is low or water when you are thirsty.

What many people fail to recognize is that their bodies have more than just one signal. Tiredness, aches and pains, stress, even chronic disease — all these can be indications of a diet that is lacking nutrition.

¹ ['baɪndɪŋ] — связующий

² marshmallow [ˌmɑːʃmələʊ] — маршмеллоу, зефир

³ жевательные конфеты в форме мишек

⁴ ['brɪtl] — ломкий

⁵ ['ɡlɒslɪs] — тусклый

⁶ секущийся

⁷ ['fɪŋɡəneɪl] — ноготь пальца руки

⁸ ['təʊneɪl] — ноготь пальца ноги

But we can't see the results of a bad diet immediately (often the effects take years to develop), few people realize just how closely bodily health is linked to what they eat and how often they eat.

You are what you eat, and the food you eat effects the way you feel and the way you look all through your life.

Scientists now know that food and its affects are as complex as our own bodies. Of the thousands of chemicals, minerals and vitamins found in a single food, many are potential life-savers or hazards to health, depending on how much is consumed over time. The link between food and health is an every day but complex issue. So, you should learn how to balance your food intake. Small but well-informed changes to your diet will make a great difference to your wellbeing.

By matching your diet to your lifestyle and developing better eating habits both at home and when you eat out, you can keep yourself in the best of health. And also, you have to understand the proper balancing of the social pleasures and of the body. The foods you eat possess powerful capabilities to help and to harm.

Словарь к тексту

responsibility [rɪˌspɒnsɪ'bɪlɪti]	ответственность
to recognize ['rekəɡnaɪz]	узнавать, признавать
to influence ['ɪnfluəns]	влиять
improvement [ɪm'pru:vmənt]	улучшение
to reduce [rɪ'dju:s]	уменьшать, сокращать
wellbeing [wel'bi:ɪŋ]	самочувствие
to determine [dɪ'tɜ:mɪn]	определять
to strengthen ['streŋθ(ə)n]	усиливать(ся)
to state [steɪt]	утверждать
supply [sə'plaɪ]	запас
fuel ['fju:əl]	топливо, горючее
tiredness ['taɪədnis]	усталость
to lack [læk]	испытывать недостаток
nutrition [nju:'trɪʃ(ə)n]	питание, пища
to link [lɪŋk]	связывать
to affect [ə'fekt]	воздействовать
potential [pə'tenʃ(ə)l]	возможный
hazard ['hæzəd]	риск, опасность
issue ['ɪʃu:, 'ɪsju:]	результат, процесс
intake ['ɪnteɪk]	потребление
to match [mætʃ]	согласовывать, приводить в соответствие
to possess [pə'zes]	обладать
capabilities [ˌkeɪpə'bɪlɪtɪz]	возможности
to harm [hɑ:m]	наносить вред

Задания к тексту

1. Подберите английские эквиваленты к следующим словосочетаниям и выражениям:

брать на себя большую ответственность, влиять на наше здоровье, улучшение образа жизни, в большой степени определяется, увеличить сопротивление многим болезням, сигнал тревоги, испытывать недостаток в питательных веществах, плохое питание, состояние организма, тесно связанный, регулировать прием пищи, приспособлять свой режим питания к образу жизни.

2. Подберите русские эквиваленты к следующим английским словосочетаниям и выражениям:

reduced stress, general wellbeing, a minor change, built-in alarm signal, "fuel for the body", choosy, body sugar, people fail to recognize, bodily health, eating habits, social pleasures.

3. Ответьте на вопросы:

1. How can we influence our health?
2. Do you agree that our health and general wellbeing are determined by what we eat?
3. Why are we never in serious danger of forgetting to eat?
4. What alarm signals do our bodies have to indicate that our diet is lacking nutrition?
5. Can we see the results of a bad diet immediately?
6. How does the food we eat affect our life?
7. Why should everyone learn how to balance our food intake?
8. How can we keep ourselves in the best of health?
9. What capabilities does the food we eat possess?
10. And what about your eating habits? Do you always eat healthy food? Do you often overeat? How many times a day do you usually eat? Can you balance your food intake?

Текст В

Vegetarianism

While a meatless diet is growing more and more popular, particularly with the young, researchers discover the health benefits of meat-free eating.

What is a vegetarian? By definition, vegetarianism prohibits the consumption of meat or fish, but some diets are more restrictive than other.

- Demi- or semi-vegetarians eat fish and sometimes chicken, but not red meat.

- Ovo-lacto-vegetarians include milk and eggs in their diet but not meat or fish.
- Lacto-vegetarians have milk and yogurt, as well as cheese made with vegetarian rennet, but no meat, fish or eggs.
- Vegans do not eat any animal products at all, banning meat, fish, milk and eggs from their diets.
- Fruitarianism excludes pulses and cereals from the diet as well as all foods of animal origin. Fruitarians eat only fruit, honey, nuts and nut oils.
- Macrobiotic followers have a diet consisting of ten different levels, which become progressively more restrictive. At first, animal foods are excluded, then fruit and vegetables as well. At the final "purist" level only brown rice is eaten.

The Health Benefits

- On the whole, vegetarians follow current healthy eating guidelines. Because they don't eat meat, a prime source of saturated fat, vegetarians take in less total fat, as well as more fibre, in the form of fresh fruits, vegetables and wholegrain cereals. These foods are also good sources of beta carotene, vitamin C and vitamin E, which are antioxidant nutrients and may protect the body from disease.
- A research team at Oxford University has collected information on the health and mortality of more than 6,000 vegetarians and a control group of more than 5,000 meat-eating individuals. The study revealed significant differences between the two groups. For example, in contrast to meat-eaters, vegetarians have a 39 percent lower risk of dying from cancer. The study's research team also found that the risk of heart disease was 24 per cent lower in vegetarians and 57 per cent lower in vegans than in regular meat-eaters.

Словарь к тексту

to discover [dis'kʌvə]	обнаруживать
benefit ['benɪt]	польза, преимущество
definition [defɪ'nɪʃ(ə)n]	определение
to prohibit [prə'hɪbɪt]	запрещать
consumption [kən'sʌmpʃ(ə)n]	потребление
restrictive [rɪ'strɪktɪv]	ограничительный, ограничивающий
to include [ɪn'klʊd]	включать
rennet ['renɪt]	фермент растительного происхождения, свертывающий молоко
vegan ['vi:ɡən]	строгий вегетарианец
to ban [bæn]	запрещать, исключать
to exclude [ɪk'sklʊd]	исключать
current ['kʌrənt]	распространенный

follower ['fɒləʊə]
 guidelines ['ɡaɪdlɪnz]
 to take in
 nutrient ['nju:triənt]
 mortality [mɔ:'tælɪti]
 to reveal [rɪ'vi:l]
 cancer ['kænsə]

сторонник, приверженец
 принципы
 принимать
 питательное вещество
 смертность
 показывать
 рак

Задания к тексту

1. Подберите русские эквиваленты к следующим английским словосочетаниям и выражениям:

a meatless diet, health benefits, meat-free eating, by definition, consumption of meat or fish, ovo-lacto-vegetarians, lacto-vegetarians, exclude pulses and cereals, healthy eating guidelines, wholegrain cereals, good sources of beta carotene, antioxidant nutrients, the risk of heart disease, regular meat-eaters.

2. Переведите на английский язык, используя слова и выражения из текста:

1. Диета, исключая мясо, становится все более популярной, особенно среди молодежи. 2. Ученые-исследователи обнаруживают преимущества диеты, исключая мясо. 3. Вегетарианство исключает употребление мяса в пищу. 4. Полувегетарианцы иногда едят курицу. 5. Приверженцы строгой вегетарианской диеты вообще не едят продукты животного происхождения. 6. Приверженцы макробиотики придерживаются диеты, состоящей из десяти уровней. 7. На последнем, «чистом» уровне они едят только коричневый рис. 8. В целом вегетарианцы придерживаются правил здорового питания. 9. Они употребляют в пищу меньше жира и больше клетчатки. 10. Вегетарианцы подвержены на 39% меньшему риску умереть от рака.

3. Ответьте на вопросы:

1. What is a vegetarian?
2. What can semi-vegetarians eat?
3. What do ovo-lacto-vegetarians include in their diet?
4. What do lacto-vegetarians exclude from their diet?
5. What can vegans eat?
6. What do fruitarians eat?
7. What is the macrobiotic diet?
8. What foods are rich of beta carotene, vitamin C and vitamin E?
9. What has the research team from Oxford University revealed?
10. Are you a vegetarian or a meat-eater?
11. Are there vegetarians in your family?
12. Is it difficult to cook dishes for a vegetarian?

Текст С

How Much Sugar Do We Eat?

Sugar is found in many different products such as soup, cereals, salad dressing, ketchup, peanut butter and baby foods. You will not always see the word "sugar" when you read food labels. You might see the names *sucrose*, *maltose*, *fructose* or *corn syrup* instead. All of these add up to the same ingredient — sugar!

Sugar gives you quick energy. However, this energy lasts only a short time. Soon you begin to feel tired and sluggish. The next time you want sugar, take a piece of fruit instead. You'll get the energy you need without any letdown afterwards.

Словарь к тексту

sucrose ['su:krəʊz, 'sju:-]	сахароза
maltose ['mɑ:ltaʊz]	мальтоза, солодовый сахар
fructose ['frʌktəʊz]	фруктоза
sluggish ['slʌɡɪʃ]	вялый, медлительный
letdown ['letdaʊn]	слабость, вялость

Задания к тексту

1. Ответьте на вопросы:

1. In what products can sugar be found?
2. What are the other forms of sugar?
3. Does quick energy last a long time?
4. What can replace sugar?
5. Why is it better to take fruit instead of sugar?

2. Закончите предложения, выбрав правильный вариант:

1. The energy you get from sugar lasts ...
a) a long time; b) a short time; c) all day.
2. Another word for sugar is ...
a) generic; b) sucrose; c) cereal.
3. A healthful substitute for sugar is ...
a) corn syrup; b) cake; c) fruit.

Текст D

How to Stay Healthy

Anyone who wants to have an active life must stay healthy and strong. It is never too late to start being healthy.

There are a few things you should do to stay healthy:

- Follow a healthy balanced diet.
- Limit the amount of sugar, salt and fat you eat.
- Get sufficient exercise to keep a strong body that works well.
- Get enough rest so that the body may continue doing its work well.
- Plan regular visits to your doctor and dentist.

There are certain things that are not good for your health:

- a poor diet,
- no exercises,
- little rest,
- no visits to your doctor and dentist,
- smoking,
- using drugs improperly,
- drinking alcohol.

Задание к тексту

Прочитайте и ответьте на вопрос: *What do they do good or not good for their health?*

1. Bill jogs or swims every day for at least half an hour.
2. Ann is usually rushed at lunch, so she just eats a candy bar and drinks a soft drink.
3. Simon works at night. He often gets only five hours of sleep a day.
4. Mike doesn't like to cook. He often drinks beer when he is hungry.

Диалоги

Прочитайте по ролям и переведите:

How to Lose Weight

Jane: Where are you going?

Lucy: I'm going to the Weight Losers club now.

Jane: What are you doing there?

Lucy: I'm trying to lose weight.

Jane: But you are not fat!

Lucy: I have already lost two kilos and I'm very pleased with myself.

Jane: How did you do it?

Lucy: I try to eat the right food.

Jane: What does it mean?

Lucy: I stopped eating cakes, pies and ice cream.

Jane: What are you allowed to eat?

Lucy: A lot of vegetables and fruit, a little boiled meat or fish, no fried potatoes, no chocolate and very little salt.

Caffeine Is Harmful for the Heart

Olga: My mother-in-law drinks such strong tea.

Nina: Why shouldn't she?

Olga: Because she has heart problems. Caffeine is not recommended for people with heart problems.

Nina: Does tea contain much caffeine?

Olga: Yes, it does. A cup of strong tea contains more than 100 mg of caffeine.

Nina: I think that it is healthier for everybody to drink juices.

In a Restaurant

Alex: What will you have?

Joan: I'm on a diet.

Alex: Come on! I'll pay.

Joan: What did you say?

Alex: Don't be shy, I'll pay.

Joan: Thanks! Great. Then I'll have dry wine, a steak, fried potatoes, grapes, ice cream and a cake.

Alex: Okay. Waiter!

Лексические упражнения

1. Вычеркните лишнее слово:

- a) selenium, fluoride, carcinogen, iron, calcium, potassium;
 б) thickener, cholesterol, preservative, colouring, stabilizer, emulsifier;
 в) vitamin, mineral, fibre, fat, copper, carbohydrate.

2. Прочитайте и переведите таблицу о содержании питательных веществ в основных продуктах и влиянии их на организм человека:

Nutrient	What foods have this nutrient?	What does the nutrient do for you?
Minerals		
Iron	Meat, eggs, beans, green vegetables	Helps red blood cells get oxygen.
Calcium	Milk, cheese, peas, beans, green vegetables	Helps build strong bones and teeth
Carbo-hydrates	Cereal, rice, potatoes, sugar, spaghetti, corn, peas, fruits	Helps the body cells get energy
Protein	Meat, fish, chicken, turkey, eggs, milk, cheese, peanut butter, beans	Helps build muscles, bones and teeth. Helps the body make new cells

Nutrient	What foods have this nutrient?	What does the nutrient do for you?
Fats	Butter, margarine, mayonnaise, peanut butter, oils, fatty meat, whole milk, cheese	Keeps the body warm, gives the body energy

Дополните предложения, используя таблицу:

1. If you live in a very cold climate and need to keep your body warm and have energy, you should eat ..., such as

2. If you are going to run a race in the morning and want your cells to have a lot of energy, you should eat ..., such as

3. If you want to make sure you have strong bones and teeth, you should take in It is found in

4. If you have a growing child, he/she needs ... so that his/her body will make new cells and build muscles. He/she should eat foods such as

3. Напишите по пять названий, относящихся к данным группам слов:

Minerals: _____, _____, _____, _____, _____

Additives: _____, _____, _____, _____, _____

Essential nutrients: _____, _____, _____, _____, _____

Names of diet: _____, _____, _____, _____, _____

4. Разделите слова на две группы: Minerals и Additives:

colouring, thickener, chromium, preservatives, zinc, emulsifier, iodine, sodium, stabilizer, magnesium, copper, manganese.

5. Прочитайте текст:

Calories

Calories are used to measure the amount of energy in food. If you take in more calories than your body uses, the extra calories are stored in the form of fat. One pound of body fat is equal to about 3,500 calories. As extra calories are stored over a period, weight is gained. This is important to remember if you are trying to control your weight. This table will help you do it.

Meat Group	Calories	Milk Group	Calories
Egg, boiled, 1 large	82	Cheese, cheddar, 1 oz	113
Fish, fried, 4 oz	250	Milk, skimmed, 1 cup	86
Pork chops, fried, 8 oz	475	Milk, whole, 3.3% fat, 1 cup	150
Turkey, light meat, without skin, roasted, 3 oz	150	Milkshake, 8 oz	300
		Yogurt, fruit varieties, 1 cup	225
		Yogurt, plain, low-fat, 1 cup	138

Fruit and Vegetable Group	Calo-ries	Others	Calo-ries
Apple, with peel, 1 medium	80	Butter, 1 tbsp.	100
Banana, 1 medium	101	Doughnut, glazed, 1	250
Cucumber, pared, 1/2 small	10	Fried chicken with French fries 15 pcs., or 3 oz	650
Green beans, cooked, 1/2 cup	17	Hamburger with French fries and ketchup, 1 tbsp.	525
Potato baked in skin, 1 small	144	Ice-cream cone, 1 scoop	200
Potato chips, 1 oz	150	Spaghetti with meatballs, 1 cup	350
Potato French fries, 15 pcs., or 3 oz	200		

Ответьте на вопросы:

- How are extra calories stored?
- How many calories equal a pound of fat?
- What will happen over time if you eat more calories than your body uses?
- Jesse ate a hamburger with French fries and a milk shake for lunch. How many calories did he take in?
- Alicia ate 3 ounces of turkey, one small baked potato and an apple for lunch. How many calories did she take in?

6. Запомните следующие выражения и составьте с ними предложения:

а) fat:

vegetable fat	растительный жир
to fry smth in deep fat	жарить что-либо в кипящем жире
to live on one's own fat	жить на свои средства
to be inclined to fat	быть склонным к полноте
to run to fat	полнеть, толстеть
fat larder	полная кладовая
fat purse	туго набитый кошелек

б) calorie:

low calorie food	низкокалорийный продукт
calorie mechanic	(шутливо) повар
to watch one's calories	соблюдать диету, не переедать

7. Прочитайте текст:

Any food eaten between meals we name a snack. Snacks may be healthful or not healthful. Doctors recommend that we eat a well-balanced diet daily. You should also eat in moderation and watch your weight.

They say that fruit, vegetables, juices, nuts, sometimes biscuits or crackers, mineral water are healthful food.

But doctors don't recommend cookies, cakes, sweets, beer, chips, sandwiches, hamburgers, chocolates and soft drinks as a snack. Snacks that are mostly sugar or fat do not help you have a balanced diet.

Разделите названия продуктов питания на две группы: **Healthful** и **Not Healthful**:

cake	pear	cheese sandwich
dill	peanuts	tomato juice
yogurt	mineral water	beer
cookie	potato chips	cucumber
sweets	cabbage	chocolate bar
apple	orange	doughnut
pie	banana	carrot
boiled egg	celery	popcorn
soft drink	sliced meat	cornflakes

Напишите названия продуктов, которые вы обычно едите, отметьте их буквами **H** (healthful) или **NH** (not healthful).

Грамматические упражнения

1. Составьте предложения со сложным дополнением:

Образец:

I want (чтобы ты пришла завтра). — I want you to come tomorrow.

1. I expect (чтобы ты купил эту машину). 2. I would like (чтобы она приготовила обед). 3. He wants (чтобы вы помогли нам). 4. We expect (что они придут вовремя). 5. I don't find (что твой дом очень большой). 6. I don't expect (что учитель поставит мне «пять»). 7. I believe (что ты поймешь мою проблему). 8. She wants (чтобы он прочитал эту статью). 9. I would like (чтобы мой сын выучил французский язык). 10. We didn't expect (что ты принесешь так много еды). 11. I don't want (чтобы он забыл о нашей встрече). 12. I expect (что дети будут играть во дворе). 13. I find (что твоя подруга очень красивая).

2. Переведите на русский язык, обращая внимание на значения причастия и инфинитива:

1. Mother watched her children playing near the house. 2. I saw her come in and take the book off the table. 3. We heard him playing the piano in the living room. 4. He saw his sister enter the room and close the door. 5. We heard them laughing in the next room. 6. I saw him crossing the street. 7. I saw him cross the street and enter the shop. 8. I heard him open the entrance door. 9. I heard him opening the entrance door. 10. He watched his wife cooking dinner. 11. I heard them talking about examinations. 12. He noticed me pick up the letter from the floor.

3. Переведите на английский язык, употребляя сложное дополнение:

1. Я видел, как дети играли во дворе. 2. Мы слышали, как она открыла дверь и вошла в дом. 3. Я хочу, чтобы ты сделал это сегодня. 4. Учитель рассчитывал, что они придут вовремя. 5. Я не хочу, чтобы она пришла на вечеринку. 6. Я не рассчитывал, что он поможет мне. 7. Анна хотела бы, чтобы ее дочь изучала английский язык. 8. Мама заставила меня съесть немного сыра с хлебом. 9. Не разрешайте ей возвращаться домой так поздно. 10. Не заставляйте меня носить этот свитер.

4. Переведите на русский язык:

1. I want to have my watch repaired. 2. I must have my coat cleaned. 3. She wants to have a new dress made for her friend's wedding. 4. I would like to have my hair cut by this hairdresser. 5. This man wants to have his shirt pressed.

5. Задайте вопросы **When? Why? Where?** к предложениям предыдущего упражнения.

Образец:

*When do you want to have your watch repaired?
Why do you want to have your watch repaired?
Where do you want to have your watch repaired?*

6. Заполните пропуски словами из рамки (используйте каждое слово один раз):

what, that, who, which, because, that's why, when, where, whether, though

1. I met the girl ... worked in our restaurant. 2. He can't go to work today ... he is ill. 3. She says ... her mother cooks very well. 4. My sister always does ... she wants. 5. I don't know ... she works in the shop or at the restaurant. 6. He doesn't say ... the train arrives. 7. It was the town ... we had lived before. 8. They decided to continue to work ... it was nearly midnight. 9. We decided to congratulate you on your birthday personally ... we came. 10. Have you seen the book ... was on the table?

7. Поставьте глаголы в скобках в нужную форму (**Present Simple** или **Future Simple**):

1. I'll give this book to you when I (to finish) reading it. 2. We don't know when she (to come). 3. If I don't feel well tomorrow, I (to stay) at home. 4. We'll go to the party if they (to invite) us. 5. Do you mind if I (to close) the window? 6. I (to make) dinner myself tomorrow if I come home late. 7. If you (to get up) earlier, please make coffee for me. 8. They (to understand) if you can't come to the party.

8. Вставьте who, that или which:

1. The woman ... phoned didn't say her name. 2. What's the name of the restaurant ... is next to our house? 3. I don't like people ... come to my house without invitation. 4. The waiter ... served us yesterday wasn't very friendly. 5. You always ask me questions ... are difficult to answer. 6. Everybody ... comes to our cafe enjoys our meals very much. 7. Have you seen the bag ... was on this chair?

Тест 1

Заполните пропуски словами из рамки (используйте каждое слово один раз):

our, as, fruit, minerals, heart, is, food, chips, too, vitamins, for, of

Good Food

What ___ (1) good food? Is it food that is good ___ (2) you or food that tastes good? Nutritionists say we eat ___ (3) with too much salt, too much sugar and ___ (4) much oil. They also say that many of ___ (5) serious health problems, such as cancer, diabetes and ___ (6) diseases, are directly affected by diet. Most problem food contains large quantities ___ (7) salt, sugar and oil and very few ___ (8) or minerals. That includes food such ___ (9) potato ___ (10), doughnuts and cookies.

Instead of this "junk" food, nutritionists suggest that we eat more fresh ___ (11) and vegetables, which are naturally low in sodium and oil and contain lots of vitamins and ___ (12).

Тест 2

Из слов, данных в левой и правой колонках, составьте названия продуктов питания или кухонной утвари:

- | | |
|-----------|-----------|
| 1. tin | a. dog |
| 2. cork | b. pan |
| 3. spring | c. pie |
| 4. frying | d. opener |
| 5. sour | e. box |
| 6. apple | f. form |
| 7. hot | g. pepper |
| 8. cream | h. cheese |
| 9. dry | i. radish |

- | | |
|-------------|----------|
| 10. cookery | j. screw |
| 11. sponge | k. book |
| 12. cayenne | l. cream |
| 13. horse | m. cake |
| 14. pepper | n. wine |

Miscellanea

IT IS INTERESTING TO KNOW

Meat Fat and Fish Oils

Pork and beef both have a reputation as fatty meats. But while some pork products such as chopped ham are indeed high in fat, lean ham, at 5 per cent fat, contains less fat than lean beef. Rump steak, for example, is 7 per cent fat.

Certain fish oils are particularly beneficial. They contain a class of essential fatty acids known as omega-3 fatty acids, which are polyunsaturates that have been shown to lower cholesterol and reduce the blood's ability to clot and clog up the arteries. Cold water ocean fish, such as mackerel, herring, tuna, sardines and salmon are all rich in this type of oil. Experts recommend that you eat these fish twice a week.

Do You Need to Lose Weight?

One simple indicator of excess body fat is the waist—hip ratio, which shows the presence of fat on the abdomen.

For women, a ratio higher than 0.8 indicates that there is excessive abdominal fat. For men, the crucial maximum is 0.95. If your ratio is higher than this, you may be well advised to lose weight. In a society obsessed with slim figures, an individual may feel pressured to lose weight even when he or she is well within the range considered healthy for his or her age and size.

1. To measure your waist—hip ratio, use a tape measure to find out the circumference of your waist, including any protruding stomach.

2. Repeat the above process to measure the circumference of your hips.

3. Divide the measurement of the waist by the hip measurement. The result is your waist—hip ratio.

Kellogg's

The American and English people like to eat cereals for breakfast. Nowadays they became popular with the Russians too. There are a lot of

sorts of cereals, mixed cereals, mixed cereals with dry fruits and nuts. This is the story about the invention of this healthy food.

Will and Dr John Kellogg were trying to produce a health food. They had tried various ways of preparing wheat food after boiling kernels and then rolling them into flat sheets.

One day in 1894, the brothers were trying to flatten another portion of boiled wheat. Someone interrupted them. When they returned a few days later, they put the wheat through the rollers. To their surprise, each kernel flattened into a separate flake. Moisture had penetrated into the kernels and it made them flat.

Toasted and served with milk, the wheat flakes made a hit with patients. They ate flakes for breakfast. The Kellogg's packaged their cereal for sale — and started a new industry. Now Kellogg's is an American company, the best-known maker of breakfast cereals, especially cornflakes, in the US and Britain.

Dietary Guidelines

- Eat a variety of foods.
- Maintain healthy weight.
- Choose a diet low in fat, saturated fat and cholesterol.
- Choose a diet with plenty of vegetables, fruits and grain products.
- Use sugars only in moderation.
- Use salt and sodium only in moderation.
- If you drink alcoholic beverages, do so in moderation.

USEFUL ADVICE

Quick Tips for Less Cholesterol

Here are a few ideas to help you reduce the amount of cholesterol in your diet.

- Top a baked potato with low-fat cottage cheese and chives.
- Instead of sautéing mushrooms in butter cook them in a little Worcestershire sauce.

- Experiment with interesting continental and whole-grain breads, for example, rye bread with caraway seeds; they are so rich in flavour that they do not need to be spread with butter or mayonnaise.

- Instead of covering baked vegetable dishes with grated cheese, top with fresh wholemeal breadcrumbs seasoned with herbs and drizzle a thimbleful of olive oil over the crumbs. Brown for a few minutes under the grill to form a light, crispy topping.

- Puree cooked pulses to make a thick-texture soup without using cream or a roux¹-based sauce.

¹ [ru:] — мука, обжаренная в жире

- Thicken sauce with vegetable purees, or use the puree as a sauce.
- When making burgers, make with half-minced beef and half-minced turkey.

PROVERBS AND SAYINGS TO MEMORIZE

1. An apple a day keeps a doctor away.
2. Half a loaf is better than no bread.
3. A little pot is soon hot.
4. A storm in a teacup.
5. Hungry bellies have no ears.

GIVE IT A NAME

1. It is the extra flesh that people and animals have under their skin. It is used to store energy and help them keep warm. It is also a solid or liquid that is used in cooking.
2. It is a large metal cupboard. It is kept cool so that the food in it stays fresh longer.
3. It is a small quick meal.
4. It is a soft red fruit. It can be cooked or eaten raw.
5. It is the white liquid that female mammals make in their bodies to feed their young.
6. It is the opening that you put food into when you eat.

Тексты для дополнительного чтения

Sea Vegetables

Sea vegetables are one of the most exciting discoveries in vegetarian cuisine. They may be used as vegetables and also as “new” herbs with the ability to give the taste of seafood to vegetarian cuisine. They have unique and delicious flavours and also great texture and colour.

There are over 250 different types of edible sea vegetables used in national cuisine all over the world. Traditionally they are highly nutritious and low calorie. Underwater vegetables have been recently eaten only by people living near the sea. But now, thanks to the Asian fusion cuisine, the popularity of the sushi bar and the search for a new and clean food supply, more of these sea-dwelling¹ delicacies are coming to market.

¹ dwell [dwell] — обитать

Agar

Agar or agar-agar is a sea vegetable-derived gelatin. We can have it in sticks, flakes and powder. It is used to make gelatin dishes, to thicken puddings and pie fillings and as a thickener in savoury presentations¹.

The flakes or sticks are simmered to dissolve. They are best for dessert. The stronger flavoured powder is used in savoury presentations.

Vitamins

The vitamins are named by letters of the alphabet.

A. Vitamin A is needed by the eyes. There is vitamin A in milk, butter and green vegetables. It can be stored by the body.

B. Vitamin B cannot be stored. It must be supplied all the time by some of the food we eat. The skins of grain of all sorts have vitamin B in them.

C. Vitamin C is very important to the body. Without it men's teeth become loose and their arms and legs weak. Lemons, oranges and tomatoes have vitamin C in them.

D. Vitamin D is the sun vitamin. We get it in milk and eggs and from sunlight on our skin. There are other vitamins, but these, A, B, C and D, are the most important.

¹ savoury presentations — острые/пряные закуски

ТЕМАТИЧЕСКИЙ СЛОВАРЬ

Тема 1

Food Shops (Продуктовые магазины)

baker's ['beɪkəz] (shop), bakery ['beɪkəri]	булочная
butcher's ['bʊtʃəz]	мясной магазин
candy ['kændi] shop/store, confectioner's [kən'fekʃənəz], confectionery [kən'fekʃən(ə)ri]	кондитерский магазин
dairy ['de(ə)ri] shop/store	молочный магазин
delicatessen [ˌdelɪkə'tes(ə)n] (shop/store), deli	гастрономический магазин; кулинария
fishmonger's ['fɪʃmɒŋgəz], fish shop/store	рыбный магазин
fruiterer ['fru:tərə], fruiterer's, fruit shop/store	фруктовый магазин
greengrocer's ['grɪn,grəʊsəz], greengrocery	овощной магазин
grocer's ['grəʊsəz], grocery shop/store	бакалейный магазин, бакалей- но-гастрономический магазин
meat shop/store	мясной магазин
liquor ['lɪkə] shop/store	винный магазин
specialty ['speʃ(ə)lti], speciality [ˌspeʃi'æliti] shop	специальный ассортимент; специализированный / фир- менный магазин
sweet [swi:t] shop/store	кондитерский магазин
aisle [aɪl]	ряд (<i>в универсаме</i>)
cashier's [kæʃiəz] desk	касса
client ['klaɪənt]	покупатель
counter ['kaʊntə]	прилавок
customer ['kʌstəmə]	покупатель
food basket ['fu:d bɑ:skɪt]	корзина для продуктов
foodstuffs ['fu:dstʌfs]	продукты питания
purse [pɜ:s]	кошелек
shop assistant ['ʃɒp ə,sɪst(ə)nt]	продавец
shopper ['ʃɒpə]	покупатель
shopping bag	сумка, пакет для покупок
shopping cart ['ʃɒpɪŋ kɑ:t]	тележка для покупок

Meat and Poultry (Мясо и птица)

beef [bi:f]	говядина
lamb [læm]	мясо молодого барашка / ягненка
mutton ['mʌtn]	баранина
pork [pɔ:k]	свинина
veal [vi:l]	телятина
poultry ['pəʊltri]	домашняя птица
chicken ['tʃɪkɪn]	цыпленок, курица, курятина
duck [dʌk]	утка
goose [gʊ:s]	гусь
turkey ['tɜ:ki]	индейка

Fish and Seafood (Рыба и морепродукты)

bass [bæs]	окунь
breem [brɪ:m]	лещ
burbot ['bɜ:bət]	налим
carp [kɑ:p]	карп, сазан
cod [kɒd]	треска
crucian carp ['kru:ʃ(ə)n kɑ:p]	карась
eel [i:l]	угорь
flatfish ['flæt,fɪʃ], flounder ['flaʊndə]	камбала
haddock ['hædək]	пикша, треска
halibut ['hælibət]	палтус
herring ['herɪŋ]	сельдь
kipper ['kɪpə]	копченая рыба (<i>обыкн. сельдь</i>)
mackerel ['mæk(ə)rəl]	скумбрия, макрель
minnow ['mɪnəʊ]	гольян
mullet ['mʌlɪt]	кефаль
perch [pɜ:tʃ]	окунь
pike [paɪk]	щука
pike-perch ['paɪkpɜ:tʃ]	судак
plaice [pleɪs]	камбала
ruff [rʌf]	ерш
salmon ['sæmən]	лосось, кета, семга
humpback ['hʌmpbæk] salmon	горбуша
sardine ['sɑ:dɪn]	сардина
sheatfish ['ʃi:tɪʃ]	сом
smelt [smelt]	корюшка
sole [səʊl]	морской язык

sprat [spræt]
sturgeon ['stɜ:dʒ(ə)n]
trout [traʊt]
tuna ['tju:nə]

calamar ['kæləmə:],
calamari ['kæləməri]
crab [kræb]
crawfish ['krɔ:fɪʃ],
crayfish ['kreɪfɪʃ]
lamprey ['læmpri]
lobster ['lɒbstə]
mollusc ['mɒləsk] *Br*, mollusk *Am*
oyster ['ɔɪstə]
prawn [praʊn]
shrimp [ʃrɪmp]
squid [skwɪd]

шпрот
осетрина, севрюга
форель
тунец

кальмар

краб
рак

минога
омар
моллюск
устрица
креветка
мелкая креветка
кальмар

Vegetables (Овощи)

aubergine ['əʊbəʒi:n] *Br*
bean [bi:n]
beetroot ['bi:tru:t]
black radish ['blæk 'rædɪʃ]
cabbage ['kæbɪdʒ]
carrot ['kærət]
cauliflower ['kɒli,flaʊə]
corn [kɔ:n]
cucumber ['kju:kəmbə]
eggplant ['egplɑ:nt] *Am*
green peas ['grɪn 'pi:z]
horseradish ['hɔ:s,rædɪʃ]
lettuce ['letɪs]
maize [meɪz] *Br*
marrow ['mærəʊ]
mushroom ['mʌʃrʊm, -ru:m]
onion ['ʌnjən]
paprika ['pæprɪkə]
pea [pi:]
potato [pə'teɪtəʊ]
pumpkin ['pʌmpkɪn]
radish ['rædɪʃ]
spring onion ['sprɪŋ 'ʌnjən]
squash [skwɒʃ]

баклажан
боб, фасоль
свекла
черная редька
(белокачанная) капуста
морковь
цветная капуста
кукуруза
огурец
баклажан
зеленый горошек
хрен
салат
кукуруза
кабачок
гриб
лук
паприка, стручковый перец
горох
картофель
тыква
редис
зеленый лук
тыква, кабачок

tomato [tə'mɑ:təʊ]
turnip ['tɜ:nɪp]

помидор
репа

Fruits and Berries (Фрукты и ягоды)

apple ['æp(ə)l]
apricot ['eɪprɪkət]
banana [bə'nɑ:nə]
date [deɪt]
fig [fɪg]
grape [greɪp]
grapefruit ['greɪpfru:t]
lemon ['lemən]
mandarin ['mændərɪn]
mango ['mæŋgəʊ]
melon ['melən]
orange ['ɒrɪndʒ]
peach [pi:tʃ]
pear [peə]
persimmon [pə'sɪmən]
pineapple ['paɪnæp(ə)l]
plum [plʌm]
pomegranate ['pɒmɪgræntɪ]
raisin ['reɪz(ə)n]
tangerine [tæŋdʒə'ri:n]
watermelon ['wɔ:tə,melən]
bilberry ['bɪlb(ə)ri]
blackberry ['blækb(ə)ri]
black currant ['blæk 'kʌr(ə)nt]
blueberry ['blu:b(ə)ri]
cherry ['tʃeri]
cherry plum ['tʃeri 'plʌm]
cowberry ['kaʊb(ə)ri]
cranberry ['krænb(ə)ri]
gooseberry ['gʊzb(ə)ri]
juniper berry ['dʒu:nɪpə 'b(ə)ri]
mountain ['maʊntɪn] cranberry
raspberry ['ræzb(ə)ri]
red bilberry ['red 'bɪlb(ə)ri]
red currant ['red 'kʌr(ə)nt]
strawberry ['strɔ:b(ə)ri]
sweet cherry ['swi:t 'tʃeri]
wild strawberry ['waɪld 'strɔ:b(ə)ri]
яблоко
абрикос
банан
финик
инжир
виноград
грейпфрут
лимон
мандарин
манго
дыня
апельсин
персик
груша
хурма
ананас
слива
гранат
изюм
танжерин (*сорт мандарина*)
арбуз
черника
ежевика
черная смородина
голубика, черника
вишня
мирабель, алыча
брусника
клюква
крыжовник
можжевельник (*ягода*)
брусника
малина
брусника
красная смородина
клубника
черешня
лесная земляника

Groceries (Бакалейные товары)

backing powder ['berkiŋ 'paʊdə]	разрыхлитель
bay leaf ['beɪ li:f]	лавровый лист
buckwheat ['bʌkwɪt]	гречневая крупа
cereal ['si(ə)riəl]	крупа; каша
cooking soda ['kʊkiŋ 'səʊdə]	пищевая сода
cornflakes ['kɔ:nfleɪks] <i>pl</i>	кукурузные хлопья
cornflour ['kɔ:nflaʊə] <i>Br</i> , cornstarch ['kɔ:nstɑ:tʃ] <i>Am</i>	кукурузный крахмал
flour ['flaʊə]	мука
granulated sugar ['grænjuleɪtɪd 'ʃʊgə]	сахарный песок
macaroni [mækə'reʊni]	макаронны
match [mætʃ]	спичка
millet ['mɪlɪt]	пшено
mustard ['mʌstəd]	горчица
noodles ['nu:dlz] <i>pl</i>	лапша
oatmeal ['əʊtmɪl]	овсянка
oil [ɔɪl]	растительное масло
pasta ['pæstə]	макаронные изделия
(pearl) barley [(ˈpɜ:l) 'bɑ:li]	перловая крупа
peas [pi:z] <i>pl</i>	горох
potato flour [pə'teɪtəʊ 'flaʊə]	картофельный крахмал
rice [raɪs]	рис
salt [sɔ:lt]	соль
semolina [semə'li:nə]	манная крупа
spaghetti [spə'geti]	спагетти
sugar ['ʃʊgə]	сахар
vermicelli [vɜ:mi'seli, -tʃeli]	вермишель
vinegar ['vɪnɪgə]	уксус
yeast [ji:st]	дрожжи, закваска

Bakery Products (Выпечка)

biscuit ['bɪskɪt] <i>Br</i>	сухое печенье; галета
bread [bred]	хлеб
brown sugar ['braʊn 'ʃʊgə]	коричневый (мягкий) сахар
bun [bʌn]	булочка
cake [keɪk]	пирожное; кекс; торт
caster sugar, castor sugar ['kɑ:stə 'ʃʊgə]	сахарная пудра
charlotte [ʃɑ:lət]	шарлотка

cookie ['kʊki] *Am*
(cream) cracker [(ˈkri:m) 'krækə]
dumpling ['dʌmplɪŋ]

Easter cake ['i:stə 'keɪk]
fancy cake ['fænsi 'keɪk]
gem [dʒem]
hamburger ['hæmbɜ:gə]
hot dog bun ['hɒt 'dɒg 'bʌn]
jam puff [dʒæm 'pʌf]
puff [pʌf]
roll [rɒl]
sandwich ['sænwɪdʒ]
tart [tɑ:t]

сухое печенье; галета
сухое печенье, крекер
1. фрукт, запеченный в тесте;
2. *pl* пельмени; клецки
кулич
пирожное
пресная сдобная булочка
гамбургер
булочка с сосиской
слойка с повидлом
слойка, слоеный пирожок
булочка, рогалик
сэндвич, бутерброд
торт, пирог

Dairy Products (Молочные продукты)

butter ['bʌtə]
buttermilk ['bʌtəmlɪk]
cheese [tʃi:z]
cottage cheese [kɒtɪdʒ 'tʃi:z]
cream [kri:m]
cream cheese [kri:m 'tʃi:z]
curd(s) [kɜ:d(z)]
egg [eg]
kefir ['kefə]
margarine [ˌmɑ:dʒə'ri:n, ˌmɑ:gə-],
marge [mɑ:dʒ]
mayonnaise [ˌmeɪə'neɪz]
milk [mɪlk]
pot cheese [pɒt 'tʃi:z]
processed cheese [ˌprəʊsesɪt 'tʃi:z]
sour cream [ˌsaʊə 'kri:m]
yoghurt, yogurt, yoghourt
[ˈjɒgət]

сливочное масло
пахта
сыр
домашний сыр, творог
1. сливки; 2. крем
сливочный сыр
творог
яйцо
кефир
маргарин

майонез
молоко
брынза
плавленый сыр
сметана
йогурт

Sweets (Сладости)

candy ['kændi]
caramel ['kærəmel, -m(ə)l]
chocolate ['tʃɒklɪt]
chocolates ['tʃɒklɪts] *pl*

леденец
карамель
шоколад
шоколадные конфеты

jam [dʒæm]
 marmalade ['mɑ:məleɪd]
 marshmallow [ˌmɑ:ʃ'mæləʊ]
 meringue [mə'reɪŋ]
 paste [peɪst]
 sweet [swi:t]
 wafer ['weɪfə],
 waffle ['wɒf(ə)l]

варенье, джем
 мармелад, джем (из цитрусовых)
 зефир
 безе
 пастила, халва
 леденец, конфета
 вафля

Quantities of Food (Количества продуктов)

a bag [bæg]
 a bag of sugar, flour
 a bar [bɑ:]
 a bar of chocolate
 a bottle ['bɒtl]
 a bottle of lemonade
 a bowl [baʊl]
 a bowl of soup
 a box [bɒks]
 a box of matches
 a can/a tin [kæn]/[tɪn]
 a can of beans
 a carton ['kɑ:tn]
 a carton of milk
 a dozen ['dɒz(ə)n]
 a dozen of eggs
 a jar [dʒɑ:]
 a jar of jam, honey
 a joint [dʒɔɪnt]
 a joint of meat
 a kilo ['ki:ləʊ]
 a kilo of meat
 a loaf [ləʊf]
 a loaf of bread
 a lump [lʌmp]
 a lump of sugar
 a packet ['pækɪt]
 a packet of tea, biscuits
 a pound [paʊnd]
 a pound of bacon
 a segment ['seɡmənt]
 a segment of orange

пакет; мешок
 пакет муки, сахара
 брикет, кусок
 плитка шоколада
 бутылка
 бутылка лимонада
 миска, глубокая тарелка
 миска супа
 ящик; коробка
 коробка спичек
 консервная (металлическая)
 банка
 банка фасоли
 картонная коробка; пакет
 пакет молока
 дюжина
 дюжина яиц
 банка; кувшин
 банка джема, меда
 кусок (часть рубленой туши)
 мясо, приготовленное куском
 килограмм
 килограмм мяса
 каравай, буханка
 буханка хлеба, булка
 кусок, кусочек
 кусочек сахара
 пачка; упаковка; пакет
 пачка чая, печенья
 фунт
 фунт бекона
 часть, сегмент, доля
 долька апельсина

a slice/a piece [slais]/[pi:s]
 a slice of cake
 a tube [tju:b]
 a tube of mustard

ломтик, кусок
 кусок торта
 тюбик
 тюбик горчицы

Тема 2

Meals (Прием пищи)

meal [mi:l]
 breakfast ['breɪkfəst]
 to have breakfast
 lunch [lʌntʃ]
 to have lunch,
 to take lunch
 dinner ['dɪnə]
 to have dinner,
 to take dinner,
 to dine
 to give a dinner
 dinner party ['dɪnə ,pɑ:ti]
 supper ['sʌpə]
 to have supper
 supper party ['sʌpə ,pɑ:ti]
 at supper
 to supper
 for supper
 after supper
 helping ['helpɪŋ]
 dessert [dɪ'zɜ:t]
Appetizers
 appetizer ['æpɪtaɪzə]
 cold meat dishes
 cold roast chicken (duck, goose)
 entrée ['bɒntrei]
 fish snack
 hors d'oeuvre [ˌɔ: 'dɜ:v],
 snack [snæk],
 starter ['stɑ:tə]

1. прием пищи; 2. блюда
 (первый) завтрак
 завтракать
 второй (дневной) завтрак, обед
 завтракать (днем), обедать
 обед, ранний ужин
 обедать, ужинать
 устраивать званый обед (ужин)
 званый обед (ужин)
 ужин
 ужинать
 званый ужин
 за ужином
 к ужину
 на ужин
 после ужина
 порция
 десерт, сладкое (блюдо)
Закуски
 закуска
 холодные мясные закуски
 холодный жареный цыпленок
 (утка, гусь)
 1. горячая закуска,
 2. *Ат* горячее (блюдо)
 рыбная закуска
 закуска

Main Courses

main course ['meɪn 'kɔ:s]
à la carte [æ lə 'kɑ:t, ɑ: lɑ:-]
table d'hôte [tɑ:b(ə)l 'dəʊt]
dietary dish ['daɪət(ə)ri 'dɪʃ]
vegetarian dish [vedʒɪ'teəriən 'dɪʃ]

Main Fish Courses

baked fish ['beɪkt 'fɪʃ]
baked carp with mushrooms
boiled fish ['bɔɪld 'fɪʃ]
boiled pike-perch Polish style
boiled sturgeon
a fish steak ['fɪʃ 'steɪk]
fried fish ['fraɪd 'fɪʃ]
fried bream (cod, pike-perch,
salmon)
steamed fish ['sti:mɪd 'fɪʃ]
steamed salmon
steamed sturgeon

Main Meat Courses

(beef) steak [(bi:f) 'steɪk]
chop [tʃɒp]
lamb (mutton) chop
pork chop
veal chop
cutlet ['kʌtlɪt]
entrecôte ['ɒntrekəʊt]
fillet ['fɪlɪt]
goulash ['gu:læʃ]
hotpot ['hɒtpɒt]

languette [læŋ'gwet]
meatball ['mi:tbo:l]
pot roast ['pɒt ,rəʊst]

rissole ['rɪsəʊl]
steamed rissole
roast beef [rəʊst 'bi:f]
rump steak [rʌmp 'steɪk]
scallop ['skɒləp]
schnitzel ['ʃnɪts(ə)l]

Poultry Dishes

roast chicken
roast duck and apples

Вторые блюда

второе блюдо
порционное блюдо
комплексный обед
диетическое блюдо
вегетарианское блюдо

Рыбные блюда

запеченная рыба
карп, запеченный с грибами
отварная рыба
отварной судак по-польски
отварная осетрина / севрюга
рыбный стейк
жареная рыба
жареный лещ (треска, судак,
лосось)
паровая рыба
паровой лосось
паровая осетрина

Мясные блюда

биштекс
отбивная котлета
баранья отбивная
свиная отбивная
телячья отбивная
котлета
антрекот
филе(й)
гуляш
тушеное мясо с картофелем и
другими овощами в горшочке
лангет
биточек, фрикаделька, тефтеля
тушеное мясо с картофелем и
другими овощами в горшочке
котлета
паровая котлета
ростбиф (жареная говядина)
ромштекс
эскалоп
шницель

Блюда из домашней птицы

жареная курица
жареная утка с яблоками

roast duck and sauerkraut ['sauəkraʊt]
roast turkey and mixed vegetables

Salads

salad ['sæləd]
crab salad
fish salad
Russian salad
vegetable salad
side dish

Soups

broth
chicken broth
beef tea
chicken consommé
puree ['pjʊ(ə)reɪ]
soup [su:p]
clear soup
cream soup
fat soup
haricot soup
lean (non-fat) soup
milk soup
mushroom soup
onion soup
pea soup
set soup
thick soup
thin soup
vegetable soup

Soft Drinks

cocktail ['kɒkteɪl]
cocoa ['kəʊkəʊ]
coffee ['kɒfi]
black coffee
white coffee
juice [ju:s]
lemonade [lemə'neɪd]
orangeade [ɒrɪndʒeɪd]
squash [skwɒʃ]
orange squash
tea [ti:]
black tea
fresh tea
green tea

жареный гусь с кислой капустой
жареная индейка с овощами

Салаты

салат
салат из крабов
рыбный салат
винегрет
овощной салат
гарнир

Супы

мясной бульон, похлебка
куриный бульон
крепкий бульон
куриный бульон
суп-пюре
суп
бульон
протертый суп, суп-пюре
жирный суп
фасолевый суп
постный (нежирный) суп
молочный суп
грибной суп
луковый суп
гороховый суп
заправочный суп
густой суп
жидкий суп
овощной суп

Безалкогольные напитки

коктейль
какао
кофе
черный кофе
кофе с молоком
сок
лимонад
оранжад
фруктовый напиток
апельсиновый напиток
чай
черный чай
свежезаваренный чай
зеленый чай

strong tea
water ['wɔ:tə]
mineral water ['mɪnərəl ,wɔ:tə]
soda water ['səʊdə ,wɔ:tə]

Strong/Hard Drinks

alcoholic [ælkə'hɒlɪk] drinks
brandy ['brændɪ]
cognac ['kɒnjæk]
gin [dʒɪn]
liqueur [lɪ'kjʊə]
liquor ['lɪkə]
rum [rʌm]
vodka ['vɒdkə]
whisky ['wɪski] *Br, whiskey Am*

Grape Wines

wine list
Madeira [mə'dɪ(ə)rə]
port [pɔ:t]
sherry ['ʃerɪ]
strong grape wine
vermouth ['vɜ:məθ]

Sweet Dessert Wines

champagne [ʃæm'peɪn]
dry [draɪ] champagne
semi-/demi-/half- sweet
champagne
semi-/half- dry champagne
sparkling ['spɑ:kln] champagne
sweet champagne
muscat ['mʌskət], muscatel [mʌskə'tel]
Tokay [təʊ'keɪ]

Table Dry Wines

dry red wine
dry white wine
half-sweet wine

Aperitif Wines

Cinzano [tʃɪn'zɑ:nəʊ]
Martini [mɑ:'tɪni]

Weak Alcoholic Drinks

beer [bɪə]
dark [dɑ:k] beer
light [laɪt] beer

крепкий чай
вода
минеральная вода
содовая вода

Крепкие напитки

алкогольные напитки
бренди, коньяк
коньяк
джин
ликер
(крепкий) алкогольный напиток
ром
водка
виски

Виноградные вина

карта вин
мадера
портвейн
херес
крепленое виноградное вино
вермут

Сладкие десертные вина

шампанское
сухое шампанское
полусладкое шампанское
полусухое шампанское
игристое шампанское
сладкое шампанское
мускат, мускатель
токай

Столовые сухие вина

сухое красное вино
сухое белое вино
полусладкое вино

Аперитивы

чинзано
мартини

Слабые алкогольные напитки

пиво
темное пиво
светлое пиво

Тема 3

Egg Dishes (Блюда из яиц)

bacon ['beɪkən] and eggs	яичница с беконом
cheese omelet(te) [tʃi:z 'ɒmlɪt]	омлет с сыром
egg salad ['eg 'sæləd]	салат из яиц
eggs stuffed caviar(e) ['egz 'stʌft 'kæviə:]	яйца, фаршированные икрой
eggs up ['egz ʌp]	яичница-глазунья
fried eggs ['fraɪd 'egz]	яичница
ham and eggs ['hæm ənd 'egz]	яичница с ветчиной
hard-boiled egg ['hɑ:d 'bɔɪld 'eg]	яйцо вкрутую
onion omelet(te) ['ɒnjən 'ɒmlɪt]	омлет с луком
sausage and eggs ['sɔ:sɪdʒ ənd 'egz]	яичница с колбасой
scrambled eggs ['skræmbld 'egz]	яичница-болтуня
soft-boiled egg ['sɒft 'bɔɪld 'eg]	яйцо всмятку
sun-like eggs ['sʌn laɪk 'egz]	яичница-глазунья
tomato omelet(te) [tə'mɑ:təʊ 'ɒmlɪt]	омлет с помидорами
well-boiled egg ['wel 'bɔɪld 'eg]	яйцо «в мешочек»

Различия в кулинарной терминологии британского и американского вариантов английского языка

British	American	Russian
aubergine	eggplant	баклажан
bap (<i>scottish</i>)	hamburger bun	булка с котлетой
barman	bartender	бармен
be cashed up	have money on hand	иметь при себе деньги
beetroot	beet	свекла
bill	check	счет (<i>в ресторане</i>)
biscuit (<i>sweet</i>)	cookie	печенье (<i>сладкое</i>)
biscuit (<i>unsweetened</i>)	cracker	печенье, крекер (<i>несладкие</i>)
black coffee	coffee without milk	кофе без молока
bridge roll	hot-dog bun	булка с сосиской
candy floss	cotton candy	воздушная сахарная вата
canteen	snack bar	закусочная, буфет
carrier bag	shopping bag	сумка (<i>хозяйственная</i>)
chicory	endive	цикорий
chips	French fries	жареный картофель
clingfilm	plastic wrap	кулинарная пленка
cooker	stove	плита, печь
cookery book	cookbook	поваренная книга

corn	wheat	зерно, злак
cornflour	cornstarch	кукурузный крахмал
cream cracker	soda cracker	печенье, крекер
crisps	potato chips	жареный картофель (хрустящий)
coriander	cilantro	кориандр
Danish pastry	sweet roll	выпечка из дрожжевого слоеного теста
fed up	full	сытый
fish fingers	fish sticks	рыбные палочки
fish slice	pancake turner, slotted spatula	лопатка для перевора- чивания
French beans	string beans	фасоль
fruiterer	fruit store	фруктовый магазин
gravy dish	gravy boat	соусник
greengrocer's	fruit and vegetable store	магазин «Овощи и фрукты»
green pepper	bell pepper, sweet pepper	перец (стручковый)
grill	broil	жарить (на решетке)
iced lolly	hopsicle	фруктовый лед
icing sugar	powdered sugar, confectioner's sugar	сахарная (кондитерская) пудра
jelly	jello, gelatin dessert	фруктовое желе
jug	pitcher	кувшин
kipper	smoked herring	копченая сельдь
larder	pantry	кладовая (кухни)
liver sausage	liverwurst	ливерная колбаса
maize	corn	кукуруза
marrow	squash	кабачок
mince	hamburger meat	фарш
mince meat	ground beef	фарш
mincer	meat grinder	мясорубка
minerals	soda, pop	газированная вода
off-licence	retail liquor store, package store	магазин спиртных напитков
pip	seed	зернышко (плода)
porridge	(boiled) oatmeal	овсяная каша
pub	bar	бар
saltcellar	salt shaker	солонка
semolina	cream of wheat	манная крупа
serviette	napkin	салфетка
spring onion	green onion	зеленый лук
stone	pit	косточка (фруктовая)
stores	groceries	запасы продуктов пи- тания (домашние)

sugar basin	sugar bowl	сахарница
sultana	raisin	изюм кишмиш
sweet	dessert	сладкое (блюдо), десерт
sweet	candy	конфета
sweetshop, confectioner's	candy store	кондитерский магазин
Swiss roll	selly roll	рулет с джемом
tea towel	dish towel	полотенце (кухонное)
tin	can	консервная банка
tin opener	can opener	консервный нож
water ice	sherbet	щербет (фруктовое мороженое)
white coffee	coffee with milk	кофе с молоком
treacle	molasses	патока
underdone beef steak	rare beef steak	бифштекс с кровью
(wash)basin	washbowl, sink	умывальник
wash (one's hands)	wash up	мыть (руки)
wash up	do the dishes	мыть посуду
zest	peel	цедра

Тема 4

Professional Verbs (Профессиональные глаголы)

add [æd]	добавлять
adjust [ə'dʒʌst]	добавлять по вкусу
bake [beɪk]	печь, выпекать
baste [beɪst]	поливать жиром (в духовке)
beat [bi:t]	1. отбивать (котлету); 2. взбивать (тесто, яйца); 3. толочь (в порошок)
blend [blend]	мешать, смешивать
boil [bɔɪl]	кипятить; варить
bone [bɒn]	удалять кости
broil [brɔɪl]	жарить на открытом огне
brown [braʊn]	зажаривать, подрумянивать
brush [brʌʃ] (with)	смазывать
butter ['bʌtə]	смазывать маслом, намазывать масло
carve [kɑ:v]	резать, вырезать
chill [tʃɪl]	охлаждать
chop [tʃɒp]	рубить
coat [kəʊt] (with)	покрывать; глазировать; посыпать

combine [kəm'baɪn]
cook [kʊk]
cool [kʊl]
cream [kri:m]
crumble ['krʌmb(ə)l]
crush [krʌʃ]
cube [kjʊ:b]
cut [kʌt]
dampen ['dæmpən]
decorate ['dekəreɪt]
deseed [di'si:d]
dice [daɪs]
dilute [dai'lju:t]
discard [dɪs'kɑ:d]
dip [dɪp]
drain [dreɪn]

draw out ['drɔ: 'aʊt] (*fat*)
drizzle ['drɪz(ə)l]
dry [draɪ]
dust [dʌst]
enclose [ɪn'kləʊz] (*filling*)
fasten ['fæs(ə)n] (*with*)
fill [fɪl]
filter ['fɪltə]
flake [fleɪk]
flavour ['flævə]
fold [fəʊld]

fry [fraɪ]
garnish ['gɑ:nɪʃ]
grate [greɪt]
grease [greɪz]
grill [grɪl]
half [hɑ:f] (*p.p. halved*)
heat [hi:t]
knead [ni:d]

layer ['leɪə]
marinade ['mæɪnɛɪd],
marinate ['mæɪnɛɪt]
mash [mæʃ]
melt [melt]

смешивать
готовить
охлаждать
растирать в пасту
1. крошить; 2. толочь, растирать
давить, раздавливать
резать кубиками
резать
увлажнять, смачивать
украшать
удалять семена
резать кубиками
разбавлять
выбрасывать
макать
1. стекать; 2. удалять жидкость,
высушивать
удалять (*жир*)
сбрызгивать
сушить
посыпать (*сахарной пудрой, мукой*)
класть внутрь (*начинку*)
скреплять
наполнять, заполнять
фильтровать
делать хлопья
приправлять, придавать вкус
1. складывать, сгибать; 2. заворачи-
вать; 3. осторожно перемешивать,
соединять (*напр., белки с тестом*)
жарить на сковороде
1. гарнировать; 2. украшать
натирать на терке
смазывать жиром
жарить на открытом огне
делить пополам, поровну
нагревать
1. замешивать / месить тесто;
2. смешивать в общую массу
укладывать слоями
мариновать

мять, давить
1. плавить(ся), растапливать;
2. растворять(ся)

mince [mɪns]

mix [mɪks]
moisten ['mɔɪs(ə)n]
mound [maʊnd]
pat [pæt]
peel [pi:l]

pipe [paɪp]

pit [pɪt]
pound [paʊnd]
pour [pɔ:]
pour off
pour over
puree ['pjʊ(ə)reɪ]

refrigerate [rɪ'frɪdʒəreɪt]
rinse [rɪns]
roast [rəʊst]
roll out ['rəʊl 'aʊt]
rub

rub in ['rʌb 'ɪn]
salt [sɔlt]
sauté [səʊ'teɪ] (*p.p. -téed*
or -téed [-'teɪd])
scatter ['skætə] (*with*)
scrape [skreɪp]
scrub [skrʌb]
seal [si:l]

season ['si:z(ə)n]
secure [sɪ'kjʊə] (*with*)
serve [sɜ:v]
shape [ʃeɪp]
shred [ʃred]

sieve [si:v]
sift [sɪft]
simmer ['sɪmə]
skewer ['skjuə]
skin [skɪn]
slice [sleɪs]
soak [səʊk]

крошить, рубить на мелкие куски;
резать; пропускать через мясорубку
мешать, смешивать
смачивать
насыпать / накладывать горкой
бить, взбивать (*тесто*)
снимать кожуру, очищать от кожуры
выдавливать (*кондитерским шприцем*)
удалять косточки
измельчать, толочь
вливать, наливать
сливать
поливать
протирать через сито, делать пюре
охлаждать (*в холодильнике*)
смыть, промывать, полоскать
жарить
раскатывать (*тесто*)
натирать (*солью*), тереть, протирать (*сквозь сито*)
растирать (*напр., масло*)
солить
быстро обжаривать в небольшом количестве горячего масла
посыпать
скоблить, чистить
очищать (*щеткой*)
1. запечатывать, скреплять;
2. закатывать (*банки*)
приправлять
скреплять
подавать (*блюдо*); обслуживать
лепить (*из теста*)
резать узкими полосками; измельчать; шинковать
просеивать
фильтровать
варить при небольшом нагреве
насаживать на вертел
удалять шкуру / кожу
резать ломтиками
замачивать, мочить

soften [sɒf(ə)n]
spit [spɪt]

split [splɪt]
spoon [spu:n]
spread [spred]

sprinkle ['sprɪŋk(ə)l]
squeeze [skwɪz]
steam [sti:m]
stew [stju:]
stir [stɜ:]
strain [streɪn]
stuff [stʌf]
taste [teɪst]
thaw [θɔ:]
thicken ['θɪkən]
tip [tɪp]
toast [təʊst]

toss [tɒs]

trim [trɪm]

trim down
warm [wɔ:m]
whip [wɪp]
whisk [wɪsk]
wrap [ræp]

размягчать
насаживать на вертел; прокалы-
вать; нанизывать (*на шампур*)
1. делить на части; 2. разделять
выкладывать ложкой
1. мазать, намазывать; 2. раскла-
дывать
1. сбрызгивать; 2. посыпать
отжимать, выжимать
готовить на пару
тушить, варить
мешать, размешивать
процеживать, фильтровать
фаршировать, начинять
пробовать на вкус
размораживать
стучать(ся), загущать
выкладывать
подрумянивать на огне, поджа-
ривать; сушить
1. подбрасывать (*напр., блин*);
2. перемешивать
разбирать на листья / соцветия
(*салат, цветную капусту*)
обрезать (*тесто*)
разогревать, подогреть
взбивать
взбивать
заворачивать

Delicatessen

(Мясная и рыбная продукция)

bacon ['beɪkən]
black pudding ['blæk 'pu:dɪŋ]
carbonade ['kɑ:bəneɪd]
chain sausage ['tʃeɪn 'sɔ:sɪdʒ]
cold pork ['kəʊld 'pɔ:k]
frankfurter ['fræŋkfɜ:tə]
ham [hæm]
jellied tongue ['dʒelɪd 'tʌŋ]
liver paste ['lɪvə 'peɪst]
sausage ['sɔ:sɪdʒ]
boiled sausage

бекон, копченая свинина, гру-
динка
кровяная колбаса
карбонад (*свинина*)
сарделька
буженина (*отварная свинина*)
сосиска
ветчина
заливной язык
паштет из печени
колбаса, сосиска
вареная колбаса

half-smoked sausage
hard-smoked sausage

smoked bone ham
['sməʊkt 'bəʊn 'hæm]
tinned (canned) beef and pork

caviar(e) ['kæviɑ:]
black caviar
fresh caviar
pressed caviar
red caviar
soft caviar
jellied fish ['dʒelɪd 'fɪʃ]
kipper ['kɪpə]
smoked fish ['sməʊkt 'fɪʃ]
cold-smoked fish
hot-smoked fish
stuffed pike-perch ['stʌft 'paɪkprɜ:tʃ]

полукопченая колбаса
сырокопченая колбаса (*твердо-
копченая*)
корейка

консервированная говядина и
свинина

икра
черная икра
зернистая икра
паюсная икра
красная икра
зернистая икра
заливная рыба
копченая сельдь
копченая рыба
рыба холодного копчения
рыба горячего копчения
фаршированная щука

Taste and Quality of Food (Вкусы и качества блюд)

beastly ['bi:s(t)li]
bitter ['bɪtə]
bitterish ['bɪtəriʃ]
delectable [dɪ'lektəb(ə)l],
delicious [dɪ'liʃəs]
disgusting [dɪs'gʌstɪŋ]
dreadful ['dredfʊl]
edible ['edɪb(ə)l]
fresh [freʃ]
overdone [ˌoʊvə'dʌn]
pickled ['pɪk(ə)ld]
rancid ['rænsɪd]
rare [reə]

raw [rɔ:]
salt [sɔ:lt]
salted ['sɔ:ltɪd]
sour [saʊə]
sourish ['saʊəriʃ]
sour-sweet ['saʊə 'swɪt]
stale [steɪl]

отвратительный, неприятный,
противный
горький
горьковатый
восхитительный, очень вкусный

отвратительный
ужасный
съедобный
свежий
пережаренный
маринованный; квашеный
прогорклый; протухший
недожаренный, полусырой, с
кровью
сырой, недоваренный
солёный
солёный
кислый
кисловатый
кисло-сладкий
несвежий; с душком; черствый

sweet [swi:t]
tasteless ['teɪstlɪs]
tasty ['teɪsti]
tender ['tendə]
tough [taʊ]
underdone [ˌʌndə'dʌn]

watery ['wɔ:t(ə)ri]

сладкий
безвкусный
вкусный
нежный, мягкий
жесткий
1. недожаренный, слегка под-
жаренный (о мясе); 2. недопе-
ченный (о пироге)
водянистый

Тема 5

Types of Dough and Baking Items (Виды теста и изделия из него)

batter ['bæɪtə]
cake [keɪk]
cheese cake
fish cake
sponge cake ['spɒndʒ 'keɪk]
dough [dəʊ]
direct [dɪ'rekt] dough
elastic [ɪ'læstɪk] dough
fermented [fɜ:'mentɪd] dough
frozen ['frəʊz(ə)n] dough
honey ['hʌni] dough
killed dough
laminated ['læmɪneɪtɪd] dough
lean [li:n] dough
nonfermented dough
nonyeasted [ˌnɒn'ji:stɪd] dough
ready dough
rye dough
sour dough
sponge dough
sweet dough
tight dough
tin (bread) dough
tough dough
doughboy ['dəʊbɔɪ]

1. бездрожжевое тесто; жидкое
тесто; 2. жидкая панировка, кляр
торт, кекс, сладкий пирог, пи-
рожное
1. пирог с сыром; 2. сырник,
творожник
1. пирог с рыбой; 2. рыбная кот-
лета
бисквит
тесто
безопарное тесто
эластичное тесто
дрожжевое тесто
замороженное тесто
тесто на меду
плотное тесто
слоеное тесто
несдобное тесто
пресное тесто
бездрожжевое тесто
созревшее тесто
ржаное тесто
закваска
опарное тесто, опара
сдобное тесто
крутое тесто
тесто для формового хлеба
крутое тесто
1. пончик; 2. клецка

doughnut ['dɔ:gnʌt]
pastry ['peɪstri]

brownie ['braʊni] Am

chiffon ['ʃɪfɒn]
cream of tartar

crumb [krʌm]
crust [krʌst]
custard ['kʌstəd]
filling ['fɪlɪŋ]
meringue [mə'reɪŋ]
muffin ['mʌfɪn]

patty ['pæti]
pie [paɪ]

apple pie
fish pie
pancake pie
potato pie
pudding pie
shepherd's pie ['ʃepədʒ 'paɪ]

Washington pie
pudding ['pʊdɪŋ]
hasty ['heɪsti] pudding
Yorkshire ['jɔ:kʃɪə] pudding

shell [ʃel]
topping ['tɒpɪŋ]

пончик, пышка
1. сдобное тесто; 2. кондитерские
изделия (пирожные, торты)
шоколадное пирожное с оре-
хами
взбитый, воздушный
винный камень, кислый винно-
кислый калий
крошка; крупица; мякиш хлеба
корж
заварной крем
начинка
меренга, безе
1. горячая круглая булочка; 2. Am
маленькая сладкая булочка с
наполнителем
пирожок, лепешечка
1. пирог, пирожок; 2. торт, слад-
кий пирог
яблочный пирог
пирог с рыбой
блинчатый пирог
картофельный пирог, запеканка
мясной пудинг
пастушья запеканка (с мясным
фаршем и луком, запеченными в
картофеле)
слоеный пирог
пудинг, запеканка
заварной пудинг из муки
пирог из взбитого теста с кус-
ком жареного мяса
корж для торта, пирога
верх, верхний слой

Nuts (Орехи)

almond ['ɑ:mənd]
cashew (nut) [kæ'ʃu:, 'kæʃu:]
cedar nut ['si:də 'nʌt]
cocoanut ['kəʊkənʌt]
hazelnut ['heɪz(ə)nʌt]
nutmeg ['nʌtmeg]
peanut ['pi:nʌt]

миндаль
кешью
кедровый орех
кокосовый орех
лесной орех, фундук
мускатный орех
арахис

pecan ['pi:kən, pɪ'kæn]
pine nut ['paɪn 'nʌt]
walnut ['wɔ:l'nʌt]

пекан
кедровый орех
грецкий орех

Greens, Spices, Seasonings, Herbs, Sauces (Специи и соусы)

allspice ['ɔ:lspɪs]
anchovy ['æntʃəvi] sauce
anise ['ænis] pepper

aphrodisiac [æfrə'dɪziæk]

basil ['bæz(ə)l]
bay leaf ['beɪ 'li:f]
capers ['keɪpəz]
 caper sauce
caraway ['kærəwei]
cardamom ['kɑ:dəməm],
 cardamon ['kɑ:dəmən]
catsup ['kætsəp] *Am*
cayenne pepper [keɪən 'peɪə]

душистый перец
анчоусный соус
перецник (*душистый японский
перец для рыбных блюд*)
приправа, усиливающая половое
чувство
базилик
лавровый лист
каперсы (*острая приправа*)
соус из каперсов
тмин
кардамон

celeriac [sə'le(ə)ɪæk]
celery ['seləri]
Chinese parsley
cinnamon ['sɪnəmən]
clove [kləʊv]
coriander [kə'ri:ændə]
cumin ['kʌmɪn]
curly parsley ['kɜ:li 'pɑ:sli]
curry powder ['kʌri 'paʊdə]
dill [dɪl]
garlic [gɑ:lɪk]
 a clove of garlic (garlic bulb let)
ginger ['dʒɪndʒə]
ground pepper ['graʊnd 'peɪə]
horseradish ['hɔ:s,rædɪʃ]
Jamaica pepper
ketchup ['ketʃəp]
mace [meɪs]

кетчуп
кайенский (жгучий) перец,
красный перец
корневой сельдерей
салатный сельдерей
кориандр, китайская петрушка
корица
гвоздика
кориандр, китайская петрушка
тмин
кудрявая петрушка
сухая смесь пряностей
укроп
чеснок
головка чеснока
имбирь
молотый перец
хрен
душистый ямайский перец
кетчуп
сушеная шелуха мускатного
ореха
майоран, душица
майонез
мята

marjoram ['mɑ:dʒ(ə)rəm]
mayonnaise [ˌmeɪə'neɪz]
mint [mɪnt]

mustard ['mʌstəd]
oregano [ˌɔ:rɪ'gɑ:nəʊ]
parsley ['pɑ:sli]
parsnip ['pɑ:snɪp]
pimento [pɪ'mentəʊ]
rosemary ['rəʊzm(ə)rɪ]
saffron ['sæfrən]
sage [seɪdʒ]
sauce [sɔ:s]
sesame seed ['sesəmi 'si:d]
(strand) fennel [(ˈstrænd) 'fenl]
tarragon ['tærəgən]
thyme [taɪm]
vinegar ['vɪnɪgə]

горчица
душица, ореган, реган
петрушка
пастернак
душистый ямайский перец
розмарин
шафран
шалфей
соус
кунжутное семя
фенхель
эстрагон
чабрец, тимьян
уксус

Weight Measures (Меры веса)

1 pound (lb) фунт	= 16 ounces = 453.59 gram(mes)
1 ounce (oz) унция	= 28.35 gram(mes)
1 gallon (gal) галлон	= Br 4.546 litres US 0.833 British gallon = 3.785 litres
1 quart (qt) кварта	= Br 1.14 litres US 0.833 British quart = 0.946 litres
1 pint (pt) пинта	= Br 0.57 litre US 0.47 litre
1 fluid ounce (fl oz) жидкая унция	= Br 28.4 millilitres US 29.57 millilitres
1 tablespoon столовая ложка	= 3 teaspoons = ½ fluid ounce = 14.2 millilitres
1 teaspoon чайная ложка	= 4.4 millilitres

Соотношение температурных шкал Фаренгейта и Цельсия

Шкала Фаренгейта (F)	Шкала Цельсия (C)
446°	230°
365°	180°
347°	175°
320°	160°
284°	140°
212°	100°
194°	90°
176°	80°

Personnel of Catering Enterprises
(Персонал предприятий общественного питания)

staff [stɑ:f]	штат, персонал
serving staff	обслуживающий персонал
barman ['bɑ:mən]	бармен; буфетчик
cashier [kæʃiə]	кассир
chef [ʃef]	шеф-повар, главный повар
chief [tʃi:f]	глава, руководитель; лидер; начальник, шеф; заведующий; директор
cook [kʊk]	повар, кухарка, кок (на судне)
cookee [kʊ'ki:] Am	помощник повара
director [d(a)'rɛktə]	директор, руководитель, начальник
executive [ɪg'zɛkjʊtɪv] director	исполнительный директор
financial [faɪ'nænʃ(ə)l] director	финансовый директор
managing [mænɪdʒɪŋ] director	генеральный директор
manager ['mænɪdʒə]	управляющий, менеджер, администратор
waiter ['weɪtə]	официант
head waiter ['hed 'weɪtə]	старший (главный) официант
waitress ['weɪtrɪs]	официантка

Tableware
(Посуда)

bowl [bəʊl]	чашка, миска, глубокая тарелка, салатник
cover ['kʌvə]	столовый прибор
cruet (set) ['kru:ɪt ('set)]	прибор для специй
cup [kʌp]	чашка
dish [dɪʃ]	блюдо
fork [fɔ:k]	вилка
knife [naɪf]	нож
pepper box ['pepə 'bɒks]	перечница
plate [pleɪt]	тарелка
saltcellar ['sɔ:lt,selə] Br,	солонка
salt shaker ['sɔ:lt,ʃeɪkə] Am	
saucer ['sɔ:sə]	1. чайное блюдце; поддонник;
	2. соусник
spoon [spu:n]	ложка

sugar basin ['fʊgə 'beɪs(ə)n],
sugar bowl ['fʊgə 'bəʊl]

сахарница

Французские заимствования

Слово в английском языке	Значение во французском языке	Значение в русском языке
bisque	раковый суп	биск, густой суп, обычно из морепродуктов, птицы, кролика или овощей
blancmangé	blanc — белый, manger — есть	бланманже, непрозрачное, не фруктовое желе
blanquette	blanc — белый	бланкет, рагу из телятины, ягнятины, курицы, приготовленное под густым белым соусом
bouillon	bouiller — кипеть	бульон
bouillabaisse	рыбный суп	буйабес, французский рыбный суп
brioche	сдобная булочка	бриошь, легкая нежная булочка
canapé	небольшой бутерброд	канапе, маленькие ломтики хлеба или сухое печенье, гарнированные икрой, сыром, паштетом и т.д.
carte	карта	меню
cocotte	чугунная кастрюля	кокотница
consommé	крепкий бульон	консоме: 1. бульон; 2. суп-пюре
crème brûlée	crème — сливки, brûlée — подгорелый	крем-брюле густой с хрустящей корочкой карамелизованного сахара
crepe, crêpe	блин	креп, очень тонкий блин, обычно скрученный в трубочку, с начинкой
croissant	рожок	круассан, рогалик
croquette	croquet — хрустеть, грызть	крокет, шарик из мясного или рыбного фарша, риса или картофеля, обваленный в яйце и хлебных крошках
crouton	горбушка, корка	гренок, маленький кубик поджаренного хлеба

digestif	средство, способствующее пищеварению	послеобеденный напиток, ликер или коктейль, способствующий пищеварению
entrecôte	между ребрами	антрекот, жареная говядья грудинка
filet mignon	mignon — маленький	миньон, маленький круглый кусок филе
foie gras	foie — печень, gras — жирный	фуа гра, паштет из гусиной печени
fondue	расплавленный	фондю, блюдо, приготовленное из плавленого сыра с белым вином
fricassée	жарить, тушить	фрикасе, кусочки белого мяса цыпленка, приготовленного в крепком бульоне, подаваемые с белым соусом
galantine	студень	галантин, мясо или рыба без костей, свернутые в рулет и фаршированные
galette	галета	плоское печенье; оладья
gratin	корочка	гратин, блюдо, запеченное под сыром
hors d'oeuvre	закуска	закуска
liaison	связь	льезон, смесь из яичных желтков и сливок или муки и масла, используемая для придания густоты супам и соусам
mousse	пена	мусс, легкое пенистое блюдо
parfait	пломбир (мороженое)	парфе: 1. сливочный замороженный пудинг; 2. слоеный десерт из фруктов и мороженого; 3. паштет из мяса со сливками
pâté	пирог; паштет	паштет, паста из смеси различных сортов мяса и рыбы с пряностями
pâté maison	maison — дом	пате мезон, паштет, приготовленный в домашних условиях, по собственному рецепту повара
petit four	petit — маленький, four — печь	птифур, маленькое фигурное пирожное
profiterole	профитроль	профитроль, пирожное из заварного теста в виде шарика с кремом и облитое шоколадом

ragout	ragu, острая приправа	ragu, тушеное блюдо из мяса или овощей
royal sorbet	королевский шербет (напиток), фруктовое мороженое	королевский сорбе, шербет
soufflé	воздушный	1. суфле; 2. воздушный (напр., пирог)

Тема 7

Applying for a Job (Устройство на работу)

applicant ['æplɪkənt]	податель заявления, кандидат, претендент
application ['æplɪkeɪʃ(ə)n]	заявление
résumé ['rezjumeɪ, 'rei-]	резюме
questionnaire [kwɛstʃə'neə]	анкета
marital status [ˌmærtɪl 'steɪtəs]	семейное положение
apply [ə'plaɪ] for a job	подавать заявление о приеме на работу
get a job	получать работу
find a job	находить работу
look for a job, hunt for a job	искать работу
employ [ɪm'plɔɪ]	нанимать, брать на работу
hire [haɪə]	1. <i>Вr</i> нанимать на короткий срок; 2. <i>Am</i> нанимать, брать на работу
employee [em'plɔɪ'i:]	служащий
employer [ɪm'plɔɪə]	работодатель
be employed	быть принятым
be passed by	быть непринятым
salary ['sæləri]	зарплата, жалованье, оклад (<i>служащих</i>)
wages ['weɪdʒɪz]	зарплата (<i>рабочих</i>)
earn ['z:n]	зарабатывать
raise money	зарабатывать много денег
previous ['pri:vɪəs]	предыдущий
join the company	поступать на работу в компанию
work for/with the company	работать в компании
work overtime	работать сверхурочно
work in shifts	работать по сменам
work experience [ɪk'spi(ə)riəns]	опыт работы, стаж
quit [kwɪt], leave one's job	увольняться

Essential Nutrients (Необходимые питательные вещества)

essential nutrients [i'senʃ(ə)l 'nju:triənts]	необходимые питательные вещества
carbohydrate [kɑ:bəʊ'hɑ:dræt]	углевод
fat [fæt]	жир
fibre ['faɪbə]	клетчатка
mineral ['mɪn(ə)rəl]	минерал
vitamin ['v(a)ɪtəmin]	витамин
cholesterol [kə'lestərəl]	холестерин

Minerals (Минералы)

calcium ['kælsiəm]	кальций
chromium ['krəumiəm]	хром
copper ['kɒpə]	медь
fluoride ['flʊ(ə)raɪd]	фторид
iodine ['aɪdi:n]	йод
iron ['aɪən]	железо
magnesium [mæg'ni:ziəm]	магний
manganese [mæŋgəni:z]	марганец
phosphorus ['fɒsf(ə)rəs]	фосфор
potassium [pə'tæsiəm]	калий
selenium [sɪ'li:niəm]	селен
sodium ['səʊdiəm]	натрий
zink [zɪŋk]	цинк

Additives (Добавки)

colouring ['kɒlərɪŋ]	красящее вещество
emulsifier [i'mʌlsɪfə]	эмульгатор
flavour enhancer ['fleɪvə m'hɑ:nsə]	усилитель аромата
preservative [prɪ'zɜ:vətɪv]	консервант
stabilizer ['steɪbalaɪzə]	стабилизатор
thickener ['θɪk(ə)nə]	сгуститель, загуститель

Diet (Рацион)

diet ['daɪət]	1. питание, стол, еда; 2. диета, пищевой режим; 3. держать на диете, сажать на диету
frugal ['frʊg(ə)l] diet	скудное питание
good diet	хорошая диета, правильное питание
healthy balanced ['helθi 'bælənst] diet	хорошо сбалансированная диета
heavy ['hevi] diet	тяжелая пища
liquid ['lɪkwɪd] diet	жидкая пища
meat diet	мясная диета
poor diet	плохая диета, неправильное питание
rigid diet, strict diet	строгая диета
well-balanced diet	хорошо сбалансированная диета
to keep a diet, to take a diet, to be on a diet to put smb. to/on a diet	соблюдать диету, сидеть на диете, находиться на диете, держать кого-либо на диете, посадить кого-либо на диету
dietary ['daɪət(ə)ri]	1. диета; 2. книга о правильном питании; 3. диетический
dietary bread	диетический хлеб
dietary food	диетические продукты
fat [fæt]	полный, толстый
slender ['slendə]	худой, стройный
slenderize ['slendəraɪz]	терять в весе, худеть
slim [slɪm]	1. тонкий, стройный; 2. худеть, стараться похудеть
stout [stɑʊt]	полный
become stouter	полнеть
She is too stout.	Она очень полная.
thin [θɪn]	худой
get thin, grow thin	худеть
You are too thin.	Ты очень худая.
She got as thin as a thread (rake).	Она стала худой как щепка.
weigh [weɪ]	взвешиваться, весить
How much do you weigh?	Какой у вас вес?
weight [weɪt]	вес
to control one's weight	следить за весом
to lose [lu:z] weight	худеть
to put on weight	поправляться
to watch one's weight	следить за весом

Английский алфавит

Aa	Bb	Cc	Dd
[eɪ]	[bi:]	[si:]	[di:]
Ee	Ff	Gg	Hh
[i:]	[ef]	[dʒi:]	[ertʃ]
Ii	Jj	Kk	Ll
[aɪ]	[dʒeɪ]	[keɪ]	[el]
Mm	Nn	Oo	Pp
[em]	[en]	[əʊ]	[pi:]
Qq	Rr	Ss	Tt
[kju:]	[ɑ:]	[es]	[ti:]
Uu	Vv	Ww	Xx
[ju:]	[vi:]	[dʌb(ə)lju:]	[eks]
Yy	Zz		
[waɪ]	[zed]		

Чтение гласных букв под ударением

Гласные	I тип	II тип	III тип	IV тип
	открытый слог (оканчивается на гласную букву)	закрытый слог (оканчивается на согласную букву)	гласная + r	гласная + re
a	[eɪ] name	[æ] cat	[ɑ:] car	[eə] hare
o	[əʊ] nose	[ɒ] not	[ɔ:] fork	[ɔ:] store
e	[i:] me	[e] pen	[ɜ:] Bert	[iə] here
u	[ju] music	[ʌ] run	[ɜ:] fur	[juə] pure
i	[aɪ] like	[ɪ] pin	[ɜ:] sir	[aɪə] fire
y	type	myth		

Чтение ударных сочетаний гласных букв

Буквосочетания	Чтение	Примеры
ai	[eɪ]	main, Spain
ay	[eɪ]	say, day
ea	[i:]	meat, teacher
ee	[i:]	see, green

Буквосочетания	Чтение	Примеры
ew	[ju:]	few, new
oi	[ɔɪ]	point, joint
oy	[ɔɪ]	boy, toy
oo+k	[ʊ]	book, took
oo	[u:]	food, pool
ou	[aʊ]	out, stout
ow	[aʊ]	brown, crown
ai+r	[eə]	fair, chair
ee+r	[iə]	engineer, deer
ou+r	[aʊə]	our, flour
oo+r	[ɔ:]	door, floor

Чтение сочетаний согласных букв

Согласные	Положение	Чтение	Примеры
ch	Любое	[tʃ]	match, champion
sh	Любое	[ʃ]	shelf, cash
ck	После кратких гласных	[k]	stick, chicken
th	1. В начале знаменательных слов и в конце слов. 2. В начале местоимений, служебных слов и между гласными	[θ] [ð]	thick, myth that, bathe
wh	1. В начале слов перед всеми гласными, кроме o . 2. Перед o	[w] [h]	what, which who, whose
qu	Перед гласными	[kw]	question, quickly
ng	В конце слов	[ŋ]	strong, long

Согласные, имеющие два варианта произношения

Согласные	Положение	Чтение	Примеры
c	1. Перед e, i, y .	[s]	cent, pencil, icy
	2. Перед a, o, u	[k]	cap, come, cup
g	1. Перед e, i, y .	[dʒ]	page, gin, gypsy
	2. Перед a, o, u , всеми согласными и в конце слов	[g]	good, green, pig
s	1. В начале слов, перед глухими согласными, в конце слов после глухих согласных.	[s]	sit, student, lists
	2. Между гласными, в конце слов после гласных и звонких согласных	[z]	please, lies, pens
x	1. Перед согласными и в конце слов.	[ks]	text, six
	2. Перед ударными гласными	[gz]	exam

§ 1. The Article (Артикль)

Артикль является одним из определителей существительного и на русский язык не переводится.

Неопределенный артикль a (an — перед словами, начинающимися с гласной) происходит от числительного **one** и означает *один из многих, какой-то, любой*.

Употребляется только с исчисляемыми существительными в единственном числе. Перед существительными во множественном числе опускается (вместо него можно употреблять местоимение **some**):

I have **an** English book. I have **(some)** English books.
I see **a** child in the yard. I see **(some)** children in the yard.

Не употребляется перед неисчисляемыми существительными water, air, rice, salt, sugar, oil, milk, money, tennis и др. (они не имеют множественного числа):

I've got (some) money.
There isn't much money with me.
Money isn't everything.

Определенный артикль the употребляется:

- при повторном упоминании предмета или лица:

This is an apple. **The** apple is red..

- если речь идет о конкретном предмете:

Put **the** plate on **the** table.

- если упоминаемый предмет является единственным в своем роде:

The sun is shining, **the** sky is blue.

- в некоторых устойчивых словосочетаниях:
in **the** morning, in **the** evening, in **the** afternoon
in **the** middle, in **the** corner
to **the** right, to **the** left
in **the** country, to **the** country и т.п.

Артикль не употребляется в следующих случаях:

- если перед существительным стоит притяжательное или указательное местоимение, другое существительное в притяжательном падеже, числительное или отрицание **no**:

my bag my father's car
our school Ann's sister
this boy two cups
those students no plates

- перед неисчисляемыми существительными:

There is (some) coffee in the cup.
I like meat.
We have (some) cheese.

- если существительное во множественном числе упоминается впервые:

These are cups and plates.
There are (some) apples on the plate.
I have nice glasses.

- в некоторых устойчивых словосочетаниях:

at school, at home, at work, at night
to go/come/get home, to go to bed
after breakfast/lunch/tea/dinner/supper
for breakfast/lunch/tea/dinner/supper
to have/cook/make/prepare breakfast/lunch/tea/dinner/supper

- перед названиями учебных предметов и языков:

We study Chemistry. He speaks English.

§ 2. Множественное число существительных

Множественное число существительных образуется путем прибавления окончания **-s** или **-es** к форме единственного числа.

Произношение окончания		Примеры	
-s [s]	После глухих согласных	book lamp	books lamps
-s [z]	1. После звонких согласных. 2. После гласных.	spoon girl pie pea boy menu potato photo life knife shelf	spoons girls pies peas boys menus potatoes photos lives knives shelves
-es -ies [ɪz]	1. Если существительное оканчивается на -s , -ss , -x , -sh , -ch , -tch . 2. Если существительное оканчивается на согласную + y (y переходит в i) Но: roof — roofs	bus glass box bench city baby	buses glasses boxes benches cities babies

Особые случаи образования множественного числа существительных

Особенность образования	Примеры		Перевод
	ед. ч.	мн. ч.	
Изменяется корневая гласная	a man an Englishman a woman a tooth	men Englishmen women ['wɪmɪn] teeth	мужчина (-ы) англичанин (-не) женщина (-ы) зуб (-ы)
Добавляется окончание -ren/en	a child an ox	children oxen	ребенок (дети) бык (-и)
Одна форма для ед. и мн. ч.	a sheep a deer a fish a means	sheep deer fish means	овца (-ы) олень (-и) рыба (-ы) средство (-а)
Формы ед. и мн. ч. заимствованы из лат. и греч. языков	datum basis bacterium	data bases bacteria	данная величина (данные) базис (-ы) бактерия (-и)

Существительные, употребляемые только в единственном числе (неисчисляемые)

advice — совет, советы	news — новость, новости
business — дело	milk — молоко
fruit — фрукт, фрукты	money — деньги
furniture — мебель	oil — масло
hair — волосы	peace — мир
information — информация	progress — прогресс
knowledge — знания	rice — рис
love — любовь	sugar — сахар
luggage — багаж	water — вода

Но: businesses — различные виды деятельности
fruits — различные виды фруктов

Существительные, употребляемые только во множественном числе

clothes — одежда	riches — богатства
glasses — очки	scissors — ножницы
goods — товары	shorts — шорты
jeans — джинсы	thanks — благодарность
looks — внешний вид	trousers — брюки

§ 3. Падеж существительных

В английском языке два падежа: общий и притяжательный.

Общий падеж не имеет специальных окончаний:

an example (*пример*), drawings (*чертежи*), data (*данные*)

Существительное в **общем падеже** может переводиться на русский язык разными падежами в зависимости от его функций в предложении. Функция существительного определяется:

- его местом в предложении;
- наличием перед ним предлогов **of, to, by, with, about**.

Подлежащее, выраженное одним словом (или группой слов) без предлога, стоит перед сказуемым и соответствует в русском языке существительному в именительном падеже (кто? что?):

The lecturer sees the students. Лектор видит студентов.

Прямое дополнение, выраженное существительным без предлога, стоит после сказуемого и соответствует в русском языке существительному в винительном падеже (кого? что?):

The students see the lecturer. Студенты видят лектора.

Сравнение падежных отношений в русском и английском языках

Падеж	Падежные формы		Другие значения, выражаемые предлогами
	в русском языке	в английском языке	
И.	кто? что? <i>друг</i>	Предлог отсутствует. Существительное стоит перед сказуемым. My friend has a book.	—
Р.	кого? чего? <i>друга</i>	of The book of my friend is interesting.	of — из one of them — один из них is made of glass — сделан из стекла
Д.	кому? чему? <i>другу</i>	to I often write to my friend.	to — к, на, в (указывает направление) to the plant — на завод to Moscow — в Москву
В.	кого? что? <i>друга</i>	Предлог отсутствует. Существительное стоит после сказуемого. I see my friend.	—
Т.	кем? чем? <i>другом</i>	by The work is done by my friend.	by — у, к, посредством by the window — у окна by summer — к лету by radio — посредством (по) радио

Падеж	Падежные формы		Другие значения, выражаемые предлогами
	в русском языке	в английском языке	
		with (с неодушевленными предметами) I write with a pen.	with — с with my friend — с моим другом
П.	о ком? о чем? о друге	about, of — о I often think about/of my friend.	about — около, приблизительно About 45 students are present at the lecture. — Около 45 студентов присутствуют на лекции.

Притяжательный падеж обозначает принадлежность предмета или лица и отвечает на вопрос **whose** [hu:z]? (чей?). Существительное в притяжательном падеже является определением к другому существительному и всегда стоит перед ним. Имеет окончание:

- -'s (апостроф + s) в единственном числе:
our **teacher's** lectures — лекции нашего преподавателя;
- ' (только апостроф) во множественном числе:
the students' books — книги студентов.

Примечание. Если существительное во множественном числе не имеет окончания -s, к нему прибавляется -'s:

the **children's** pictures — рисунки этих детей

Притяжательный падеж в основном употребляется с одушевленными существительными, а также с некоторыми неодушевленными:

the **sun's** rays — солнечные лучи/лучи солнца

the **country's** economy — экономика страны

§ 4. The Present Simple (Indefinite) Tense

Настоящее простое (неопределенное) время

Present Simple (Indefinite) употребляется для выражения обычного, регулярно повторяющегося действия в настоящем:

I **study** at college.

Я учусь в колледже.

We **live** in Russia.

Мы живем в России.

С Present Simple часто употребляются следующие наречия и словосочетания:

usually — обычно

always — всегда

never — никогда

often — часто

seldom — редко

sometimes — иногда

every day — каждый день

every week — каждую неделю

every month — каждый месяц

every year — каждый год

Как правило, наречия **usually, always, never, often, seldom** стоят перед смысловым глаголом:

I **usually** have breakfast at 7 o'clock.

We **often** go to the cafe on Sundays.

He doesn't **always** have dinner at home.

I **never** eat ice cream in winter.

Образование Present Simple

Утвердительная форма	Отрицательная форма	Вопросительная форма
I work. You work. He works. She works. It works.	I do not/don't work. You do not/don't work. He does not/doesn't work. She does not/doesn't work. It does not/doesn't work.	Do I work? Do you work? Does he work? Does she work? Does it work?
We work. You work. They work.	We do not/don't work. You do not/don't work. They do not/don't work.	Do we work? Do you work? Do they work?

Чтение окончания -s/-es

[s] после глухих согласных в закрытом и открытом слоге	[z] после гласных и звонких согласных	[ɪz] в глаголах, оканчивающихся на s, se, ss, sh, ch, tch, x
to work — works to like — likes to put — puts to write — writes to chop — chops to scrape — scrapes	to learn — learns to read — reads to play — plays to cry — cries ¹ to go — goes [gəʊz] to do — does [dɒz]	to grease — greases to dress — dresses to wash — washes to teach — teaches to watch — watches to mix — mixes

Вопросительные слова

when	когда?	When do you usually get up?
what	что?	What do you see in the picture?
where	какой? где?	What music does she like? Where does he study?
who	куда? кто?	Where do you go? Who is that woman?
whom	кого? кому? кого?	Who do you love? Whom do you give your books? Whom do you meet every day?

¹ В глаголах, оканчивающихся на -y с предшествующей согласной, y меняется на i.

whose	чей?	Whose bag is this?
which	который? какой? (при выборе)	Which dress do you want to buy?
how	как?	How do you get to the college?
how many	сколько? (с исчисл. существительными)	How many students are there in the classroom?
how much	сколько? (с неисчисл. существительными)	How much bread is there on the plate?
why?	почему?	Why do you always come late?

Типы вопросов

They come home late.

1. Вопрос к подлежащему:

Who comes home late?

2. Общий вопрос:

Do they come home late?

3. Специальный вопрос:

When do they come home?

Why do they come home late?

4. Альтернативный вопрос:

Do they come home early or late?

5. Разделительный вопрос:

They come home late, don't they?

Краткие ответы:

Do you study at college? — Yes, I do. / No, I don't.

Does he work every day? — Yes, he does. / No, he doesn't.

Глагол *to be* в Present Simple

Утвердительная форма	Отрицательная форма	Вопросительная форма
I am	I am not/I'm not	Am I ...?
You are	You are not/aren't	Are you ...?
He is	He is not/isn't	Is he ...?
She is	She is not/isn't	Is she ...?
It is	It is not/isn't	Is it ...?
We are	We are not/aren't	Are we ...?
You are	You are not/aren't	Are you ...?
They are	They are not/aren't	Are they ...?

Вопросы к предложениям с глаголом *to be*

We are at work on Monday.

1. Who is at work on Monday?

2. Are we at work on Monday?

3. Where are we on Monday?

When are we at work?

Why are we at work on Monday?

4. Are we at work on Monday or on Tuesday?

5. We are at work on Monday, aren't we?

6. He is at work on Monday too, isn't he?

Глагол *to have* в Present Simple

Утвердительная форма	Отрицательная форма	Вопросительная форма
I have	I have not/haven't	Have I ...?
You have	You have not/haven't	Have you ...?
He has	He has not/hasn't	Has he ...?
She has	She has not/hasn't	Has she ...?
It has	It has not/hasn't	Has it ...?
We have	We have not/haven't	Have we ...?
You have	You have not/haven't	Have you ...?
They have	They have not/haven't	Have they ...?

Глагол **to have** в разговорной речи часто заменяется конструкцией **to have got**:

I have got a car. / I've got a car.

У меня есть машина.

I have not / haven't got a car. = I have no car.

Have you got a car?

Yes, I have. — Да.

Yes, I've got it. — Да, у меня она есть.

No, I haven't. — Нет.

No, I haven't got it. — Нет, у меня ее нет.

Has he got a car?

Yes, he has. — Да.

Yes, he has got it. — Да, у него она есть.

No, he has not. — Нет.

No, he hasn't got it. — Нет, у него ее нет.

В сочетании с некоторыми существительными глагол **to have** утрачивает свое основное значение и приобретает новое:

to have breakfast — завтракать to have a snack — перекусить

to have dinner — обедать to have a rest — отдыхать

to have supper — ужинать to have tea/coffee — пить чай/кофе

Отрицательная и вопросительная формы в этом значении образуются при помощи вспомогательного глагола **do**:

Do you have lunch at home? — I don't have lunch at home.

§ 5. Конструкция *there is/there are*

Конструкция **there is/there are** указывает на наличие (отсутствие) предмета или лица в определенном месте и переводится словами *есть, имеется, находится, лежит, стоит* и т. п. или не переводится. При переводе на первое место ставится обстоятельство места:

- + There is a plate on the table. На столе стоит тарелка.
 There are plates on the table. На столе стоят тарелки.
- There is no plate on the table. На столе нет тарелки.
 There are no plates on the table. На столе нет тарелок.
 There isn't a plate on the table. На столе нет тарелки.
 There aren't (any) plates on the table. На столе нет (никаких) тарелок.
- ? Is there a plate on the table? На столе есть тарелка?
 Are there (any) plates on the table? На столе есть (какие-нибудь) тарелки?

При наличии нескольких однородных подлежащих глагол **to be** обычно согласуется в числе с первым подлежащим:

There is a napkin, plates and cups on the table.
 There are plates, cups and a napkin on the table.

Если после конструкции **there is/there are** стоит неисчисляемое существительное или существительное во множественном числе, вместо опущенного неопределенного артикля часто употребляется слово **some**:

There are some newspapers on the table.
 There is some tea in the cup.

§ 6. The Pronoun (Местоимение)

Личные, притяжательные и возвратные местоимения

Личные				Притяжательные		Возвратные	
Именительный падеж	Объектный падеж						
I	я	me	мне, меня	my	мой	myself	себя, сам
you	ты	you	тебе	your	твой	yourself	себя, сам
he	он	him	ему, его	his	его	himself	себя, сам
she	она	her	ей, ее	her	ее	herself	себя, сама
it	(неодуш.)	it	ему, его, ей	its	его, ее	itself	себя, сам(а)
we	мы	us	нам, нас	our	наш	ourselves	себя, сами
you	вы	you	вам, вас	your	ваш	yourselves	себя, сами
they	они	them	им, их	their	их	themselves	себя, сами

Указательные местоимения

Единственное число	Множественное число
this — этот, эта, это	these — эти
that — тот, та, то	those — те

Многозначность слова *that*

Функции в предложении	Перевод	Примеры
Указательное местоимение	то, тот, та; это, этот, эта	That is my pen. — Это моя ручка. That boy is my classmate. — Тот мальчик — мой одноклассник.
Заменяет существительное во избежание его повтора	<i>То же существительное или не переводится</i>	My pencil is longer than that of my friend. — Мой карандаш длиннее, чем карандаш моего друга.
Относительное местоимение, соединяющее придаточное определительное предложение с главным	который, которая, которое (может быть опущено)	The book (that) you gave me yesterday is very interesting. — Книга, которую ты дал мне вчера, очень интересная.
Союз	что	I know that he works as a cook now. — Я знаю, что он работает сейчас поваром.

Неопределенные местоимения

Тип предложения	Неопределенные местоимения			
+	some <i>некоторый, какой-то, несколько</i>	something <i>что-то</i>	somebody, someone <i>кто-то</i>	somewhere <i>где-то</i>
–	no <i>никакой</i>	nothing <i>ничего</i>	nobody <i>никто</i>	nowhere <i>нигде</i>
?	any	anything	anybody, anyone	anywhere

- + I've got some English books. У меня есть несколько английских книг.
 – I haven't got any English books. У меня нет (никаких) английских книг.
 I have no English books. У меня нет английских книг.

? Have you got any English books? У тебя есть какие-нибудь английские книги?

Some может употребляться в вопросительных предложениях, если вопрос является приглашением или просьбой:

Would you like some tea? Не желаете ли чая?
May I have some caviar? Можно заказать икру?

Any в утвердительном предложении имеет значение *любой*:

I can answer any question. Я могу ответить на любой вопрос.
I am ready to go anywhere. Я готов ехать куда угодно.

+ Give me **something** for a sweet. Дайте мне что-нибудь на десерт.
I can see **somebody** there. Я вижу там кого-то.
They usually go **somewhere** for the weekend. Они обычно ездят куда-нибудь на выходные.

— There is **nothing** for a sweet. На десерт ничего нет.
There is **nobody** there. Там никого нет.
They go **nowhere** for the weekend. Они никуда не ездят на выходные.

? Would you like **anything** for a sweet? Не желаете чего-нибудь на десерт?
Can you see **anybody** there? Вы там видите кого-нибудь?
Will you go **anywhere** for the weekend? Вы поедете куда-нибудь на выходные?

В английском предложении может быть только одно отрицание:

They **never** go **anywhere**. Они никогда никуда не ходят.
She **never** knows **anything**. Она никогда ничего не знает.

Урок 2

§ 1. Past Participle (Причастие прошедшего времени)

Образование Past Participle

Причастия прошедшего времени **правильных глаголов** образуются от инфинитива глагола путем прибавления к основе суффикса **-ed**:

open — opened

Суффикс **-ed** произносится:

[d] — если основа глагола оканчивается на гласную или звонкую согласную:

play — played, live — lived

[t] — после глухих согласных:
ask — asked

[ɪd] — после **t** и **d**:
want — wanted, add — added

Причастия прошедшего времени **неправильных глаголов** образуются не по правилам (см. таблицу неправильных глаголов, с. 225, 3-я форма глагола V₃):

see — seen, give — given

Функции Past Participle в предложении

Past Participle может выполнять две основные функции:

• определение:
переводится причастием в страдательном залоге или прилагательным, оканчивающимся на *-нный, -емый, -имый, -тый, -шийся*:

to cook — cooked — приготовленный
to boil — boiled — кипяченный
to roast — roasted — жареный в печи, духовке
to wash — washed — вымытый
to grate — grated — тертый (*на терке*)
to stuff — stuffed — фаршированный
to smoke — smoked — копченый
to fry — fried — жареный
to stew — stewed — тушеный
to dress — dressed — заправленный
to spit — spitted — жаренный на вертеле
to whip — whipped — взбитый
to do — well-done — хорошо приготовленный

Past Participle в данной функции может стоять перед определяемым словом или после него:

The juices **produced** by our enterprise are of **improved** quality. Соки, **выпускаемые** нашим предприятием, **улучшенного** качества.

• именная часть составного сказуемого и сказуемое во временах группы Perfect:

This dish **is made** by our best cook.
Mother **has** already **cooked** dinner.
I **had finished** the work before he came.

§ 2. The Past Simple (Indefinite) Tense (Прошедшее простое (неопределенное) время)

Past Simple (Indefinite) выражает действие, свершившееся в прошлом, и часто употребляется с такими обстоятельствами времени, как:

yesterday/the day before yesterday — вчера/позавчера

5 minutes/two days ago — 5 минут назад/два дня назад

last week/month/year — на прошлой неделе/в прошлом месяце/в прошлом году

last morning — прошлым утром

in 1998 — в 1998 году

She worked there in 1995.

Past Simple может обозначать ряд последовательных действий в прошлом:

He entered and took off his coat.

Образование Past Simple

Утвердительная форма правильных глаголов для всех лиц образуется путем прибавления суффикса **-ed** к основе глагола (т. е. так же, как образуется Past Participle).

Past Simple неправильных глаголов образуется не по правилам (см. 2-ю форму глаголов — V₂ в табл. на с. 225).

V ₁ Infinitive	V ₂ Past Simple	V ₃ Past Participle	Перевод
to be	was, were	been	быть
to buy	bought	bought	покупать
to cut	cut	cut	резать
to do	did	done	делать
to drink	drank	drunk	иметь
to eat	ate	eaten	есть
to have	had	had	пить
to go	went	gone	идти
to take	took	taken	брать

Утвердительная форма	Отрицательная форма	Вопросительная форма
I went.	I did not/didn't go.	Did I go?
You went.	You did not/didn't go.	Did you go?
He went.	He did not/didn't go.	Did he go?
She went.	She did not/didn't go.	Did she go?
It went.	It did not/didn't go.	Did it go?
We went.	We did not/didn't go.	Did we go?
You went.	You did not/didn't go.	Did you go?
They went.	They did not/didn't go.	Did they go?

Типы вопросов

She went shopping last morning.

1. Who went shopping last morning?

2. Did she go shopping last morning?

3. When did she go shopping last morning?

4. Did she go shopping last morning or last Monday?

5. She went shopping last morning, didn't she?

Краткие ответы:

Did he cook dinner yesterday? — Yes, he did. / No, he didn't.

§ 3. Глагол *to be* в Past Simple

Утвердительная форма	Отрицательная форма	Вопросительная форма
I was	I was not/wasn't	Was I ...?
You were	You were not/weren't	Were you ...?
He was	He was not/wasn't	Was he ...?
She was	She was not/wasn't	Was she ...?
It was	It was not/wasn't	Was it ...?
We were	We were not/weren't	Were we ...?
You were	You were not/weren't	Were you ...?
They were	They were not/weren't	Were they ...?

Вопросы к предложениям с глаголом *to be*

They were in the park on Sunday.

1. Who was in the park on Sunday?

2. Were they in the park on Sunday?

3. Where were they on Sunday?

When were they in the park?

4. Were they in the park on Sunday or on Saturday?

5. They were in the park on Sunday, weren't they?

Краткие ответы:

Were you at the restaurant yesterday? — Yes, I was. / No, I wasn't.

§ 4. Глагол *to have* в Past Simple

Глагол **to have** в Past Simple имеет одну форму **had**:

+ They had breakfast at 8 o'clock.

— They did not/didn't have breakfast at 7 o'clock.

? Did they have breakfast at 8? — Yes, they did. / No, they did not/didn't.

Глагол **to have** в значении *иметь, обладать* в Past Simple обычно не употребляется с **got**:

She **has got** long hair. — When she was a child, she **had** long hair.

В отрицательных и вопросительных предложениях глагол **to have** в этом значении употребляется с **did/didn't**:

Did you have a car last year?
He **didn't** have money, so he couldn't buy it.

§ 5. Модальные глаголы

Модальные глаголы не выражают действия, а лишь указывают на отношение говорящего к действию, которое выражено следующим за ним глаголом, употребляющимся, как правило, без **to**.

Вопросительная и отрицательная формы модальных глаголов образуются без вспомогательного глагола.

Can

Глагол **can** выражает физическую возможность, умение, способность:

This woman can cook well.
This woman cannot/can't cook well.
Can this woman cook well?

В современном разговорном языке **can** употребляется также в вопросительных предложениях, выражающих предложение помощи или просьбу:

Can I help you? Могу я вам помочь?
Can I have the menu card? Можно мне меню?

May

Глагол **may** выражает разрешение:

May I come in? — Yes, you may. Можно войти? — Да.
May I take the cake? — You Можно взять пирожное? —
certainly may. / You can't take it. Конечно можно. / Нельзя. (Ты
не можешь взять его.)

Must

Глагол **must** выражает необходимость, обязанность:

You must work much. Вы должны много работать.

Отрицательная форма **must not/mustn't** выражает категорическое запрещение:

You mustn't eat fat food. Вам нельзя есть жирную пищу.
I must help him. Я должен помочь ему.
Must I help him? — Должен ли я помочь ему? —
Yes, you must. Да, должен.
No, you needn't. Нет, не обязательно.
No, you must not/mustn't. Нет (*запрещение*).

Need

Модальный глагол **need** употребляется только в отрицательной форме и имеет значение отсутствия необходимости что-либо делать:

I needn't go to the shop today. Мне не нужно идти сегодня в магазин. В доме много еды.
There is much food in the house. Не нужно беспокоиться.
You needn't worry.

Смысловой глагол **need** имеет значение *нуждаться*:

She needs this book. Ей нужна эта книга.
She doesn't need this book. Ей не нужна эта книга.
Does she need this book? Ей нужна эта книга?
What does she need? Что ей нужно?

Should, ought to

Глаголы **should, ought to** выражают совет и переводятся словами *следует (не следует), нужно (не нужно)*:

You should [ʃʊd] have this dish. Вам следует взять это блюдо.
It's tasty. Оно вкусное.
You ought [ɒt] to have this dish. Вам нужно/следует взять это блюдо.
You shouldn't have this dish. Вам не следует брать это блюдо.
It isn't tasty. Оно невкусное.
You oughtn't to have this dish. Вам не надо/не следует брать это блюдо.

§ 6. Повелительное наклонение

Повелительное наклонение образуется от неопределенной формы глагола без частицы **to**:

Have a cup of coffee, please. Выпейте, пожалуйста, чашечку кофе.
Pass me the salt, please. Передайте мне соль, пожалуйста.

В отрицательной форме употребляется вспомогательный глагол **do** с отрицательной частицей **not (do not = don't)**:

Don't smoke here! Не курите здесь.
Don't be late for dinner. Не опаздывайте к обеду.

Форма повелительного наклонения для 1-го и 3-го лица единственного и множественного числа образуется при помощи глагола **let (разрешать)**:

Let me cook dinner. Позвольте приготовить обед.
Let us/Let's go to Пойдемте в ресторан.
the restaurant.

Let Ann do it herself. Пусть Аня сама это сделает.
 Let them go home. Пусть они идут домой.
 Let's dine out! Давайте пообедаем где-нибудь (*не дома*).
 Don't let them come late! Не разрешайте им приходить поздно.

§ 7. Местоимения *many, much, a lot of, few, a few, little, a little*

Местоимения **many, a lot of, few, a few** употребляются с исчисляемыми существительными и отвечают на вопрос **how many?**

<i>много</i>	<i>мало (недостаточно)</i>	<i>немного (достаточно)</i>
many, a lot of	few	a few
There are many/a lot of apples in the garden. В саду много яблок.	There are few apples on the plate. На тарелке мало яблок.	There are a few apples in the fridge. В холодильнике есть немного яблок.

Местоимения **much, a lot of, little, a little** употребляются с неисчисляемыми существительными и отвечают на вопрос **how much?**

<i>много</i>	<i>мало (недостаточно)</i>	<i>немного (достаточно)</i>
much, a lot of	little	a little
He has a lot of free time. У него много свободного времени.	There is little milk in the bottle. В бутылке мало молока.	There is a little jam on the plate. На тарелке есть немного варенья.

Местоимения **much** и **many** употребляются, как правило, в вопросительных и отрицательных предложениях, а также если являются определением к подлежащему или имеют перед собой слова **very, so (так), too (слишком)** и др.:

I haven't **many** cookery books.
 There are **so many** cookery books in that book store!
 Ср.: There are **a lot of** cookery books in our library.

Наряду с местоимениями **much** и **many** в значении *много* употребляются следующие сочетания слов:

much = a lot of, a good deal of, a great deal of, a great quantity of, a large quantity of, plenty of

many = a lot of, lots of, a great number of, a large number of, a great many, a good many, plenty of

Урок 3

§ 1. The Future Simple (Indefinite) Tense (Будущее простое (неопределенное) время)

Future Simple (Indefinite) выражает действия, которые произойдут в будущем:

He will begin this work tomorrow. Он начнет эту работу завтра.

С Future Simple часто употребляются следующие наречия:

tomorrow — завтра
 the day after tomorrow — послезавтра
 one of these days — на днях
 next week — на следующей неделе
 next month — в следующем месяце
 next year — на будущий год
 in a minute — через минуту
 in half an hour — через полчаса
 in no time — тотчас

Образование Future Simple

Утвердительная форма	Отрицательная форма	Вопросительная форма
I will open/I'll open. You will open/you'll open. He will open/he'll open. She will open/she'll open. It will open/it'll open.	I will not/won't open. You will not/won't open. He will not/won't open. She will not/won't open. It will not/won't open.	Will I open? Will you open? Will he open? Will she open? Will it open?
We will open/we'll open. You will open/you'll open. They will open/they'll open.	We will not/won't open. You will not/won't open. They will not/won't open.	Will we open? Will you open? Will they open?

В 1-м лице единственного и множественного числа употребляется также вспомогательный глагол **shall**:

I shall open/I'll open.
 We shall open/We'll open.
 I shall not open/I shan't [ʃɑ:nt] open.
 We shall not open/We shan't open.

Типы вопросов

They will have lunch at 12.

1. Who will have lunch at 12?

2. Will they have lunch at 12?
3. When will they have lunch?
Where will they have lunch?
Who will they have lunch with?
4. Will they have lunch at 12 or at 1?
5. They will have lunch at 12, won't they? — Yes, they will. / No, they won't.

§ 2. Конструкция *to be going to do smth*

Конструкция **to be going to** употребляется для выражения запланированного действия, которое должно совершиться в ближайшем будущем:

I decided to do it. I'm going to do it. Я решил это сделать. Я это сделаю.
I'm going to sell my car. Я собираюсь продать свою машину.
Sarah is not going to have supper tonight. Сара не будет ужинать сегодня. Она на диете.
She is on a diet.

§ 3. Степени сравнения прилагательных

Положительная	Сравнительная	Превосходная
Односложные прилагательные		
cold warm nice big hot cheap	colder warmer nicer bigger hotter cheaper	the coldest the warmest the nicest the biggest the hottest the cheapest
Некоторые двусложные прилагательные		
narrow clever	narrower cleverer	the narrowest the cleverest
Многосложные прилагательные		
interesting beautiful expensive	more interesting more beautiful more expensive	the most interesting the most beautiful the most expensive
Исключения		
good bad little far old (<i>старший в семье</i>)	better worse less farther elder	the best the worst the least the farthest the eldest

§ 4. Многозначность глагола *shall*

Глагол **shall** употребляется:

- в качестве вспомогательного глагола в Future Simple с местоимениями **I** и **we**:

I shall do it tomorrow. Я сделаю это завтра.

- в вопросах **shall I? shall we?**, когда необходимо получить разрешение, совет:

Shall I open the window? Открыть окно?

Shall I help him? Помочь ему?

When shall we come? Когда нам прийти?

I've got no money. What shall I do? У меня нет денег. Что мне делать?

- во 2-м и 3-м лице для выражения долженствования, приказа и произносится с ударением:

You shall do this work. Вы выполните эту работу.

§ 5. Многозначность глагола *will*

Глагол **will**:

- употребляется в качестве вспомогательного глагола в Future Simple:

She will go to the theatre tonight. Она пойдет в театр сегодня вечером.

- выражает вежливую просьбу:

Will you shut the door, please? Закрой, пожалуйста, дверь.

Will you give me a pen? Дайте мне, пожалуйста, ручку.

§ 6. Многозначность глагола *would*

Глагол **would** употребляется:

- в качестве вспомогательного глагола в придаточном предложении, если глагол в главном предложении стоит в прошедшем времени (Future-in-the Past). Ср.:

He says Ann will come. — He said Ann would come.

- в главном предложении после придаточного условного с союзом **if**, выражающего нереальное действие:

If you stopped smoking, Если бы ты бросил курить, ты you'd/you would feel healthier. чувствовал бы себя лучше.

He wouldn't come to the party Он не пришел бы на вечеринку, if you invited him. если бы ты его попросил.

• для выражения предложения или приглашения в обороте **Would you like?**

Would you like a cup of coffee? Чашку кофе?
Would you like to come to the cinema with us? Пойдем с нами в кино?

• для выражения предложения или желания в вежливой форме в оборотах:

а) **I'd like/I would like:**

I'd like some water, please. Можно мне воды?
I'd like to ask some questions. Я хотел бы задать несколько вопросов.

б) **would prefer (to do):**

Would you prefer tea or coffee? — Coffee, please.
Shall we have dinner at home? — Well, I'd/I would prefer to go to the restaurant.

в) **would rather (do) = would prefer to do:**

Would you rather have tea or coffee? — Coffee, please.
Shall we have dinner at home? — Well, I would rather go to the restaurant.

Урок 4

§ 1. Passive Voice

(Пассивный (страдательный) залог)

В английском языке, как и в русском, существует два залога.

• **Активный (действительный)** залог характеризуется тем, что лицо или предмет, выраженные подлежащим, сами совершают действие.

• **Пассивный (страдательный)** залог показывает, что лицо или предмет, выраженные подлежащим, подвергаются действию со стороны другого лица или предмета.

to be + V₃

Утвердительная форма	Отрицательная форма	Вопросительная форма
Present Simple		
I am given. You are given. He is given. She is given. It is given.	I am not given. You are not given. He is not given. She is not given. It is not given.	Am I given? Are you given? Is he given? Is she given? Is it given?

Утвердительная форма	Отрицательная форма	Вопросительная форма
Present Simple		
We are given. You are given. They are given.	We are not given. You are not given. They are not given.	Are we given? Are you given? Are they given?
Past Simple		
I was given. You were given. He was given. She was given. It was given. We were given. You were given. They were given.	I was not given. You were not given. He was not given. She was not given. It was not given. We were not given. You were not given. They were not given.	Was I given? Were you given? Was he given? Was she given? Was it given? Were we given? Were you given? Were they given?
Future Simple		
I shall be given. You will be given. He will be given. She will be given. It will be given. We shall be given. You will be given. They will be given.	I shall not be given. You will not be given. He will not be given. She will not be given. It will not be given. We shall not be given. You will not be given. They will not be given.	Shall I be given? Will you be given? Will he be given? Will she be given? Will it be given? Shall we be given? Will you be given? Will they be given?

Глаголы в Passive Voice переводят на русский язык глаголами в страдательном залоге, возвратными глаголами или неопределенно-личным предложением:

Salad is dressed with mayonnaise.	Салат заправляется майонезом.
He was invited to dinner.	Он был приглашен на обед.
I was given a box of chocolates for my birthday.	Мне подарили коробку шоколадных конфет на день рождения.
Dinner will be served soon.	Обед будет скоро подан.

В английском языке Passive Voice употребляется гораздо чаще, чем в русском. Предложения с непереходными глаголами могут представлять определенные затруднения при переводе на русский язык:

I was asked to buy some bread.	Меня попросили купить хлеба.
He is always helped with homework.	Ему всегда помогают делать домашнее задание.
They will be given nice presents.	Им дадут хорошие подарки.

Непереходные глаголы могут употребляться с предлогами:
The story was much spoken about. Об этой истории много говорили.

The waiter was sent for.
I shall not be waited for.

За официантом послали.
Меня не будут ждать.

После глаголов в Passive Voice часто следует дополнение со следующими предлогами:

by (указывает на лицо, совершающее действия):

The soup was made **by** my mother. Суп был приготовлен мамой.

with (указывает на орудие действия):

Cheese is cut **with** a special knife. Сыр режут специальным ножом.

of (указывает на материал, из которого сделан предмет):

The knife is made **of** stainless steel. Этот нож сделан из нержавеющей стали.

from (указывает на состав):

This bread is baked **from** wheat flour. Этот хлеб приготовлен из пшеничной муки.

После модальных глаголов употребляется Passive Infinitive:

The table must be laid **by** 5 o'clock. Стол должен быть накрыт к 5 часам.

The soup can be cooked either from pork or from beef. Суп может быть приготовлен или из свинины, или из говядины.

The dish should be garnished with sliced lemon. Блюдо следует украсить ломтиками лимона.

§ 2. Союзы *either ... or, neither ... nor*

Союз **either ... or** — (или ... или) употребляется в утвердительных предложениях для соединения однородных членов предложения, выступающих в любой функции (подлежащего, сказуемого, дополнения, обстоятельства, определения):

Either my son **or** his friend has done it. Либо мой сын, либо его друг сделал это.

We'll go **either** to the restaurant **or** to the bar. Мы пойдем или в ресторан, или в бар.

We'll go there **either** by car **or** by bus. Мы поедем туда или на машине, или на автобусе.

Союз **neither ... nor** (ни ... ни) является отрицательным союзом, соединяющим однородные члены предложения:

Neither my husband **nor** I like eating out. Ни мой муж, ни я не любим есть вне дома.

His wife could **neither** cook **nor** keep the house in order. Его жена не умела ни готовить, ни содержать дом в порядке.

I like **neither** pork **nor** beef. Я не люблю ни свинину, ни говядину.

§ 3. Существительное в функции определения

В английском языке существительные в функции определения часто употребляются в именительном падеже. Структура «существительное + существительное» вызывает трудности при переводе. Следует помнить, что главным словом в такой группе является последнее существительное, а существительное (или существительные), стоящее перед ним, является определением к нему и переводится прилагательным или существительным в косвенных падежах:

a table lamp — настольная лампа

a lamp table — столик для лампы

food department — продовольственный отдел

railway line — железнодорожная линия

cane sugar — тростниковый сахар

products price decrease — снижение цен на продукты

chicken soup — суп из курицы

§ 4. Многозначность слов

Многозначность слов часто вызывает большие трудности при переводе с английского на русский язык. Например, слово **right** переводится существительным *право*, прилагательным *правой, правый*. Подобрать нужное значение слова можно только исходя из контекста. Например:

light 1 *n* свет, освещение; огонь

light 2 *adj* светлый; бледный

light 3 *adj* — 1. легкий; 2. незначительный; 3. *кул.* воздушный (*о месте*)

light 4 *v* освещать; зажигать

Урок 5

§ 1. Participle I (Причастие настоящего времени)

Образование Participle I

Participle I образуется прибавлением суффикса **-ing** к основе глагола и переводится на русский язык причастием настоящего или прошедшего времени:

cook — cooking — готовящий, готовивший

Особенности орфографии:

• Если глагол в инфинитиве оканчивается на немое **e**, то при прибавлении окончания **-ing e** опускается:

to take — taking

• Если односложный глагол в инфинитиве оканчивается на одну согласную с предшествующим кратким гласным звуком, то при прибавлении окончания **-ing** конечная согласная удваивается:

to put — putting

• Если многосложный глагол оканчивается на одну согласную с предшествующим кратким гласным звуком, то конечная согласная удваивается, если ударение падает на последний слог:

to begin — beginning, но: to open — opening

• Если глагол в инфинитиве оканчивается на **y**, то причастие образуется путем прибавления к инфинитиву окончания **-ing**:

to play — playing

Функции Participle I в предложении

Participle I может выполнять три основные функции:

• определение:

а) переводится причастием действительного залога и стоит перед определяемым словом:

The singing girl is my friend. Поющая девочка — моя подруга.

б) переводится причастным оборотом, имеет зависимые слова и стоит после определяемого слова:

The girl singing in the next room is my friend. Девочка, поющая в соседней комнате, — моя подруга.

• обстоятельство:

переводится деепричастием, может иметь предлоги **when** или **while**:

When cooking this dish you have to use olive oil. Готовя это блюдо, вы должны использовать оливковое масло.

• часть сказуемого во временах группы Continuous:

переводится глаголом в личной форме:

We are having lunch now. Мы сейчас обедаем.

§ 2. Continuous Tenses (Продолженные времена)

Группа продолженных времен употребляется для обозначения действия, происходящего в определенный момент времени в настоящем, прошедшем или будущем, которое представлено как процесс и образуется при помощи вспомогательного глагола **to be** в соответствующем времени и Participle I (V-ing) смыслового глагола.

The Present Continuous Tense (Настоящее продолженное время)

Обозначает действие, происходящее в момент речи (**now, at the moment**).

am	
is	+ V-ing
are	

Утвердительная форма

I am doing my homework now.

He is cooking dinner at the moment.

They are working in the garden now.

Отрицательная форма

I am not doing my homework now.

He is not cooking dinner at the moment.

They are not working in the garden now.

Вопросительная форма

Am I doing my homework now?

Is he cooking dinner at the moment?

Are they working in the garden now?

The Past Continuous Tense (Прошедшее продолженное время)

Обозначает действие, происходившее в определенный момент в прошлом:

at 5 o'clock yesterday; when something happened; the whole day

was/were + V-ing

Утвердительная форма

I was making breakfast at 7 o'clock yesterday.

When I came into the kitchen, my mother was washing up.

When he came home, his parents were having dinner.

Отрицательная форма

I was not/wasn't making breakfast at 7 o'clock yesterday.

When I came into the kitchen, my mother was not/wasn't washing up.

When he came home, his parents were not/weren't having dinner.

Вопросительная форма

Was I making breakfast at 7 o'clock yesterday?

Was my mother washing up when I came into the kitchen?

Were his parents having dinner when he came home?

The Future Continuous Tense (Будущее продолженное время)

Обозначает действие, которое будет происходить в определенный момент в будущем:

at 5 o'clock tomorrow; when something happens

will be + V-ing

Утвердительная форма

I will be sleeping at 8 o'clock tomorrow.

When I come home, my sister will be watching TV.

When mother comes after work, children will be cleaning the room.

Отрицательная форма

I will not be sleeping at 8 o'clock tomorrow.

When I come home, my sister will not be watching TV.

When mother comes after work, children will not be cleaning the room.

Вопросительная форма

Will I be sleeping at 8 o'clock tomorrow?

Will my sister be watching TV when I come home?

Will children be cleaning the room when mother comes?

§ 3. Местоимения *every* и *each*, *other* и *another*

Местоимение **every** означает *каждый*. Употребляется перед существительным и исключает употребление артикля:

Every student should learn foreign language. Каждому студенту необходимо изучать иностранный язык.

Производные от местоимения **every**:

everything — всё

everybody — все, каждый

everywhere — везде, повсюду

You can get everything in this shop. Ты можешь купить всё в этом магазине.

Everybody is present today. Сегодня все присутствуют.

You can buy it everywhere. Ты можешь купить это везде.

Местоимение **each** выделяет объект из массы, в то время как **every** указывает на индивидуальный объект как часть массы:

Every teapot has a cover. У каждого чайника есть крышка.

Each teapot had a cover in a different colour. У каждого чайника была крышка своего цвета.

Местоимения **other** и **another** имеют значение *другой*:

Give me a few other buns.

Дайте мне несколько других булочек.

Give me another cup of tea.

Дайте мне еще одну чашку чая.

§ 4. Местоимение *one* (*ones*)

Местоимение **one** имеет несколько функций:

- означает *один*:

It is one of the best shops in our town.

Это один из лучших магазинов в нашем городе.

- употребляется для обозначения неопределенного лица, выраженного неопределенно-личным подлежащим:

One must know table manners.

Каждый должен знать правила поведения за столом.

- заменяет существительное во избежание его повторения:

I don't like this **cake**, give me that **one**.

Мне не нравится это пирожное, дайте мне то.

These apples don't look fresh, give me those **ones**.

Эти яблоки выглядят несвежими, дайте мне те.

Урок 6

§ 1. The Present Perfect Tense (Настоящее совершенное время)

Обозначает действие, совершившееся в прошлом, но имеющее тесную связь с настоящим в виде результата:

— Have you washed the dishes yet? — Ты уже помыла посуду?
— Yes, I have already washed the dishes. — Да, я уже помыла посуду.

Обычно употребляется с наречиями:

today — сегодня

this week — на этой неделе

this year — в этом году

tonight — сегодня вечером

ever — когда-нибудь

never — никогда

just — только что

lately, recently — недавно

already — уже

yet — еще (не), уже

to have (в Present Simple) + V₃

§ 6. Prepositions (Предлоги)

Основные предлоги места

at	at work, at the lesson, at college, at the party	на работе, на уроке, в колледже, на вечеринке
above	above my head	над головой
before in front of	before the classes in front of the cinema	перед занятиями перед кинотеатром
behind	behind the building	за зданием/позади здания
by	by the window	у окна
in	in the city, in London, in bed	в городе, в Лондоне, в постели
on	on the shelves	на полках
over	over the table, over the river, over the whole country	над столом, через реку/по ту сторону реки, по всей стране
under	under the chair	под стулом
between	between two tables	между двумя столами
among	among the students	среди студентов
around	around the corner	за углом
along	along the street	вдоль по улице

Основные предлоги направления

to	to work, to the meeting, to the restaurant, to Moscow	на работу, на собрание, в ресторан, в Москву
into	into the suitcase, into the bag	в портфель, в сумку
from	from the college, from his work	из колледжа, с работы
out of	out of the box	из коробки
up	up the river	вверх по реке
down	down the street	(вниз) по улице

to go home — идти домой
 to come/to get home — прийти домой
 to go to work — идти на работу
 to go to school — идти в школу
 to go to college/to university — идти в колледж/в университет
 to go to bed — идти спать
 in town — в городе
 to town — в город
 in the country — за городом
 to the country — за город
 on foot — пешком
 by car, by bus, by train — на машине, на автобусе, на поезде

Основные предлоги времени

in	in the morning in the afternoon in the evening	утром днем вечером	с временем дня	
	in May in March in September	в мае в марте в сентябре		с названиями месяцев
	in winter in spring in summer in autumn	зимой весной летом осенью		с названиями времен года
	in 1985 in 2002	в 1985 в 2002		с годами
	in three days in two weeks	через три дня через две недели		
	on	on Sunday on Monday		в воскресенье в понедельник
on a cold day on a hot day		в холодный день в жаркий день		
on the 1st of May on the 8th of March		1 мая 8 мая	с датами	
on Monday morning on Friday evening		в понедельник утром в пятницу вечером	с временем суток	
at	at 5 o'clock at 10 minutes past 6 at the weekend at that time at the end at night at noon at the moment	в 5 часов в 6.10 на выходные в то время в конце ночью в полдень в данный момент		
	about	at about 8 o'clock	примерно в 8 часов	
	after	after the classes	после уроков	
	before	before breakfast, before 1 o'clock	до завтрака, до часа	
	by	by 2 o'clock, by June	до 2 часов, к июню	
	for	for three hours	в течение трех часов	
	from...to from...till	to work from 8 to/till 5	работать с 8 до 5 часов	
within	within ten months	в течение 10 месяцев		

after breakfast/lunch/tea/dinner/supper —
после завтрака/обеда/чая/ужина
before breakfast/lunch/tea/dinner/supper —
перед завтраком/обедом/чаем/ужином
at breakfast/lunch/tea/dinner/supper —
за завтраком/обедом/чаем/ужином
for breakfast/lunch/tea/dinner/supper —
на завтрак/обед/к чаю/на ужин
to have (cook, made, prepare) breakfast/lunch/tea/dinner/supper —
готовить завтрак/обед/чай/ужин

Словосочетания, в которых предлоги не употребляются

this morning/week/year/etc.
last October/week/year/Sunday/etc.
every day/week/month/etc.
next Monday/week/year/etc.

Другие распространенные предлоги

of — служит для выражения
принадлежности и т. п.
without — без

for — для
with — с

Урок 7

§ 1. The Infinitive (Инфинитив)

Инфинитив — неопределенная форма глагола, отвечает на вопрос *что делать?* (*что сделать?*).

Функции инфинитива в предложении

Функции	Способы перевода на русский язык
1. Подлежащее To read the text is our homework.	Существительным Чтение текста — наше домашнее задание. Инфинитивом Читать текст — наше домашнее задание

Функции	Способы перевода на русский язык
2. Часть составного глагольного сказуемого You must do the work today.	Инфинитивом Вы должны сделать эту работу сегодня.
3. Именная часть сказуемого после подлежащего, выраженного словами aim (цель), duty (долг), task (задача) и т. п. Our task is to fulfil our work in time.	Инфинитивом Наша задача — выполнить работу в срок. Придаточным предложением Наша задача заключается в том, чтобы выполнить работу в срок.
4. Дополнение We hope to get a good job.	Инфинитивом Мы надеемся получить хорошую работу.
5. Обстоятельство цели (может вводиться союзом in order to — для того чтобы) To speak English well you have to work hard. A lot of devices were developed in order to make easier the work of the cook.	Инфинитивом с союзами чтобы, для того чтобы Чтобы хорошо говорить по-английски, вы должны много заниматься. Существительным с предлогом для Разработано много приспособлений для облегчения труда повара.
6. Определение A thermometer is an instrument to show the temperature. The vegetables to be used for this dish are to be soft.	Сказуемым определительного придаточного предложения Термометр — это прибор, который показывает температуру. Причастием Термометр — это прибор, показывающий температуру. Определительным придаточным предложением, сказуемое которого выражает должествование, возможность Овощи, которые будут (могут, должны) использоваться для этого блюда, должны быть мягкими.

§ 2. Gerund (Герундий)

Герундий — неличная форма глагола, сочетающая свойства глагола и существительного. В русском языке такая форма отсутствует.

Образуется при помощи суффикса -ing от инфинитива глагола.

Функции герундия в предложении

Функции	Способы перевода на русский язык
1. Подлежащее Smoking is harmful.	<i>Существительным</i> Курение вредно. <i>Инфинитивом</i> Курить вредно.
2. Прямое дополнение I like reading.	<i>Существительным</i> Я люблю чтение. <i>Инфинитивом</i> Я люблю читать.
3. Часть сложного сказуемого He stopped smoking.	<i>Существительным</i> Он прекратил курение. <i>Инфинитивом</i> Он прекратил курить.
4. Обстоятельство On coming home he had dinner with his family. After finishing the work they went to the bar. She left without saying goodbye.	<i>Деепричастным оборотом</i> Придя домой, он пообедал с семьей. Закончив работу, они пошли в бар. <i>Она ушла, не сказав «до свидания».</i>
5. Определение I don't like his manner of singing.	<i>Существительным, инфинитивом</i> Мне не нравится его манера пения/петь.
6. Предложное дополнение I knew of his studying at college.	<i>Существительным</i> Я знал о его учебе в колледже. <i>Придаточным предложением</i> Я знал, что он учится в колледже.

Глаголы, требующие употребления герундия

to avoid — избегать	to hate — ненавидеть
to deny — отрицать	to like — нравиться
to enjoy — наслаждаться	to mind — возражать
to excuse — извинять	to need — нуждаться
to finish — заканчивать	to start — начинать
to give up — прекращать, бросать	to stop — прекращать
to go on — продолжать	to suggest — предлагать и др.

Глаголы и выражения, требующие употребления герундия с определенными предлогами

to agree to — соглашаться (с чем-л.)
to be afraid of — бояться (чего-л.)
to be good at — быть способным (к чему-л.)

to be good for — быть хорошим/подходящим (для чего-л.)
to depend on — зависеть (от чего-л.)
to give up the idea of — оставить мысль (о чем-л.)
to insist on — настаивать (на чем-л.)
to look forward to — ожидать (чего-л.) с удовольствием, нетерпением
to prevent from — препятствовать (чему-л.)
to succeed in — преуспевать (в чем-л.)
to thank for — благодарить (за что-л.)
instead of — вместо (чего-л.)

После глаголов **to begin, to start, to continue** может употребляться как герундий, так и инфинитив:

He began to translate/translating the text yesterday.	Он начал переводить текст вчера.
They continued to work/working till 9 o'clock.	Они продолжали работать до 9 часов.

После глагола **need** употребляется инфинитив, если выражается необходимость кому-либо сделать что-либо:

He needs to work harder.	Ему нужно больше работать.
---------------------------------	----------------------------

После глагола **need** в пассивном значении употребляется герундий:

The tablecloth is dirty. It needs washing .	Скатерть грязная. Ее нужно постирать.
--	---------------------------------------

Урок 8

§ 1. The Complex Object (Сложное дополнение)

Сложное дополнение — это синтаксический комплекс, состоящий из именной части (существительного или местоимения) и глагольной части (инфинитива, герундия или причастия).

Сложное дополнение может состоять из прямого дополнения и инфинитива:

- с частицей **to** после глаголов **to want, to believe, to expect, to find, would like** и др.:

I want you to tell the truth.	Я хочу, чтобы ты говорил правду.
I believe her to be a good cook.	Я считаю, что она хороший повар.
I expect him to come in time.	Я надеюсь, что он придет вовремя.
I find your cake to be very tasty.	Я нахожу, что твой пирог очень вкусный.

I would like them to make dessert.

Я бы хотела, чтобы они приготовили десерт.

- без частицы **to** после глаголов **to let, to make**:

Mother does not let them watch TV after 10 o'clock.
Our chef made us work 12 hours a day.

Мама не разрешает им смотреть телевизор после 10 часов.
Шеф-повар заставлял нас работать по 12 часов в сутки.

- с инфинитивом без частицы **to** или с Participle I после глаголов восприятия **to see, to hear, to watch, to notice, to feel** и т. д.

Сравните значения при переводе:

Инфинитив — однократное действие	Participle I — процесс
I saw her come into the house. Я видел, что она вошла в дом.	I saw her coming into the house. Я видел, как она входила в дом.
I didn't hear him play the piano. Я не слышал, чтобы он играл на фортепьяно.	I didn't hear him playing the piano. Я не слышал, как он играл на фортепьяно.
She felt somebody touch her hand. Она почувствовала, что кто-то прикоснулся к ее руке.	She felt everybody touching her hand. Она чувствовала, как все прикасаются к ее руке.

§ 2. Сложноподчиненное предложение

Сложноподчиненное предложение, как и в русском языке, состоит из главного и придаточного предложения. Придаточное предложение обычно вводится относительными местоимениями или союзами.

Типы придаточных предложений

- **Придаточное дополнительное** предложение вводится словами **that (что), what (что), when (когда), why (почему), where (где), if, whether (ли)**:

You know quite well **that** I am right.
I know **what** she likes.
I lived there **when** I was young.
I don't know **why** she is late.

Ты прекрасно знаешь, **что** я прав.
Я знаю, **что** она любит.
Я жил там, **когда** был молод.
Я не знаю, **почему** она опаздывает.
Я не знаю, **где** он.
Я не знаю, **придет ли** она сегодня.

- **Придаточное определительное** предложение вводится словами **who, that, which (который)**.

Who употребляется, когда речь идет о людях:

I know a woman who works at this restaurant.
The people who work in this shop are very friendly.

That и **which** употребляются, когда речь идет о неодушевленных предметах:

My friend works in a cafe that/which is next to my house.
A coffee maker is a machine which/that makes coffee.

- **Придаточное условное** предложение вводится союзами **if (если), in case (в случае), unless (если только не)**.

В придаточных времени и условных глагол-сказуемое никогда не употребляется в будущем времени. Для выражения действия в будущем служит Present Simple, а не Future Simple:

When he **cooks** dinner, he will invite you to table. Когда он приготовит обед, он пригласит вас к столу.

I shall be at home when you **come** back. Я буду дома, когда ты вернешься.

If he **comes**, we'll do this work together. Если он придет, мы сделаем эту работу вместе.

We'll be late if we **don't** hurry. Мы опоздаем, если не поспешим.

I'll finish the work tonight unless I'm too tired. Я закончу работу сегодня вечером, если только не слишком устану.

I'll make supper in case I **come** earlier than you. Я приготовлю ужин, в случае если приеду раньше тебя.

Таблица неправильных глаголов

Infinitive	Past Simple	Past Participle	Перевод
to be	was, were	been	быть, находиться
to beat	beat	beaten	отбивать, взбивать, толочь
to become	became	become	становиться
to begin	began	begun	начинать(ся)
to break	broke	broken	ломать(ся)
to bring	brought	brought	приносить, приводить
to buy	bought	bought	покупать
to catch	caught	caught	ловить, схватывать
to choose	chose	chosen	выбирать
to come	came	come	приходить, приезжать
to cost	cost	cost	стоить
to do	did	done	делать
to drink	drank	drunk	пить

Infinitive	Past Simple	Past Participle	Перевод
to drive	drove	driven	водить (автомобиль)
to eat	ate [et]	eaten	есть, принимать пищу
to feed	fed	fed	кормить(ся)
to find	found	found	находить
to freeze	froze	frozen	замерзать, замораживать
to get	got	got	получать
to give	gave	given	давать
to go	went	gone	идти, ехать
to grow	grew	grown	расти
to have	had	had	иметь
to hear	heard	heard	слышать
to hold	held	held	держать
to keep	kept	kept	держать, хранить
to know	knew	known	знать
to lay	laid	laid	класть
to leave	left	left	оставлять, уезжать
to let	let	let	позволять
to lie	lay	lain	лежать
to lose	lost	lost	терять
to make	made	made	делать
to mean	meant	meant	значить, подразумевать
to meet	met	met	встречать
to pay	paid	paid	платить
to put	put	put	класть
to read	read [red]	read [red]	читать
to run	ran	run	бежать
to say	said	said	говорить
to see	saw	seen	видеть
to sell	sold	sold	продавать
to send	sent	sent	посылать
to shake	shook	shaken	трясти
to show	showed	shown	показывать
to shut	shut	shut	закрывать
to sing	sang	sung	петь
to sit	sat	sat	сидеть
to sleep	slept	slept	спать

Infinitive	Past Simple	Past Participle	Перевод
to speak	spoke	spoken	говорить
to spend	spent	spent	тратить
to spread	spread	spread	мазать, намазывать
to stand	stood	stood	стоять
to swim	swam	swum	плавать
to take	took	taken	брать
to teach	taught	taught	учить
to tear	tore	torn	рвать
to tell	told	told	рассказывать
to think	thought	thought	думать
to throw	threw	thrown	бросать
to toss	tossed	tost	бросать, подбрасывать, обваливать
to understand	understood	understood	понимать
to wear	wore	worn	носить (одежду)
to win	won	won	выигрывать
to write	wrote	written	писать

ДОПОЛНИТЕЛЬНЫЕ СВЕДЕНИЯ ПО ГРАММАТИКЕ

Числительные

Числительные обозначают количество или порядок предметов и делятся на количественные и порядковые.

Количественные числительные обозначают количество и отвечают на вопрос **how many?** (сколько?):

one — один, five — пять и т. д.

Порядковые числительные обозначают порядок предметов и отвечают на вопрос **which?** (который?):

the first — первый, the fifth — пятый и т. д.

Следует обратить внимание на написание следующих числительных:

thirteen	twenty	forty
fifteen	thirty	fifty

Числительные			
Количественные			Порядковые
1—12	13—19 (суффикс -teen)	20—90 (суффикс -ty)	
1 — one	13 — thirteen	20 — twenty	1 — the first
2 — two	14 — fourteen	30 — thirty	2 — the second
3 — three	15 — fifteen	40 — forty	3 — the third
4 — four	16 — sixteen	50 — fifty	4 — the fourth
5 — five	17 — seventeen	60 — sixty	5 — the fifth
6 — six	18 — eighteen	70 — seventy	13 — the thirteenth
7 — seven	19 — nineteen	80 — eighty	15 — the fifteenth
8 — eight		90 — ninety	20 — the twentieth
9 — nine			21 — the twenty-first
10 — ten			30 — the thirtieth
11 — eleven			40 — the fortieth
12 — twelve			100 — the hundredth

Чтение числительных свыше 100

100 — a/one hundred	1005 — one thousand and five
101 — a/one hundred and one	1235 — one thousand two hundred and thirty-five
125 — one hundred and twenty-five	2000 — two thousand
200 — two hundred	5345 — five thousand three hundred and forty-five
300 — three hundred	1,000,000 — a/one million
1000 — a/one thousand	1,000,000,000 — a/one milliard (Br); one billion (US)

В отличие от русского языка числительные **hundred, thousand, million** не имеют окончания множественного числа (**-s**), когда перед ними стоит количественное числительное, являющееся его определением:

three hundred students, *five thousand* houses, *ten million* books

Слова **hundred, thousand** и **million** могут быть и существительными, когда после них употребляется существительное с предлогом **of**. В этом случае они имеют окончание **-s**:

hundreds of people — сотни людей
thousands of houses — тысячи домов

Чтение дробных числительных

Простые дроби	Десятичные дроби
$\frac{1}{2}$ — a/one half	0.1 — nought [nɔ:t] point one <i>или</i> point one
$\frac{1}{3}$ — a/one third	0.01 — nought point nought one <i>или</i> point nought one
$\frac{2}{3}$ — two thirds	2.35 — two point three five
$\frac{3}{4}$ — three quaters <i>или</i> three fourths	32.305 — three two/thirty-two point three nought five
$1\frac{1}{3}$ — one and a third	
$2\frac{5}{6}$ — two and five sixths	
<ul style="list-style-type: none"> • Числитель выражается количественным числительным, а знаменатель — порядковым. • Когда числитель больше единицы, числительное-знаменатель имеет окончание -s 	<ul style="list-style-type: none"> • Целое число отделяется от дроби точкой (а не запятой, как в русском языке). • Каждая цифра читается отдельно. Точка, отделяющая целое число от дроби, читается point; ноль читается nought (Br) или zero (US). Если целое число равно нулю, то оно часто не читается
Проценты обозначаются знаком % или словами per cent	

Хронологические даты

Годы, в отличие от русского языка, обозначаются количественными числительными, причем слово *год* отсутствует:

1900 — nineteen hundred	тысяча девятисотый год
in 1905 — in nineteen o [əv] five	в тысяча девятьсот пятом году
1986 — nineteen eighty six	тысяча девятьсот восемьдесят шестой год
2002 — two thousand and two	две тысячи второй год

Даты обозначаются количественными или порядковыми числительными.

April 12, 1981	April the twelfth (April twelve),
April 12th 1981	nineteen eighty-one или the twelfth
12th April, 1981	of April, nineteen eighty-one

Время

a clock	часы (настольные, настенные)
a watch	часы (наручные, карманные)
an hour	час
My watch is wrong.	Мои часы идут неправильно.
Your watch is right.	Твои часы идут правильно.
This clock is slow.	Эти часы отстают.
It is 10 minutes slow.	Они отстают на 10 минут.
That watch is fast.	Те часы спешат.
It is 5 minutes fast.	Они спешат на 5 минут.
It is ten o'clock sharp.	Сейчас ровно 10 часов.
What time is it?	Который час?
What is the time?	Который час?
Tell me the time, please.	Скажите, пожалуйста, который час?

Morning: from 1 o'clock in the morning till 12 o'clock in the morning (1.00—12.00)

Afternoon: from 12 o'clock in the morning till 5 o'clock in the afternoon (12.00—17.00)

Evening: from 5 o'clock in the afternoon till 9 o'clock in the evening (17.00—21.00)

Night: from 9 o'clock in the evening till 1 o'clock in the morning (21.00—1.00)

9.05	It is 5 (minutes) past nine
9.15	It is 15 (minutes) past nine = It is a quarter past nine
9.30	It is half past nine
9.35	It is 25 (minutes) to ten
9.40	It is 20 (minutes) to ten
9.45	It is 15 (minutes) to ten = It is a quarter to ten

am = ante meridiem (лат.) = in the morning
 pm = post meridiem (лат.) = in the afternoon or evening
 8.20 am = twenty minutes past eight in the morning
 8.20 pm = twenty minutes past eight in the evening

Упражнения

1. Совместите время с его обозначением:

1. 8.30	a. It is ten minutes past nine.
2. 9.15	b. It is half past eight.
3. 14.10	c. It is ten minutes to four.
4. 18.40	d. It is five minutes past six.
5. 21.10	e. It is twenty five minutes to eight.
6. 6.05	f. It is twenty minutes to seven.
7. 19.35	g. It is a quarter past nine.
8. 3.50	h. It is ten minutes past two.

2. Переведите на английский язык:

- Ваши часы идут правильно.
- Урок продолжается 45 минут.
- Его часы отстают.
- Который час? — Сейчас половина второго.
- Я провел там два часа.
- Я обедаю обычно в 2 часа.
- Твои часы идут неправильно. Они спешат.
- Во сколько ты встаешь утром?
- Я обычно встаю в 7 утра.
- В половине восьмого я выхожу из дома.

Словообразование (табл. на с. 232—234)

Упражнения

1. Найдите суффикс в следующих словах. Определите, к какой части речи они относятся, переведите на русский язык:

tactless, harmful, writer, formal, changeable, dangerous, childhood, softness.

2. Переведите на русский язык глаголы, образованные от данных существительных без изменения формы слова:

Образец:

finish — финиш, окончание; *to finish* — заканчивать

lift — лифт	taste — вкус
light — свет	test — проба, испытание
stop — остановка	cost — стоимость
water — вода	crash — авария
hand — рука	cook — повар

Префиксы

Префикс	Основное значение	От какого слова образовано	Перевод	Образованное слово	Перевод
Основные префиксы					
un-	не-, без-, бес-, раз-, рас-	kind	добрый	unkind	недобрый
		limited	ограниченный	unlimited	безграничный
		to pack	упаковывать	to unpack	распаковывать
in-	не-, без-	accuracy	точность	inaccuracy	неточность
im-		possible	возможный	impossible	невозможный
il-		legal	легальный	illegal	нелегальный
ir-		responsible	ответственный	irresponsible	безответственный
non-	не-	fulfilment	выполнение	nonfulfilment	невыполнение
dis-	рас-, раз-, бес-, без-, не-	to close	закрывать	to disclose	раскрывать
		to organize	организовывать	to disorganize	дезорганизовывать
		pleased	довольный	displeased	недовольный
mis-	неверно	to understand	понимать	to misunderstand	неверно понимать
Префиксы с другими значениями					
re-	снова, еще раз	write	писать	rewrite	переписывать
		use	использовать	reuse	повторно использовать
super-	пере-, сверх-	to heat	нагревать	to superheat	перегреть
over-	сверх-, пере-, над-	to load	нагружать	to overload	перелужать
pre-	до, заранее	to heat	нагревать	to preheat	предварительно нагревать
en-	<i>служит для образования глагола</i>	large	большой	to enlarge	увеличивать

ex-	бывший	champion	чемпион	ex-champion	бывший чемпион
extra-	экстра-, сверх-	ordinary	обычный	extraordinary	необычный

Суффиксы

Суффикс	Основное значение образованных слов	От какого слова образовано	Перевод	Образованное слово	Перевод
Наречия					
-ly	образ действия	useful	полезный	usefully	полезно
Существительные					
-er/-or	действующее лицо, механизм, инструмент	to work	работать	worker	рабочий
		to visit	посещать	visitor	посетитель
		to open	открывать	opener	консервный нож
-ing	процесс, действие, состояние	to read	читать	reading	чтение
-ment	действие, состояние, качество	to develop	развивать	development	развитие
-dom		free	свободный	freedom	свобода
-hood		child	дети	childhood	детство
-ness		happy	счастливый	happiness	счастье
-ship		friend	друг	friendship	дружба
-ty		equal	равный	equality	равенство
-ancy		constant	постоянный	constancy	постоянство
-ence		to differ	отличаться	difference	отличие
-ency		to depend	зависеть	dependency	зависимость
-th		strong	сильный	strength	сила

Суффикс	Основное значение образованных слов	От какого слова образовано	Перевод	Образованное слово	Перевод
-age	действие, результат действия	to break	ломать	breakage	поломка
-ion	процесс, действие, состояние, результат действия	to express	выражать	expression	выражение
-tion		to produce	производить	production	производство
-ation		to inform	сообщать	information	сообщение
-sion		to decide	решать	decision	решение
-ssion		to permit	разрешать	permission	разрешение
Прилагательные					
-able	способный что-либо сделать или испытывающий действие	to count	считать	countable	исчисляемый
-al	наличие качества	form	форма	formal	формальный
-ant		to resist	сопротивляться	resistant	сопротивляющийся, стойкий
-ent		to differ	различать	different	различный
-ful		use	польза	useful	полезный
-ive	наличие качества	effect	эффект	effective	эффективный
-ous		danger	опасность	dangerous	опасный
-y		wind	ветер	windy	ветреный
-less	отсутствие качества	use	польза	useless	бесполезный
-ish	наличие признака в слабой степени	red	красный	reddish	красноватый

3. Образуйте от следующих глаголов существительные при помощи суффикса *-er* и переведите их на русский язык:

Образец:

to read — reader — читатель to burn — burner — горелка

to play, to build, to listen, to cut, to sing, to dust, to heat, to boil, to dry, to adjust, to tune (настраивать).

4. Образуйте от следующих прилагательных существительные с суффиксом *-less* и переведите их на русский язык:

happy, clean, kind, fresh, white, dark, soft, yellow, rich.

5. Переведите на русский язык глаголы с префиксом *in-* (раз-, рас-), образованные от следующих глаголов:

to pack — паковать

to close — закрывать

to tie — завязывать

to bend — сгибать

to fix — закреплять

to load — грузить

to cork — закупоривать

to fasten — завязывать

6. Образуйте от следующих прилагательных глаголы при помощи суффикса *-en*:

Образец:

cheap — дешевый, to cheapen — дешеветь

black, quiet, ripe, white, deep, fresh, dark, wide, hard, soft, thick, fat, short.

7. Образуйте от следующих глаголов существительные при помощи суффикса *-ing* и переведите их на русский язык:

to heat, to feed, to clean, to can, to freeze, to cover, to check, to open, to meet, to begin, to eat, to cook.

8. Определите, какими частями речи являются выделенные слова:

1. The **air** in the room is not fresh. 2. **Air** the room, please. 3. My parents **work** as teachers. 4. He goes to **work** early in the morning. 5. The **water** in the saucepan is hot. 6. I **water** flowers in my garden every day. 7. The air was **cool** and fresh. 8. I usually **cool** the dish before serving. 9. Let the **mix** cool, then dress it with oil. 10. **Mix** the ingredients and put them on the plate.

9. Образуйте от следующих существительных прилагательные с суффиксом *-less* и переведите их на русский язык:

Образец:

pain — боль, painless — безболезненный

care — забота

heart — сердце

tooth — зуб

end — конец

sun — солнце

expression — выражение

colour — цвет
use — польза
taste — вкус

home — дом
child — ребенок
hat — шляпа

10. Образуйте от следующих глаголов и существительных прилагательные при помощи суффикса *-ful* и переведите их на русский язык:

play, watch, pain, peace, beauty, forget, harm.

11. Переведите на русский язык следующие словосочетания и определите используемые средства словообразования:

drinkable water, useless things, a late riser, a sleepless night, tea-leaves pickers, a home-made cake, a beautifully dressed dish.

12. Определите, к каким частям речи относятся следующие слова, и переведите их на русский язык:

production, coldness, entrance, drunk, well-educated, producer, changeable, brotherhood, preparation, carefully, harmful, departure, smoking.

13. Образуйте от следующих прилагательных наречия при помощи суффикса *-ly* и переведите их на русский язык:

load, quick, useful, simple, normal, usual, complete, large, near, great, high, hard.

SPEECH ETIQUETTE (РЕЧЕВОЙ ЭТИКЕТ)

Forms of Address	Формы обращения
Ladies and Gentlemen	Дамы и господа
Dear Sir	Уважаемый господин
Dear friend	Дорогой друг
Mr Brown	Господин Браун
Miss White	Мисс Уайт (<i>к незамужней женщине</i>)
Mrs Jones	Госпожа Джоунс (<i>к замужней женщине</i>)
Madam, I am at your service.	Мадам, я к вашим услугам.
Greetings	Приветствия
How do you do?	Здравствуйте.
Hi.	Привет.
Hello.	Здравствуйте.
Good morning.	Доброе утро.
Good afternoon.	Добрый день.
Good evening.	Добрый вечер.
How are you?	Как дела?
Fine, thanks.	Спасибо, хорошо.
What about you?	А у вас?
Very well, thank you.	Очень хорошо, спасибо.
OK, thank you.	Хорошо, спасибо.
Requests	Просьбы
Could you tell me ... please?	Скажите мне... пожалуйста.
May I come in?	Можно мне войти?
Can you help me, please?	Не могли бы вы мне помочь?
May I trouble you for a moment?	Могу я побеспокоить вас на минутку?
Please, wait for me.	Подождите меня, пожалуйста.
Invitations	Приглашение
Let's have a lunch.	Давай позавтракаем.
I'd like to take you to the restaurant.	Хочу пригласить тебя в ресторан.
I'd like to invite you to our party on Sunday. Do you want to come?	Я хотел бы пригласить вас на встречу в воскресенье. Придете?
Come over for dinner tonight.	Приходи сегодня вечером ко мне на обед.

Forms of Address	Формы обращения
How about having dinner at the restaurant together?	Как насчет того, чтобы вместе пообедать в ресторане?
Agreement	Согласие
I'd love to. Thanks.	С удовольствием. Спасибо.
I'd be glad (to come). Thank you.	Спасибо, с удовольствием (приду).
OK/All right.	Ладно.
That sounds good/great.	Хорошо.
I'd like to very much.	С удовольствием.
That's a good idea.	Это хорошая мысль.
That would be fine.	Это было бы прекрасно.
With pleasure.	С удовольствием.
Disagreement. Refusal	Несогласие. Отказ
I don't agree with you.	Я не согласен (не согласна) с вами (с тобой).
Not at all.	Отнюдь нет.
I'm afraid not.	Боюсь, что нет.
No, you are wrong.	Нет, ты не прав(а).
I don't think so.	Думаю, что нет.
Hardly.	Вряд ли.
On the contrary.	Наоборот.
I'm awfully sorry, but I can't do what you ask.	Мне ужасно жаль, но я не могу сделать то, о чем вы просите (ты просишь).
It's a pity, but I'm too busy.	Жаль, но я очень занят(а).
Certainly not.	Конечно нет.
By no means.	Никоим образом.
Gratitude	Благодарность
Thank you for... your help your advice your attention your invitation your hospitality	Благодарю вас за... вашу помощь ваш совет ваше внимание ваше приглашение ваше гостеприимство
Thank you so much. Thank you ever so much. Thanks a lot.	Большое спасибо.
That was very kind of you.	Было очень любезно с вашей стороны.
I am very much obliged to you.	Я очень обязан вам.

Forms of Address	Формы обращения
That's all right.	Все в порядке.
You are welcome.	Всегда рад помочь.
Apologies	Извинения
Sorry!	Извините!
Sorry to keep you waiting.	Извините, что заставил вас ждать.
Sorry, that's my fault.	Простите, это моя вина.
I'm sorry but I must refuse.	К сожалению, я должен отказать.
Excuse me! I beg your pardon.	Извините!
What a pity!	Как жаль!
Never mind!	Не обращайте внимания.
That's all right.	Все в порядке.
Please don't worry, it wasn't your fault.	Пожалуйста, не волнуйтесь, это была не ваша вина.
It doesn't matter.	Это не имеет значения.
Forget it.	Забудьте об этом.
You are not to blame.	Вы не виноваты.
Saying Goodbye	Прощание
Goodbye!	До свидания!
Bye-bye!	До свидания!
So long!	Пока!
Cheerio!	Всего хорошего!
Goodbye, see you tomorrow.	До свидания, увидимся завтра.
So long, see you soon/later.	Пока, до скорой встречи.
Good luck (to you)!	Желаю (вам) удачи!
Have a nice day!	Счастливого!
Have fun!	Желаю хорошо повеселиться!
Have a good time!	Желаю хорошо провести время!

COOKERY BOOK (СБОРНИК КУЛИНАРНЫХ РЕЦЕПТОВ)

STARTERS

GOAT'S CHEESE PÂTÉ WITH RED ONION MARMALADE

A little beetroot and a slow simmer in red wine bring out both the sweetness and the deep ruby colour of red onions. This "marmalade" offsets the pale, salty creaminess of peppered goat's cheese laced with green herbs. Wonderful as a starter or on a buffet table.

Serves 6

Ingredients

500 g goat's cheese
150 ml whipping cream
1 sachet gelatine
2 tbsp lemon juice
1 tsp cracked black pepper
2 tbsp chopped parsley
2 tbsp chopped chives
2 tbsp chopped basil

Red onion marmalade:

2 medium-sized red onions, finely chopped
1 tbsp light olive oil
1 medium-sized beetroot, grated
½ bottle red wine
2 tbsp balsamic vinegar
1 ½ tbsp honey
1 tsp salt

Garnish:

Chive and parsley sprigs
3 tbsp chopped walnut kernels
6 tbsp walnut oil

Directions

1. Break up the goat's cheese, peeling if necessary, and leave it to stand in a warm place. Bring the whipping cream to the boil, sprinkle on the gelatine and lemon juice, and whisk for at least 1 min until the gelatine has fully dissolved. Add to the goat's cheese, together with the cracked black pepper and chopped herbs, and mix thoroughly.

2. Lay out a sheet of clingfilm, then spread the cheese mixture along it and shape into a log. Roll up the clingfilm to hold the shape and refrigerate for 4 hours.
3. To make the marmalade, cook the red onions in the oil in a stainless-steel pan over a gentle heat for 10 min, stirring regularly. Add the remaining ingredients. Bring to the boil and cook slowly until the red wine has reduced and has been almost completely absorbed. This will take about 30 to 40 min. Tip the mixture into a bowl and leave to cool. Season to taste, if necessary.
4. To serve, remove clingfilm from the pâté and cut into 1 cm slices. Arrange two slices in the centre of each plate and surround with spoonfuls of the red onion marmalade. Garnish with herbs and chopped walnuts, then drizzle with the walnut oil. Serve with fresh crusty bread.

TURKEY AND CUCUMBER PUFFS

Serves 8

Ingredients

Choux puffs:

50 g block margarine
150 ml water
100 g wholemeal bread flour
4 (size 3) eggs, beaten
Salt and freshly ground black pepper
2 tbsp chopped mixed nuts

Filling:

200 g pack of Plumrose Turkey Slice, chopped
5 cm piece of cucumber, diced finely
3 tbsp sour cream
1 tbsp creamed horseradish

Garnish:

Cherry tomatoes
Watercress sprigs

Freezing: possible (unfilled choux puffs)

Directions

1. Preheat the oven to 220 °C (gas mark 6).
2. To make the choux puffs, cut the margarine into small pieces and heat with the water in a saucepan until the margarine has melted.
3. Bring to a rolling boil, then remove from the heat and add all the flour. Beat with a wooden spoon until the mixture forms a soft ball and leaves the sides of the pan clean.
4. Beat in the eggs a little at a time, then add the seasoning.

5. Spoon into a large piping bag fitted with a 1 cm plain nozzle and pipe eclair shapes onto a dampened baking sheet. Sprinkle with the chopped nuts.
6. Bake in the oven for about 30 min until firm and well browned. Remove from the oven and cut a slit in the side of each choux puff. Return to the oven for 5 min.
7. To make the filling, mix together the chopped turkey slice, cucumber, sour cream and horseradish.
8. When the choux puffs are cooked, split each one in half and spoon a little of the filling into the centre. Serve while still hot, garnished with cherry tomatoes and watercress sprigs.

SALADS

CAESAR SALAD

Serves 4

Ingredients

- 1 clove of garlic, crushed
- 2 heads Romaine lettuce
- Freshly ground pepper
- 1/2 cup grated Parmesan cheese
- 2 eggs
- 1/2 cup olive oil
- 1/2 tsp salt
- 1 tbsp lemon juice

Garlic Croutons:

- 5 slices or 2 cups of stale white or French bread, cut into cubes
- 3 tbsp olive oil or salad oil
- 2 garlic cloves, crushed

Trim crusts from bread. Cut into 1 cm cubes. In a large skillet, brown garlic in oil over medium heat. Add bread cubes and toss until light brown. Stir occasionally. Remove with slotted spoon. Cool.

Directions

1. Mix garlic with oil and let stand overnight. Drain and set aside.
2. Clean and trim Romaine. Wash and break into bite-sized pieces.
3. Grind on plenty of fresh black pepper. Add salt and 1/2 cup olive oil. Toss well to coat Romaine.
4. Place shelled eggs in centre of salad.
5. Add lemon juice and toss until salad greens are coated with a creamy dressing.
6. Toss with Parmesan cheese and croutons. Serve at once.

To Prepare the Boiled Eggs

In a small saucepan, heat water to boiling. Add eggs and cook just 1 min. Remove eggs and cool under cold running water.

CHEESE SALAD

Serves 4

Ingredients

- 1 cup mayonnaise
- 1/4 cup grated Parmesan cheese
- 1/4 cup chopped parsley
- 2 garlic cloves, minced
- 2 tbsp milk
- 1 1/2 tsp dried basil leaves, crushed
- 2 cups of any hard cheese
- 1 cup 5 cm julienne-cut carrots
- 1 cup cherry tomato halves
- 1/2 cup walnuts, toasted

Directions

Combine mayonnaise, Parmesan cheese, parsley, garlic, milk and basil; mix well. Add all remaining ingredients except walnuts; mix lightly. Chill. Stir in walnuts just before serving.

Variation: Substitute 2 cups spiral noodles, cooked for tortellini.

MIXED VEGETABLE SALAD

Serves 8

Ingredients

- 1 pkg. (300 g) frozen mixed vegetables
- 1 can (420 g) kidney beans, rinsed and drained
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 3/4 cup sugar
- 1/2 cup vinegar
- 1 tbsp cornstarch

Directions

1. Cook the mixed vegetables on the stove or in the microwave until crisp-tender. Drain; place in a large bowl.

2. Add kidney beans, celery, onion and green pepper.
3. In a saucepan over medium heat bring sugar, vinegar and cornstarch to a boil, stirring constantly, until thickened. Cool slightly. Pour over vegetables and toss. Refrigerate.

SANDWICHES

DUCHESS OF YORK TEA SANDWICH

Serves 1

Ingredients

- 1 egg, hard-cooked and peeled
- 1/2 tsp curry powder
- 1 tbsp diet mayonnaise
- Salt and pepper to taste
- 2 extra-thin slices whole wheat sandwich bread, crusts removed
- 2 steamed asparagus spears

Directions

1. In a small bowl, mash egg with fork and add curry powder, mayonnaise, salt and pepper to taste. Mix thoroughly.
2. Divide equally over both slices of bread.
3. Arrange asparagus spears at edge of each slice and roll up to enclose filling.
4. Wrap rolls in plastic and chill for an hour or so.
5. Using a very sharp knife cut each roll into 4 minirolls.

GOOD HABIT TUNA MELT

Serves 1

Ingredients

- 1/4 cup drained, flaked, water-packed tuna
- 1 tbsp each diced celery and red onion
- 1 tbsp diet mayonnaise
- 3/4 tsp prepared mustard
- Dash oregano
- Salt and pepper to taste
- 1 slice whole grain bread
- 30 g sliced low-fat mozzarella cheese

Directions

1. Preheat the broiler.
2. In a small bowl combine tuna, celery, red onion, mayonnaise and mustard.
3. Add seasonings. Mix well.
4. Toast bread and spread with tuna mixture. Top with cheese. (If desired, cut into narrow slices.)
5. Broil until tuna is hot and cheese has melted.

BACON LETTUCE TURKEY LOG

Serves 4

Ingredients

- 1 35 cm Middle-Eastern Cracker bread
- 60 g thinly sliced, cooked turkey round (called La Vosh)
- 60 g Neufchatel cheese at room temperature
- 2 small slices lean bacon, cooked crisp and drained on paper towel
- 2 tbsp each finely chopped celery and green onion
- 1/4 ripe avocado, peeled and chopped
- 2 tbsp lemon juice
- Several leaves of Romaine lettuce, hard core removed
- Freshly ground pepper

Directions

1. Run cracker bread under hot water until moistened but not soggy. Set aside wrapped in clean damp towel.
2. In a small bowl standing in hot water, soften and whip Neufchatel cheese to spreading consistency.
3. Crumble bacon and stir into cheese with celery and onion.
4. Using rubber spatula, spread cheese thinly over softened cracker bread. (You may think there isn't enough mixture to cover but just be patient.)
5. Cover with turkey slices.
6. Dip avocado in lemon juice, then place on top of turkey.
7. Arrange Romaine leaves in a single layer over all. Sprinkle with pepper.
8. Roll bread up tightly to enclose filling. Wrap in plastic and chill until ready to serve. (Can be made up to 12 hours ahead.)
9. Just before serving, remove plastic wrap and slice in diagonal slices.

Note: Large rounds of La Vosh-style cracker bread, if not readily available in your local market, can usually be found in specialty markets. Neufchatel cheese, in case you are wondering, looks and tastes just like cream cheese.

CHICKEN TERIYAKI POCKETS

Serves 4

Ingredients

1/4 cup low sodium soy sauce
1/4 cup red wine vinegar
1 tsp oriental sesame oil
1 clove garlic, minced
1 tbsp sherry
1 tbsp minced, peeled, fresh ginger root
1 tsp dried ginger
225 g boned, skinned chicken breast, cubed
1 tbsp olive oil
4 cups mixed raw vegetables such as sliced red onion, julienned red cabbage, bean sprouts, Chinese pea pods
2 whole wheat pitta breads, halved and split open

Directions

1. Combine soy sauce, vinegar, sesame oil, garlic, sherry, ginger root and chicken. Marinate chicken at room temperature 1 hour, or refrigerate if marinating longer.
2. Heat olive oil in a non-stick wok or skillet. Transfer chicken from marinade to skillet and sauté until barely cooked, about 2 min. Add a little marinade if needed.
3. Add prepared vegetables and stir-fry until crisp tender.
4. Warm pitta bread in a microwave oven if desired.
5. Stuff pitta bread with filling.

Note: The taste of low sodium soy sauce is the same, but the sodium level is way down, so it's much better for you.

CLUB SANDWICH

Serves 3

Ingredients

3 tbsp diet mayonnaise
1 1/2 tbsp prepared mustard
6 slices extra-thin white bread
1 mince lean sliced ham
Cucumber slices (extra thin)
Lettuce leaves
30 g sliced low-fat mozzarella or other low-fat cheese
1/2 tomato, sliced
30 g cooked, sliced chicken or turkey breast

Directions

1. Combine mayonnaise and mustard and spread thinly over bread.
2. Divide ham and cucumber slices equally over 2 slices of bread.
3. Cover with lettuce leaves.
4. Top with 2 more slices of bread, mayonnaise side down.
5. Place cheese, tomato slices and chicken or turkey on top.
6. Cover with lettuce and enclose with last 2 slices of bread, to make 2 sandwiches.
7. Secure with toothpicks. Cut each sandwich into 3.

Note: Ham is high in sodium so it is only to be used occasionally for a treat. If you can find turkey ham, use that.

SEAFOOD LUESADILLA AND SALSA

Serves 1

Ingredients

1 small whole wheat tortilla
1 tbsp salsa
1/4 cup cooked flaked crab meat or 5 cooked medium shrimp, sliced
1/4 cup shredded Jack cheese
2 tbsp canned, diced green chilies

Salsa:

1 1/2 cups diced tomatoes
1 tbsp chopped cilantro or parsley
1/4 cup chopped green onions
1/4 cup chopped mild chili
2 tbsp fresh lime juice
Salt and pepper to taste

Directions

1. In a small bowl combine all ingredients for salsa.
2. Cover tortilla with salsa.
3. On half of tortilla spread seafood, cheese and chilies.
4. Fold tortilla in half to enclose filling.
5. Cook in a non-stick skillet, or place under broiler until cheese is hot and bubbly. Turn tortilla to brown both sides.
6. Cut into 4 wedges. (It looks like more food!) Serve with extra salsa if desired.

Note: If you prefer, omit the seafood. Also, if you prefer, choose a low-fat cheese.

SOUTH OF THE BORDER CHICKEN SANDWICH

Serves 4

Ingredients

Avocado salsa:

- 1/2 avocado, peeled, pitted and chopped
- 2 tbsp lime juice
- 1/4 cup chopped tomatoes
- 1/4 cup chopped red onion
- 1 tbsp chopped cilantro
- 1/4 cup plain non-fat yogurt
- 1/4 tsp chili powder

Sandwich:

- 4 slices whole grain bread
- Red-leafed lettuce leaves
- 4 rings sliced red pepper
- 225 g cooked, boned, skinned chicken breast, thinly sliced

Directions

1. To make salsa: In a small bowl combine avocado, lime juice, tomatoes, onion, cilantro, yogurt and chili powder.
2. To make sandwich: Toast bread lightly and cover each slice with a lettuce leaf.
3. Top with a red pepper ring.
4. Divide chicken over all.
5. Cover with avocado salsa.

Menu suggestion: Accompany with each serving, 3/4 cup crunchy raw vegetables such as broccoli and cauliflower flowerettes, carrot and celery sticks. And also you can accompany each serving with 200 g ice-cold non-fat milk.

ACAPULCO TURKEY ROLL

Serves 4

Ingredients

- 120 g lean ground turkey
- 1 1/2 tsp chili powder
- 1 large garlic clove, minced
- 2 tbsp salsa
- Salt and pepper to taste
- 4 small whole wheat tortillas
- 1/4 cup (4 tbsp) diet mayonnaise
- 2 cups steamed broccoli flowerettes

- 120 g shredded low-fat mozzarella or other low-fat cheese
- Extra salsa

Directions

1. In a small bowl thoroughly combine turkey, chili powder, garlic and salsa.
2. In a medium non-stick skillet stir turkey mixture over medium heat until cooked. Add salt and pepper to taste. Cool.
3. Spread tortillas with diet mayonnaise.
4. Divide turkey, broccoli and cheese over tortillas. Top with extra salsa and roll up to enclose filling. Cut roll in half diagonally.

TURKEY BURGER

Serves 1

Ingredients

- 85 g lean ground turkey
- 1 tbsp instant minced onion
- 1 tbsp diced celery
- 1/4 tsp rosemary or dill weed
- Salt and pepper to taste
- 30 g sliced low-fat mozzarella cheese
- 1/2 hamburger bun
- 2 tsp prepared mustard
- 1/3 cup sliced, tightly steamed mushrooms
- 2 slices each cucumber and tomato
- Lettuce leaf

Directions

1. In a small bowl mix turkey, onion, celery, rosemary, salt and pepper.
2. Shape into a patty and cook in a non-stick skillet, turning to brown both sides. Cook until done, about 10 min.
3. Top with cheese and place under broiler or in microwave until cheese melts.
4. Spread bun with mustard and cover with mushrooms.
5. Place burger on top of mushrooms.
6. Garnish with cucumber, tomato slices and lettuce.

Note: This is also great with ground chicken. To make your own, take boned, skinned chicken pieces and grind to desired consistency in the food processor.

SOUPS

GARDEN VEGETABLE SOUP

This soup makes the most of late summer garden vegetables. For vegetarians use a vegetable stock.

Serves 6 to 8

Ingredients

50 g haricot beans
25 g pearl barley
2 carrots
1 small turnip
1 onion
1 leek
50 g butter
2 cloves garlic, crushed
2 tbsp tomato puree
2 to 3 l good chicken or ham stock
1 bouquet garni (mace, parsley, thyme and bay leaf)
Salt and freshly ground pepper to taste
1/4 cabbage (175 g) shredded
50 g thinly sliced green beans
Grated cheese and/or chopped parsley to garnish

Directions

1. Soak the pulses overnight with just enough water to cover. Next day, drain thoroughly. Prepare the vegetables. Slice the carrots and turnip into small matchsticks. Finely slice the onion and leek. Melt the butter in a large pan with a close fitting lid and gently fry the prepared vegetables for 5 min or until transparent.
2. Add the drained pulses, garlic, tomato puree, stock, bouquet garni and seasoning. Boil rapidly for 5 min and then gently simmer for 1 hour with the lid on. Check the seasoning and add the cabbage and green beans and cook for further 15 min. Remove the bouquet garni and serve with the chopped parsley and/or cheese.

FRESH WATERCRESS SOUP

Serves 6

Ingredients

2 bunches watercress
40 g butter

225 g onions, finely chopped
1½ tsp salt
Freshly ground black pepper
40 g flour
600 ml stock
600 ml milk

Directions

1. Wash the watercress, removing any limp pieces, and reserve a bunch of the brightest leaves to chop as garnish just before serving.
2. Melt the butter in a large pan, add the onion, salt and pepper and cook until soft and transparent.
3. Add the watercress and cook gently for a further few minutes.
4. Add the flour and stir well and cook for a minute, stir in the stock and bring to the boil to thicken.
5. Blend in milk slowly and bring to the boil. Simmer until tender about 10 min. Remove from heat and leave to cool.
6. Puree in a blender or food processor, then reheat, and serve sprinkled with the reserved chopped watercress.

STILTON SOUP

A very good way of using the last of a piece of Stilton cheese. Do not include the rind or it will be acid.

Serves 6

Ingredients

50 g butter
225 g onion, finely sliced
175 g Stilton, crumbled
50 g flour
1.1 l chicken stock
1 bay leaf
Salt and black pepper to taste
150 ml single cream

Directions

1. Melt the butter in a saucepan and add the sliced onion. Fry gently until soft but not brown, then add the Stilton. Stir with a wooden spoon until the cheese melts to form a smooth cream.
2. Add the flour and cook for further 5 min, stirring continuously. Add the stock, bay leaf and seasoning and bring to the boil, stirring. Simmer for 20 min. Remove the bay leaf, taste and check seasoning, then add the cream and serve at once.

FRENCH ONION SOUP

Adding a little sugar when frying onions helps them to caramelize and turn a lovely pale golden colour.

Serves 6

Ingredients

675 g onions
75 g butter
2 tsp sugar
40 g plain flour
1.7 l chicken or beef stock
1 level tsp salt
Ground black pepper
6 slices French bread, 1.25 cm thick
100 g Gruyère cheese

Directions

1. Peel and thinly slice the onions. Melt half the butter in a large saucepan and add the onions and sugar. Cook over low heat for about 15 min, until the onions are soft and pale golden brown. Stir in the flour and cook, stirring for a few minutes. Add the stock and salt and pepper and bring to the boil. Place the lid on and simmer the soup for about 30 min, until onion is tender.
2. Meanwhile butter both sides of each slice of French bread with the remaining butter. Grate the cheese and sprinkle half over the bread.
3. Bake the bread on a baking tray, in a preheated oven, at 180 °C (gas mark 4), until the bread is crisp and the cheese has melted, or do this under the grill turning once before putting the cheese on and browning.
4. Arrange the bread in individual bowls and pour over the hot onion soup. Serve remaining grated cheese in a separate bowl.

SHERRIED KIDNEY SOUP

A sturdy soup, good before something like cauliflower cheese.

Serves 6

Ingredients

450 g young ox kidney
2 large onions
25 g butter

2 level tbsp flour
¼ tsp mixed herbs
1.7 l good beef stock
Salt and ground black pepper to taste
1 tbsp red currant jelly
6 tbsp sherry
Chopped parsley

Directions

1. Take off any skin from the kidney, then remove cores and slice into rough cubes.
2. Slice onions.
3. Melt butter, fry kidney and onion together until onion is soft. Stir in flour and herbs, blend well. Add stock, seasoning and red currant jelly. Bring to the boil, cover and simmer very gently for about 1½ hours until kidney is tender.
4. Puree the soup in a blender or processor.
5. Reheat, add sherry, taste and adjust seasoning. Serve with a sprinkling of parsley.

ITALIAN CARROT SOUP

A glorious brightly coloured soup.

Serves 6

Ingredients

900 g carrots
1 large red pepper
2 cloves garlic, crushed
Zest and juice of half a lemon
1.1 l chicken stock
Salt and black pepper to taste
300 ml cream

Directions

1. Scrub and roughly cut up the carrots.
2. Deseed the pepper and chop.
3. Put in a large saucepan with the garlic, lemon, stock, salt and pepper and bring to the boil. Simmer for half an hour until tender. Cool, puree in a processor or blender until smooth.
4. Rinse out the saucepan and pour the soup through a sieve into it. Add the cream and bring back just to the boil. Check seasoning. Serve at once.

Good Things to Go with Soup

CROUTONS

Take day-old white, preferably ready sliced, bread. Cut into pencil-sized strips, cut again to form cubes. Don't bother to take the crusts off the slices first. Deep fry until golden brown, lift out with a slotted spoon and drain on kitchen paper. Allow half a slice of bread per portion of croutons.

Croutons freeze well. If a large amount is prepared at one time, store in the freezer and take out when required and warm in the oven.

MELBA TOAST

Traditionally made by toasting thin slices of bread on both sides. Then carefully with a very sharp knife split the slices through the centre and toast the uncooked sides until crisp and slightly curled.

CHEESEY FRENCH BREAD

Cream 25 g butter with a crushed clove of garlic and 50 g grated cheese until well mixed and then spread over 4 thick slices of French stick loaf. Grill until golden brown and serve on individual soup portions.

HERBY PIN WHEELS

Combine 100 g butter with 2 tbsp fresh chopped herbs. Spread over slices of thin sliced white bread with the crusts removed. Any butter not used can be stored in the refrigerator until another day. Roll up the slices of bread into a thin sausage and cut into slices. Grill or bake until crispy. Allow 3 min under the grill and about 10 min in the oven.

CHEESE STRAWS OR TWISTS

Ingredients

100 g plain flour
50 g butter
Salt and cayenne pepper to taste
50 g cheddar cheese, grated
1 egg yolk
1 tbsp cold water

Directions

1. Heat the oven to 200 °C (gas mark 6).
2. Put the flour in a bowl and rub in the butter, until it forms fine crumbs, season well and stir in cheese. Blend the egg yolk with the water and add to the pastry to form a dough. Roll out to 0.60 cm thick and cut into straws about 6.25 cm long and 0.60 cm wide.
3. Place on a greased baking sheet, twisting if liked, and bake in the oven for about 10 to 15 min until light golden brown.

MAIN COURSES

MOZZARELLA BEEF FLORENTINE

Do not keep hot as the spinach then loses colour and the cheese becomes tough.

Serves 6

Ingredients

900 g lean minced beef
400 g can tomatoes
2 good tbsp tomato puree
2 cloves garlic, crushed
1 tsp sugar
150 ml beef stock
1½ tsp salt and freshly ground black pepper

Spinach and cheese filling:

Enough water barely to cover the bottom of a large pan
Preferably 675 g raw washed spinach or two about 300 g packets of frozen cut leaf spinach
Knob of butter
50 g fresh white breadcrumbs
2 eggs
Salt and freshly ground black pepper to taste
175 g thinly sliced mozzarella cheese
50 g strong cheddar or 25 g Parmesan cheese, grated
Plenty of freshly chopped parsley

Directions

1. Put the minced beef in a large non-stick pan and cook slowly, breaking down with a wooden spoon until the fat runs out. Then increase the heat and brown the meat. Add the remaining ingredients and bring to the boil, then reduce the heat and simmer with the lid on for 45 min. Taste and check the seasoning.

2. Meanwhile make the filling. Pour the water into the pan, bring to the boil and cook the spinach (or as directed on the packet) until tender. Drain off excess liquid and add butter. Put the breadcrumbs, eggs and seasoning in a bowl and mix very thoroughly, then mix in the spinach. Heat the oven to 180 °C (gas mark 4). Place half the mince in the bottom of a shallow ovenproof dish about 22.5 by 22.5 cm and cover with the spinach followed by the thinly sliced cheese. Sprinkle on the grated cheese and pour over the remaining mince. Cover with foil, cook for 30 min. Remove the foil and scatter with parsley before serving with French bread.

BEACONSFIELD HOT POT

The traditional recipe for this has a thin gravy. No need to serve any other vegetables, as it is complete on its own.

Serves 4 to 6

Ingredients

8 to 12 lean middle neck chops
 2 onions, sliced
 3 carrots, sliced
 Salt and freshly ground black pepper to taste
 450 ml water
 25 g margarine
 25 g flour
 675 g potatoes, peeled

Directions

1. Heat the oven to 160 °C (gas mark 3).
2. Layer the middle neck chops with the onions and carrots in a 1.7 l casserole, seasoning well between layers and then pour over the water. Cover the casserole and put in the oven for 1½ hours.
3. Remove the casserole from the oven and pour off the water. Increase the oven temperature to 180 °C (gas mark 4).
4. Remove any fat from the water. Melt the margarine in a saucepan, stir in the flour and cook for a minute. Take the pan from the heat and stir in the hot water until blended and smooth. Taste and check seasoning.
5. Arrange the sliced potatoes over the meat and vegetables and then pour over the hot sauce. Return to the oven for a further hour or until the potatoes are tender.

SMITHFIELD BARBECUED PORK

Serves 4

Ingredients

675 g casserole pork, cubed

Sauce:

300 ml tomato ketchup
 2 tbsp brown sugar
 2 tbsp vinegar
 2 tbsp Worcestershire sauce
 2 cloves garlic, crushed
 1 tsp made mustard
 Salt, ground black pepper to taste
 1 level tbsp cornflour
 150 ml fresh orange juice

Directions

1. Put the prepared pork in a non-stick frying pan and cook slowly at first to draw out the fat, then brown quickly. Lift meat out with a slotted spoon into a casserole. Save any fat to use for frying on another occasion.
2. Measure sauce ingredients except orange juice and cornflour into the casserole, cover. Cook in the oven at 160 °C (gas mark 3) for 1½ hours till tender.
3. Mix cornflour with orange juice (the sort you buy in a carton for breakfast). Stir into casserole, reheat, stirring, to thicken. (Allow about 75 g uncooked rice per person.) Serve with seasoning.

GRILLED MOISETTES OF LAMB

These make tiny chops look very special and can be prepared in advance, then just slipped under the grill. If you prefer not to use streaky bacon, leave more fat on the chop.

Serves 4

Ingredients

8 loin of lamb chops in the piece (about 675 g)
 4 lambs' kidneys
 Salt and ground black pepper to taste
 8 thin long streaky bacon rashers

Directions

1. First bone the lamb. With a very sharp knife remove the skin. Then carefully run the knife down close to the bone to remove ribs and backbone. Take out extra fat, divide into 8 long strips of lean meat.
2. Remove skin from the kidneys, core them, cut each in half. Season both the kidneys and meat. Take each boned chop, lay it on its side and put half a kidney next to the meat and wrap the long strip of rather fatty meat round the outside. Wrap a piece of bacon round the outside of each one and secure with a wooden cocktail stick.
3. Grill under a moderate grill for about 8 to 10 min, turning once until when pierced with a tiny skewer the juices that flow are just clear.

GINGER SPICED PORK

Serves 4

Ingredients

25 g flour
1½ tsp salt and ground black pepper
1 level tsp ground ginger
675 g casserole pork, cubed
25 g pork dripping or lard

Sauce:

¼ tsp tabasco
400 g can tomatoes
100 g button mushrooms
1 tbsp Worcestershire sauce
2 level tbsp soft brown sugar
2 tbsp vinegar
2 cloves garlic, crushed
1 bay leaf

Directions

1. Mix the flour, seasoning and ginger and use to coat the pork cubes.
2. Heat dripping or lard in a large frying pan.
3. Fry the pork quickly until browned, turning frequently, and then transfer to a 1.4 l ovenproof dish.
4. Combine all ingredients for sauce and then pour over the meat. Cover and cook at 160 °C (gas mark 3) for about 1 hour until the meat is tender. Remove the bay leaf, taste and add seasoning.

DANISH PORK ROAST

Serves 6

Ingredients

50 g dried apricot pieces
1.1 kg joint thick belly pork, boned
2 medium onions, chopped
1 level tbsp flour
450 ml orange juice
2 beef stock cubes, crumbled
Salt and ground black pepper to taste
1 tsp dried sage
Freshly chopped parsley

Directions

1. First soak the apricots in hot water for 2 hours to soften them or do it in cold water overnight, then drain.
2. Trim any surplus fat off the meat and put this fat in a non-stick frying pan over a low heat to draw out the fat. When there is about a tablespoon of fat in the pan, discard the fatty pieces and add the onions. Fry gently till pale golden, add flour, then blend in orange juice and stock cubes. Add apricots and turn into small shallow ovenproof dish just large enough to take the pork when rolled. Sprinkle non-fatty side of the joint with seasoning and sage. Roll up and tie at 2.5 cm intervals with fine string. Stand on apricot mixture.
3. Slow roast at 160 °C (gas mark 3) for about 1½ hours to 2 hours or until meat is tender. Lift off joint, keep hot. Taste the apricot mixture, adjust seasoning and if rather too thick, add a little water or orange juice. Carve the pork and serve with the apricot mixture, scatter with parsley.

GARDENER'S POT ROAST

All you need to serve with this is plain boiled potatoes.

Serves 4 to 6

Ingredients

100 g haricot beans
900 g piece of silverside
A little plain flour
12.5 g dripping
2 onions, cut in wedges

2 large carrots, sliced
1 parsnip, diced
3 sticks celery, cut in short lengths
300 ml beef stock
¼ tsp mixed dried herbs
Salt and pepper to taste

Directions

1. Place the beans in a bowl, cover with cold water and leave to soak overnight or for at least 8 hours.
2. Coat the beef in flour and then melt the dripping in a saucepan and add the beef and quickly brown all over. Lift out and place on one side. Add the vegetables and drained beans to the pan and place the beef back on top. Pour over the stock and add herbs and seasoning. Bring to the boil and then cover the saucepan with a tight fitting lid.
3. Simmer gently for about 1½ hours or until the beef is tender. Lift out the meat and place on a warm serving dish.
4. Taste and check the seasoning in the vegetables and then either spoon around the beef or serve in a separate warm dish.

NORMANDY BEEF

This casserole is good too without mustard but more delicious with it. If you are a mustard addict, you could add more, but taste first.

Serves 4

Ingredients

175 g streaky bacon or bacon pieces
675 g good stewing steak, cut into cubes
1 good tsp salt and freshly ground black pepper to taste
25 g flour
300 ml cider
225 g button mushrooms, sliced
225 g onions, sliced
Mustard to taste

Directions

Heat the oven to 150°C (gas mark 2). Cut the bacon into small pieces and fry in a large non-stick pan until the fat runs. Add the cubed beef and brown on all sides. Season, sprinkle on the flour and cook, stirring continuously, for 1 min. Add the cider, then the sliced mushrooms and onion. Bring to the boil, stirring all the time. Check the seasoning and transfer to an ovenproof casserole and cook in the oven for 2 hours until tender. Just before serving, stir in the mustard and check seasoning.

SALAMI AND CHICKEN PILAF

Serves 4

Ingredients

2 chicken breasts
600 ml chicken stock
225 g long grain rice
1 tsp dried marjoram
100 g frozen peas, defrosted
1 red and 1 green pepper, deseeded and chopped
100 g pack of Plumrose Danish Salami, chopped
50 g pine nuts
Freshly ground black pepper to taste

Directions

1. Skin and bone the chicken breasts, place in a frying pan and pour over the stock. Bring to the boil, cover and simmer for 20 min or until the chicken is cooked.
2. Remove the chicken breasts from the pan and cut the meat into small chunks.
3. Strain the stock into a measuring jug and make up to 600 ml with water. Pour back into the frying pan. Add the rice and marjoram, bring to the boil and simmer for 8 min.
4. Stir in the peas and peppers, bring back to simmering point and cook for 5 min or until all the liquid has been absorbed.
5. Stir in the salami, pine nuts, chicken and seasoning. Heat, stirring occasionally for 2—3 min. Serve with a mixed salad.

POTATO AND HAM SCRAMBLE

Serves 4

Ingredients

700 g small new potatoes
4 tbsp sunflower oil
1 green pepper, deseeded and chopped
1 celery stick, chopped
25 g block margarine
6 (size 3) eggs, beaten
2 tbsp skimmed milk
Salt and freshly ground black pepper to taste
170 g can of Plumrose Chopped Ham with Pork, chopped
1 tbsp cut fresh chives

Directions

1. Scrub the potatoes and cut into 5 mm slices without peeling. Cook in boiling salted water for 3—4 min or until just tender. Drain.
2. Heat the oil in a frying pan and add the potatoes. Fry for about 10 min until the potato slices are starting to brown, turning them occasionally. Add the onion, pepper and celery and fry for further 5 min.
3. Transfer the potato mixture to a serving dish and keep warm.
4. Melt the margarine in a saucepan and add the beaten eggs, milk and seasoning. Stir over a medium heat until the eggs start to set.
5. Stir in the chopped ham with pork and continue to cook until the eggs are just set. Spoon into the centre of the potato mixture, sprinkle with the chives and serve at once.

HONEY CHICKEN LEGS

Serves 4

Ingredients

250 ml soy sauce
4 tbsp honey
1 tbsp lemon juice
1 clove garlic, crushed
1/2 tsp freshly grated ginger
2 tbsp oil
8 large chicken legs
Sesame seeds

Directions

1. Combine soy sauce, honey, lemon juice, garlic, ginger and oil. Pour over chicken and marinate for 2—3 hours.
2. Sprinkle with sesame seeds.
3. Arrange chicken legs on a roasting rack. Cook for 20—22 min, turning over halfway through cooking.

CHEESE AND HERB CHICKEN LEGS

Serves 4

Ingredients

2 tbsp chopped parsley
1 tbsp basil

2 tsp tarragon
2 tsp dill
2 tsp mustard powder
1 tsp paprika
Salt and pepper to taste
1 tbsp sesame seeds
90 g butter, melted
8 large chicken drumsticks
100 g crushed biscuits
25 g cheese, grated

Directions

1. Mix parsley, basil, tarragon, dill, mustard powder, paprika, salt and pepper, sesame seeds and 1/3 of butter together in a small bowl.
2. Using a sharp knife, lift skin back from the chicken drumsticks.
3. Spread a teaspoon of herb mixture between skin and chicken.
4. Brush chicken with remaining butter, coat with biscuit crumbs.
5. Place on a rack, cook for 13—15 minutes, turning over halfway through cooking.

CHICKEN WITH BACON AND LEEK SEASONING

Serves 4

Ingredients

60 g butter, melted
1 leek, finely chopped
2 rashers bacon, chopped
7 1/2 cups wholemeal breadcrumbs
1 egg yolk
Salt and pepper to taste
1.5 kg chicken
20 g butter, melted, extra

Directions

1. Combine all stuffing ingredients.
2. Fill cavity of chicken with stuffing and secure with a toothpick.
3. Brush chicken with extra melted butter.
4. Place chicken on a rack, breast-side down, for 16—18 min.
5. Turn over, cook for further 16—18 min.

FISH AND SEAFOOD COURSES

STUFFED SOLE

Serves 8

Ingredients

- 1 cup chopped onion
- 2 cans (120 g each) shrimp, rinsed and drained
- 1 jar (130 g) sliced mushrooms, drained
- 2 tbsp butter or margarine
- ½ pound fresh, cooked or canned crabmeat, drained and cartilage removed
- 8 sole or flounder fillets (900—1200 g)
- ½ tsp salt
- ¼ tsp pepper
- ¼ tsp paprika
- 2 cans (300 g each) condensed cream of mushroom soup, undiluted
- 1/3 cup chicken broth
- 2 tbsp water
- 2/3 cup shredded cheddar cheese
- 2 tbsp minced fresh parsley

Directions

1. Cook wild, brown or white rice or a mixture.
2. In a saucepan, sauté onion, shrimp and mushrooms in butter until onion is tender. Add crabmeat; heat through. Sprinkle fillets with salt, pepper and paprika. Spoon crabmeat mixture on fillets; roll up and fasten with a toothpick. Place in a greased 35 × 25 × 20 cm baking dish. Combine the soup, broth and water; blend until smooth. Pour over fillets. Sprinkle with cheese. Cover and bake at 220 °C for 30 min. Sprinkle with parsley; return to the oven, uncovered, for 5 min or until the fish flakes easily with a fork. Serve over rice if desired.

TUNA CASSEROLE

Serves 8

Ingredients

- 2 cans cream of mushroom soup
- 1 can cream of celery soup
- 1 can corn, drained
- 1 can peas, drained
- 1 large can mushrooms
- Garlic powder

- Cooking sherry
- 450 g Velveeta cheese (processed cheese containing 67 % fat)
- Egg noodles
- 2 large cans tuna
- 1 can Carnation Evaporated Milk

Directions

1. Cook noodles.
2. Mix soups with tuna; mix in mushrooms, peas and corn. Add 1/4 to 1/2 cup cooking sherry. Add noodles. Put mixture into casserole.
3. Cut Velveeta cheese into strips 1 cm thick; push strips into mixture approximately 2.5 cm apart. Cover with Carnation Evaporated Milk, barely enough to cover top. Bake at 160 °C for 1 hour. Before coming out, crumble potato chips over top.

CRAB CAKES

6 Cakes

Ingredients

- 450 g pack crab meat
- 1 whole egg, beaten
- 1 tbsp chopped parsley
- 1 1/2 tsp Dijon mustard
- 1/4 tsp ground white pepper
- 1/2 cup breadcrumbs
- 1/2 cup mayonnaise
- 2 tsp Worcestershire sauce
- 1 tsp salt

Directions

1. Mix all ingredients except crab meat.
2. Add crab and toss lightly.
3. Chill for at least 1 hour, put into a frying pan and dust with flour.
4. Sauté in clarified butter over medium heat until golden brown on each side. Serve hot.

BAKED TUNA

Serves 8

Ingredients

- 2 cups drained, flaked, water-packed tuna
- 2 cups low-fat cottage cheese

- 3/4 cup sour cream
- 1/4 cup red onion, diced
- 1/4 cup canned green chilies, diced
- 2 tbsp salsa
- 3 cups cooked, drained noodles
- 12 saltine crackers, crumbled
- 12 dry roasted, unsalted cashew nuts, chopped

Directions

1. Preheat the oven to 180 °C.
2. In a large bowl, combine tuna, cottage cheese, sour cream, red onion, chilies, salsa and noodles.
3. Turn into 2 l non-stick casserole dish.
4. Combine crackers and cashews and sprinkle over top.
5. Bake uncovered 30 min.

TUNA RÖSTI

Serves 4

Ingredients

- 750 g potatoes, unpeeled
- 200 g can tuna, drained
- 3 tbsp sunflower oil
- 1 large onion, sliced
- 4 eggs
- 2 × 400 g cans baked beans

Directions

1. Bring a large pan of water to the boil and cook the potatoes in their skins for 10 min, then drain. When the potatoes are cool enough to handle, peel and discard the skins. Coarsely grate the potatoes into a bowl. Season with salt and pepper and carefully stir in the drained tuna without breaking it up too much.
2. Meanwhile, heat a tablespoon of the oil in a large frying pan and fry the onion for 5 min until browned. Stir the onion into the potato and tuna mixture. Heat another tablespoon of oil in the same pan, tip in the rösti mixture, and press it down with a spatula to an even thickness. Cook very gently for 10 min until the underside is crisp and golden.
3. Put a large plate on top of the pan and invert the rösti onto it. Slide it back into the pan and cook the other side for 8—10 min until crisp and cooked through.
4. Slide the rösti back onto the plate and keep it warm while you fry the eggs in the remaining oil and heat the beans in a separate pan. To

serve, spoon the beans onto plates, top with a wedge of the rösti and finish with a fried egg.

BAKED FISH WITH HERB SAUCE

Serves 4

Ingredients

- 1/4 cup mayonnaise
- 1/4 tsp salt
- 1/2 cup milk
- 1/2 tsp lemon juice
- 450 g fish fillets
- 1 tbsp flour
- Dash of pepper
- 2 tbsp chopped parsley
- 1/4 tsp basil
- Salt and pepper to taste

Directions

1. Combine mayonnaise, flour, salt and pepper. Gradually add milk; cook, stirring constantly, over medium-low heat until thickened. Stir in parsley, lemon juice and basil.
2. Place fish in a greased shallow baking dish; season with salt and pepper. Bake at 180 °C for 10 min. Serve with mayonnaise mixture.

POACHED SALMON STEAKS WITH SALSA

These delicious salmon steaks are great as either a hot or cold entrée.

Serves 4

Ingredients

- 1 cup salsa
- 2 1/2 cups water
- 1/2 cup dry vermouth or white wine
- 1/4 cup lemon juice
- 2 tsp salt
- 4 1.5 cm-thick salmon steaks (about 700 g total)

Salsa:

- 3/4 cup mild or hot salsa
 - 2 tbsp lemon juice
- To prepare salsa, pour it into a small bowl and stir in lemon juice. Set aside.

Directions

1. In a large skillet over high heat, bring water, vermouth, lemon juice and salt to a brisk simmer. Add salmon steaks. Cover. Simmer 6—8 min or until salmon turns from translucent to opaque.
2. With a slotted spatula, transfer each steak to a serving plate. Serve with salsa.

WONDERFUL SEAFOOD PIE

Serves 6 to 8

Ingredients

- 1 pkg. (180 g) frozen crabmeat or shrimp, thawed and drained, or 1 can tuna, drained
- 1 cup shredded American cheese
- 1 pkg. (90 g) cream cheese, cut into 1 cm cubes
- 1 jar (60 g) chopped pimento, drained (optional)
- 1/4 cup green onions, sliced
- 2 cups milk
- 1 cup baking mix
- 4 eggs
- 1/4 tsp salt
- Dash of nutmeg

Directions

1. Heat the oven to 220 °C.
2. Grease 25 cm pie plate. Mix crabmeat, cheese, onions and pimento in plate.
3. Beat remaining ingredients until smooth — 15 sec in blender on high or 1 min with hand beater. Pour into plate.
4. Bake until knife inserted between centre and edge comes out clean, 35 to 40 min. Cool 5 min.

VEGETARIAN CUISINE

CHILLED TOMATOES

Serves 4

Ingredients

- 12 tomatoes of medium size
- 2 boiled potatoes

- 1 boiled zucchini
- 1 cooked carrot
- Cooked green beans
- Salt, pepper, mustard, extra-virgin olive oil, vinegar, capers, pickles preserved in vinegar to taste
- 1 or 2 tbsp mayonnaise
- Parsley

Directions

1. Select tomatoes that are all of about the same size and that are not too ripe. Wash them carefully and remove the stalk ends. Use the teaspoon to extract the seeds and water. Put the tomatoes on ice or in the refrigerator until it is time to serve them.
2. Prepare some Russian salad by combining the potatoes, zucchini, carrot and some green beans, all cut into fine cubes in a large bowl. Season with salt, pepper and a bit of mustard, oil and vinegar. Add capers and finely diced pickles preserved in vinegar. Mix well, then blend in 1 or 2 tbsp mayonnaise. Stuff the tomatoes, mounding up the filling at the top of each. Arrange the tomatoes on a silver or crystal platter. Top each tomato with a dollop of mayonnaise and decorate the dish with some sprigs of parsley.

POTATO CAKE

Serves 4

Ingredients

- 800 g potatoes
- 1 tbsp bitter almonds
- 5 1/2 tbsp butter at room temperature
- 4 eggs
- 1 1/4 cup sugar
- 100 g cooking chocolate

Directions

1. Preheat the oven to 180 °C.
2. Boil the potatoes in salted water, then peel them and pass them through a sieve.
3. Finely chop the almonds and add them to the puree along with the butter. Mix thoroughly.
4. Separate the yolks of the eggs, beat them until they have thickened, adding the sugar during the process. Combine the yolks with the potatoes.
5. Beat the egg whites until they are stiff and fold them into the potato mixture.

6. Melt the chocolate and blend it with the batter.
7. Cover the bowl containing the mixture with a towel and let it rest for a few minutes.
8. Meanwhile, butter a mold with an opening in the centre. Pour in the cake batter and bake at 180 °C for 45 min. Remove the cake from the oven, let it cool a bit and then serve it.

DESSERTS

LADY DI ROYAL CUSTARD

Word from the Royal Kitchen has it that this was the recipe that helped Lady Di to win Prince Charles' heart.

Serves 4

Ingredients

Custard:

- 2 cups evaporated skim milk
- ¼ cup (4 tbsp) sugar
- 1/8 tsp salt
- 1 tsp vanilla
- 1/8 tsp nutmeg
- 4 egg yolks
- 8 tsp diet jam, such as raspberry

Meringue Topping:

- 4 egg whites
- Pinch salt
- ¼ tsp cream of tartar
- ¼ cup (4 tbsp) sugar
- ½ tsp vanilla

Directions

1. Preheat the oven to 180 °C.
2. To make custard: Combine all ingredients, except diet jam.
3. Beat well and pour into individual custard cups.
4. Stand in a pan of hot water in oven.
5. Bake 45 min to 1 hour, or until the knife inserted near centre of custard comes out clean.
6. Remove custards from the oven and spread surface with jam.
7. To make meringue: In a medium bowl, using an electric mixer, beat egg whites until frothy. Add salt and cream of tartar.
8. Whip until stiff, but not dry.
9. Beat in sugar, 1 tsp at a time. Add vanilla.

10. Continue to beat until meringue forms peaks that fold over when the beater is removed.
11. Cover pudding with meringue, being sure to seal around the edges.
12. Return pudding to the oven. Bake 10 to 15 min, or until meringue is delicately browned.

PAVLOVA

Pavlova is one of the least fattening of all possible desserts and one of the most delicious. It was created for Anna Pavlova, the famous Russian ballerina, by a love-sick chef. He wanted to create something just like her... light, airy and delectable. When you taste this, you'll realize he succeeded.

Serves 8

Ingredients

- 4 egg whites, at room temperature
- Pinch of cream tartar
- Pinch of salt
- ½ cup granulated sugar
- 2 tsp vanilla
- 1 tsp white vinegar
- 1 tsp cold water
- 1 tbsp cornstarch
- ½ cup superfine sugar
- 1 cup whipping cream
- ½ cup fresh raspberries
- 1 ripe kiwi fruit, peeled and thinly sliced
- Fresh mint leaves (optional)

Directions

1. Preheat the oven to 170 °C.
2. In a large deep mixing bowl beat egg whites with cream of tartar and salt until soft peaks form.
3. Gradually add granulated sugar, 1 tbsp at a time, while continuing to beat.
4. When sugar is thoroughly beaten in, add 1 tsp of the vanilla, the vinegar, water and cornstarch.
5. Continue to beat until very stiff.
6. Add superfine sugar all at once and beat just enough to mix it in. Stop beating.
7. Shape mixture in cake form on kitchen parchment paper or foil, on a baking sheet.

8. Bake 10 min. Do not open oven door.
9. Turn oven temperature down to 110 °C and continue to bake for 1 hour and 20 min. Turn off the oven. Leave pavlova in the oven 30 min longer. Remove from the oven and let cool at room temperature. Pavlova may be prepared to this point ahead of time. To keep several days, seal in an airtight container at room temperature.
10. Before serving, whip cream and add remaining teaspoon vanilla.
11. Place pavlova on serving plate and cover top with whipped cream.
12. Decorate with raspberries and kiwi fruit.
13. Garnish with fresh mint leaves if desired.

CHEESE CAKES

*If calories are any guide,
Eating me won't make you wide.*

Serves 12

Ingredients

3 eggs
260 g part-skim Ricotta cheese
¼ cup (12 tbsp) cream cheese
11 tbsp sugar
¼ cup cornstarch
1 tsp baking powder
1 tsp vanilla
¼ tsp grated lemon peel
1 tsp lemon juice
¾ cup sliced strawberries
Mint spring or edible flowers (optional)

Directions

1. Preheat the oven to 180 °C.
2. Using an electric mixer with large bowl, combine eggs, Ricotta, cream cheese and sugar. Beat until smooth.
3. Stir together cornstarch and baking powder. Add to cheese mixture along with vanilla, lemon peel and lemon juice.
4. Pour into 20—23 cm non-stick spring form.
5. Bake 55 min, or until firm.
6. Let cool, then refrigerate. Decorate top with strawberries.
7. Garnish with mint or flowers if desired.

POPPYSEED AND SALT BREADSTICKS

Serves 4 to 8

Ingredients

150 g floury potatoes
120 g butter, softened
2 cups (250 g) plain flour
1 egg, beaten
Poppyseeds and sea salt to taste

Directions

1. Preheat the oven to moderately hot 200 °C (gas mark 6) and lightly grease two baking trays.
2. Cook the potato in boiling salted water until just tender. Drain and put through a food mill or mash smoothly in a bowl. Add the butter and flour and a little salt, to taste. Mix together to form a rough dough, then knead 10—12 times on a lightly floured surface until soft and smooth.
3. Divide the dough in half. Roll each half out into a rectangle a little larger than 16 × 28 cm. Trim it down to that size with a sharp knife and cut in half. The trimmings can be re-rolled. Now cut the dough into 1 cm sticks across the place on the trays, leaving room to spread. Brush with the beaten egg, sprinkle with poppyseeds and then a little salt. Bake for 10—12 min, or until golden.

Note: These breadsticks can be kept in an airtight container for up to 5 days and crisped in the oven.

Mix the potato, butter, flour and a little salt until a rough dough is formed.

Use a sharp knife to cut the dough into 1 cm sticks. Brush the sticks with beaten egg and then sprinkle with poppy seeds.

GOOSEBERRY AND SOFT CHEESE MOUSSE

Quark, a soft curd cheese, comes from Germany and fromage blanc from France; now you can get them both here. This gooseberry mousse is light and fresh and not too rich. You can adapt this recipe for a number of other soft fruits.

Serves 4 to 6

Ingredients

500 g gooseberries
100—175 g sugar
2—3 heads elderflower or rose geranium leaves (optional)
15 ml (1 tbsp) gelatine

100 g quark, fromage blanc or soft curd cheese
150 ml whipping cream
3 egg whites

Directions

1. Put the gooseberries in a saucepan with the sugar and about 30 ml (2 tbsp) of water, adding elderflower or rose geranium leaves if desired. Cook covered until the gooseberries are soft. Remove and discard the flowers. Place 30 ml (2 tbsp) of cold water in a bowl and sprinkle in the gelatine. Leave the gelatine to soak and form a jellied cake.
2. Pour the hot gooseberries into the bowl, add the gelatine cake and process until smooth. Sieve and leave until cool and just beginning to thicken.
3. Process the quark, add the gooseberry puree and then the cream. Process until the cream thickens but do not overprocess or the mixture may curdle.
4. Whisk the eggs until they just hold a peak, then fold into the gooseberry mixture. Turn into a 900 ml serving dish and leave to set for 4–6 hours in the fridge before serving.

THE MOST CHOCOLATY MOUSSE

Nearly everybody loves a chocolate mousse from time to time, the more chocolate the better; this one is light but very chocolatey. The secret is that you must use good chocolate. You can vary it by adding liqueur or some grated orange rind or you can substitute orange juice for the water.

Serves 4 to 6

Ingredients

175 g best dark chocolate
25 g unsalted or lightly salted butter
2–3 drops vanilla essence (optional)
30 ml (2 tbsp) brandy, orange liqueur, Creme de Cacao or Tia Maria (optional)
3 eggs, separated
150 ml whipping cream
30 ml (2 tbsp) caster sugar

Directions

1. Break up the chocolate and set it to melt with the butter, 45 ml (3 tbsp) of water, vanilla and brandy (if using) in a bowl over hot water; then leave to cool a little.

2. Process the egg yolks for about 30 sec until a pale yellow colour; scrape in the softened chocolate mixture and process together for about 1 min. Once the mixture is cool and the chocolate starts to thicken, pour the cream down the feed tube and process for 20–40 sec until the mixture thickens. Don't overprocess or the cream may turn to butter.
3. Whip the egg whites until just holding a peak, whisk in the sugar until fairly stiff, then gently fold into the chocolate mixture. Turn into a 600 ml soufflé dish, glass bowl or individual dishes and leave to set in the fridge for 4–6 hours.

BANANA AND COCONUT WHIP

This creamy dessert is really delicious served with syrup waffles.

Serves 6

Ingredients

2 bananas, peeled
100 ml coconut cream
25 g icing sugar
300 ml double cream
300 ml Greek strained yogurt

Directions

1. Place the bananas, coconut cream and icing sugar in a food processor or liquidizer and blend until smooth.
2. Whip the double cream until forming soft peaks and fold with the banana mixture into the Greek yogurt.
3. Spoon dessert into tall serving glasses and decorate with toasted coconut and slices of banana. Serve.

MERINGUE PEACHES

If you don't have ratafias, you can use any other type of small crunchy biscuit instead.

Serves 4

Ingredients

2 × 411 g cans peach halves in natural juices
45 ml (3 tbsp) Cointreau or Amaretto
8 ratafia biscuits

1 egg white
50 g caster sugar
15 ml (1 tbsp) flaked almonds
Icing sugar, for dusting

Directions

1. Preheat the oven to 200 °C (gas mark 6).
2. Drain the peaches, reserving the juices from one can. Place four peach halves in a food processor with the reserved juices and 15 ml (1 tbsp) of the Cointreau or Amaretto. Blend until smooth and set aside.
3. Pat the remaining peaches dry with kitchen paper and place hollow-side up in a shallow baking dish.
4. Place one ratafia biscuit inside each hollow and drizzle over the remaining Cointreau or Amaretto.
5. Whisk the egg white in a clean bowl until stiff. Then, gradually whisk in the sugar until glossy.
6. Use meringue mixture to fill a piping bag fitted with a star-shaped nozzle and pipe in swirls on top of the peaches. Sprinkle over the almonds and bake for 10–12 min until the meringues are golden brown.
7. Lightly dust meringues with icing sugar and serve with the peach sauce.

MILK SHAKES

You may also use cashew nuts, pine nuts, walnuts.

HAPPY MILK

Ingredients

1/2 l of very cold milk
1 orange juice
2 tbsp granulated sugar
1 small orange cut into pieces

Directions

1. Pour all the ingredients into the blender.
2. Blend a few seconds.
3. Pour into a big glass.
4. Decorate with strawberry or cherries.

Note: Remember: you should use very cold milk or non-fat cream.

SUNSET

Ingredients

1/2 l cold milk
2 tbsp grenadine
1 tsp lemon juice
1 tsp granulated sugar

Directions

1. Pour the ingredients into the blender.
2. Blend, using the pulse button.
3. Pour into a big glass.

TOPTOP

Ingredients

1/4 l cold milk
1 helping of coffee ice cream
1/2 measure black coffee

Directions

1. Pour all the ingredients into the blender.
2. Blend a few minutes.
3. Pour into a big glass and add straws.

ALCOHOLIC COCKTAILS

Remember: you shouldn't drink a lot of alcoholic drinks.

GREEN (GIN)

Ingredients

2 measures gin
1 tsp lemon juice
1/2 tsp mint crème

Directions

1. Pour the ingredients into the blender.
2. Blend a few seconds with the pulse button.
3. Drink out of a flute.

SPRING (CHAMPAGNE)

Ingredients

- 2 helpings of strawberry ice cream
- 1/2 measure strawberry liqueur
- 1/2 bottle of champagne

Directions.

1. Pour all the ingredients into the blender, except the champagne.
2. Blend ice cream and liqueur a few minutes.
3. Pour into a cocktail glass and add the chilled champagne.
4. Decorate with a strawberry and serve with straws.

КЛЮЧИ

Урок 1

Тест 1

1 — a tube of; 2 — a jar of; 3 — a tin of; 4 — half a pound of; 5 — a bottle of; 6 — a joint of; 7 — a loaf of; 8 — a box of; 9 — a bar of; 10 — a packet of; 11 — a dozen of

Тест 2

ones (1); spend (2); money (3); prices (4); bargains (5); different (6); line (7); supermarkets (8); offer (9); there (10); buy (11); are (12)

Give It a Name

1 — potato; 2 — beef; 3 — beetroot; 4 — greengrocer; 5 — supermarket; 6 — cereal; 7 — cabbage

Урок 2

Тест 1

1 — fish; 2 — spaghetti; 3 — a cup of tea; 4 — sausages; 5 — ice cream; 6 — wine; 7 — cheese; 8 — bananas; 9 — toasts; 10 — lemon; 11 — bread; 12 — vegetables

Тест 2

the (1); does (2); quickly (3); attention (4); slower (5); poor (6); alcohol (7); for (8); traffic (9); drinking (10)

Give It a Name

1 — glass; 2 — juice; 3 — ice cream; 4 — salt; 5 — cup; 6 — meal; 7 — helping

Урок 3

Тест 1

1 — radish; 2 — pepper; 3 — carp; 4 — cauliflower; 5 — herring; 6 — sausage; 7 — pike; 8 — eel; 9 — pizza; 10 — soup; 11 — hamburger; 12 — sweets

Тест 2

is (1); of (2); place (3); the (4); are (5); eat (6); and (7); wins (8); made (9); also (10); soup (11); cook (12); drink (13)

Give It a Name

1 — sandwich; 2 — tea; 3 — mushroom; 4 — crab; 5 — jam; 6 — cheese; 7 — to eat

Урок 4

Тест 1

1 — apple; 2 — cherries; 3 — cabbage; 4 — pear; 5 — potatoes; 6 — pineapple; 7 — orange; 8 — plums; 9 — onion; 10 — peach; 11 — peas; 12 — cucumber

Тест 2

in (1); baked (2); dish (3); marinated (4); fish (5); are (6); dough (7); served (8); is (9); boiled (10); filled (11); also (12)

Give It a Name

1 — breakfast; 2 — butter; 3 — egg; 4 — flour; 5 — honey

Урок 5

Тест 1

1 — dipping; 2 — spreading; 3 — slicing; 4 — dicing; 5 — peeling; 6 — chopping; 7 — sprinkling; 8 — mincing; 9 — boiling; 10 — frying; 11 — barbecuing; 12 — grilling; 13 — roasting; 14 — pouring; 15 — draining; 16 — grating

Тест 2

a (1); are (2); sweets (3); groceries (4); pears (5); is (6); weighs (7); there (8); measured (9); gallon (10); measurements (11); table (12)

Give It a Name

1 — bacon; 2 — cream; 3 — pork; 4 — sugar; 5 — toast; 6 — sausage; 7 — dough

Урок 6

Тест 1

1 — mincer; 2 — grater; 3 — bowl; 4 — glass; 5 — saucepan; 6 — rolling pin; 7 — corkscrew; 8 — plate rack; 9 — casserole; 10 — cruet set; 11 — frying pan

Тест 2

in (1); cooks (2); tablecloth (3); cutlery (4); soup spoons (5); forks (6); dessert (7); put (8); plates (9); ready (10)

Give It a Name

1 — gum; 2 — peach; 3 — to soak; 4 — cake; 5 — to fry; 6 — to stir

Урок 7

Тест 1

1 — lemon; 2 — mushrooms; 3 — carrot; 4 — nuts; 5 — sandwich; 6 — hot dog; 7 — chicken; 8 — cray fish; 9 — egg; 10 — coffee; 11 — aubergine

Тест 2

blended (1); contain (2); fat (3); milk (4); low (5); ingredients (6); butter (7); contains (8); heart (9); some (10); taste (11)

Give It a Name

1 — saucer; 2 — oven; 3 — meat; 4 — kitchen; 5 — chocolate; 6 — soup; 7 — cooker

Урок 8

Тест 1

is (1); for (2); food (3); too (4); our (5); heart (6); of (7); vitamins (8); as (9); chips (10); fruit (11); minerals (11)

Тест 2

1d; 2j; 3f; 4b; 5l; 6c; 7a; 8h; 9n; 10k; 11m; 12g; 13i; 14e

Give It a Name

1 — fat; 2 — fridge; 3 — snack; 4 — tomato; 5 — milk; 6 — mouth

АНГЛО-РУССКИЙ СЛОВАРЬ ПО ОБЩЕСТВЕННОМУ ПИТАНИЮ

A

acid wine
additives *pl*
aerated water
airtight
à la carte
alcohol
ale
allspice
almond
American cheese

anchovy
anchovy sauce
angel food
anise pepper

antioxidant
aperitif
aphrodisiac

appetizer
appetizer fork
appetizer knife
appetizers assorted
apple
apple charlotte
apple fritters
apple pie
apple salad
apricot
apricot pudding
aromatizer
arrange
artichoke
ascorbic acid
ashtray
asparagus
asparagus salad

кислое вино
добавки
газированная вода
герметичный
порционное блюдо
алкоголь
эль, пиво
ямайский (душистый) перец
миндаль
сыр чеддер, изготавливаемый
в США
анчоус, хамса (*рыба*)
анчоусный соус
род бисквита
перечник (*японский душистый
перец для ароматизации рыбных
блюд*)
антиокислитель
аперитив
приправа, усиливающая поло-
вое чувство
закуска
вилка для закуски
нож для закуски
закуска ассорти
яблоко
яблочная запеканка
оладьи из яблок
яблочный пирог
яблочный салат
абрикос
абрикосовый пудинг
ароматизатор
располагать, раскладывать
артишок
аскорбиновая кислота
пепельница
спаржа
спаржевый салат

aspic
assorted chocolate
assorted roast meats
aubergine *Br*
aubergine paste
avocado (*pl -dos/-does*)

B

bacon
bacon and eggs
bake
baked
baked apple
bakehouse
baker's
bakery foods
baking powder/mixture

baking sheet *Am*
baking tray
baltic herring
banana
bar

barberry
barley
barleycorn
barm
barman
basil
basket
bass
baste
baton
batter

bay leaf
bean
beastly
beat
beater
beef
beef goulash
beef steak
beef Stroganoff

beef tea
beer

заливное (блюдо)
шоколадное ассорти
жаркое ассорти
баклажан
баклажанная икра
авокадо

бскон, копченая свинина
яичница с беконом
печь, выпекать
печеный
печеное яблоко
хлебопекарня
булочная, хлебный магазин
хлебобулочные изделия
порошок для выпечки, разрых-
литель
см. baking tray
противень
салака
банан
1. бар; 2. стойка, прилавок; 3. бри-
кет, плитка
барбарис
ячмень
ячменное зерно
пивные дрожжи, закваска
бармен, буфетчик, трактирщик
базилик
корзина
окунь
поливать жаркое жиром (*в духовке*)
пальцевидный
1. бездрожжевое, жидкое тесто;
2. взбитое жидкое тесто; 3. жид-
кая панировка
лавровый лист
боб, фасоль
отвратительный, неприятный
отбивать, взбивать, толочь
венчик (*для взбивания*)
говядина
гуляш из говядины
жареная говядина, бифштекс
бефстроганов, мясо по-строга-
новски
говяжий бульон
пиво

beet	свекла
beetroot	свекла
beetroot salad	салат из свеклы
berry	ягода
beverage	напиток
bilberry	черника
bill	счет
biscuit (cracker)	(сухое) печенье
bisk	см. <i>bisque</i>
bisque	1. раковый суп; 2. суп из птицы или кролика; 3. томатный суп-пюре
bitter	горький
bitterish	горьковатый
blackberry	ежевика
black bread	черный/ржаной хлеб
black cock	тетерев
black coffee	черный кофе
black currant	черная смородина
black grapes	черный виноград
black pressed caviar(e)	паюсная икра
black pudding	кровяная колбаса
black radish	черная редька
black rowan	черноплодная рябина
black soft caviar(e)	зернистая икра
blended whisky	смесь виски разных сортов
blueberry	голубика, черника
boar	кабан
boil	варить
boiled	вареный, отварной, кипяченый
boiled beef	отварная говядина
boiled eggs	вареные яйца
boiled pork	буженина, вареная свинина
boiled potatoes	отварной картофель
Bordeaux	бордо (<i>белое или красное французское вино</i>)
bouillon	бульон
bowl	миска, блюдо, салатник, чашка
brains <i>pl</i>	мозги (<i>говяжьи, куриные</i>)
braise	1. тушеное мясо; 2. тушить (<i>мясо</i>)
braised	тушеный
brandy	бренди
brandy pawnd	бренди с водой
Brazil nut	американский/бразильский орех
bread	1. хлеб; 2. обваливать в сухарях, панировать
bread and butter	бутерброд, хлеб с маслом
breadcrumb	1. хлебный мякиш; 2. <i>pl</i> хлебные крошки; 3. хлебный соус
breaded	жаренный в сухарях

breakfast	завтрак
bream	лещ
breast	грудка (<i>птицы</i>)
brick tea	плиточный чай
brill	камбала
brisk	игристый
brisket	грудинка
broccoli	брокколи, спаржевая капуста
broil	1. жареное мясо; 2. жарить на открытом огне
broiled	жаренный на открытом огне
broth	суп, бульон
brown	зажаривать, подрумянивать
brown ale	темный эль
brown bread	черный/ржаной хлеб
brownie <i>Am</i>	шоколадное пирожное с орехами
brown onion	репчатый лук
brown sugar	коричневый/мягкий сахар
Brussels sprouts	брюссельская капуста
bubble-and-squeak	жаркое из холодного вареного мяса с овощами
buckwheat	гречневая крупа
buffet	1. шведский стол; 2. <i>Am</i> шкаф для посуды
bullhead	бычок (<i>рыба</i>)
bun	сдобная булочка
bunch	пучок (<i>напр., зелени</i>)
bunch of grapes	виноградная гроздь
burbot	налим
Burgundy	бургундское вино (<i>белое или красное</i>)
butcher	мясник, торговец мясом
butcher's	мясной магазин
butchery	1. торговля мясом; 2. мясной ларек; 3. крытый мясной рынок
butter	1. сливочное масло; 2. намазывать маслом
butter dish	блюдо для маленьких бутербродов
buttered	с маслом
buttermilk	пахта
butterscotch	ирис (<i>конфета</i>)
button mushroom	молодой гриб
C	
cabbage	(белокочанная) капуста
cabbage head	кочан капусты
cabbage salad	салат из капусты
cabbage soup	суп с капустой, щи
caffeine	кофеин
cake	торт, кекс, пирожное

cake knife
cake tin

calamar(y)
calcium
calf
calorie
calorie content
Camembert
can

canapé
candied lemon peel

candy
canned foods
canned vegetables
can of meat
can opener
canteen
capers *pl*
caramel
caraway
carbohydrate
cardamom (-on, -um)
carp
carrot
cartilage
carve
carving dish
cashew nut
cashier
casserole

casserole pot
caster(-or) sugar *Br*
cater
cater for
catering

catering professional

cayenne (pepper)
celery
chafing dish

лопатка для торта
форма для выпечки кексов, булочек, сдоб, оладий
кальмар
кальций
теленок
калория
калорийность
сыр камамбер
1. консервная банка; 2. консервировать
канапе (*маленький бутерброд*)
цукаты, засахаренная лимонная кожица
леденец; конфета
консервы
консервированные овощи
банка мясных консервов
консервный нож
столовая
каперсы
1. карамель; 2. жженный сахар
тмин
углевод
кардамон
карп, сазан
морковь
хрящ
резать, разрезать
блюдо для нарезания мяса
орех кешью
кассир
1. кастрюля; 2. блюдо, приготовленное в кастрюле и в ней же подаваемое; 3. запеканка из риса или картофеля с овощами
высокая кастрюля
сахарная пудра
поставлять пищевые продукты
кормить
1. поставка продуктов; 2. обслуживание обедов, свадеб и т.д.; 3. общественное питание
специалист в общественном питании
кайенский (жгучий) перец
сельдереи
специальное блюдо, в котором пища сохраняется горячей

chanterelle
charlotte
cheddar
cheese
cheese cake
cheese sauce
cheese spread
chef
chemicals

cherry
cherry pie
cherry plum
chewing gum
chicken

chicken soup
chicle *Am*
chicory
chief

chiffon
chill
chilled
chilled wine
China tea
chips *pl*

chive
chocolate

chocolate box
chocolate liqueur
chocolate tart
cholesterol
chop
chopped
choux puff
chow *Am sl*
chow-chow

chowder *Am*

chromium
chunk
chutney

cider
cilantro *Am*

лиси́чка (*гриб*)
шарлотка (*сладкий пирог*)
сыр чеддер
сыр
1. ватрушка; 2. творожный пирог
сырный соус
плавленый сыр
шеф-повар, главный повар
химические продукты, препараты
вишня
пирог с вишнями
мирабель, алыча
жевательная резинка
1. цыпленок; *Am* курица, петух;
2. курица (*мясо*)
куриный бульон
жевательная резинка
цикорий
глава, заведующий, директор, руководитель
взбитый, воздушный
прохладный, холодный
охлажденный
охлажденное вино
китайский чай
чипсы (*хрустящие ломтики жареного картофеля*)
1. лук-резанец; 2. зубок чеснока
1. шоколад; 2. шоколадная конфета
коробка шоколадных конфет
шоколадный ликер
шоколадный пирог
холестерин
1. отбивная котлета; 2. рубить
рубленный
слойка
еда
1. маринад; 2. китайское варенье из цукатов с имбирем
густая похлебка из рыбы, моллюсков, свинины
хром
кусок, ломоть
чутни (*острая пряная индийская фруктово-овощная приправа*)
яблочное вино
кориандр

cinnamon
clam

clear soup
clingfilm *Br*
clove
cocktail
cocoa
coconut
coconut milk
cod
cod-liver oil
coffee
coffee beans
coffee pot
coffee with ice cream
coffee with lemon
coffee with milk
cognac
Cointreau

cold dish
cold hors-d'oeuvre
colourant
comb honey
combine
compote
condensed
condiment
confection

confectionary
confectioner's
confectionery
consommé
convenience foods
cook

cookbook
cooked
cookee *Am*
cookery
cookery book
cookhouse
cookie *Br*
cookie sheet *Am*
cooking soda
cook room

корица
венерка, клем (*промысловый моллюск*)
прозрачный суп
кулинарная (усадочная) пленка
1. гвоздика; 2. зубок чеснока
коктейль (*спиртной напиток*)
какао
кокос
млечный сок в кокосовом орехе
треска
рыбий жир
кофе
кофе в зернах
кофейник
кофе-гляссе (*с мороженым*)
кофе с лимоном
кофе с молоком
коньяк
квантро (*крепкий бесцветный алкогольный напиток с апельсиновым вкусом*)
холодное блюдо
холодная закуска
красящее вещество
медовые соты
смешивать
компот
сгущенный (*о молоке, сливках*)
приправа
1. сладости, кондитерские изделия; 2. приготовление сладостей
см. confectioner's
кондитерский магазин
кондитерские изделия
консоме (1. бульон; 2. суп-торе)
полуфабрикаты
1. повар, кухарка, кок; 2. готовить (*пищу*); 3. готовиться (*о пище*)
см. cookery book
приготовленный (*о пище*)
помощник повара
кулинария
поваренная книга
походная кухня
домашнее печенье
противень
пищевая сода
кухня

cook shop
cookware
cookware set
cooky *Am*
cool

copper
coriander

corkscrew
corn

cornel
cornflakes *pl*
cornflour *Br*

corn oil
corn on the cob
cornstarch *Am*
cottage cheese
courgette
course
covered vegetable dish
cowberry
crab
cracker
cranberry
crawfish
crayfish
cream
cream cheese
cream cracker
creamer
crème
crescent (roll) *Am*
cress
croissant
croquette

crudité

crumb

crumble

crush
crusian cap

харчевня, столовая
кухонная посуда
набор кухонной посуды
1. домашнее печенье; 2. кухарка
1. прохладный, свежий; 2. охлаждать
медь
кориандр, кинза, китайская петрушка
штопор
1. *англ.* пшеница; 2. *шотл. и ирл.* овес; 3. *амер. и австрал.* рожь; 4. *амер. и австрал.* кукуруза; 5. зерно (*злаков*); 6. зернышко
кизил
кукурузные хлопья
кукурузная мука, кукурузный крахмал
кукурузное масло
отварная кукуруза в початках
см. cornflour
творог, домашний сыр
цуккини (*сорт кабачка*)
блюдо (*в меню*)
закрытое блюдо для овощей
брусника
краб
сухое печенье, крекер
клюква
рак
см. crawfish
1. крем; 2. сливки
сливочный (мягкий) сыр
печенье, крекер
сливочник
крем (*ликер*)
см. croissant
кресс (*салат*)
круассан, рогалик
крокет (*шарик из мясного или рыбного фарша, риса или картофеля*)
крудите (*способ нарезки сырых овощей одинаковыми кусочками*)
1. мякиш хлеба; 2. крошка хлеба; 3. обваливать в сухарях
крошить, раздроблять, мять, давить
фруктовый сок
карась

crust	1. корка (<i>хлеба</i>); 2. осадок вина на стенках бутылки; 3. корж для торта
crusty	покрытый коркой, твердый
cucumber	огурец
cucumber salad	салат из огурцов
cuisine	кухня (<i>подбор кушаний</i>)
cuke	корнишон, огурчик
culinary	1. кулинарный; кухонный; 2. годный для варки (<i>об овощах</i>)
cumin	тмин
curaçao	кюрасо (<i>апельсиновый ликер</i>)
curd	свернувшееся молоко; творог
curdle	сворачиваться (<i>о молоке</i>)
curly parsley	кудрявая петрушка
currant	1. смородина; 2. коринка, мелкий сушеный виноград
currant sauce	коринковый соус
curry	1. карри (<i>приправа из куркумового корня, чеснока и разных пряностей</i>); 2. блюдо, приправленное карри
custard	заварной крем, сладкий крем из яиц и молока
cutlery	столовые приборы; ножевые изделия, ножи
cutlet	отбивная котлета
cuttlefish	каракатица (<i>промысловый моллюск</i>)
D	
dairy produce	молочные продукты
dairy shop	молочный магазин
dark beer	темное пиво
dash	1. незначительное количество; 2. добавлять, подмешивать
date	финик
defrosted	размороженный
delectable	восхитительный
delicacies of the season	ранние овощи, фрукты и т. п.
delicacy	деликатес
delicatessen	1. деликатесы; 2. магазин полуфабрикатов; кулинария
delicious	очень вкусный, приятный на вкус
dessert	десерт, сладкое (блюдо)
dessert spoon	десертная ложка
dessert wine	десертное вино
dewberry	ежевика
dice	резать кубиками

diet	диета, рацион
dietary	диетический
dietetic	диетический
dietetics	диетология
dill	укроп
dilute	разбавлять
dine	обедать
dinner	обед
dip	1. макать; 2. <i>Am</i> соус
director	директор, руководитель, начальник
discard	выбрасывать
disgusting	отвратительный
dish	1. блюдо, тарелка, миска; 2. кулинарное блюдо
dog salmon <i>Am</i>	кета (<i>рыба</i>)
doner kebab	шаурма
donut <i>Am</i>	пончик
double cream	сливки двойного сепарирования (<i>48 % жирности</i>)
dough	тесто
doughnut	пончик, жареный пирожок
drain	1. осушать; 2. фильтровать, процеживать
dreadful	ужасный
dress	1. приправлять (<i>блюдо</i>); 2. раздвигать (<i>тушу</i>)
dressing	соус (<i>к салату, рыбе</i>)
dried eggs	яичный порошок
dried fish	сушеная/вяленая рыба
dried fruits	сушеные фрукты
dried milk	молоко в порошке
drink	1. напиток; 2. пить
dripping(s)	вытекший сок (<i>напр., при размораживании или тепловой обработке</i>)
drizzle	сбрызгивать
drops <i>pl</i>	драже, леденцы
drumstick	голень (<i>тушки птицы</i>)
dry	сушить
dry gin	сухой джин
dry toast	поджаренный хлеб/тост без масла
dry red wine	сухое красное вино
dry white wine	сухое белое вино
dry wine	сухое вино
duck	1. утка; 2. утиное мясо
dumpling	1. вареник, клецка; 2. яблоко, запеченное в тесте; 3. пончик

dust	посыпать (мукой или сахарной пудрой)
Dutch cheese	сыр голландский
dye natural	натуральный краситель
E	
eat	1. есть, кушать; 2. иметь хороший аппетит; иметь хороший вкус (о пище)
eatable	1. съедобный; 2. разг. пища, съестное
eater	едок
eat one's fill	наесться
eats pl	пища, еда
Edam	эдам (сорт голландского сыра)
edible	съедобный, годный в пищу
eel	угорь
egg	яйцо
egg cup	подставка для яйца
egg flip	горячее пиво или вино с желтком, растертым с молоком и сахаром
egg plant Am	баклажан
egg powder	яичный порошок
egg salad	яичный салат
egg shell	яичная скорлупа
elder	бузина, самбук
Emmentaler	эмменталь (сорт светло-желтого твердого неострого швейцарского сыра с крупными дырками)
emulsifier	эмульгатор; вещество, способствующее эмульгированию
English cooking	английская кухня
entrée	1. горячая закуска; 2. Am горячее (блюдо)
essence	эссенция; концентрат
executive director	исполнительный директор
F	
fancy cake	пирожное
farce	фарш
farina	1. мука; 2. крахмал, картофельная мука; 3. манная крупа; манная каша
fasten	скреплять, прикреплять
fat	1. жир, сало; 2. жирный (о пище)
fat meat	жирное мясо
feed	1. кормить, питать(ся); 2. питание, пища

feeder	едок
fennel	фенхель
fiber Am	см. fibre
fibre	клетчатка
fig	фига, инжир, винная ягода
filbert	лещина, фундук; американский лесной орех
filet Am	см. fillet
fill	наполнять, заполнять
fillet	филе(й), вырезка
fillet of beef	филе(й) говядины
filling	фарш, начинка
filter	фильтровать
financial director	финансовый директор
fine vintage wine	марочное выдержанное вино
first course	первое блюдо
fish	рыба
fish balls	тефтели из рыбы и картофеля
fish in aspic	заливное из рыбы
fish liquor	рыбный бульон
fishmonger's	рыбный магазин
fish oil	рыбий жир
fish sauce	соус к рыбе
fish soup	уха, рыбный суп
flake with cream	кукурузные хлопья со сливками
flan	открытый пирог с фруктовой начинкой
flapjack	блин, оладья, лепешка
flat cake	лепешка
flatfish	камбала
flavor Am	см. flavour
flavour	1. (приятный) вкус; 2. букет (вина); 3. аромат; 4. приправлять (блюдо)
flavour enhancer	усилитель аромата, вкуса
flavouring	приправа
flesh	1. мясо (сырое); 2. мякоть (плода)
floret	см. flowerette
flounder	камбала
flour	мука, крупчатка см. farina
flowerette	соцветие (напр., цветной капусты)
flower tea	цветочный чай
fluoride	фторид
flute	1. высокий бокал; 2. делать выемку
foil	фольга
food	1. пища, питание; 2. продукты, продовольствие
foodstuff(s)	пищевые продукты

forequarter	передняя четвертина, лопатка (говяжьей туши)
fork	вилка
frankfurter	сосиска
French beans	фасоль, бобы
French cook	французская кухня
French food	французская кухня
French fried potatoes	см. French fries
French fries	картофель фри
French loaf	французская булка
French plums	чернослив
French stick	французский батон
fresh	1. свежий; 2. пресный (о воде)
fresh-salted	малосольный
fresh wine	молодое вино
fricassée	фрикасе (кусочки цыпленка, при- готовленные в крепком бульоне, под белым соусом)
fried	жареный (на сковороде)
fried chips	жареный картофель
fried eggs	яичница-глазунья
fritter	1. оладья (часто с яблоками); 2. кусок жареного мяса
frog's legs	лягушачьи лапки
fromage blanc	творог
frothy	пенистый
frozen	замороженный
fruit	фрукт
fruitcake	кекс
fruit drop	леденец
fruiterer's	фруктовый магазин
fruit juice	фруктовый сок
fruit salad	сладкое блюдо из фруктов
frumenty	сладкая пшеничная каша на молоке, приправленная корицей
fry	1. жареное мясо; жаркое; 2. жа- рить(ся)
frying pan	сковорода
fudge	фадж (молочные конфеты типа помадки)
full (up)	сытый
G	
game	дичь (мясо диких уток, куропа- ток, зайчатины и т. д.)
gammon	1. окорок; 2. коптить, засаливать
garden stuff	окорок, приготавливать бекон
garlic	овощи; зелень чеснок

garnish	1. гарнировать (блюдо); 2. укра- шать
garnished	1. гарнированный (о блюде) 2. украшенный
gelatin(e)	желатин
gem Am	пресная сдобная булочка
gherkin	корнишон, мелкий огурец для маринования, колючий огурец
giblets pl	гусиные потроха
gin	джин (можжевельная настойка, водка)
ginger (root)	имбирь
ginger ale	имбирный лимонад/эль
ginger beer	имбирное пиво (безалкогольный газированный напиток с имбирем)
gin sling	подслащенный джин
glair	1. яичный белок; 2. смазывать яичным белком
glass	стакан, бокал, рюмка
glassware	изделия из стекла, стеклянная посуда
golden syrup	светлая патока
goose	гусь
gooseberry	крыжовник
Gorgonzola	горгонзола (острый итальянский сыр с голубыми прожилками)
granulated sugar	сахарный песок
grape	виноград
grapefruit	грейпфрут
grate	натирать на терке
gravy	соус, подливка из сока жаркого
grease	1. топленое сало, жир; 2. сма- зывать жиром
greaseproof	жиронепроницаемый
greengrocer's	овощной магазин
green onion	зеленый лук
green peas	зеленый горошек
grenadine	гренадин (подслащенный грана- товый сироп)
gridiron	рашпер (решетка с ручкой для жаренья)
grill	1. рашпер, гриль; 2. жаренные на рашпере/гриле мясо, рыба; 3. жарить на открытом огне
grind	молоть (кофейные зерна, перец- горошек и т. д.)
groats	крупя (преимущественно овсяная)
groceries pl	бакалейные товары
grocer's	бакалейный магазин

grog
ground cherry
ground coffee
ground meat
groundnut
ground pepper
Gruyère

Н

haddock
half-and-half
half-baked
half-finished product
half pint of beer
halibut
halibut in white sauce
ham
hamburger
ham sandwich
hard-boiled egg
hare
haricot
hazel hen
hazelnut
head of cabbage
head waiter
heel *Am*
helping
herring
highball
highball glass
high-calorie
high tea *Br*
hindquarter
hollandaise sauce
homemade wine
honey
honey agaric
honey cake

гроз (крепкий спиртной напиток, напр. ром, разбавленный водой)
физалис (травянистое растение, близкое к помидору)
молотый кофе
мясной фарш
земляной орех, арахис
молотый перец
грюер (сорт твердого швейцарского сыра с запахом орехов)

пикша (рыба семейства тресковых)
коктейль из двух напитков, взятых в равной пропорции
недопеченный, полусырой
полуфабрикат
бокал пива
палтус
палтус в белом соусе
окорок, ветчина
гамбургер, рубленый шницель (часто на булочке)
бутерброд/сандвич с ветчиной
яйцо вкрутую
1. заяц; 2. зайчатина
1. белая фасоль (также haricot bean); 2. рагу (обычно из баранины с фасолью)
рябчик
лесной орех, фундук
кочан капусты
старший официант
горбушка хлеба
порция
сельдь
виски с содой и льдом, поданное в высоком стакане
высокий стакан
калорийный (ранний) ужин
задняя четвертина (туши)
голландский соус (на сливочном масле)
домашнее вино
мед
опенок
медовый пряник

horseflesh
horse mackerel
horseradish
horseradish sauce
hot
hot chocolate
hot dish
hot dog
hotpot

hulled nut
humpback salmon

I

ice baget
ice cream
ice-cream soda

iceberg lettuce

iced
iced cake
iced coffee
iced tea
ice tang
icing
icing sugar *Br*
Indian tea
instant coffee
iodine
Irish stew

iron
Italian salad

J

Jack cheese
jacket potato
jam
Jamaica pepper
jam jar
jam puff
jar
jellied fish
jellied meat
jelly

конина
ставрида
хрен
хреновый соус
1. горячий; 2. острый, пряный
горячий шоколад
горячее (блюдо)
бутерброд с горячей сосиской
тушеное мясо с картофелем и др. овощами в горшочке
лущеный орех
горбуша

багет для льда
мороженое
десерт из мороженого, сиропа и содовой, подаваемый в высоком стакане
салат айсберг (белый кочанный салат)
глазурованный
пряник
кофе-гляссе
чай со льдом
шипцы для льда
глазурь
сахарная пудра
индийский чай
растворимый кофе
йод
тушеная баранина с луком и картофелем, баранина по-ирландски
железо
итальянский салат

джек (полутвердый американский сыр со сливочным вкусом)
картофель в мундире
жем, варенье
ямайский душистый перец
банка для варенья
слойка с повидлом
кувшин; банка
заливное из рыбы
заливное из мяса
1. желе; 2. студень

jelly pudding
Jerusalem artichoke
joint

jug
juice
julienne

juniper berry

К

kebab
kefir
kernel
ketchup

kettle
kidney
kidney bean
kidney pie
kipper

kitchen utensils
knead

knife
knob
kohlrabi

L

labeled wine
ladle
lager
lamb
lamb chop
lamprey
languette
lard
layer cake
lean meat
leek
lemon
lemonade
lemon sauce
lettuce
level
lid
light beer

см. jelly
земляная груша
1. часть разрубленной туши
(нога, лопатка и т. д.); 2. сустав
тушить в горшочке (зайца, кролика)
сок
жюльен (тонкие полоски мяса, рыбы
или овощей)
можжевельник (ягода)

кебаб (жаркое типа шашлыка)
кефир
ядро ореха
кетчуп (соус из помидоров, грибов
и т. п.)
чайник
почка (орган)
фасоль обыкновенная
запеканка из телячьих почек
1. копченая рыба (обычн. сельдь);
2. самец лосося (во время или после
нереста); 3. солить и коптить рыбу
кухонная утварь
1. замешивать, месить (тесто);
2. смешивать в общую массу
нож
кусочек, комочек
кольраби

марочное вино
черпак, большая ложка
легкое немецкое пиво
мясо молодого барашка
баранья отбивная (котлета)
минога
лангет
топленое свиное сало
слоеный пирог/торт
постное мясо
лук-порей
лимон
лимонад
лимонный соус
латук, салат
без верха
крышка
светлое пиво

lightly-boiled egg
light meal
light wine
lime
liqueur
liquidizer
liquor
little spiced
liver
loaf (pl loaves)
lobster
lobster sauce
loin
lollipop
lollypop Am
long loaf
loose milk
lukewarm

lunch

M

macaroni
macaroon

macaw nut
mace

mackerel
Madeira
magnesium
main course
main-course fork
main-course knife
maize Br
manager

managing director
mandarin
manganese
mange tout

mango
maple
maracuja
marchpane

margarine

яйцо всмятку
легкая закуска, легкий завтрак
слабое вино
лайм (цитрусовый плод)
ликер
блендер
спиртной напиток
слабо приправленный
печень
буханка, каравай, булка
омар
соус из омаров
филейная часть
леденец; конфета; pl сласти
см. lollipop
батон
разливное молоко
подогретый, теплый, теплова-
тый
ленч, второй завтрак

макароны
миндальное печенье, небольшое
миндальное пирожное
орех пальмы макао
порошок из шелухи мускатного
ореха
макрель, скумбрия
мадера (крепленое вино)
магний
второе блюдо (горячее)
большая вилка для горячего
большой нож для горячего
кукуруза, маис
управляющий, менеджер, адми-
нистратор
генеральный директор
мандарин
марганец
бобы, горох, употребляемые в
пищу нелущеными
манго
клен
маракуйя
марципан (изделие из сахара, яиц,
тертого миндаля, абрикосового
ядра или орехов)
маргарин

marinade
 marinade
 marjoram
 marmalade

 marrow
 marshmallow
 marzipan
 masala
 mash
 matchstick
 mayonnaise
 meal

 measuring jug
 meat
 meatball
 meat dish
 meat in aspic
 meat pie
 medium egg
 melon
 melt

 melted butter
 meringue
 mild beer
 milk
 milk cheese with caraway seeds
 milk pan
 milk punch
 mill
 miller's thumb
 millet
 mince

 minced
 minced meat *Am*
 mincemeat

 mince pie
 mineral
 mineral water
 minnow
 mint
 mix
 mixed fruits
 mold

 маринад
 мариновать
 майоран
 1. мармелад; 2. варенье (*особ. апельсиновое*); повидло
 кабачок
 маршмеллоу, зефир
см. marchpane
 смесь индийских специй
 мять, давить
 соломка (*форма нарезки*)
 майонез
 1. мука крупного помола; 2. принятие пищи, еда
 мерный стакан
 мясо
 фрикаделька
 мясное блюдо
 заливное из мяса
 пирог с мясом
 яйцо в «мешочек»
 дыня
 плавить, растапливать, растворяться
 топленое масло
 меренга, безе
 слабое пиво
 молоко
 тминный сыр
 кастрюля для молока
 молочный пунш
 молоть (*кофе*)
 бычок (*рыба*)
 пшено, просо
 крошить, рубить на мелкие куски, резать, пропускать через мясорубку
 рубленый
 мясной фарш
 фарш из изюма, миндаля, сахара для начинки пирога
 сладкий пирожок
 минерал
 минеральная вода
 голян (*рыба семейства карповых*)
 мята
 мешать, смешивать
 смесь фруктов
 форма для выпечки

mornay sauce
 mortar
 mound
 mountain cranberry
 mousse
 mozzarella

 muffin

 muffin tin

 mug
 mulberry
 mullet
 muscat(el)

 mushroom
 mushroom sauce
 mushrooms in sour cream
 mushroom soup
 mussel
 mussel pilaf(f)
 mustard
 mustard pot
 mustard powder
 mutton
 mutton chop
 mutton pilaf(f)

N
 nettle soup
 Neuchatel cheese

 new potatoes
 non-stick
 noodle
 noodle soup
 nougat

 nourish
 nourishing
 nourishment
 nozzle

 nutmeg
 nutmeg melon
 nut oil
 nutrient

 соус морней (*сырный соус*)
 ступка
 накладывать с горкой
 брусника
 мусс (*легкое пенистое блюдо*)
 моцарелла (*мягкий белый итальянский сыр*)
 маффин, горячая сдобная булочка, кекс
 форма для выпечки кексов, булочек, сдоб, оладий
 кружка
 тутовая ягода, ягода шелковицы
 кефаль
 мускат, мускатель (*сорт винограда и вино из него*)
 гриб
 грибной соус
 грибы в сметане
 грибной суп
 мидия
 плов из мидий
 горчица
 горчицица
 сухая горчица
 баранина
 баранья отбивная
 плов из баранины

 крапивный суп
 нёшатель (*мягкий сыр 6—20 %-ной жирности*)
 молодой картофель
 антипригарный
 лапша
 суп с лапшой
 нуга (*сладкая вязкая масса с орехами*)
 питать, кормить
 питательный
 питание, пища
 насадка (*для кондитерского шприца*)
 мускатный орех
 мускатная дыня
 ореховое масло
 1. питательное вещество; 2. питательный

nutriment	питание, питательная еда
nutrition	питание, пища
nutritional	1. пищевой; 2. питательный; 3. диетический
nutritionist	1. диетолог, диетврач; 2. диет- сестра
nutshell	ореховая скорлупа
О	
oat	овес
oatcake	овсяная лепешка
oatflakes <i>pl</i>	овсяные хлопья
oatmeal	1. овсяная мука, толокно; 2. ов- сяная каша
oatmeal porridge	овсяная каша
oil	растительное масло
old wine	выдержанное вино
olive	1. олива; 2. <i>pl</i> блюдо из мяса с чесноком и зеленью
olive oil	оливковое масло
olive with stone	оливка/маслина с косточкой
omelet(te)	омлет
omelet(te) with ham	омлет, яичница с ветчиной
onion	лук
onion soup	луковый суп
opaque	непрозрачный, мутный
open vegetable dish	открытое блюдо для овощей
orange	апельсин
orangeade	оранжад (<i>апельсиновый безалко- гольный напиток</i>)
orange fin	молодая форель
orange peel	апельсиновый цукат
oregano	ореган, реган, душица
ovenproof	жаропрочный, огнеупорный
overdone	пережаренный
overspiced	слишком сильно приправлен- ный
oxtail	бычий хвост
oxtail soup	суп из бычьих хвостов
ox tongue	бычий язык
oyster	устрица
Р	
pan	кастрюля, миска, сковорода
pancake	блинчик, оладья
pan loaf	формовой хлеб
paprika	паприка, стручковый или крас- ный перец
parchment paper	пергаментная бумага

Parmesan	пармезан (<i>твердый острый ита- льянский сыр</i>)
parsley	петрушка
parsnip	пастернак
partridge	куропатка
pavlova	«Павлова» (большая круглая ме- ренга со взбитыми сливками)
pasta	макаронные изделия
paste	1. сдобное тесто; 2. пастила, хал- ва; 3. паштет
pastry	1. кондитерские изделия (<i>пироже- ные, печенье</i>); 2. сдобное тесто
pasty	пирог с мясом, овощами или яблоками
pâté	паштет
patty	пирожок, лепешка
pattypan	форма для выпечки пирожков
passionfruit	страстоцвет (<i>тропическое растение со съедобными плодами</i>)
pea	горох
peach	персик
peanut	земляной орех, арахис
pear	груша
pearl barley	перловая крупа
pearl sago	саго (<i>крупа</i>)
pease meal	гороховая мука
pease pod	стручок гороха
pease porridge	гороховая каша
pease pudding <i>Br</i>	гороховый пудинг
pecan (nut)	пекан (<i>орех</i>)
peel	1. кожура, шелуха; 2. очищать (<i>овощи, фрукты</i>)
peeled potatoes	чищенный картофель
pepper	перец
pepper box	перечница
peppercorn	перчинка (<i>зерно черного перца</i>)
pepper grinder	<i>см.</i> pepper mill
pepper mill	ручная мельница, дробилка
pepperoni	пепперони (<i>некопченая сухая кол- баса</i>)
pepper pot	1. перечница; 2. пряное кушанье из мяса или рыбы и овощей <i>см.</i> pepper pot 1.
pepper shaker <i>Am</i>	окунь
perch	кофейник с ситечком
percolator	шумовка
perforated spoon	хурма
persimmon	песто (<i>итальянский зеленый соус из базилика и чеснока</i>)
Pesto sauce	

pheasant	фазан
phosphorus	фосфор
piccalilli	острые пикули с пряностями
pickle	1. рассол; уксус для маринада; 2. <i>pi</i> пикули (<i>мелко нарезанные маринованные овощи</i>)
	маринованный, квашеный, засоленный
pickled	маринованные огурцы
pickled cucumbers	1. пирог, пирожок; 2. <i>Am</i> торт, сладкий пирог
pie	свиной язык
	свиная ножка
pig's tongue	щука
pig's trotter	судак
pike	пилав, плов
pike-perch	<i>см.</i> pilaf(f)
pilaf(f)	1. пильзенское пиво; 2. легкое пиво высокого качества
pilaw	1. ямайский душистый перец; 2. салатный (сладкий) стручковый перец
Pils(e)ner	щепотка
	ананас
pimento	кедровый орех
	гвоздика
pinch	зернышко (<i>плода</i>)
pineapple	кондитерский шприц
pine nut	<i>см.</i> pitta bread
pink	лепешка, полая внутри
pip	прибор (<i>сервировочный</i>)
piping bag	камбала
pita bread <i>Am</i>	жарить рыбу или птицу, нанизывая ее на палочки
pitta bread	большая тарелка
place setting	1. слива; 2. изюм
plaice	кекс с изюмом
plank <i>Am</i>	пудинг с изюмом
	1. варить яйцо без скорлупы; 2. варить в почти закипающей жидкости
platter <i>Am</i>	яйцо-пашот (<i>яйцо, сваренное без скорлупы</i>)
plum	стручок
plum cake	полента (<i>каша из кукурузной муки, а также хлеб из такой муки</i>)
plum duff	гранат
roach	индийская чечевичная лепешка
	мак
roached egg	
pod	
polenta	
pomegranate	
poppadom	
poppy	

poppyseed
pork
pork chop
pork sausage
porridge oats
porridge with milk
port
porter
potassium
potato
potatoes in jackets
potato flour

potato mash
potato salad
potato starch
pot cheese *Am*
pot roast

poultry
pour
powdered eggs
prawn
preservative

preserve

preserving
pretzel *Am*

processed cheese
profiterole

protein
provision(s)

prune
pudding
pulp
pulse
pumpkin
punch

punch bowl
puree, purée

Q

quail
quality

маковое зерно
свинина
эскалоп, свиная отбивная (котлета)
свиная колбаса
овсяная крупа
каша с молоком
портвейн
портер (*черное горькое пиво*)
калий
картофель
картофель в мундире
картофельная мука, картофельный крахмал
картофельное пюре
картофельный салат
см. potato flour
творог
тушеное мясо (*обычн. говядина*)
с овощами
птица (*домашняя*)
вливать, наливать
яичный порошок
креветка
средство для консервирования, консервант
1. *pi* консервы, варенье; 2. консервировать
консервирование
сухой крендель, посыпанный солью
плавленый сыр
профитроль (*пирожное из заварного теста в виде шарика с кремом*)
белок, протеин
провизия, съестные припасы, пищевые продукты
чернослив
1. пудинг; 2. вид колбасы
мякоть плода
1. бобовое растение; 2. боб
тыква
пунш (*напиток из вина или рома, фруктового сока, воды, сахара*)
чаша для пунша
пюре; суп-пюре

перепел
качество

quantity	количество
quarg, quark	кисломолочный сыр, обезжиренный творог
quenelle	кнель; фрикаделька
quick bread	печенье из пресного теста
quick-freeze	быстро замораживать
quince	1. айва; 2. айвовый
R	
rabbit	кролик
radish	редис
raisin	изюм
rancid	прогорклый, протухший
rare	слегка поджаренный, недожаренный, полусырой; с кровью
rare egg	яйцо всмятку
rasher	тонкий ломтик бекона или ветчины
raspberry	малина
ratafee, ratafia	1. род наливки (на косточках слив, персиков или горького миндаля); 2. миндальное печенье
raw	сырой; свежий
raw meat	сырое мясо
raw-vegetable salad	салат из сырых овощей
ready-to-cook food	полуфабрикаты
red caviar(e)	кетовая икра
red currant	красная смородина
red pepper	красный перец
red rowan	красная рябина
red wine	красное вино
refreshment room	закусочная, буфет (на вокзале и т.п.)
relish	1. (приятный) вкус, привкус, запах; 2. приправа, соус, гарнир; 3. закуска
restaurant	ресторан
Rhine wine	рейнвейн (рейнское белое вино)
rhubarb	ревень
rice	рис
rice pudding	рисовый пудинг
rice water	рисовый отвар
ricotta cheese	рикотта (сорт итальянского сыра из овечьего молока)
rind	кожица, корка; оболочка
rindless	очищенный
ring	бублик
ripe	спелый (о фруктах или овощах)
rinse	смывать, промывать, полоскать

risotto	ризотто (рисовый пудинг на мясном бульоне с сыром, луком, пряностями и т.д.)
rissole	1. котлета, тефтеля; 2. Ам пирожок с мясной или рыбной начинкой, обжаренный в масле
roast	1. жаркое, жареное; (большой) кусок жареного мяса; 2. жарить(ся), печь(ся)
roast beef	ростбиф
roast chicken	жареная курица
roasted	жареный (на огне, в духовке)
roasted coffee	обжаренный кофе
roaster	1. жаровня; 2. сушилка для кофе; 3. молочный поросенок или молодой петушок (для жаркого)
roasting jack	вертел (для жарения)
roasting rack	см. roasting jack
roastpork	буженина
roast turkey	жареная индейка
roll	1. булочка; 2. рулет (мясной, рыбный и т.п.); 3. раскатывать (тесто)
rolled meat	мясной рулет
rolling pin	скалка
roll out	раскатывать (тесто)
roll up	скатывать (тесто)
Romaine lettuce	(рыхлокочанный) салат ромэн
Roquefort	рокфор (острый французский овечий сыр с голубыми прожилками)
rosemary	розмарин
rösti	блюдо, приготовленное обжариванием в масле до образования золотистой хрустящей корочки
round loaf	круглый хлеб
rowan	рябина
ruff	ерш (рыба)
rum	ром
rum baba (cake)	ромовая баба
rump steak	кусок вырезки, ромштек
runny honey	жидкий мед
rusk	сухарь
rusk sauce	сухарный соус
Russian salad	винегрет
Russian tea	чай с лимоном (подается в стаканах)
rye	1. ржаной; 2. Ам хлебная водка
rye bread	ржаной хлеб
rye on the rocks Ам	виски со льдом (коктейль)

S

saddle of mutton	седло барашка
saffron	шафран
sage	шалфей
sago pudding	саговый пудинг
salad	салат, винегрет
salad bowl	салатник
salad oil	оливковое/прованское масло; масло для салата
salami	салями (<i>сорт копченой колбасы</i>)
salmon	семга, лосось
salmon berry	морозка
salt	1. соль; 2. солонка; 3. соленый; 4. солить; 5. засаливать, консер- вировать
salt beef	солонина
salt cellar <i>Br</i>	солонка
salted	соленый, просоленный, посо- ленный, засоленный
salted fish	соленая рыба
saltine	печенье с солью
salt shaker <i>Am</i>	<i>см.</i> salt cellar
salty	соленый
sandwich	сэндвич, бутерброд
sardine	сардина
satay, saté	индонезийское блюдо типа шаш- лыка
sauce	1. соус; 2. <i>разг.</i> гарнир из овощей; 3. <i>Am</i> фруктовое пюре; 4. приправ- лять соусом
sauce boat	соусник
saucepan	кастрюля
saucer	1. блюдце; 2. поддонник, соусник
sauerkraut	квашеная капуста
saurel	ставрида
sausage	колбаса, сосиска
sausage meat	колбасный фарш
sausage roll	1. пирожок с мясом; 2. сосиска, запеченная в булочке
sauté	быстро обжаривать в небольшом количестве масла
savour	1. вкус, привкус; 2. аромат
savoury	1. вкусный; 2. острый, соленый
savoury omelet(tc)	омлет с душистыми травами
savoy	савойская капуста
scale(s)	весы
scallop	1. эскалоп; 2. запекать (<i>устрицы</i> <i>и т. п.</i>) в раковине

scalloped potatoes	тушеный картофель
scampi	блюдо из крупных креветок
schnitzel	шницель
Scotch	шотландское виски
scrambled eggs	яичница-болтуня
scrub	очищать щеткой или скребком
sea biscuit	сухарь; галета
sea food	блюда, приготовленные из ры- бы, моллюсков, крабов и т. д.
seal	закупоривать, закатывать (<i>банки</i>)
season	приправлять (<i>блюдо</i>)
seasoned	приправленный (<i>о пище</i>)
seasoning	приправа
seed cake	печенье или кекс с тмином
selenium	селен
semi-dry	полусухой (<i>о вине</i>)
semolina	манная крупа
serviette <i>Br</i>	салфетка
serving spoon <i>Am</i>	<i>см.</i> tablespoon
serving staff	обслуживающий персонал
sesame oil	кунжутное масло
set	застывать, загустевать (<i>о желе,</i> <i>креме</i>)
set-out	закуска а-ля фуршет; накрытый стол
shake (up)	взбалтывать; готовить коктейль
shaker	шейкер (<i>сосуд для приготовле- ния коктейля</i>)
shape	1. форма для торта или печенья; 2. лепить (<i>из теста</i>)
sheatfish	сом
sheep's kidneys	бараньи почки
shell egg	натуральное яйцо (<i>в отличие от</i> <i>яичного порошка</i>)
sherry	херес
sherry party	прием с коктейлями во второй половине дня
ship's biscuit	сухарь
short cake	песочное печенье
shortening	кулинарный жир
shoulder	лопатка (<i>часть мясной туши</i>)
shoulder of mutton	баранья лопатка
shredded wheat	каша из крупномолотой муки; пшеничные хлопья
shrimp (<i>pl</i> shrimp, -s)	креветка (<i>мелкая</i>)
Siberian salmon	кета
side dish	гарнир
sieve	1. решето, сито; 2. просивать
sift	просеивать; фильтровать

sig
silverside
silverware

simmer

single cream
sink
sirloin
skewer

skillet
skim(med)
skimmer
slash
slice

sliced
slotted spoon
small French roll
smear
smelt
smoke
smoked
smoked boned ham
smoked fish
smoked meat and sausage
smoke-dried
smoked sausage
snack
snack bar
snow broth *Am*

soak
soda (water)

soda biscuit
sodium
soft-boiled egg
soft drink
soggy
sole
sorrel
sorrel soup
soufflé
soufflé sweetmeat
soup

сиг (*рыба*)
ссек (*мясной отруб*)
1. изделия из серебра, столовое серебро; 2. *Am* металлические столовые приборы
1. закипать; 2. варить, не доводя до кипения
одинарные сливки (*18 % жирности*)
раковина (*водопровода*)
вырезка, филе(й)
1. острая палочка для жарки мяса, небольшой вертел; 2. насаживать на вертел; 3. скреплять палочками
кастрюля с длинной ручкой
обезжиренный
шумовка
отбивать, нарезать
1. кусок, ломтик; 2. резать ломтиками
нарезанный ломтиками
шумовка
маленькая французская булочка
смазывать (*жиром*)
корюшка
коптить
копченый
корейка
копченая рыба
ветчинно-колбасные продукты
см. smoked
копченая колбаса
легкая закуска
закусочная
сильно охлажденный спиртной напиток
замачивать, мочить
содовая (вода) (*газированная углекислым газом*)
печенье на соде
натрий
яйцо всмятку
безалкогольный напиток
непропеченный, сырой
морской язык (*рыба*)
щавель
щавелевый суп; суп с зеленью
суфле
зефир
суп

sour
sour cream
sour-cream sauce
sour dough
sourish
sour sweet
souze

soy(a)
soy(a) sauce
spaghetti
Spanish paprika
spareribs *pl*
sparkling wine
spatula
spear
special dish
specialty
spice
spice

spiced
spiced sprats

spicery
spinach
spinage
spirit(s)
spit

spited sturgeon
split

sponge cake
spoon
sprat
spread

sprig
spring beans
spring chicken
spring form
spring lamb
spring onion
sprinkle
squash

squeeze
squid

кислый
сметана
сметанный соус
закваска
кисловатый
кисло-сладкий
1. рассол; 2. соленье; 3. мариновать, солить
соя
соевый соус
спагетти
сладкий перец
свинные ребра с тонким слоем мяса
игристое вино
шпатель, лопатка
стебель
фирменное блюдо
см. special dish
шпик, бекон
1. специя, пряность; 2. приправлять пряностями
приправленный (*о пище*)
рыбные консервы (*килька, шпроты*)
пряности
шпинат
см. spinach
спиртной напиток
1. вертел; 2. насаживать на вертел; 3. прокалывать
осетрина, жаренная на вертеле
сладкое блюдо из фруктов, мороженого, шоколада
бисквит
ложка
шпрот
1. намазывать, мазать; 2. раскладывать
веточка
зеленые бобы
цыпленок
пружинная форма (*для вытечки*)
баранина под укропным соусом
зеленый лук
1. брызгать; 2. посыпать
1. фруктовый напиток; 2. кабачок, тыква
отжимать
кальмар

squish
stabilizer
staff
stale
stalk
starch
steak

steak and kidney pie
steam
steamed sturgeon
stew
Stilton

stir
stock
strain
strand fennel
straw

strawberry
streaky
strong cheese
strong wine
strudel
stuff
stuffed
stuffed olives
stuffing
sturdy
sturgeon
succulent
suckling pig
sugar
sugar basin
sugar bowl
sultana
sundae

sunflower oil
supper
swede
Swedish hard bread
sweet
sweet cherry
sweet corn
sweet cream
sweetmeat

мармелад
стабилизатор
штат, персонал
черствый (*о хлебе*)
стебель, черешок
крахмал
1. кусок мяса или рыбы (*для жаренья*); 2. бифштекс
слоеный пирог с мясом и почками
готовить пищу на пару
паровая осетрина
тушить
стилтон (*острый белый английский сыр с серо-голубыми прожилками*)
мешать, размешивать
крепкий бульон
процеживать, фильтровать
фенхель
1. соломинка (*для напитков*);
2. соломка (*вид нарезки*)
клубника
с прослойками жира (*о беконе*)
острый сыр
крепкое вино
штрудель (*слоеный пирог*)
фаршировать, наполнять
фаршированный
оливки/маслины с начинкой
начинка
наваристый
осетрина
сочный
молочный поросенок
сахар
сахарница
см. sugar basin
султана (*сорт изюма*)
сливочное мороженое с фруктами, сиропом, орехами
подсолнечное масло
ужин
брюква
шведский хлеб
леденец, конфета
черешня
сладкая/сахарная кукуруза
сливки
1. леденец, конфета; 2. засахаренные фрукты

sweet oil
sweet pepper
sweet shop
sweet wine
Swiss cheese
Swiss roll
syrup

T

tabasco

table beer
table d'hôte
table salt
tablespoon
table water
table wine
tagliatelle
tangerine
tangy
tarragon
tart

tartar sauce
taste
tasteless
tasty
tea

tea biscuit
tea bread

tea cake
tea kettle
tealeaf (*pl tealeaves*)
teapot
teaspoon
tender
thaw
thick honey
thick soup
tikka

thyme
tin

прованское масло
сладкий перец
кондитерский магазин
сладкое/десертное вино
швейцарский сыр
бисквитный рулет с вареньем
1. сироп; 2. превращать в сироп, сгущать

мексиканская острая перечная приправа
столовое пиво
табльдот (*комплексный обед*)
столовая/поваренная соль
столовая ложка
столовая минеральная вода
столовое вино
таглиателль (*итальянская лапша*)
танжерин (*вид мандарина*)
1. острый; 2. терпкий
эстрагон, тархун
1. кислый, терпкий, едкий;
2. пирог (*с фруктами, ягодами или вареньем*), домашний торт;
3. фруктовое пирожное
соус тартар, татарский соус
1. вкус; 2. пробовать на вкус
безвкусный, пресный
вкусный
1. чай; 2. настой; крепкий отвар или бульон
печенье к чаю
сдобный хлебец или булочка к чаю
булочка или кекс к чаю
чайник для кипячения воды
1. чайный лист; 2. *pl* спитой чай
заварной чайник
чайная ложка
нежный, мягкий
размораживать
засахарившийся мед
густой суп
блюдо, маринованное в йогурте с индийскими специями
чабрец, тимьян
1. консервная банка; 2. консервировать

tinned food	консервы
tin opener	консервный нож
toast	1. гренок, ломтик подрумяненного на огне хлеба; тост; 2. поджаривать, подрумянивать
	тостер
toaster	1. томат, помидор; 2. томатный
tomato	салат из томатов
tomato salad	томатный соус
tomato sauce	томатный суп
tomato soup	язык (свиной, говяжий)
tongue	тоник (газированная вода с хи-нином)
tonic	зубочистка
	молоочная пенка
toothpick	пельмени
top of milk	плоская маисовая лепешка
tortellini	1. подбрасывать; 2. обваливать;
tortilla	3. мешать, перемешивать
toss	жесткий
	полупрозрачный
tough	поднос
translucent	бисквит, пропитанный вином
tray	и залитый взбитыми сливками
trifle	ножки (свиньи и т. п.)
	форель
trotters <i>pl</i>	трюфель (1. гриб; 2. шоколадная кон-фета)
trout	пробовать на вкус
truffle	высокий стакан
	тунец
try	белокорый палтус
tumbler	супник, супница
tuna	индюк, индейка
turbot	рахат-лукум
tureen	репа, турнепс
turkey	полукруглый пирог или торт с начинкой
Turkish delight	суп из черепахи
turnip	1. мороженое с фруктами; 2. за-сахаренные фрукты
turnover	витой хлеб; хала, плетенка
turtle (soup)	
tutti-frutti	
twist	
U	
unboiled milk	сырое/некипяченое молоко
uncooked	неприготовленный, недоварен-ный, сырой
undercooked	неприготовленный, недоварен-ный, сырой

undercut
underdone

underdone steak
undiluted
utensil(s)

V

vanilla

vanillin
veal
veal stew
vegetable
vegetable oil
vegetable soup
venison
vermicelli
vermouth
Vienna schnitzel
vinaigrette

vinegar
vintage wine

vitamin
vodka

W

wafer
waffle
waiter
waitress
walnut
ware
water bath
water chestnut
watercress
watermelon
water-packed
watery
weak tea
wedge
well-boiled egg
well-done steak
wheat bread
wheat flour
whip
whipped cream

вырезка (часть туши)
слегка поджаренный (о мясе),
недопеченный (о пироге)
ростбиф с кровью
неразбавленный
посуда, утварь

1. ваниль; 2. ванильное мороже-
ное
ванилин
1. телятина; 2. телячий (о кушанье)
тушеная телятина
овощ
растительное масло
овощной суп
оленина
вермишель
вермут
венский шницель
приправа из уксуса и оливко-
вого масла к зеленому салату
уксус
марочное вино высшего каче-
ства
витамин
водка

вафля
см. wafer
официант
официантка
грецкий орех
изделия; посуда
паровая баня
водяной орех
водяной кресс-салат
арбуз
в водяной заливке (о консервах)
водянистый, жидкий
слабый чай
клин, сегмент (вид нарезки)
яйцо «в мешочек»
хорошо прожаренный ростбиф
белый/пшеничный хлеб
пшеничная мука
взбивать
взбитые сливки

whisk
whiskey *Am*
whisky
whisky and soda
white
white bread
white coffee
white currant
whites
white salmon
white salt
white wine
whole cheese
wholemeal rye bread

whole-milk cheese
wildfowl
wild rice
wild strawberry
wine
wine cooler
wing
wok

woodcock
Worcestershire sauce

Y

yeast
yellow onion
yog(h)urt
yolk
Yorkshire (pudding)

Z

zest
zucchini *Am*

взбивать
см. whisky
виски
виски с содовой (*коктейль*)
яичный белок
белый/пшеничный хлеб
кофе с молоком
белая смородина
белая мука высшего сорта
белорыбица
белая/поваренная соль
белое вино
головка сыра
хлеб из непросеянной ржаной муки
сыр из цельного молока
дичь
семена водяного тростника
лесная земляника
вино
ведерко для охлаждения вина
крыло (*птицы*)
сковорода с полусферическим днищем (*используется в китайской кухне*)
вальдшнеп
соус уорчестер (*из томатной пасты, экстракта грецкого ореха, шампиньонов, чеснока, молотого перца, портвейна, тамаринда, праной рыбы, карри, чили, лимона, хрена, сельдерея, уксуса, имбиря, сахара, соли и пр.*)

дрожжи, закваска
желтый лук
йогурт
яичный желток
пирог из взбитого теста, запеченного под куском мяса

цедра
см. courgette

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