

МИНИСТЕРСТВО ОБРАЗОВАНИЯ И НАУКИ РФ
ФЕДЕРАЛЬНОЕ ГОСУДАРСТВЕННОЕ БЮДЖЕТНОЕ
ОБРАЗОВАТЕЛЬНОЕ УЧРЕЖДЕНИЕ ВЫСШЕГО
ПРОФЕССИОНАЛЬНОГО ОБРАЗОВАНИЯ ВЛАДИМИРСКИЙ
ГОСУДАРСТВЕННЫЙ УНИВЕРСИТЕТ
имени Александра Григорьевича и Николая Григорьевича Столетовых
(ВлГУ)

Карякина П.К., Константинова О.М.

**УЧЕБНО-МЕТОДИЧЕСКАЯ РАЗРАБОТКА ДЛЯ
ЛАБОРАТОРНЫХ ЗАНЯТИЙ
СТУДЕНТОВ III КУРСА ФАКУЛЬТЕТА ИНОСТРАННЫХ
ЯЗЫКОВ (АНГЛИЙСКИЙ ЯЗЫК КАК ВТОРАЯ
СПЕЦИАЛЬНОСТЬ)
ПО ТЕМЕ « FOOD AND EATING HABITS»**

Владимир

2014 г.

ББК 81.432.1

УДК 43

Учебно-методическая разработка для лабораторных занятий студентов III курса факультета иностранных языков (английский язык как вторая специальность) по теме «Food and eating habits». – Владимир: ВлГУ, 2014. – 21 с.

Настоящая учебно-методическая разработка предназначена для студентов III курса факультета иностранных языков, изучающих английский язык в качестве второй специальности. Целью разработки является организация лабораторных занятий студентов начальной ступени обучения английскому языку над темой «Food and Eating habits». Задания могут быть использованы как в аудиторной, так и в самостоятельной работе студентов.

Составители: Карякина П.К. ассистент кафедры второго иностранного языка и методики обучения иностранным языкам ВГУ им. А.Г. и Н.Г. Столетовых (Педагогический институт ВлГУ);
Константинова О.М. к.п.н., доцент кафедры второго иностранного языка и методики обучения иностранным языкам ВГУ им. А.Г. и Н.Г. Столетовых(Педагогический институт ВлГУ)

Рецензент:

кандидат филологических наук,
зав.кафедрой немецкого и французского языков ВлГУ
доцент Т.М. Тяпкина

©Владимирский государственный университет, 2014

Unit One

General Vocabulary on the topic

Vegetables	<i>Cabbage, cucumber, carrot, potato, pepper, sweetcorn, lettuce, onion, pea, bean, garlic, beetroot, mushroom</i>
Fruit	<i>Apple, pear, apricot, peach, grapes, pineapple, melon, watermelon, banana, orange, lemon, kiwi, lime, grapefruit, plum</i>
Berries	<i>Strawberry, raspberry, blackberry, cherry, bilberry</i>
Meat	<i>Pork, rabbit, chicken, turkey, bacon, sausage, mutton</i>
Fish	<i>Herring, trout, salmon, sardine, cod</i>
Dairy products	<i>Milk, cream, yog(h)urt, butter, cheese, cream cheese</i>
Cereals	<i>Rice, oatmeal, buckwheat</i>
nuts	<i>Peanut, walnut, cashew, almond</i>
Sweet food	<i>Marshmallow, gingerbread, ice cream, cake, biscuits(AmE cookies), pudding, waffle, doughnut</i>
Drinks	<i>Tea, coffee, juice, lemonade, beer, wine, water</i>

Flavours and tastes

Sweet; bitter; sour; hot; spicy; bland; salty; sugary; tasty;
tasteless;

General appearance and quality

Greasy; over-cooked; under-cooked; stodgy; done to a turn;
tender; fatty; lean

Ways of cooking food

Boil; fry; bake; roast; grill; stew

WORD CHOICE:

dinner, supper, tea, lunch

In Britain, the main meal of the day is **dinner** and it is usually eaten in the evening. Some people call this meal **supper**, but to others supper is a very small meal that is eaten just before they go to bed. Some people call this main evening meal **tea**, but to others **tea** is a small meal that is eaten in the afternoon. Some people use **dinner** to refer to the meal they eat in the middle of the day, but if you want to be clear that you are referring to this meal, use **lunch**.

Assignments

I. Read and translate the following sentences and add new words to your vocabulary list

A. Everyday food

- 1) Do you want some bread?
- 2) In China most people eat rice.
- 3) Pasta is very popular in Italy.
- 4) Many people eat meat or fish every day.

B. Popular food / fast food

- 1) Most young people like hamburgers, hot-dogs and pizzas
- 2) In Britain a lot of people enjoy eating fish and chips

C. Vegetables and fruit.

- 1) Vegetables are good for our health.
- 2) Fruit is good for our health too. (singular)

D. Drinks

- 1) Tea is one of the most popular drinks in Britain.
- 2) Many people drink coffee in the morning.

II. Complete the sentences using new words.

- 1..... is the most popular food in Japan.
- 2.....and.....are very popular in Britain.
3. Chips are made from.....
4. Most Italian people love.....

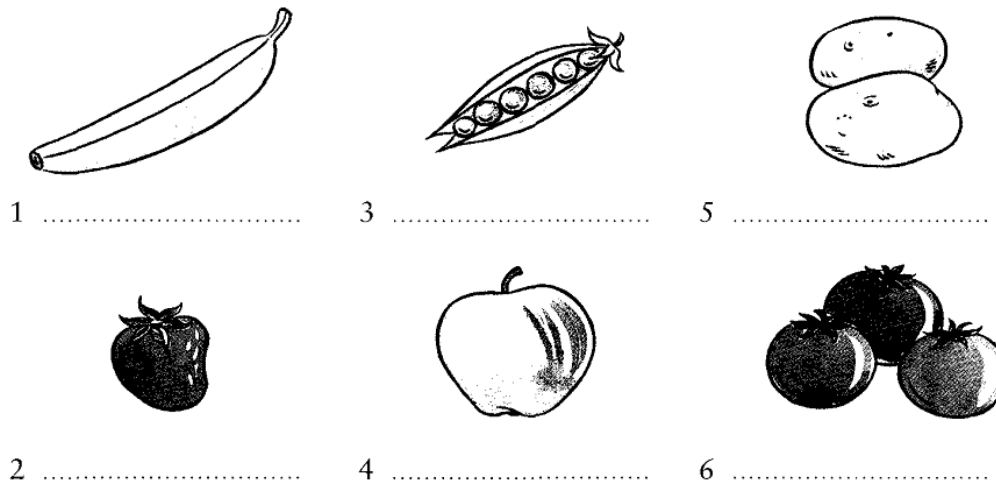
- 5. Hamburgers are made from.....
- 6. A..... is a sausage inside a piece of bread.

III. Put these words into two lists: fruit and vegetables, as in the example

beans pineapple grapes onions apple carrot garlic pear mushrooms

<i>fruit</i>	<i>vegetables</i>
	beans

IV. Write the names of these fruit and vegetables.



V. Here are the names of some drinks mixed up. What are they?

- | | |
|-----------|-----------------|
| 1 eta tea | 4 fecofe |
| 2 rebe | 5 rituf eciju |
| 3 klim | 6 nilemar retaw |

VI. Match the words on the left with the examples/definitions on the right.

1. bitter
2. sour
3. hot, spicy
4. sweet
5. bland
6. salty
7. sugary
8. savoury
9. tasty
10. tasteless

- a. a lot of sugar
- b. no flavour at all
- c. pleasant, slightly salty or with herbs
- d. has a good taste/flavour
- e. unripe fruit
- f. like a beautiful, ripe strawberry
- g. sharp/unpleasant
- h. e.g. a strong Indian curry
- i. containing salt
- j. rather negative, very little flavour

VI. What are your four favourite foods? And what are your three favourite drinks?

VII. Tell us what do you usually eat for breakfast, lunch and dinner?

VIII. Read and translate the dialogues and learn them by heart.

A.

Thomas : Hi Sarah, how are you?

Sarah : Fine, how are you doing?

Thomas : OK.

Sarah : What do you want to do?

Thomas : I'm hungry. I'd like to eat something.

Sarah : Where do you want to go?

Thomas : I'd like to go to an Italian restaurant.

Sarah : What kind of Italian food do you like?

Thomas : I like spaghetti. Do you like spaghetti?

Sarah : No, I don't, but I like pizza.

B.

Susan : David, would you like something to eat?

David : No, I'm full.

Susan : Do you want something to drink?

David : Yes, I'd like some coffee.

Susan : Sorry, I don't have any coffee.

David : That's OK. I'll have a glass of water.

Susan : A small glass, or a big one?

David : Small please.

Susan : Here you are.

David : Thanks.

Susan : You're welcome.

C.

Richard : Mary, would you like to eat something?

Mary : OK. When?

Richard : At 10 O'clock.

Mary : 10 in the morning?

Richard : No, at night.

Mary : Sorry, that's too late. I usually go to bed around 10:00PM.

Richard : OK, how about 1:30 PM?

Mary : No, that's too early. I'll still be at work .

Richard : How about 5:00PM?

Mary : That's fine.

Richard : OK, see you then.

Mary : Ok. Bye.

D.

Charles : Jennifer, would you like to have dinner with me?

Jennifer : Yes. That would be nice. When do you want to go?

Charles : Is today OK?

Jennifer : Sorry, I can't go today.

Charles : How about tomorrow night?

Jennifer : Ok. What time?

Charles : Is 9:00PM all right?

Jennifer : I think that's too late.

Charles : Is 6:00PM OK?

Jennifer : Yes, that's good. Where would you like to go?

Charles : The Italian restaurant near my house.

Jennifer : Oh, I don't like that restaurant. I don't want to go there.

Charles : How about the Korean restaurant next to it?

Jennifer : OK, I like that place.

E.

Linda : Hi, Mark.

Mark : Hi.

Linda : What are you planning to do today?

Mark : I'm not sure yet.

Linda : Would you like to have lunch with me?

Mark : Yes. When?

Linda : Is 11:30AM OK?

Mark : Sorry. Can you say that again please?

Linda : Is 11:30AM OK.

Mark : Oh, I'm busy then. Can we meet a little later?

Linda : OK, how about 12:30PM?

Mark : OK. Where?

Linda : How about Bill's Seafood Restaurant?

Mark : Oh, Where is that?

Linda : It's in Fleet Street.

Mark : OK, I'll meet you there.

F.

Host : Hello sir, welcome to the French Garden Restaurant. How many?

Charles : One.

Host : Right this way. Please have a seat. Your waitress will be with you in a moment.

Waitress : Hello sir, would you like to order now?

Charles : Yes please.

Waitress : What would you like to drink?
Charles : What do you have?
Waitress : We have bottled water, juice, and Coke.
Charles : I'll have a bottle of water please.
Waitress : What would you like to eat?
Charles : I'll have a tuna fish sandwich and a bowl of vegetable soup.

Unit Two.

British eating habits

I. Read and translate the text

Vocabulary

proverb — пословица, поговорка

Every cook praises his own broth — поев, каждый повар хвалит свой собственный бульон; аналог, каждый кулик хвалит свое болото

cookery — кулинария; стряпня

variety — многообразие, разнообразие

cuisine — кухня, стол (питание; поваренное искусство)

particular — редкий, особенный; особый, специфический

lunch — обед (обычно в полдень в середине рабочего дня), ланч

porridge — (овсяная) каша

rasher — тонкий ломтик бекона/ветчины (для поджаривания)

sausage — колбасу; сосиска; колбасный фарш

mushroom — гриб

in spite of — несмотря на

strictly — бдительно, внимательно, неусыпно

cereal — обычн.мн, злак; крупа, крупяной продукт (полученные из зерновых культур)

honey — мед
substantial — питательный (о пище); существенный, большой
poultry — домашняя птица
beef — говядина
mutton — баранина
veal — телятина
ham — ветчина, окорок
boiled — кипяченный, вареный
fried — жареный
chop — небольшой кусок мяса, отбивная (котлета)
steak — бифштекс, кусок мяса/рыбы (для жаренья)
cheap — дешевый, недорогой
snack — легкая закуска
tea-spoonful — целая чайная ложка
tin — жестяная консервная банка; жестянка
apricot — абрикос
pear — груша
pineapple — ананас
instant coffee — растворимый кофе
disgusting — отвратительный, плохой, противный
roast — жаркое; жареный
lamb — мясо молодого барашка
gravy — подливка (из сока жаркого), соус
delicious — восхитительный, прелестный; очень вкусный
to conclude — сделать вывод, подвести итог

English Meals

The English proverb says: every cook praises his own broth. One cannot say English cookery is bad, but there is not a lot of variety in it in comparison with European cuisine. The English are very particular about their meals. The usual meals in England are breakfast, lunch, tea and dinner.

Breakfast time is between seven and nine a.m. A traditional English breakfast is a very big meal. It consists of juice, porridge, a rasher or two of bacon and eggs, toast, butter, jam or marmalade, tea or coffee. Marmalade is made from oranges and jam is made from other fruit. Many people like to begin with porridge with milk or cream and sugar, but no good Scotsman ever puts sugar on it, because Scotland is the home of porridge. For a change you can have sausages, tomatoes, mushrooms, cold ham or perhaps fish.

But nowadays many people just have cereal with milk and sugar or toast with jam or honey.

The two substantial meals of the day are lunch and dinner. Lunch is usually taken at one o'clock. For many people lunch is a quick meal. Office workers usually go to a cafe at this time. They take fish, poultry or cold meat (beef, mutton, veal and ham), boiled or fried potatoes and all sorts of salad. They may have a mutton chop or steak and chips, followed by biscuits and a cup of coffee. Some people like a glass of light beer with lunch. Pubs also serve good, cheap food. School children can have a hot meal at school. Some of them just bring a snack from home.

Tea is very popular among the English; it may almost be called their national drink. Tea is welcome in the morning, in the afternoon and in the evening. The English like it strong and fresh made. The English put one tea-spoonful of tea

for each person. Tea means two things. It is a drink and a meal. Some people have afternoon tea, so called «high tea» with sandwiches, tomatoes and salad, a tin of apricots, pears or pineapples and cakes, and, of course a cup of tea. That is what they call good tea. It is a substantial meal.

Cream teas are also popular. Many visitors, who come to Britain, find English instant coffee disgusting. Dinner time is generally between six and eight p.m. The evening meal is the biggest and the main meal of the day. Very often the whole family eats together. They begin with soup, followed by fish, roast chicken, potatoes and vegetables, fruit and coffee.

On Sundays many families have a traditional lunch consisting of roast chicken, lamb or beef with salads, vegetables and gravy.

The British enjoy tasting delicious food from other countries, for example, French, Italian, Indian and Chinese food. Modern people are so busy that they do not have a lot of time for cooking themselves. So, the British buy the food at the restaurant and bring it home already prepared to eat. So we can conclude that take-away meals are rather popular among the population. Eating has become rather international in Britain lately.

Questions:

1. What are the usual meals in England?
2. What time do they have breakfast?
3. What is a traditional English breakfast?
4. What are the two substantial meals of the day?

5. When is lunch usually taken?
6. What does lunch include?
7. Is tea popular among the English?
8. When do they usually have dinner?
9. Do the British enjoy tasting delicious food from other countries?

Unit Three.
American eating habits.

The inventive American cuisine

The United States is a vast pantry. On American grasslands that are as large as some of the countries of the world, roam enormous herds of beef cattle. An overflowing abundance of fruit and vegetables of countless varieties springs from its earth. A profusion of lobsters, crabs, clams, oysters, shrimps and fish is drawn from its waters. Its golden waves of grain reach to endless horizons.

If America is a pantry, the American kitchen is a laboratory. It is equipped with a wealth of culinary machines and gadgets designed to simplify the task of preparing the products of nature's generosity for the dinner-table. America's obsession with labour-saving tools and mechanical devices was translated, first, into such simple gadgets as apple peelers and hand-cranked ice-cream freezers, and later into space-age ovens, high-speed blenders, electric juicers and an extensive catalogue of other implements that have transformed the process of cooking.

Ironically, this amalgam of abundance and mechanics has not resulted in a fancy American cuisine. Generally, American cooking is unsophisticated and straightforward, concerned with content rather than form.

The best-known and most popular American foods are grilled steaks, hamburgers, fried chicken, boiled lobster and fried fish. All of these dishes can be delicious, and none requires much cooking flair. Some recipes for Southern fried chicken, however, are jealously guarded family secrets, and a pure beef hamburger with onions and relish on a fresh sesame-seed roll can taste good enough to be a product of culinary magic.

The simplicity of most cooking in the United States is deceptive. Although the American cook may not spend long hours over a hot stove, and, due to a highly efficient food distribution system, big-city cooking tends to be the same across the country, the variety of regional foods in America is formidable. New England cooking has little in common with Pennsylvania Dutch cooking. Neither has a Montana rodeo roast with a magnificent traditional Hawaiian /mām. Indian influences in the Southwest, and French-Spanish influences in Louisiana are still apparent. But the settlers from England, Holland and a dozen other countries as well, who tamed the Atlantic coast and gradually pushed the frontier back across the continent to the Pacific Ocean, had little time or inclination for ceremony or ritual in cooking.

The first problem was survival. The settlers held that if the ingredients were good and properly cooked, whether fried, baked or boiled, that's all that could, or should, be desired.

Over the decades, this no-nonsense approach to cooking sank deep into the American culture, although even on the frontier a woman could gain fame for the lightness of her corn biscuits or the delicacy of her hot berry pie. Gradually, however, regional distinctions began to emerge and flourish so that, for example, there is now fried Kentucky ham with red-eye gravy, smoked Pennsylvania Dutch ham with dried apples, cornmeal-coated Texas ham, thinly sliced Virginia ham with hot biscuits, Missouri baked glazed ham. Similarly, clam chowder was given a milk base in New England, a tomato base in the mid-

America region, and the clams in the chowder were sometimes replaced by oysters in the South.

Aside from regional differences, there were lessons learnt from later arrivals from Europe who brought with them to America a taste and a skill for a different kind of kitchen craft, for sauerbraten in Milwaukee, for Polish sausage in Chicago and for a dozen different spaghetti sauces in New York.

There is a versatility and ingenuity to the American cuisine which belies its basic simplicity. It is as varied, inventive and ultimately undefinable as America itself.

Practice

Exercise I

1. Why is the USA compared to a pantry?
2. What is an American kitchen like?
3. Mention some well-known American dishes.
4. Why is big-city cooking very much the same all over the United States?
5. Where does the no-nonsense American attitude to cuisine come from?

Exercise II According to the text, which of the following statements about American food are true and which are false?

1. American foodstuff is plentiful and diverse mainly because it is produced in a great variety of physical environments.
2. Many different gadgets were invented in the USA to make preparation easier and quicker.
3. As a result, American cooking is very specialized and complicated.
4. American food is basically very simple and is more or less the same in all parts of the country.

5. It is because of the arrival of later immigrants from Europe that American cooking is now so difficult to define.

Exercise III What is your opinion of American cooking?

Unit Four

Russian eating habits

I. Read and translate the text and make up ten questions to the text.

Russian meals.

People in Russia usually have three meals a day. They are breakfast, dinner and supper. Usually people do not eat much for breakfast. A usual breakfast includes sandwiches, omelet or cornflakes. Some people prefer a cup of tea and others enjoy drinking coffee. Porridge is also a very popular dish for breakfast. Syrniki and blini are very popular among Russian people. Syrniki are small fried pancakes. Blini are almost the same as English pancakes. They are served with jam, honey or sour cream.

Dinner is more substantial than breakfast. And it usually consists of three courses. The first course is soup. There are different kinds of soup in Russia: cabbage soup, clear soup, pea soup, meat soup, etc. Ukha is a traditional fish soup. You can also try solyanka and okroshka in Russia. Solyanka is made of different types of meat with the addition of vegetables. Okroshka is a cold soup made of fresh vegetables, sausages and kvas. Kvas is a traditional non alcoholic beverage. It is very tasty. For the second course people usually eat meat or fish with potatoes, rice, etc. For dessert they enjoy drinking tea or coffee with sweets or chocolate.

People in Russia usually have supper in the evening when they come back from work. So it starts at about 7 p.m. Families usually get together and share the

latest news and enjoy the meal and the company. Pelmeny and golubtsy are very popular Russian dishes. Pelmeny are small pieces of dough stuffed with meat. Golubtsy are boiled cabbage leaves stuffed with meat and rice. They are served with sour cream or mayonnaise. Bread is very important for Russian people. They have it with almost all dishes. Russian people don't go out very often as British or American people. They enjoy eating healthy home-made food.

Unit Five.

Final tasks.

I. Make up dialogues

Situation number one: Your friend from England has come to your place but he is afraid to taste Russian unknown meals. Try to convince him that Russian food is delicious and not dangerous at all.

Situation number two: You're British and your friend from Russia tries to convince you that British cuisine is the worst in the world. Try to reassure him.

Situation number two: You lived in the USA for a year and now you've come back to Russia. Your friends want to know everything about American eating habits.

II. Try to compare eating habits in Russia, Great Britain and the USA. Use the following vocabulary

-First of all – В первую очередь

First of all I'd like to speak about breakfast in Russia, Great Britain and the USA.

- Secondly

Secondly, it's very important to tell about lunch traditions in these countries.

- Thirdly – в-третьих

Thirdly, I want to mention what people have for supper in Russia, Britain and America.

-as well as – так же как(и)

We received your letter as well as your postcard yesterday.

- both....and – и....и, как...так и

Both the wheat and the barley will be shipped tomorrow.

- not only.....but also – не только....но и

We object not only the terms of payment, but also to the time of delivery.

-moreover – кроме того

Moreover, they like to go out on Saturdays.

-therefore – поэтому

They all became healthier men therefore.

- seeing that – принимая во внимание

Seeing that he is ill today. We have to postpone our meeting.

-as....as – такой же....как (и)

This beef is tasty as that pork.

-not so.....as –, не такой...как

The book is not so interesting as I thought.

-in spite of the fact that – несмотря на то, что

He went out in spite of the fact that he has a bad cold

-unlike – в отличие от

Unlike his other questions, that one was very interesting

-The same... as....- "такой же , что и ..."; -not the same as – не такой же как

Meals in Italy are the same as in Spain. Eating habits in Russia are not the same as in America.

- not only....but also – не только.....но и.... *We like to eat not only porridge but also scrambled eggs/*

Учебно-методическая разработка для лабораторных занятий студентов III курса факультета иностранных языков (английский язык как вторая специальность) по теме «Food and eating habits »