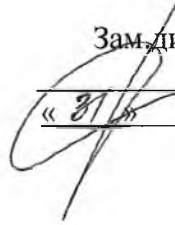


Государственное автономное профессиональное
образовательное учреждение
«Мамадышский политехнический колледж»

«Утверждаю»
Зам. директора по ТО
В.В.Файзраева


« 31 » 08 2021г.

ФОНД ОЦЕНОЧНЫХ СРЕДСТВ

для проведения текущего контроля и промежуточной аттестации
по учебной дисциплине

ОГСЭ.03 Иностранный язык в профессиональной деятельности
для специальности 43.02.15 Поварское и кондитерское дело

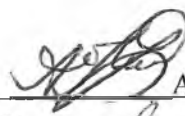
Мамадыш
2021

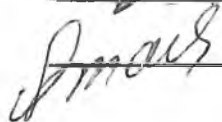
Фонд оценочных средств разработан на основе рабочей программы учебной дисциплины «ОГСЭ.03 Иностранный язык в профессиональной деятельности» и в соответствии с Федеральным государственным образовательным стандартом среднего профессионального образования по специальности 43.02.15 Поварское и кондитерское дело, приказ Министерства образования и науки России от 09.12.2016 №1565. (Зарегистрировано в Минюсте России 20.12.2016 №44828).

Обсуждена и одобрена на заседании предметной цикловой комиссии

Разработали преподаватели:

Общих гуманитарных и социально-экономических дисциплин

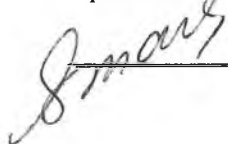

Абдуллина Л.Ф.


Ямалиева Л.В.

Протокол №1.

«28» 08 2021 г.

Председатель ПЦК


/Л.В. Ямалиева/

1 ПАСПОРТ ФОНДА ОЦЕНОЧНЫХ СРЕДСТВ

1.1 Область применения

Фонд оценочных средств предназначен для оценки результатов освоения учебной дисциплины «ОГСЭ.03 Иностранный язык в профессиональной деятельности для специальности 43.02.15 Поварское и кондитерское дело

1.2 Организация контроля и оценки освоения программы учебной дисциплины

Фонд оценочных средств по учебной дисциплине «ОГСЭ.03

Иностранный язык в профессиональной деятельности» включает контрольно

– оценочные материалы для проведения:

- текущего контроля знаний (входного, оперативного (поурочного), рубежного, (по разделам и укрупненным темам);
- промежуточной аттестации студентов (по завершению изучения дисциплины).

1.3 Формы проведения текущего контроля по дисциплине:

собеседование, тестирование, контрольные работы.

1.4 Форма промежуточной аттестации по итогам изучения дисциплины (согласно учебному плану): дифференцированный зачет.

Фонд оценочных средств разработан на основании:

- учебного плана;
- рабочей программы по дисциплине «ОГСЭ.03 Иностранный язык в профессиональной деятельности»;
- Положения о текущем контроле и промежуточной аттестации студентов.

Контрольная работа №1.

Задание 1. Употребите нужную форму глагола:

- 1) In the morning my mother (is cooking/ has cooked/ cooks) breakfast for us.
- 2) I usually (drive/ have driven/ am driving) to work.
- 3) Dick (leaves/ is leaving/ has left) home at 8 o'clock every morning.

2. Составьте вопросительную форму предложений:

- 1) I speak English well.
- 2) They have already translated the text.
- 3) You are watching TV now.

3. Дополните предложения подходящими обстоятельством времени:

- 1) Jack goes to the library with his friends a) now
- 2) Mary is painting the wall-paper b) just
- 3) Our grandparents have read English newspapers c) usually

4. Составьте предложения из данных слов, определите видовременную форму сказуемого:

- 1) Holidays, village, spends, in, he, the, usually.
- 2) Playing, the, she, now, piano, is.
- 3) Just, roses, we, some, planted, have.

5. Исправьте ошибки:

- 1) We has drink some coffee with milk already.
- 2) Is you ill?

Вариант 2

1. Употребите нужную форму глагола:

- 1) The weather is fine. The sun (shines/ has shined/ is shining) brightly now.
- 2) He (writes/ is writing/ has written) the exercise already.
- 3) Sometimes Tom (is listening/ listens/ has listened) to pop music.

2. Составьте вопросительную форму предложений:

- 1) She works every day from morning till night.
- 2) We are reading the English magazines now.
- 3) Our teacher has finished the dictation already.

3. Дополните предложения подходящими обстоятельством времени:

- 1) I sleep quite well a) now
- 2) They have done the morning exercises b) always
- 3) You are washing the plates c) already

4. Составьте предложения из данных слов, определите видовременную форму сказуемого:

- 1) Holidays, village, spends, in, he, the, usually.
- 2) Playing, the, she, now, piano, is.
- 3) Just, roses, we, some, planted, have.

5 Исправьте ошибки:

- 1) My friend do not like boxing.
- 2) They is famous for his kindness.

Время на выполнение: 45 мин.

Контрольная работа №2.

Вариант 1

1. Напишите три основные формы следующих глаголов:

To look, to find, to go, to open, to be, to come, to answer, to work, to read, to see.

2. Перепишите текст в прошедшем времени:

On Monday we have five lessons. The first lesson is Russian. At this lesson we write a dictation and do

some exercises. Nick goes to the blackboard. He answers well and gets a "five".

Pete does not get a "five"

because he does not know his lesson.

3. Раскройте скобки, употребляя глаголы в нужном времени:

1) My friend (to know) Spanish well.

2) He (to live) on the third floor.

3) Who (to ring) you up an hour ago?

4. Переведите предложения, употребляя вводный оборот:

1) В вазе несколько цветов.

2) В саду три человека.

3) Есть ли в тексте новые слова?

4) Вопросов не было.

5) На столе было все.

5. Составьте к предложению 4 типа вопросов.

They visited all interesting places in London.

Вариант 2

1. Напишите три основные формы следующих глаголов:

To ask, to bring, to drink, to say, to have, to write, to paint, to wash, to put, to know.

2. Перепишите текст в прошедшем времени:

After the second lesson we go to the canteen. I eat a sandwich and drink a cup of tea. I do not drink milk.

After college I do not go home at once. I go to the library and take a book. Then I go home.

3. Раскройте скобки, употребляя глаголы в нужном времени:

1) I (to have) dinner with my family yesterday.

2) Her friends (to be) ready at 5 o'clock.

3) Who (to cook) the best dish yesterday?

4. Переведите предложения, употребляя вводный оборот:

1) У нас в семье пять человек.

2) В комнате нет окна.

3) В этом журнале была интересная статья. (article)

4) Времени нет.

5) У студентов было много вопросов.

5. Составьте к предложению 4 типа вопросов.

My parents loved each other very much.

Время на выполнение: 45 мин.

Контрольная работа №3.

Вариант 1

1. Раскройте скобки, употребляя глаголы в *Present* или *Future Indefinite*:

- 1) My brother (to play) the guitar every evening.
- 2) They (not to take) care of the garden next summer.
- 3) Sam (to read) many books.
- 4) Your girl-friend (to go) to the exhibition next Sunday.

2. Дайте краткий ответ:

- 1) You will pass the exam well, will not you?
- 2) I'll receive the letter next week, will not I?
- 3) Will they finish such a work next year?

3. Сделайте предложения отрицательными:

- 1) He will go to the theatre tomorrow.
- 2) We will go to the zoo next Saturday.
- 3) She will help me with it later.

4. Переведите на английский язык:

- 1) Я приду домой в 6 часов.
- 2) Она позвонит нам вечером.
- 3) Я увижу Билла завтра.
- 4) Он поедет в Лондон на следующей неделе.
- 5) Завтра ее не будет дома.

5. Перепишите текст в будущем времени:

We have four lessons today at the college. The first lesson is History. The next one is English. At this lesson we read, translate and retell texts, write many exercises, listen to the teacher and answer his questions.

Mark tells us many English anecdotes. We like such lessons very much.

Вариант 2

1. Раскройте скобки, употребляя глаголы в *Present* или *Future Indefinite*:

- 1) My parents (to work) every day.
- 2) His girl-friend (not to come) tomorrow.
- 3) Her uncle (to paint) very well.
- 4) Pamela (to visit) her grandmother next week-end.

2. Дайте краткий ответ:

- 1) Will you have three lessons tomorrow?
- 2) Will she come here after work?
- 3) He will help us with it on Friday, will not he?

3. Сделайте предложения отрицательными:

- 1) I will come back tomorrow.
- 2) She will take an exam next week.
- 3) They will come to him after lessons.

4. Переведите на английский язык:

- 1) Он не пойдет в колледж завтра.
- 2) Мы поедem в Вашингтон на следующей неделе.

- 3) Я позвоню тебе утром.
- 4) С ним она поговорит в четверг.
- 5) Летом я буду отдыхать.

5. Перепишите текст в будущем времени:

After lessons I go home to have dinner. My mother always cooks something tasty for dinner. I like to help her. Then I have a rest. I watch TV and listen to the favourite music. In the evening I usually prepare the homework, then I go for a walk with my friends.

Время на выполнение – 45 мин

Контрольная работа №4.

1 Вставьте *much* или *many*. Предложения переведите.

- 1) Please don't put ... pepper on the meat.
- 2) There were ... plates on the table.
- 3) Why did you eat so ... ice-cream?
- 4) ... of their answers were excellent.
- 5) He had ... pairs of socks.

2 Вставьте *little* или *few*. Предложения переведите.

- 1) I have ... time, so I can't go with you.
- 2) There are ... bears in the zoo.
- 3) They were sad because they had found very ... mushrooms.

3 Вставьте *a little* или *a few*. Предложения переведите.

- 1) I have ... money, so we can go to the cinema
- 2) You have ... photos where we all together.
- 3) Mother gave us ... apples and we were glad.

4 Переведите на английский язык следующие пары слов:

Немного денег, мало денег, много стульев, мало стульев, мало работы, много работы.

5 Переведите предложения.

- 1) My sister likes little sugar in her tea, but I like a lot in my.
- 2) There was still a little time before the lesson.
- 3) I heard something falling.
- 4) He has much knowledge of the subject.
- 5) I have a few friends in Holland.

Вариант 2

1 Вставьте *much* или *many*. Предложения переведите.

- 1) I never eat ... bread with soup.
- 2) She wrote us ... letters from the country.
- 3) ... of these students don't like to look up words in the dictionary.
- 4) There are ... teachers at our college, and ... of them are women.
- 5) ... in this work was too difficult for me.

2 Вставьте *little* или *few*. Предложения переведите.

- 1) He has ... English books.
- 2) There is ... ink in my pen.
- 3) There are very ... people who don't know that the Earth is round.

3 Вставьте *a little* или *a few*. Предложения переведите.

1) She gave him ... water to wash.

2) I'd like to say ... words about my journey.

3) Let's stay here ... longer, in is such a nice place.

4 Переведите на английский язык следующие пары слов:

Немного музыки, много молока, мало газет, мало воздуха, немного птиц, много машин.

5 Переведите предложения.

1) Give me a little milk, please.

2) We got little pleasure from the trip; the weather was bad all the time.

3) Something tells me you have got some bad news for me.

4) Few English people speak Russian.

5) She has many interesting books.

Время на выполнение: 45 мин.

Задания для дифференцированного зачета:

Текст №1. Прочитайте текст: 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, watermelons 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 — fed 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. Alter 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!

2. *Ответьте письменно 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?

Задание №2. *Заполните пропуски словами (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, auto supplies, 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.

Задание №3. Переведите на русский язык кулинарный рецепт "Mushroom Soup"

- 1 pound mushrooms
- 4 cups fresh or canned chicken broth
- ¼ cup butter
- 2 tablespoons flour
- salt and freshly ground pepper to taste
- ¼ cup dry sherry
- ½ cup heavy cream

1) Remove the stems from the mushrooms and chop the stems coarsely. Reserve the caps.

2) Place the chopped stems in a saucepan and the broth. Bring to a boil and simmer twenty minutes. Strain the broth and reserve.

3) Slice the mushroom caps. Heat the butter in a saucepan and add the caps. Cook, stirring, until lightly browned. Sprinkle with the flour and add salt and pepper. Using a wire whisk, stir in the broth and bring to a boil. Simmer five minutes and add sherry and cream. Heat thoroughly and serve hot.

Yield: four or six servings.

Задание №4. Прочитайте текст: 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.

2. *Ответьте письменно на вопросы:*

1. What was the situation with eating out in Moscow some years ago?
2. Where can you eat on the run in Moscow?
3. When was the first McDonalds opened in Moscow?
4. Why are the restaurants of quick service so popular nowadays?
5. What does the menu card offer to the customers of McDonalds?
6. What kinds of bars can you find in Moscow?
7. What restaurants with traditional Russian cuisine are there in Moscow?
8. Where can people try national dishes of different countries?
9. Where can you find a classical choice of French dishes?

10. What is the name of the person who helps people make the right choice of wines?

Задание №5. Переведите на русский язык кулинарный рецепт “Pumpkin Soup”

- 1 onion, finely chopped
- bunch scallions with some of the green part, finely chopped
- ¼ cup plus three tablespoons butter
- 1 two-pound-thirteen-ounce can pumpkin puree
- 8 cups chicken broth
- salt and freshly ground black pepper to taste
- 3 tablespoons flour
- 2 cups light cream
- 2 cups crisp croutons

1) Saute the onion and scallions in one-quarter cup of the butter until tender but not browned.

2) Add the pumpkin puree and cook gently five minutes.

3) Stir in the broth and cook, stirring, ten minutes. Season with salt and pepper.

4) Blend together the remaining butter and the flour and whisk into the simmering soup. Stir in the cream and reheat just before serving. Serve sprinkled with the croutons.

Задание №6. Прочитайте текст: 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).

2. Ответьте письменно 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?

Задание №7. Заполните пропуски словами (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 casserole, a hearty main course, served with potatoes. There are hundreds of places to eat and to __ (13) i a bottle of excellent wine and a cup of good coffee in the city of Dublin.

Задание №8. Переведите на русский язык кулинарный рецепт “Fresh Tomato Soup”

- ¾ cup butter
- 2 tablespoons olive oil
- 1 large onion thinly sliced
- 2 teaspoons chopped fresh thyme or one-half teaspoon dried thyme
- 2 tablespoons chopped fresh basil or one teaspoon dried basil
- salt and freshly ground black pepper to taste
- 3 pounds ripe tomatoes, cored and quartered
- 3 tablespoons tomato paste
- ¼ cup flour
- 4 cups chicken broth
- 1 teaspoon sugar
- 1 cup heavy cream

1) Heat one-half cup of the butter and the oil in a heavy kettle. Add the onion and cook until tender but not browned.

2) Add the thyme, basil, salt, pepper, tomatoes and tomato paste. Simmer ten minutes.

3) Mix the flour with six tablespoons of the broth and stir into the tomato mixture. Add remaining broth and cook thirty minutes, stirring frequently.

4) Pass mixture through the finest blade of a food mill or through a fine sieve. Reheat and stir in the sugar and cream. Do not boil. Swirl in remaining butter.

Yield: about eight servings

Задание №9. Прочитайте текст: 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.

2. Ответьте письменно 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?

Задание №10. Заполните пропуски словами (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.

Задание №11. Переведите на русский язык кулинарный рецепт “Baked Bean Soup”

- 2 cups cold baked beans
- 2 medium-size onions, minced
- ½ clove garlic, finely chopped

- 4 cups cold water
- 2 cups canned tomatoes
- 2 tablespoons flour
- 2 tablespoons butter
- salt and freshly ground black pepper to taste

1) Place the beans, onions, garlic and water in a saucepan and simmer about thirty minutes.

2) Heat the tomatoes, put through an electric blender or food mill and add to the bean mixture.

3) Mix the flour and butter together and add a little of the hot soup. Return all to the pan and cook, stirring, until soup thicken. Season with salt and pepper.

Задание №12. Прочитайте текст: 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 Gruyere, 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 Gruyere 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.

2. Ответьте письменно 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?

Задание №13. Заполните пропуски словами (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:

Задание №14. Переведите на русский язык кулинарный рецепт “Cheese Soup”

- 2 tablespoons butter
- 1 onion, finely chopped
- 2 tablespoons flour
- $\frac{3}{4}$ cup chicken broth
- 4 cups milk, scalded
- $\frac{3}{4}$ pound finely grated sharp Cheddar cheese
- $\frac{1}{8}$ teaspoon dry mustard
- $\frac{1}{2}$ teaspoon celery salt
- $\frac{1}{2}$ teaspoon Worcestershire sauce
- $\frac{1}{8}$ teaspoon freshly ground black pepper

1) Melt the butter in a heavy saucepan and sauté the onion in it until tender. Sprinkle the flour over all and cook two minutes.

2) Gradually stir in the broth and milk. Bring to a boil.

3) Add the cheese, mustard, celery salt, Worcestershire and pepper and stir until cheese is melted. Remove from the heat and serve immediately.

Задание №15. Прочитайте текст: 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 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.

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
- Entrees
- 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. **A la carte menu** allows the customer to choose dishes which are cooked to order and served to the guests.

2. **Table d'hote 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.

2. Ответьте письменно 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?

Задание №16. Заполните пропуски словами (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.

Задание №17. Переведите на русский язык кулинарный рецепт “Split Pea Soup”

- 2 cups dried yellow split peas
- cold water
- 1 ham bone
- 2 ribs celery, chopped
- 1 onion, studded with two whole cloves
- 1 carrot, quartered
- salt and freshly ground black pepper to taste
- 1 large potato, diced
- boiling water, if necessary

1) Day before, pick over and wash peas. Cover with cold water and let soak over night.

2) Next day, drain the peas and place in a kettle with fresh water to cover. Add the ham bone, celery, onion studded with cloves, carrot, salt and pepper. Bring to a boil, cover and simmer two hours, or until peas are tender. Add the potato and cook thirty minutes longer.

3) Rub the soup through a sieve or pass through an electric blender. Adjust consistency with boiling water if soup is too thick. Check seasoning.

Yield: About eight servings

Задание №18. Прочитайте текст: My Profession Is a Cook.

I study at the College of Technologies, 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 canapes for breakfast. We cut bread, ham, sausage and vegetables to put on canapes. 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.

2. Ответьте письменно на вопросы:

1. What is your future profession?
2. Where have you done your practice?
3. In what shop did you work?
4. What dishes did you prepare?
5. How many hours a day did you have to work?
6. What were the duties of the chef?
7. Did you have to take an examination at the end of the practice?

8. What did you have to cook?
9. Do you think you made the right choice of profession?
10. How do you think to develop your career?

Задание №19. Заполните пропуски словами (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 Butterfly 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.

Задание №20. Переведите на русский язык кулинарный рецепт "Cream of Corn Soup"

- 6 ears corn
- 3 tablespoons butter
- 2 hard-cooked egg yolks
- 1 ½ tablespoons flour
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 cup heavy cream
- 1 egg yolk

1) Cut the kernels from the corn cobs and grind in a meat grinder. Place the cobs in a saucepan, barley cover with water and boil fifteen minutes. Remove and discard the cobs. Reserve liquid.

2) Mix together the butter, hard-cooked egg yolks and flour in a saucepan. Gradually stir in the corn cob liquid. Add the corn and bring to a boil, stirring. Cook five minutes. Press through a sieve or puree in an electric blender.

3) Season with salt and pepper. Mix the cream with the egg yolk, add a little hot soup and return all to the pan. Cook only to just below boiling.

Задание №21. Прочитайте текст: 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.

But we can 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 everyday 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.

2. Ответьте письменно 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. Can you balance your food intake?

Задание №22. Заполните пропуски словами (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).

Задание №23. Переведите на русский язык кулинарный рецепт "Cream of Spinach Soup"

- 1 ½ pound fresh spinach or one package frozen spinach
- 2 tablespoons butter
- ½ cup finely minced onion
- 2 tablespoons flour
- salt and freshly ground black pepper to taste
- 4 cups milk or half milk and heavy cream
- Cayenne pepper to taste
- Whipped cream for garnish

1) If fresh spinach is used, pick it over well and wash in several changes of cold water. Tear off and discard any tough stems. Cook the spinach in a covered kettle in the water that clings to the leaves. If frozen spinach is used, cook according to package directions. Drain spinach well and set aside.

2) Heat the butter in a saucepan and add the onion. Cook until onion is wilted. Sprinkle with the flour, salt and pepper. Add the milk, stirring rapidly with a wire whisk.

3) Put the spinach through a food mill or sieve or add to the sauce and blend in an electric blender. Add cayenne, bring just to a boil and serve hot or cold with a garnish of whipped cream.

Задание №24. Переведите на русский язык кулинарный рецепт “Spring Beet Borscht”

- 8 small beets with tops
- 1 medium-size onion, finely chopped
- 1 carrot, cut into thin strips
- 1 tomato, peeled and diced
- ½ cup diced string beans
- 1 small rib celery, diced
- 2 cups shredded cabbage
- 6 cups beef broth
- 5 cups water
- ½ cup tomato juice
- sour salt or lemon juice
- 1 tablespoon flour
- ½ cup sour cream
- 1 tablespoon chopped dill weed
- salt and freshly ground black pepper to taste

1) Wash the beets well. Cut off the tops and wash thoroughly. Chop tops. Cut the unpeeled beets into thin strips.

2) Place beets and tops in a large kettle along with onion, carrot, tomato, beans, celery, cabbage, broth and water. Bring to a boil and simmer, covered, until the vegetables are tender.

3) Add the tomato juice and enough sour salt or lemon juice to give desired tartness. Blend the flour with the sour cream and stir a little of the soup into the mixture. Return all to the kettle and heat, but do not boil.

4) Add the dill and season with salt and pepper.

Задание №25. Прочитайте текст: 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 I lie ones we go to — £30—40 for two).

2. Ответьте письменно 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?

Задание №26. Заполните пропуски словами (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.

Задание №27. Переведите на русский язык кулинарный рецепт “Chicken Soup”

- 1 four-pound to five pound stewing chicken
- salt and freshly ground black pepper
- 1 teaspoon curry powder
- 2 ribs celery, diced
- 1 bay leaf
- 1 cup peas
- 2 cups diced potatoes
- ¼ finely chopped onion
- 3 cups finely cut homemade noodles
- 1 tomato, peeled and chopped

1) Place the chicken in a heavy casserole with two tablespoons salt, one teaspoon pepper, the curry powder, water to cover, the celery and bay leaf. Bring to a boil and simmer, covered, until chicken is tender, about one and one-half hours.

2) Skin and bone the chicken. Coarsely chop the meat and add with the remaining ingredients to the chicken broth. Season to taste. Simmer fifteen minutes, or until vegetables are tender. Add water during cooking if necessary.

Задание №28. Прочитайте текст: Vegetarianism.

While a meatless diet is growing more and more popularly 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 yoghurt, 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.

2. Ответьте письменно на вопросы:

1. What is vegetarian?
2. What can semi-vegetarian 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. Are you a vegetarian or a meat-eater?
9. What foods are rich of beta carotene, vitamin C and vitamin E?
10. Is it difficult to cook dishes for a vegetarian?

Задание №29. Прочитайте текст: 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 — to prepare a salad, to bake various pies and cakes, to roast a goose and to cook a lot of other things. Please take the mincing machine and mince this bit of meat. I will scrape and slice 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 hot milk. 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. Then 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. 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...

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 don't uncork the bottles, but get the corkscrew ready. Please open these tins. Here is the tin opener for you.

2. Ответьте письменно на вопросы:

1. What is the mother with her daughter going to do with the potatoes?
2. How do they usually prepare mashed potatoes?
3. What salad is the daughter preparing?
4. What is the mother going to bake?
5. Who will beat the eggs for the dough (тесто)?
6. How many guests are coming?
7. What does the daughter need to open the tins?
8. Do you help your mother to cook dishes for the party?
9. What do you like to cook?
10. Who washes the dishes after the dinner?