

МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ
ЧЕРНІГІВСЬКИЙ НАЦІОНАЛЬНИЙ ТЕХНОЛОГІЧНИЙ
УНІВЕРСИТЕТ

АНГЛІЙСЬКА МОВА

Методичні вказівки до практичних занять
та самостійної роботи
студентів I курсу денної форми навчання
напряму підготовки 181 Харчові технології

Обговорено і рекомендовано
на засіданні кафедри іноземних мов
професійного спрямування
Протокол № 14
від 31 травня 2017 р.

Англійська мова. Методичні вказівки до практичних занять та самостійної роботи студентів I курсу денної форми навчання напряму підготовки 181 Харчові технології / Укл. : Бараненкова Н.А. – Чернігів, ЧНТУ, 2018. – 33 с.

Укладач: Бараненкова Наталія Анатоліївна,
кандидат філологічних наук, доцент,
доцент кафедри іноземних мов професійного спрямування

Відповідальна
за випуск: Литвин С.В., завідувача кафедрою
іноземних мов професійного спрямування,
кандидат педагогічних наук, доцент

Рецензент: Литвин С.В., кандидат педагогічних наук, доцент
завідувача кафедрою
іноземних мов професійного спрямування

Зміст

Вступ	4
Text 1. SUGAR	5
Text 2. WATER	5
Text 3. SALT	6
Text 4. TEA	6
Text 5. COCOA AND CHOCOLATE	7
Text 6. MILK	7
Text 7. CEREALS	8
Text 8. PASTA	8
Text 9. VEGETABLES	9
Text 10. POTATOES	10
Text 11. CHEESE	10
Text 12. FISH	11
Text 13. POULTRY	11
Text 14. MEAT	12
Text 15. FRUIT	12
Text 16. OUR FOOD	13
Text 17. COOKING MEALS	14
Text 18. PROPER DIET	15
Text 19. VEGETARIAN DIET	16
Text 20. EATING OUT	16
Text 21. CAVIAR	17
Text 22. CULINARY TERMINOLOGY	17
Additional texts	19
Grammar reference	24
Irregular verbs	31
Рекомендована література	33

Вступ

Методичні вказівки з англійської мови орієнтовані на студентів спеціальності 181 Харчові технології денної форми навчання, які володіють англійською мовою в межах нормативної граматики і соціально-побутової лексики на рівні середньої школи та призначаються як для опрацювання в аудиторії, так і для самостійної роботи студентів.

Методичні вказівки відповідають вимогам програми курсу «Іноземна мова для немовних внз» (2005 р.) та навчального плану для студентів денної форми навчання спеціальності 181 Харчові технології факультету проектного менеджменту, управління якістю та життєзабезпечення.

Головна мета вказівок – розвиток вмінь розуміння й аналізу текстів професійного спрямування, накопичення словникового запасу, формування у студентів лінгвістичної та фахової компетентності.

Методичні вказівки включають 22 тексти фахового спрямування із завданнями. Опрацювання студентами професійно спрямованого лексичного матеріалу значно полегшує розуміння тексту та виконання вправ до нього. До кожного тексту завдання сформовані стандартно:

Vocabulary – список слів, що складають активний словник тексту;

Ех. I – фонетичні вправи;

Ех. II – вправи на словотворення;

Ех. III – вправи на без перекладне розуміння інтернаціональних слів;

Ех. IV – вправи для розвитку навичок усного мовлення.

Завдання мають на меті розширення активного словника студентів, розвиток вмінь аудіювання, усного та писемного мовлення.

У додатках представлено фахові тексти для самостійної роботи студентів, короткий граматичний довідник, список неправильних дієслів англійської мови.

Методичні вказівки допоможуть студентам сформувати та вдосконалити вміння розуміння фахових текстів англійською мовою з мінімальним використанням словника. Комплексна структура методичних вказівок забезпечує ефективне формування та вдосконалення вмінь читання, перекладу та використання професійно орієнтованої лексики в спілкуванні англійською мовою.

1. SUGAR

People make sugar from the juice of sugar-cane or the roots of beetroot.

Sugar-cane grows in hot countries, well only in a soil that has a lot of lime in it. If the soil is good, people can get three harvests a year.

Beetroot grows in cool countries. There are two kinds of beetroot: red beetroot and white one. From white beetroot people make sugar. We call it beet sugar. When the roots are ripe they are dug out and sent to the factory. There the roots are washed, cut into pieces by slicers (machines with knives). Then the pulp is carried by a conveyor to a diffuser. The juice from it flows into tanks. It boils and flows to other tanks. Then the juice goes into centrifugal machines which extract sugar from it. This is beet sugar. It is dried and often made into little oblong pieces of sugar called lumps of sugar. Finally, sugar is packed in tins and boxes and sent to towns and villages.

Vocabulary:

beet, cane, cool, cut, dig, harvest, juice, lime, lump, oblong, piece, ripe, root, slice, soil, sugar, tin

Ex. I. oo [u:] – cool, food, fool, proof, root, spoon, tool

ee [i:] – beet, cheese, degree, feed, leek, seed

ow [ou] – bowl, flow, grow, show, slow

Ex. II. a) sugar-cane, cane sugar, sugar-beet, beet sugar, sugar lump

b) made from dug out sent to

made into dug in sent by

made with dug up sent out

made of sent away

Ex. III. centrifugal, conveyor, diffuser, extract, final, machine, pack

Ex. IV.

1. What do people make sugar from?

2. Under what conditions does sugar-cane grow?

3. Where does beetroot grow?

4. What kinds of beetroot do you know?

5. What beetroot is sugar made from?

6. Describe the process of making sugar from beetroot.

2. WATER

Water is the commonest of all substances and without it life is impossible. It exists in three states: ice, which melts at 0 degrees Centigrade, liquid, and steam when boiling at 100°C.

Water of the rivers and lakes is called fresh water, and that of seas and oceans is sea or salty water. Pure water is rarely found in nature: it is able to dissolve substances from the air, the soil and the rocks. By sedimentation, filtration and disinfection people purify water from bacteria, turbidity, etc.

Man can live as long as ninety days without food, but he cannot live many days without water. More than half of the human body consists of water, which also forms a large part of the food we eat, especially vegetables and fruit.

Vocabulary:

body, boil, common, consist, degree, dissolve, exist, find (found, found), fresh, liquid, melt, pure, purify, rarely, sedimentation, state, steam, turbidity

Ex. I. ea [i:] – eat, meal, meat, sea, steam, tea, veal

tion [(ə)n] – attention, filtration, infection, plantation

a+l+cons. [o:l] – all, ball, call, salt, small

Ex. II. infection – disinfection, practical – impractical, possible – impossible

Ex. III. bacteria, chemicals, filter, fruit, substance

Ex. IV.

1. In what states does water exist?
2. Where do we get water from?
3. Which water is called fresh?
4. How do people purify water?
5. What part does water play in our life?

3. SALT

Salt is one of the most common minerals used in everyday life. Primitive people that lived mainly upon raw meat did not need salt. Meat itself retained salts. When people passed on to the agricultural stage and began to raise crops, salt became a necessity. Bread and vegetables were not only improved in taste, but salt itself was required for the body's well-being.

The fact that salt could preserve food made it the symbol of lasting quality. To offer salt to somebody at one's table was a sign of friendship.

Common or table salt consists of two elements – sodium, a bright, soft metal, which takes fire in contact with water, and of chlorine, a greenish-yellow gas. It is called sodium chloride. Salt can be dissolved in water and obtained again unchanged by evaporating the water. It forms the greater part of the dissolved material in sea water and certain lakes.

Vocabulary:

crop, evaporate, improve, lasting, mainly, meat, need, obtain, offer, preserve, qualify, raise, raw, require, retain, soft, stage, taste, well-being

Ex. I. ture [tʃə] — agriculture, literature, mixture, nature, structure

i+gh [ai] — bright, high, light, right, sight, tight

aw [o:] — law, paw, raw, saw, straw, thaw

Ex. II. a) green — greenish, pink — pinkish, red—reddish

b) nation — national, nature — natural, culture —cultural

Ex. III. contact, element, fact, material, pass, primitive, sandwich

Ex. IV.

1. What did primitive people eat?
2. What food contains salt?
3. When did salt become a necessity?
4. What elements does salt consist of?

4. TEA

When the mistress of the house in England offers her visitors a cup of tea, she sometimes asks, “Russian or English tea?”

“Russian tea” will be served in glasses and a slice of lemon will be put into it. “English tea” means very strong tea with milk in it. Tea drinking is quite tradition with the English. Tea is served in almost every house nearly at the same time, at 5 o'clock in the afternoon. On the table teacups on saucers and tea-spoons are laid. The milk-jug and the sugar-basin are also on the table. There are small plates with bread and butter, or bread and jam, or biscuits. Tea is ready. The hostess pours the tea into cups.

“Do you take milk?” – “Yes, please.”

“How many lumps of sugar?” – “No sugar, thank you.”

Vocabulary:

almost, drink, jug, lay, mean, pour, quite, saucer, serve, strong, sugar-basin, teaspoon

Ex. I. ea+d [e] – bread, head, instead, ready, steady

u [ʌ] – butter, cup, cut, lump, lunch, product, supper

au [o:] – automation, cause, sauce, saucer, sausage

Ex. II. actor – actress, host – hostess, mister – mistress, waiter – waitress

Ex. III. biscuit ['biskit], coffee, jam, kerosene, lemon, visitor

Ex. IV.

1. What is meant by Russian and English teas?
2. How is the table laid for tea?
3. How many lumps of sugar do you put in a glass of tea?
4. What else do you take with a glass of tea?

5. COCOA AND CHOCOLATE

Chocolate and cocoa powder are made from cocoa beans. The beans are roasted and passed through stone grinding mills, which change them to a thick liquid. The liquid is passed through a press which extracts 70-80% of the cocoa butter. The rest of the butter remains in the cocoa. Then the mass is powdered and becomes cocoa. In order to make chocolate the liquid from the grinding mill is put into a mixer. Then sugar and some cocoa butter are added. If milk chocolate is being made, milk is added.

The mass is dried, heated and rolled on a stone plate for 72 hours. This process removes all unpleasant flavours. Finally the product is poured into moulds and cooled. Now it is ready.

Vocabulary:

add, bean, flavour, grind, heat, mixer, milk, mould, in order to, powder, remain, remove, roast, roll

Ex. I. ow [au] – brown, cow, down, fowl, powder

i + n(I)d [ai] – child, find, grind, kind, mild, wild

oa [ou] – boast, cocoa, coat, goat, oats, roast

Ex. II. changed – unchanged, cooked – uncooked, known – unknown, washed – unwashed

Ex. III. chocolate, cocoa, mass, product, press, per cent, process, soup

Ex. IV.

1. Describe the process of making cocoa powder.
2. How is chocolate made?
3. What kinds of chocolate do you know?

6. MILK

One of the most important foods for human beings in general and children in particular is milk. Milk also serves as a basis for other important foods. We have, for instance, butter and many different kinds of cheese. Then milk itself is prepared in different ways specially for children and people in poor health, all of whom need greater care and attention than people in ordinary good health do.

Milk is also used in preparation of cakes, some kinds of bread and sweets. Milk chocolate, for instance, is greatly used by the explorers and others who go far from the places where people generally live, and who must carry the food they need along with them.

When milk has been dried, it becomes very light powder which is also used by those who need food that is light in weight. Besides milk powder, condensed milk is also produced and sold in tins. There is generally some sugar in condensed milk.

Vocabulary:

besides, care, carry, cheese, different, dish, in general, health, light (*a*), ordinary, particular, use, way, weight

Ex. I. **c+i, e, y** [s] – celery, cereal, cinnamon, citron, city, nice, space, cycle
c [k] – black, care, caviar, duck, snack

Ex. II. to administer – administration, to attract – attraction, to consume – consumption,
to plant – plantation, to produce – production

Ex. III. basis, condense, general, human, limit, minute, restaurant

Ex. IV.

1. What food products are made from milk?
2. What animals do we get milk from?
3. What kinds of milk do you know?
4. What dishes can be prepared with milk?

7. CEREALS

A typical grain is wheat, which is the staple food in many countries. Wheat grows in the field. Combines are machines, which cut the wheat and thresh the grain. Grains are the wheat's seeds. When the grain is separated from the husk, it is stored in barns, in silos or in elevators. Then wheat is transported to the flour-mills. There it is ground into flour. Bread and cakes are made out of this flour.

Grain is also used in brewing. It may also be pounded or milled and then sold in the form of groats. Groats are used in garnishes and can make a separate dish – porridge or gruel (kasha).

Other important cereals are: maize, (which is called corn in the U.S.A.), oats, barley, rye, rice, and buckwheat.

Vocabulary:

barley, barn, brew, buckwheat, cereal, flour, garnish, grain, groats, gruel, husk, oats, porridge, pound(*v*), rye, seed, store, thresh, wheat

Ex. I. **ew** [ju:] – mew, few, knew, new, stew;
y [ai] – cycle, cyder, my, rye, thyme [taim], type;
y [i] – body, pastry, symbol, syrup, system, typical.

Ex. II. to approve – to disapprove, to cover – to discover, to like – to dislike,
to obey – to disobey.

Ex. III. combine, form, garnish, kasha, maize, separate, silo.

Ex. IV.

1. What cereal is the staple food in your country?
2. Where is grain stored?
3. What other cereals do you know?
4. What do we make from flour?

8. PASTA

The best known to you pastas are macaroni, vermicelli and spaghetti. There are also many other pastas which are called by Italian names given according to the shape or the district the pastas come from. Other countries, apart from Italy, have their forms of pasta, but in Italy it is part of the staple diet especially of working people. The making of pasta has been known for many centuries. The earliest mention of dough of this kind is found in Chinese and Japanese cookbooks dating 3000-3550 B.C. But it was often made with rice instead of wheat flour.

Pasta can be made into a very substantial and tasty dish or combined with meat or fish in many different dishes. The smaller pasta such as vermicelli or the small alphabet letters are usually used as garnishes in soups.

Most pasta is made from pure wheat flour, which is mixed with water into elastic dough; it is then cut or twisted into various shapes and sizes and dried until crisp and hard. Rice and potato flour can be used to form pasta. In some cases pasta is mixed with eggs.

Vocabulary:

according to, course, crisp, dough, hard, mix, pasta, plain, shape, substantial, such as, various.

Ex. I. ph [f] – alphabet, phone, photo, phrase, physical

g [dʒ] – age, digest, general, large, vegetable

Ex. II. final – finally, general – generally, practical – practically, special – specially, usual – usually

Ex. III. diet, inspection, Italy, Japanese, macaroni, rice, soldier, twist

Ex. IV.

1. What are the best-known pastas?
2. What is pasta to the Italian working people?
3. What books were the first to mention pasta?
4. What is pasta made from?
5. In what dishes is pasta used?

9. VEGETABLES

Vegetables take the larger part in our everyday fare. They are important not only for their nutritional value but for the influence they have on the whole process of digestion. They are rich in vitamins, carbohydrates and minerals. Vegetables and fruit are the main source of vitamin C. It should be noted that they differ greatly in their composition.

Potato is a "starchy food". Cabbage is rich in vitamin C, carrot in vitamin A. Onion and garlic cannot only enhance the flavour of a dish but they are also known for their antibiotic properties. Radish, beetroot, horseradish and lettuce intensify activity of the pancreas.

Vegetables are recognized practically by the cuisine of every country and are eaten not only as garnishes and accompaniment to meat and fish but as separate dishes too. The best to cook are of course fresh vegetables but there are also pickled, dried, frozen and tinned ones. Remember that vegetables should not be cooked long before they are served because a great deal of vitamins is ruined especially when heated.

Vocabulary:

cabbage, carbohydrates, carrot, cuisine [kwi:'zi:n], differ, digestion, enhance, fare, garlic, horseradish, influence, lettuce, nutritional, onion, pancreas ['pæŋkrɪəs], property, source, starch, tinned

Ex. I. ch – cherry, Chinese, chipping, chunk, much, rich;

sh – dish, kasha, shake, shin, short.

Ex. II. class – classify, fort – fortify, intense – intensify, pure – purify.

Ex. III. accompaniment, activity, antibiotic, composition, intensify, radish.

Ex. IV.

1. What vegetables do you know?
2. What are vegetables important for?
3. What are they rich in?
4. What vegetables are best for cooking?
5. What vegetables are the source of vitamin D (C, A)?

10. POTATOES

A mainstay of our diet since the beginning of the 18th century, when Peter I brought them to Russia, this is one vegetable that can be used at every meal not only as a savoury but also as a sweet. Potato is an excellent source of energy containing starch (up to 24%), carbohydrates, protein, calcium, vitamins B and C. There are more than 40 named varieties of potato grown in Europe. However, we usually know them as reds and whites. Reds are good for boiling, roasting and baking. Whites are excellent for chipping and frying. They bake and mash well too.

Incorrect storing and cooking destroy a lot of their nutritional value. Potatoes should be stored in a dark, cool, airy place. Never store them in the refrigerator. Washed potatoes do not store as well as those that are unwashed. The best way to cook potatoes and retain the most food value is by pressure cooking or cooking in their skins. You should remember the following points: store correctly, peel thinly, cook with care, season to taste and serve hot.

Vocabulary:

air, bake, bring (brought, brought), destroy, mainstay, mash, meal, peel, plum, savoury, season (v), skin

Ex. I. ou+gh [o:] – bought, brought, thought, ought;

a+r [a:] – dark, mark, star, starch, start, tart;

Ex. II. ability – inability, attention – inattention, complete – incomplete, convenient – inconvenient, correct – incorrect;

Ex. III. calcium, climate, correct, energy, favourite, method, protein.

Ex. IV.

1. Who brought the potatoes to Ukraine?
2. What dishes can be prepared from potatoes?
3. What nutrients do potatoes contain?
4. How many potato varieties do you know?
5. Where should potatoes be stored?

11. CHEESE

A food for all occasions is cheese; it could also be said that there is a cheese for all occasions. In mythology we are told that cheese was invented in Greece.

It is difficult to say just how many cheeses there are. Not only have countries got their own, but also villages. Cheese can be made from cow, goat or ewe's milk, or a mixture of all three.

Cheese is rich in protein and supplies it nearly twice as much as an equal weight of uncooked meat or fish. It also supplies vitamin A, riboflavin and calcium. It is easily digested in its natural form, but prolonged cooking will make it more difficult to digest. Cheese is suitable for a main meal or a snack, it is a simple and economical solution for family teas, lunch or supper. A selection of cheese, bread and wine and your party is off to a good start.

Attention should be paid when storing cheese. An ideal temperature is between 5 and 10°C. If you keep it in the frig, remember to remove at least an hour before eating. It should always be covered (particularly the cut sides) when not required. Foil and polythene are idea coverings.

Vocabulary:

cover, equal, ewe, lunch, prolong, riboflavin, snack, solution, suitable, supply, twice, wine.

Ex. I. th [θ] – broth, cloth, method, mythology, polythene.

Ex. II. carry – carries, clarify – clarifies, supply – supplies, factory – factories.

Ex. III. economical, Greece, ideal, mixture, mythology, occasion, selection.

Ex. IV.

1. What is cheese made from?

2. What is cheese rich in?
3. When do you serve cheese?
4. How do you store cheese?
5. What kinds of cheese do you know?

12. FISH

Fish provides a most welcome change for any meal of the day. It is light, nourishing and with choice of sauces, you may vary your fish menus without repetition for many meals. In its nutritional value fish is equal to meat, but it is much easier digested which is the chief advantage of the dish.

Fish contains proteins from 13 to 23% and up to 33% oils, which are rich in vitamins A and D. Fish to be good, must be very fresh and in season. The flesh should be firm and stiff, the gills red, and the eyes bright. There should be no unpleasant odour. In choosing cut fish, such as cod, halibut, salmon, etc. the flesh should have a close grain. If it looks watery and fibrous, it is not good. Fish that is bruised or has the skin broken will not keep well. Remember that it is one of the foods that does not improve with hours of cooking, and if you want to remove fishy smells, add a little vinegar in the washing up water.

Vocabulary:

advantage, bruise [bru:z], change, choice, cod, choose (chose, chosen), equal, firm, flesh, gill [gil], grain, halibut, nourish, odour, oil, provide, salmon, smell, vinegar.

Ex. I. au [o:] – auction, autumn, cause, fault, sauce.

Ex. II. to cook – a cook, to need – a need, to plant – a plant, to taste – a taste.

Ex. III. contain, fibrous, menu, repetition, sauce, season (n).

Ex. IV.

1. Where do people catch fish?
2. How do you choose fish?
3. How do you cook fish?
4. Describe the nutrients of fish.

13. POULTRY

Bird meat is one of the few foods in which there is little or no waste. All the meat—the bones, heart, kidneys and other parts can be used as a basis for broth or stock. Chicken livers are particularly tasty. All left-over pieces can be used either in omelettes, pies or stuffings. It is a very versatile food and can be prepared and served in many ways.

Poultry may be sautéed, fried, or deep-fried, braised, grilled or roasted, as well as stuffed or sauced. Each of these processes requires a particular type and size of bird, which may also be whole, halved, quartered or cut up. Chicken, of course, is the most adaptable poultry of all and it may also be boiled (simmered really). Most poultry is sold oven-ready, frozen or freshly killed. If the bird is frozen, it should be completely thawed out before cooking. An oven-ready gosling should be thawed at room temperature for 24 hours. The neck and giblets should be removed, the bird washed and then a little salt rubbed into the skin.

Vocabulary:

bone, braise, domestic, duck, freeze (froze, frozen), giblets, gosling, grill, kill, kidney, oven, poultry, rub, saute [sou'tei], simmer, skin, stock, thaw, versatile, waste

Ex. I. our [ə] – colour, favour, flavour, labour, savour

u+r [ə:] – burn, curve, turkey, turn

Ex. II. dirt – dirty, hunger – hungry, rain – rainy, starch – starchy, taste – tasty

Ex. III. adapt, liver, omelette, problem, quart, type

Ex. IV.

1. What poultry do you know?
2. By what is poultry distinguished from other meats?
3. How can one prepare poultry?
4. How should frozen birds be treated before cooking?

14. MEAT

Stock-breeding provides us with meat and dairy-produce. Being a very high source of protein, meat plays an important part in our daily diet. Long ago man hunted and killed what he required for the next meal. Until quite recently butchers went to the markets to choose and buy their animals and slaughter their own meat. Today practically all meat is brought from a controlled centre run at much more hygienic lines. One of the big changes over the past few years has been the increased consumption of pre-packed, frozen meat. The consumption of carcass meat has dropped. On the whole our individual consumption of meat is growing as the country rises to a higher standard of living. Not only this is true of the amount of meat eaten per person, but people begin to take better joints and cuts of meat.

The English have different words for the meat and the animal it comes from. This tradition dates back to the 11th century when England was conquered by the Normans who spoke French. Meat of pig or swine is called pork, cow and ox-meat is beef, calf is veal, sheep is mutton. Meat of wild animals and fowl is called game. Meat of hen or cock is usually called chicken.

Vocabulary:

amount, animal, beef, butcher, calf, chicken, cock, consumption, cut (n), dairy, joint (n), market, ox, pork, produce, sheep, slaughter, stock-breeding, veal

Ex. I. o + r [o:] – cork, fork, form, pork, port, short, sort

Ex. II. pre-cooked, pre-packed, pre-revolutionary, pre-school, pre-war

Ex. III. carcass, centre, control, French, hygienic, individual, salad

Ex. IV.

1. What is meat rich in?
2. Why is the consumption of meat growing?
3. How do Englishmen call the meat of swine (cow, calf, sheep)?
4. What meat is digested quicker?
5. What meat dishes do you prefer?

15. FRUIT

Fruit and berries make not only a good dessert but an accompaniment course too. Fresh fruit is used for making tarts, jams, jellies, ice-cream, etc. It is the main source of vitamins, acids, minerals and natural sugars. Much of vitamin C is contained in black currants, nuts, lemons, oranges and rose hip.

Pears, apples and oranges contain vitamins of the B group. Easily digested sugars (glucose and fructose) are found in grapes, cherries, plums, apricots, peaches, etc. Black currants and red currants are not only excellent fruit for tarts and puddings but can also be used for jams, jellies, and being rich in vitamin C are important from the health view-point. They have been eaten in Britain for a very long time and their medical properties for sore throats and winter colds are well known. Strained red currants juice is extremely useful to add to jam made with fruit low in natural acids or pectin. Strawberries are very popular in Britain. Eaten by themselves or with cream or ice-cream, they make a delicious finish to a meal. There are many different varieties grown in this country, all

of them good but some more flavour some than others. In the towns we rarely get freshly picked fruit. Dried, tinned and pickled fruit is also popular in Ukraine.

Regions which have a Mediterranean climate are mostly producers of grapes and citrus fruits: oranges, tangerines, lemons, etc. Some fruit like banana grow in countries with tropical climate.

Vocabulary:

acid, apricot, cherry, currant, delicious, ice-cream, grapes, Mediterranean, nut, orange, peach, pear, pick, rose hip, strawberry

Ex. I. cious [ʃes] – avaricious, conscious, delicious, precious

j [dʒ] – jam, jar, jelly, joint, joy, jug, juice, major

Ex. II. accompany – accompaniment, astonish – astonishment, develop – development, equip – equipment, improve – improvement, nourish – nourishment

Ex. III. banana, citrus, cream, enthusiastic, fructose, glucose, medical, pectin, pudding, tart, tomato, tropical

Ex. IV.

1. Do you cook fresh fruit?
2. What is contained in fruit?
3. What vitamins are contained in different fruits and berries?
4. What berry is very popular in Britain?
5. Where is citrus fruit being cultivated?

16. OUR FOOD

A. Nutrients

Let us take a look at the nutrients needed in our diet to nourish the body.

Proteins. These make and repair the body tissues and also supply some calories. Sources are meat, poultry, fish, eggs, milk, cheese, some vegetables, especially pulses, lentils and beans.

Minerals. Some of these may be present in large amounts in the body, but the major ones are calcium, iron and sodium.

Calcium. This is essential for good development of bones and teeth, normal clotting of blood and function of muscles; obtained from milk, cheese, bread, flour, fish and green vegetables.

Sodium. All body fluids contain salt. Most of the necessary sodium is obtained from common salt.

Fats and oils. These are a concentrated source of heat and energy, measured in calories. Some of them also contain vitamins A and D. The sources are butter, margarine, cooking fats and oils, cheese and oily fish.

Carbohydrates. These also give heat and energy: starchy foods, flour, cakes, bread, potatoes, pulses, cereal of all kinds, sugar, honey, jam, chocolate, fruit and sweets.

Water is necessary for the normal action of the body. It carries the substances from one part of our body to another.

Roughage. This is the term applied to all indigestible matter in food, the part we cannot absorb into our body, mostly formed by fruit, vegetables, etc.

B. Vitamins

Vitamin A is necessary for normal growth and development of the body, particularly for good eyesight. Obtained from liver, butter, margarine, milk and its products, cheese, carrots, green vegetables, watercress and cod-liver oil.

Vitamin B is called a complex vitamin because there are many constituents: B₁, B₂, etc. This vitamin is necessary for good condition of the nervous system. Contained in yeast extracts, nuts, fruit, whole-grain flour and cereals.

Vitamin C increases resistance to infection and maintains a healthy condition of the skin. Obtained from black currants, rose hip syrup, lemon juice, soft fruits, such as strawberries, spinach, and watercress.

Vitamin D is concerned in the laying down of calcium essential for the structure of bones and teeth. Obtained from butter, fish, liver oils, etc. Although we get this vitamin from food, it can also be manufactured in our body with the aid of ultra-violet rays from the sun.

Vocabulary:

- a) blood, cake, clotting, develop, fluid, honey, iron, lentil, muscle, nutrient, pulse, repair, tissue, watercress, whole meal (bread), whole grain (flour), yolk;
b) aid, condition, constituent, eyesight, measure, rays, roughage, spinach, ultra-violet, yeast.

Ex. I. sure [gə] – leisure, measure, pleasure, treasure

gh [f] — cough, enough, laugh, rough, tough

Ex. II. ‘conduct – to con’duct, ‘extract – to extr’act, ‘record – to re’cord

Ex. III. absorb, complex, concentrate, function, hemoglobin, major, manufacture, margarine, muscle, nervous, product, spinach, syrup

Ex. IV.

1. What is protein (iron, fats, calcium) essential for?
2. What is protein (iron, calcium, sodium) obtained from?
3. What is vitamin A (B, C, D) necessary for?
4. What products is vitamin A (B, C, D) obtained from?

17. COOKING MEALS

Before having our meal we must cook our food. There are different ways of preparing it. We boil eggs, meat, fish, water, milk, etc. We roast meat. We say that the meat is underdone or overdone when it is too little or too much roasted (boiled). People fry eggs, fish, vegetables. We stew fish, meat, vegetables, fruit and stuff fish and poultry. We cook soup, rice, fruit and vegetables. Before cooking the latter we peel and pare them. We dress meat salad. We make breakfast, dinner, tea, coffee, cakes, etc. People bake bread. People put salt, sugar, pepper, mustard, spices into their food to make it salted, sweet, sour. Food may be fresh (good) or unfit for eating. Food may taste good or bad; it may be also tasteless.

The process of chewing and swallowing food is called eating. Everything that can be eaten is called edible (or eatable). We eat various food-stuffs: bread, fruit, vegetables, fish, meat, etc. We usually have three meals a day: breakfast, dinner and supper.

Before having a meal we have to lay the table. We may say we set it too. We spread the table-cloth and put on napkins. If it is breakfast, we have to take cups, glasses, saucers, tea-spoons, forks and knives, bread cut into slices on the bread-plate. We put some butter, salt, sugar, etc. on the table. If it is dinner we have to put soup-plates and dinner-plates before each of the diners. The knife and the spoon are on the right-hand side and the fork on the left. The pepperbox, the salt-cellar, the mustard-pot are in the middle of the table.

Vocabulary:

chew, dinner-plate, dress, edible, food-stuffs, fork, knife, mustard-pot, napkin, pepper, pound (n), salt-cellar, side, soup-plate

Ex. I. ious [iəʊs] – curious, obvious, serious, various

Ex. II. bottom – bottomless, friend – friendless, home – homeless, price – priceless, taste – tasteless, use – useless

Ex. III. appetite, front, sausage, shilling, spices

Ex. IV.

1. How many meals a day do you have?
2. What are the ways of preparing food?
3. What do people roast (fry, stew, cook)?
4. What do we peel and pare before cooking?
5. What can you say about a dish after tasting it?

18. PROPER DIET

Variety is an important element of a rational diet. For this reason the same dishes, should not be prepared for several days in succession. Well prepared and well served food whets the appetite and is easier to digest. Wheat and rye bread, cereals, macaroni, peas and beans have the highest starch content. For proper balance more starch should be taken, than sugar. The normal daily consumption of sugar, including jam, candy and other sweets, should be 100 grams. Milk and other dairy products supply the calcium the body needs. The proportion of protein, fats and carbohydrates in the daily ration should be as follows: 14-15% protein, 30% fats and 55-56% carbohydrates.

Investigations of scientists have shown that it is most beneficial to have three or four meals a day at regular hours. In the morning, before the day's work begins, the organism should get a good "stoking" – approximately 25-30% of the entire daily nourishment; dinner should comprise 50%, and supper 20% of the day's diet.

Foods richest in protein should be eaten in the morning and during the day. Breakfast, for example, may consist of a tomato salad, boiled pikeperch with potatoes, buckwheat porridge with milk, tea or coffee, bread, butter, eggs and cheese. Fish can be replaced by a meat dish, meat pie (pirozhenki) for instance; instead of porridge, pot cheese with cream and sugar may be served. Grated raw carrot before breakfast may be recommended.

Dinner should be especially nourishing. If it includes a meat soup – borshch, noodle soup with meat, etc., – the main course may be prepared of cereals or vegetables. For example, a dinner can consist of meat borshch, potato dumplings stuffed with meat and served with tomato sauce, and cranberry mousse; or a vegetable cream soup, minced meat rolled in cabbage, and pancakes with jam. An appetizer should be served with dinner: herring with dressing, fish marinade, etc.

Light dishes are recommended for supper – baked vegetables, boiled macaroni with cheese, milk porridge, fried eggs. Sour milk should be served for supper.

Vocabulary:

appetizer, comprise, cranberry, dumpling, entire, grate, herring, include, mince, pancake, pea, pike perch, pot cheese, sour, stoking

Ex. I. ssion [ʃən] – commission, discussion, mission, session, succession

Ex. II. appear – reappear, arrange – rearrange, construct – reconstruct, heat – reheat,
place – replace, read – reread

Ex. III. balance, gram, marinade, mousse, organism, proportion, ration, rational, reason,
recommend, regular

Ex. IV.

1. What is important in a rational diet?
2. What food is easier to digest?
3. What products have the highest starch content?
4. What is the daily ration of protein (fats, carbohydrates)?
5. Give your choice of dishes for breakfast (dinner, supper).

19. VEGETARIAN DIET

There have always been many people who, for various reasons, do not eat meat. Maybe it is because they dislike the taste, or are not in favour of killing animals for food, and, of course, there may be health problems.

Anyway people throughout the world in India, China, America and other countries have eaten meals without meat and fish for centuries. Therefore it is quite natural that public catering does not remain indifferent to vegetarians and their diet. Apart from emotional problems there certainly are some scientific problems too. You must know that vegetarian dishes need not consist only of vegetables, fruit and plants.

It is a fact that the proteins of plants do not provide all the amino-acids which a human body needs. The lacto-vegetarians recognize this themselves by eating cheese, eggs and milk, all of which are foods providing animal proteins, just like muscle meat does.

As for the amino-acids provided by plant proteins, they are as good as those of animal proteins. It is the amino-acids missing in plant protein which are the great problem. Research is going on in many parts of the world to see if plants cannot be produced which will furnish proteins adequate to meet human needs.

That will be one way, among many others, in which we shall be able to meet the needs of vegetarians who live entirely on plant food. A certain type of anemia is common among them and is caused by the total absence of a particular amino-acid present only in animal foods.

Vocabulary:

adequate, anyway, catering, furnish, miss, research, scientific, therefore, throughout, lacto-vegetarian

Ex. I. ence [əns] – absence, difference, essence, magnificence, sentence

qu [kw] – adequate, equal, equipment, liquid, quality, quantity, quart, quite, squeeze

Ex. II. appear – disappear, arm – disarm, continue – discontinue, like – dislike

Ex. III. amino-acids, anemia, emotional, India, public, vegetarian

Ex. IV.

1. Why don't some people eat meat?
2. What food does a vegetarian diet consist of?
3. What is usually missing in a vegetarian diet?
4. What vegetarian dishes do you know?

20. EATING OUT

When people do not dine at home but at a restaurant or are invited to dine at their friends or relatives they are said "to be eating out". To eat at home means "to eat in".

In all large cities there are plenty of restaurants, cafes, cafeterias (self-service dining-rooms) etc. All the large hotels have dining-rooms or restaurants. There you can have breakfast, dinner, lunch or supper. Every restaurant offers you dinners "table d'hôtel". They are known as regular dinners. It means that you are served with meals of several courses at a fixed price.

Diners "table a la carte" mean such meals which are ordered course by course from the menu-card each dish separately. Table d'hôtel is cheaper than table a la carte. The cost of meals varies according to the category of a restaurant. Some people dance during the meal, others don't. Each little party of guests has its own table.

Vocabulary:

cheap, dine, eating in (out), guest, invite, prefer, relative, self-service, table a la carte, table d'hôtel

Ex. I. our [o:] – course, four, pour, source, your

Ex. II. done – overdone – underdone, loaded – overloaded – underloaded,
paid – overpaid – underpaid

Ex. III. cafe, cafeteria, category, cigar, goulash, fix, hotel, menu card

Ex. IV.

1. What does the term “eating out” (“eating in”) mean?
2. Where can one eat out in a town?
3. What do you know about dinners table a la carte (table d’hôtel)?

21. CAVIAR

Caviar is extracted from fish of the sturgeon family – starred, ordinary, white and some others. We usually speak of the delicacy provided by sturgeons as “black caviar”. Actually, the highest grades are not black but light-grey or grey; black is a lower grade. The more ripe the caviar the bigger and lighter are its roe-corns and the better it tastes. Caviar contains protein up to 37%, about 30% oil, vitamins A, D and B, etc. White sturgeon caviar is considered to be the best. The two known kinds of caviar are pressed caviar and soft caviar. It tastes best when chilled and served in special containers with ice. Chefs decorate some salads with caviar and use it as garnish to many dishes. Served separately it rates high on the world list of appetizers.

Vocabulary:

caviar (pressed, soft), chill (v), ensure, grade, grey, appetizer, live [laiv] (a), low, roe-corn, spawn, sturgeon (starred, white)

Ex. I. cial [ʃəl] – artificial, commercial, financial, social, special
y [j] – yard, year, yeast, yellow, yes, yet

Ex. II. dark-blue, dark-brown, dark-grey, light-blue, light-brown, light-grey

Ex. III. Caspian, chef [ʃef], container, copeck, decorate, list, million, press, special.

Ex. IV.

1. What fish do we get caviar from?
2. What kinds of caviar do you know?
3. How is caviar served?

22. CULINARY TERMINOLOGY

French cuisine has always had great influence on that of other nations. Not surprisingly its terminology has come into world circulation and is used in English. Some terms are familiar to you for they are used in Ukrainian too. The French divide their cuisine into three parts: a) “cuisine regionale” – means that the dish has peculiarities of a certain region it comes from; b) “cuisine bourgeoise” – common cuisine; c) “haute cuisine” – refined cuisine of aristocrats.

Some French dishes are named after famous people or places they come from and therefore need no translation. Sauce Bechamel – is named after the author of the sauce; sauce Soubise – after a French general, etc.

To describe an excellent cook they have a special title – “Cordon Bleu”. A person who eats too much is called a gourmand. A person who regards the quality of his food before its quantity is called a gourmet.

Pate (or terrine) – the basic formula is always a mixture of minced meat in which lean meats such as veal, liver, poultry or game are blended with fat meat, usually in the form of belly pork, bacon or strips of back pork fat. The amount of seasoning, garlic, herbs, wine and spices they add is a matter of the chef’s taste. Nowadays the terms pate and terrine are both applied to a mixture of meat baked in an oven-proof dish.

Bouquet garni. When cooking French cooks very often put some herbs tied together – bouquet garni – into the pot. They remove it before serving.

Restaurant. In France, during the 16th century, a popular soup was called restaurant because it was supposed to have restorative properties. A chef who served this particular soup had the word printed above the door of this eating-house and gradually the word acquired its present connotation.

Bistro, the French snack-bar, is evidently of Russian origin. It dates back to 1815, just after the Patriotic War of 1812 when Paris was full of Russian officers, diplomats and officials. Their dining motto was “Быстро!”, and it gave a new name and a new trend into French gastronomy.

Vocabulary:

blend, Cordon Bleu, gourmet, herb, origin, pate, quantity, region, snack-bar, strip, tie

Ex. I. **ou** [u:] – Goulash, mousse, soufflé ['su:flei], soup

ous [əs] – famous, fibrous, generous, herbivorous, prosperous

Ex. II. air – airproof, bullet – bulletproof, fire – fireproof, oven – ovenproof, water – waterproof

Ex. III. aristocrat, author, bouquet ['bukei], diplomat, gastronomy, gourmand, officer, patriotic, terminology

Ex. IV.

1. What does “Bouquet garni” mean?
2. What is pate?
3. Into what parts do the French divide their cuisine?
4. Give some terms from French culinary terminology.
5. Give Ukrainian culinary terms which have acquired international usage.

ADDITIONAL READING

1. Herbs

For centuries herbs have been used for the added flavour they give to food, but also in the preparation of medicines for their health-giving properties. There are in herbs certain substances which, if taken daily, add greatly to the healthy functioning of the body. Growing herbs is common practice in Britain. Most small gardens have their herb border or special corner. But in large cities people have to rely on their greengrocers.

2. Dried Herbs

There is a large selection of dried herbs available, under various brand names and these are equally good. Stews, soups, sauces, meats, vegetables or fish, even cakes, all benefit from the use of herbs. Here are a selection of herbs and their uses:

Basil. Can be added to soup, stews and sauces; put into tomato soup and all tomato dishes; excellent for spaghetti or rice dishes; in stuffing for poultry and with all game. Use with meat, beef, liver or fish. Add a pinch to mixture of other herbs for omelettes, pancakes or cheese soufflés.

Chevril. Use in green salads, potato salads, any egg dish, in boiled, buttered vegetables. Add to soup or stews toward the end of cooking. Use as a garnish like parsley.

Chives. Worked into butter, it is excellent with meat or fish; add to melted butter, pour over boiled potatoes, mix with scrambled eggs or omelettes, with cream or cottage cheese, etc.

Oregano. This is used a lot in Mediterranean cooking, tomato dishes, spaghetti, pizza, soups, tomato, lentil, stuffings, grilled meats, roast and chops.

Rosemary. Freshly chopped it can be added to jams or jellies. This is a herb which should be used with care. Can be used in cheese sauce, omelettes, soup such as minestrone; for strong-flavoured fish, salmon, halibut, with poultry and most meat dishes.

Sage. This is another which should be used sparingly because of its strong flavour. Used in cheese making, it can be added to a cheese omelette, beef, lamb or meat stew; add to meat sauces for stuffings or sausages, or in the water to cook fish.

Thyme. An important ingredient of "bouquet garni". Add to cottage or cream cheese, in tomato, split pea or bean soup. For stuffings, baked and grilled fish, braising or roasting beef, lamb or pork.

3. Spices

Flavouring is an essential factor in all food preparations. Very few foods or dishes are so tasty that they require no extra flavouring. From the earliest age, until recent times, spices were a coveted luxury. The Crusaders returning from distant lands carried the raw spices into their own countries—the flavours of the East were introduced into Europe. Medieval cooks used very large amounts of spices and seasoning in almost every dish. Only those with money were able to use spices, as the price was way out of the reach of ordinary people. It is essential to retain the aroma of the spices, that are stored well usually in a stoppered glass jar. Always use in moderation—it is easier to add extra than try to eat or redeem a dish that is too heavily spiced. Whole spices should be added at the beginning of cooking and ground spices toward the end, except when making curries. Here is a list of spices and their uses.

4. Uses of Spices

Cardamom. The dried seeds and seed pods of a plant belonging to the ginger family. Equally good, used either whole or ground. The best comes from Ceylon. Used mainly in baking, it is also an ingredient of curry powder, in spiced mixtures for mulled wines, or with pork.

Allspice. The dried fruit of the tropical allspice tree. The prepared spice is dark reddish-brown. It is available both whole or ground. Use in brine for pickled herrings, boiled fish dishes, soups and stews, pickles. The aroma and taste is rather like a mixture of cloves, cinnamon and nutmeg.

Ginger. Prepared from the roots of the ginger plant. Sold both whole and ground in many varying qualities. Stem or root preserved in syrup, crystallized. The flavour is strong and biting. Use in cakes, biscuits, stewed fruit, meat dishes, puddings and drinks.

Curry powder. A spice mixture from India; can be bought ready-made or made up at home, usually from the following spices: red pepper, ginger, cinnamon, turmeric, cloves, cardamom, nutmeg. Use with meat, fish, poultry, eggs, vegetables, and sauces. Can be either sweet, hot or mild.

Cayenne. The ground fruit of a shrub belonging to the potato family. Rust-red in colour, the spice is very strong and hot. Use carefully. Tabasco is the liquid form of cayenne. Use in meat stews, marinades, fish and vegetable dishes, casseroles.

Cinnamon. The inner bark of a tree of the laurel family. Has a powerful, sweet flavour. Bought either in stick or ground. Use in cakes, puddings, with apple sweets, heated spiced drinks.

5. Herbed Butter

To prepare the herbed butter, first let it soften a bit, then cream it by beating it on an electric mixer, or by mashing it against the sides of a mixing bowl with a large wooden spoon. When the butter is perfectly smooth, beat 1 tea-spoon of lemon juice into it drop by drop, then add the minced garlic parsley, tarragon, and salt. But, if the butter is salted to begin with, do not add any salt at all. With a rubber scraper, gather up the seasoned butter and shape it into a ball. Wrap it loosely in waxed paper and refrigerate until it is firm. If you are in a hurry, a half hour in the freezer will do as well.

6. Vegetables

Vegetables take the larger part in our everyday life. They are important not only for their nutritional value but for the influence they have on the whole process of digestion. They are rich in vitamins, carbohydrates and minerals. Vegetables and fruit are the main source of vitamin C. It should be noted that they differ greatly in their composition.

Potato is a "starchy food". Cabbage is rich in vitamin C, carrot in vitamin A. Onion and garlic cannot only enhance the flavour of a dish but they are also known for their antibiotic properties. Radish, beetroot, horseradish and lettuce intensify activity of the pancreas.

Vegetables are recognized practically by the cuisine of every country and are eaten not only as garnishes and accompaniment to meat and fish but as separate dishes too. The best to cook are of course fresh vegetables but there are also pickled, dried, frozen and tinned ones. Remember that vegetables should not be cooked long before they are served because a great deal of vitamins is ruined especially when heated.

7. Potatoes

A mainstay of our diet since the beginning of the 18th century, when Peter I brought them to Russia, this is one vegetable that can be used at every meal not only as a savoury but also as a sweet. Potato is an excellent source of energy containing starch (up to 24%), carbohydrates, protein, calcium, vitamins B and C. There are more than 40 named varieties of potato grown in Europe. However, we usually know them as reds and whites. Reds are good for boiling, roasting and baking. Whites are excellent for chipping and frying. They bake and mash well too.

Incorrect storing and cooking destroy a lot of their nutritional value. Potatoes should be stored in a dark, cool, airy place. Never store them in the refrigerator. Washed potatoes do not store as well as those that are unwashed. The best way to cook potatoes and retain the most food value is by pressure cooking or cooking in their skins. You should remember the following points: store correctly, peel thinly, cook with care, season to taste and serve hot.

8. Fruit

Fruit and berries make not only a good dessert but an accompaniment course too. Fresh fruit is used for making tarts, jams, jellies, ice-cream, etc. It is the main source of vitamins, acids, minerals and natural sugars. Much of vitamin C is contained in black currants, nuts, lemons, oranges and rosehip.

Pears, apples and oranges contain vitamins of the B group. Easily digested sugars (glucose and fructose) are found in grapes, cherries, plums, apricots, peaches, etc. Black currants and red currants are not only excellent fruit for tarts and puddings but can also be used for jams, jellies, and being rich in vitamin C are important from the health view-point. They have been eaten in Britain for a very long time and their medical properties for sore throats and winter colds are well known. Strained red currants juice is extremely useful to add to jam made with fruit low in natural acids or pectin. Strawberries are very popular in Britain. Eaten by themselves or with cream or ice-cream, they make a delicious finish to a meal. There are many different varieties grown in this country, all of them good but some more flavour some than others. In the towns we rarely get freshly picked fruit. Dried, tinned and pickled fruit is also popular in Ukraine.

Regions which have a Mediterranean climate are mostly producers of grapes and citrus fruits: oranges, tangerines, lemons, etc. Some fruit like banana grow in countries with tropical climate.

9. Boiled Fresh Vegetables

The cooking of vegetables is a simple affair and, except for a few more complex braising and baking procedures, rather a matter of timing than anything else. Commonly used vegetables such as peas, French beans, corn on the cob, broccoli, asparagus, Brussels sprouts, cauliflower, and a few others should be cooked uncovered in plenty of boiling salted water, drained, and served immediately, dressed with melted butter, or a sauce of your choice. Vegetables cooked in this fashion preserve their colour, freshness, and flavour to a remarkable degree. But they must be served at once: they will taste as if they had been subjected to the restaurant steam table if they are not.

10. Frozen Vegetables

Interestingly enough, frozen vegetables, before being packaged, are prepared in very much the same way. Technically known as blanching, the process is to plunge the vegetables briefly into boiling water, then into cold water to stop their cooking, then to freeze them immediately. If you must use frozen vegetables, for the best results they should be defrosted before being cooked. Frozen peas, thoroughly defrosted, need only be heated for a few minutes with a little butter in a covered saucepan, seasoned with salt and pepper, and served. Cooking them in liquid for any length of time will destroy what little character they have. Frozen defrosted spinach, should be treated similarly.

Most other frozen vegetables, however, do require further cooking. Bring them to a boil in a little chicken stock or water and with at least 1/2 ounce of butter, cover the pan and cook it over moderate heat until it is barely tender. Any liquid, that remains in the pan should be boiled away rapidly with the pan uncovered; shake the pan constantly to keep the vegetable from sticking or burning. A wise precaution is to cook all frozen or fresh vegetables in enamel or stainless steel saucepans, skillets, or casseroles. Many vegetables pick up a metallic taste from aluminium or iron pans, and some, particularly asparagus and artichokes, tend to discolour badly.

11. Braised Vegetables

We do not often braise fresh vegetables – that is cook or more literally, half-steam them in a little stock and butter in a covered pan, and then use the braising liquid, somewhat reduced, as a sauce. Although the braising process can hardly be compared in simplicity to tossing a vegetable into a pot of boiling water, there is still much to recommend it. Since the vegetables are cooked rather slowly, they are less likely to overcook. Moreover, they need not be rushed to the table the moment they are done, and may be kept warm for a reasonable length of time, or, when cold, reheated, even a day later with little if any loss of flavour. Onions, carrots, turnips, celery, leeks and chicory are particularly well after this kind of preparation.

12. Mashed Potatoes

To insure the proper texture and density of your mashed potatoes, choose a mealy baking potato in preference to any of the firmer varieties. Peel the potatoes and cut them into halves or

quarters, but no smaller or they will absorb too much water and crumble as they cook. Drop them into 3 pints of salted boiling water and, with pot uncovered, let them boil steadily until they are tender. It is impossible to say how long this will take; your best gauge is to pierce the potatoes periodically with a small pointed knife. When the pieces are no longer resistant at the centre, they are done. Drain the potatoes at once in a colander, return them to the pan, and shake them over moderate heat until they are mealy and dry.

Do not be tempted to ignore this step, for the success of the mashed potatoes is before you puree them. An electric mixer (not a liquidiser) will do the pureeing most easily and effectively. You can also use a ricer or potato masher and sieve. In any case, mash them into a bowl which you have first rinsed in very hot water and then thoroughly dried. Beat the puree until it is completely free of lumps, then beat into it a little at a time at least 4 ounces of soft butter. Sometimes earlier you will have heated and kept hot 1/2 pint double cream (or single cream or milk, if you must). Beat this into mashed potatoes a table-spoon at a time, using more or less of the cream to give the potatoes the consistency you prefer. Ideally, the puree should be neither wet nor dry and should hold its shape lightly when scooped up in a spoon.

Now beat into it as much salt and pepper as you think it needs and serve the potatoes at once in a heated serving dish. Garnish them with whatever you like; chopped parsley, chives, dill, or basil-fresh, of course; or float a small well of melted butter in the centre. But whatever you do, serve the potatoes the moment they are ready. If it is absolutely necessary, they may be kept warm for a few minutes in a pan set over barely simmering water, but then the first bloom will be gone and they will never taste quite the same.

13. Salads

The French divide salads into two large categories: first, the plain salad, or "salad simple", consisting of one or more fresh greens dressed with oil, vinegar, salt, and pepper, or a single cold cooked or uncooked vegetable similarly dressed; and second, the combination salad, or "salad compose", a mixture of various cold cooked or uncooked ingredients, dressed more elaborately. The plain green salad is, of course, comparatively simple to prepare. It should contain only the choicest greens. Whatever you choose, make certain the greens are fresh, discard all imperfect outside leaves, and wash the greens thoroughly under cold running water. Shake them free of excess water, then dry them, literally leaf by leaf, with absorbent paper or kitchen towels. The importance of having salad greens bone dry cannot be stressed too strongly, for no matter how fine your dressing, it can be ruined by any extra moisture. Good fresh salad can form the basis for a meal. Not only is it cooling and light on a hot day, it also contains many of the ingredients important for good health and digestion.

14. Coffee

Coffee is one of the most popular beverages of the world. It is made from a berry grown in tropical climates and shipped to this country green, that is unroasted. All coffee trees are alike, but the berries produced vary in composition with variation in the rate of growth and the treatment after picking. For this reason, Mocha, Java, and South American coffees are quite distinct from each other. There are, in general, three methods of preparing coffee — boiling, percolating, and the drip method. Each differs from the other in the mode of extraction, and as a result, each extracts the water-soluble constituents in varying amount.

Probably one of the greatest essentials in making of good coffee is a clean pot. The coffee should not stand long before serving or caffeine will be lost through evaporation.

15. Tea

The desirable features of tea are less standardized than those of coffee. Some like it black, some like green, some with cream, and others with lemon.

Tea is made from the leaves of a tea bush which is indigenous to the Orient. There are many factors which influence the quality of the tea as purchased. The younger the leaves the better the

tea. Some of the poorer teas are made from the older leaves or even stems. The grade and flavour of tea are influenced by the treatment after picking. Black tea is made from leaves which are fermented before drying. The fermentation darkens the product and softens the flavour. Green tea is not fermented; the leaves are steamed and dried. Its flavour is more astringent than that of black tea, as fermentation affects tannin compounds in the leaf. When lemon juice or lemon is added to tea, whether cold or hot the colour fades.

16. Cocoa and Chocolate

Cocoa and chocolate in themselves contain fats, proteins, carbohydrates and minerals. As beverages made from them are generally made with milk they are much more nutritious than the other beverages. Cocoa and chocolate are made from the bean or seed of a tree which grows in tropical countries. "Cocoa beans vary in quality, according to the place where they are grown. Some excel in rich flavour, others in colour, and others in the body which they give to beverages made from them. In the manufacture of cocoa or chocolate products, the roasting and mending of the different varieties are important factors.

Roasting reduces the astringency by modifying the tannin; it develops flavour and colour, some of the starches are caramelized. After the roasting is completed., the shells and germs are removed. The shells are often used for beverages. When boiled in water they impart a pleasing flavour not unlike cocoa but less sweet. The germ of the seed is a valuable by-product sold for the manufacture of cocoa butter. The remainder (cocoa nibs) is used for the manufacture of cocoa or chocolate. The nibs finely ground and pressed into cakes for plain or bitter chocolate.

Wines

Wine adds enormously to the enjoyment of good food. And with the advise of a reliable wine expert it is possible and convenient to keep a good selection of wines in stock. For short term storage use any cool, airy, and preferably dark place where the wines will be undisturbed. Table wines must always be laid on their sides so that all air is excluded. A basic stock might include some wines from each of the following groups.

Aperitive wines. Serve lightly chilled before the meal. Sherry or Madeira can accompany a consommé or meat soup. Served at room temperature in a small V-shaped glass. Sherry is also served at lunch, or at supper, or as a refreshment at any time. It is usually included with cocktails as an alternate choice.

Dry light white wines. Serve with oysters, hors d'oeuvre, cold food and egg dishes, always chilled.

Medium dry white wines. Serve cold with shellfish, fat or fried fish, or fish with sauces, with chicken or veal.

Roses. Serve with anything, preferably well chilled. Particularly useful for pork, cold dishes, chicken and pates.

Light red wines. Serve at room temperature with roast and grilled meat, chicken, turkey or pate, and with cream, mild or medium cheeses.

Robust red wines. Serve at room temperature with strong flavoured food such as game, kidneys, wine flavoured casseroles, braised dishes, and strong cheeses.

Sweet dessert wines. Serve very cold with gateaux, and rich sweets.

Champagne. Can be served lightly chilled, as an aperitive or to accompany the whole meal. Non-vintage champagnes are much cheaper than vintage and good value.

Brandy and liqueurs. They are for drinking after meals.

Serving wine. If more than one wine is served at a meal, the order is dry before sweet. Red wines benefit if the cork is drawn at least an hour or two before the wine is served. When handling wine take care never to shake the bottle and when serving pour the wine gently into sparkling clean glasses. Never fill them more than two-thirds full for this allows the wine to be "swirled" gently in the glass so releasing its full "bouquet".

GRAMMAR REFERENCE

Verb to be (the Present Simple Tense)

Positive and Negative Forms

I	am	from Ukraine	I'm = I am
He/She/It	is		He's/She's/It's = He/ She/It is
We You They	are		We're = We are You're = You are They're = They are

I	am	not from Ukraine	I'm not = I am not
He/She/It	is		He/She/It isn't = He/ She/It is not
We You They	are		We aren't = We are not You aren't = You are not They aren't - They are not

NOTE: Look at the negative forms: *She isn't married. You aren't British.*

BUT: *I'm not a schoolboy.*

General questions

Am	I	a student?	– Yes, I am. / No, I am not.
Is	he/she/it	a student?	– Yes, he/she/it is. / No, he/she/it isn't.
Are	we you they	students?	– Yes, we are. / No, we aren't. – Yes, you are. / No, you aren't. – Yes, they are. / No, they aren't.

Alternative questions

Am	I	your friend	or	not?	– Yes, you are/No, you aren't.
Is	he/she	Spanish	or	Italian?	– He/She is Italian.
	it	difficult	or	easy?	– It's difficult.
Are	we	in the city centre	or	on the outskirts?	– You are on the outskirts.
	you	a student	or	a school boy?	– I'm a student.
	they	at home	or	at work?	– They are at work.

Special questions

What	is	her job?	– She's a shop assistant.
Where	are	you from?	– from Germany.
Who	is	John?	– He's their son.
How	are	you?	– Not bad, thanks.
How old	is	he?	– Eighteen.
What	is	your father like?	– He's sociable and very clever.
What kind of (<i>books</i>)	is	he fond of?	– Historical books.
Why	are	you late?	– My watch is wrong.
Whose (<i>friend</i>)	is	Mary?	– She's my friend.
What colour	is	our flag?	– It's white, blue and red.

Tag questions

I	am	a genius,	aren't	I?	– Yes, I am./No, I am not.
He	is	a teenager,	isn't	he?	– Yes, he is./No, he isn't.
She		a Londoner,		she?	– Yes, she is./No, she isn't.
It		far from here,		it?	– Yes, it is./No, it isn't.
We	are	in the city centre,	aren't	we?	– Yes, we are./No, we aren't.
You				you?	– Yes, you are./No, you aren't.
They				they?	– Yes, they are./No, they aren't.
I	am not	a schoolboy,	am	I?	– No, I am not./Yes, I am.
He	isn't	married,	is	he?	– No, he isn't./Yes, he is.
She	isn't	at home,	is	she?	– No, she isn't./Yes, she is.
It	isn't	easy,	is	it?	– No, it isn't./Yes, it is.
We	aren't	old,	are	we?	– No, we aren't./Yes, we are.
You				you?	– No, you aren't/Yes, you are.
They				they?	– No, they aren't/Yes, they are.

There is/are

Positive sentence

There { *is* / *are* } *a pen and two books* / *two books and a pen* } on his desk.

Negative sentence

There { *is not (isn't)* / *are not (aren't)* / *(are)* } *an* / *any* / *(no)* } armchairs in his livingroom.

General questions

Is / *Are* } *there* { *a library* / *any shops* } nearby?

Short answers

Yes, there is (one)./No, there isn't.
Yes, there are (some)./No, there aren't (any).

Alternative questions

Is there a newspaper **or** a magazine on the table? – A magazine.

Are there good films on TV tonight **or** tomorrow? – Tonight.

Special questions

<i>What</i>	<i>is</i>	<i>there</i>	in your bag? – Two books and a pencil.
<i>How many</i> girls	<i>are</i>		in your class? – Only three.
<i>How much</i> furniture	<i>is</i>		in your flat? – Not much.
<i>What kind of</i> (books)	<i>are</i>		in the library? – On different subjects.

NOTE:

You can't ask where is/are there...?

There's always a lot of traffic in the centre.

Where is always much traffic? – In the centre.

Tag questions

There is a Book Fair in the Cultural Centre, isn't there? – Yes, there is. / No, there isn't.

There aren't many problems with this new job, are there? – No, there aren't. / Yes, there are.

Singular and Plural Nouns

Countable		Uncountable	
Singular	Plural	Singular	Plural
a book a friend a bus a dish a watch a box a potato a tomato a photo a party a country a boy a day	books friends buses dishes watches boxes potatoes tomatoes BUT! Photos parties countries boys days	work homework advice information news water/milk/wine bread cheese butter jam chocolate salt	
a loaf	loaves BUT: roofs, chiefs, safes, proofs	money paper mathematics physics statistics	
Irregular forms:			
a woman a man a child a person a tooth a foot a mouse	women men children people teeth feet mice		

Possessive – 'S/S'

-s	-s'
<p style="text-align: center;">for people:</p> <p>1. with singular nouns: <i>Lucy's camera; the manager's office</i></p> <p>2. with nouns not ending in –s: <i>the men's dogs; the children's toys; the people's choice</i></p> <p style="text-align: center;">in time expressions:</p> <p><i>yesterday's newspaper</i></p>	<p>1. with plural nouns ending in –s: <i>my brothers' house her parents' car the Smiths' cottage</i></p> <p>2. with names ending in –s: <i>Mr. Jones' cat</i></p>

NOTE: for things:

noun + of + noun: *the roof of the building*

with Common Nouns (e.g. *car, school, town, garden, kitchen, bedroom, sea, country, hotel*) of is not necessary:
the bathroom door

(The) other(s)/another

Another	The other	Other	(The) others
<p>With singular nouns <u>different</u> <i>Come another day.</i></p> <p><u>additional</u> <i>Is there another coffee cup for Kevin? This one is broken.</i></p>	<p>with singular nouns <u>one of the two known people or things</u> <i>I've got two friends. One friend is in Kyiv, the other is in my home town.</i></p> <p>with plural nouns <u>to refer to the rest of the people or things in a group</u> <i>Fred is on his way here, with the other students of his group.</i></p>	<p>with plural nouns <u>to talk about people or things in general</u> <i>Some students like Physics and Mathematics, other students like Literature and Languages</i></p>	<p>without any nouns <u>others = other people or things</u> <i>Some people live in the country, others live in town.</i></p> <p><u>the others = the other people or things</u> <i>There are only 3 students in his class today. Where are the others?</i></p>

One(s)/the one(s)

One	The one	Ones	The ones
instead of singular nouns a) <u>with this and that</u> <i>Which book is yours? This one or that one?</i> b) <u>with the indefinite article</u> <i>This text is easy. Give me a different one.</i> c) <u>with another</u> <i>That apple is nice. Can I have another one?</i>	instead of singular nouns a) <u>with the definite article</u> <i>Which car is your sister's? – The one outside the house.</i> b) <u>with the other</u> <i>Don't buy that player. Buy the other one.</i>	instead of plural nouns <u>with some</u> <i>These dishes are dirty. Can I have some clean ones?</i> NOTE: with <u>these</u> and <u>those</u> "one" is usually not used <i>Which posters do you like? These or those?</i>	instead of plural nouns a) <u>with the definite article</u> <i>Which notes are yours? – The ones on the desk</i> b) <u>with the other</u> <i>Don't buy those cassettes. Buy the other ones.</i>

Much/many/a lot

Much	Many	A lot
<u>in negative sentences and in questions</u> with Uncountable Nouns <i>much coffee</i> <i>much money</i>	in negative sentences and in questions with Countable Nouns <i>many people</i> <i>many books</i>	in positive sentences with Countable and Uncountable Nouns <i>a lot of furniture</i> <i>a lot of languages</i>

(a) little / (a) few

a little	a few
is used with uncountable nouns <i>a little time, a little water</i> means "a small amount, but some" <i>There's a little work to do before we go home.</i>	is used with plural countable nouns <i>a few jobs, a few books</i> means "a small number, but some" <i>She's got a few friends in London and she's very happy there.</i> NOTE: quite a few = a lot <i>There are quite a few people in the street.</i> = <i>There are a lot of people in the street.</i>

little	few
is used with uncountable nouns <i>little money, little sugar</i> means "not much", "almost no" <i>There's little work to do.</i> <i>I think we can go home in an hour or less.</i> NOTE: only a little = little (almost no) <i>There is only a little time left.</i> = <i>There's little time left.</i>	is used with plural countable nouns <i>few cars, few opportunities</i> means "not many", "almost no" <i>She's got few friends and she feels rather lonely.</i> NOTE: only a few = few (almost no) <i>There are only a few eggs in the fridge. We can't bake a cake.</i> = <i>There are few eggs in the fridge. We can bake a cake.</i>

Personal Pronouns

Subject Pronouns	Object Pronouns	Possessive Adjectives (+ NOUN)	Possessive Pronouns (NO NOUN!)	Reflexive Pronouns
I	Me	My	Mine	Myself
You	You	Your	Yours	Yourself
He	Him	His	His	Himself
She	Her	Her	Hers	Herself
It	It	Its	-----	Itself
We	Us	Our	Ours	Ourselves
You	You	Your	Yours	Yourselves
They	Them	Their	Theirs	Themselves

NOTE:

object pronouns are used:

- 1) after verbs: *These shoes are very comfortable. I like them.*
- 2) with prepositions: *This letter isn't for you. It's for me.*
- 3) after as and than in comparative constructions: *He's busier than me / as busy as me.*

NOTE:**much/a lot/far + Comparative Form.**

Life in Kyiv is much more expensive than in my hometown.

The buildings in Chicago are a lot higher than in Washington.

His English is far better than mine.

a little/a bit/a little bit + Comparative Form.

Jill is a bit older than Gary — she's 20 and he is 21.

These shoes are a little more expensive than those ones.

The first exercise is a little bit more difficult than the second one.

The Superlative: using *-est* and *most*

Adjectives with one syllable	long => the longest hot => the hottest <i>Which is the longest river in the world?</i> <i>July is the hottest month of the year.</i>
Adjectives with two or more syllables	modern => the most modern => the least modern interesting => the most interesting => the least interesting <i>This building is the most modern in our city.</i> <i>The book is the least interesting of all I've ever read.</i>
Adjectives ending in -y	easy => the easiest funny => the funniest <i>This is the easiest way to get there. Frank is the funniest boy in my class.</i>
Irregular superlative forms	good => the best bad => the worst far => the farthest/the furthest old => the oldest/the eldest little => the least much/many => the most <i>I think Kev is the best player in the club. He is the worst person I've ever known.</i> <i>It's the farthest/furthest point west.</i> <i>There are three children in her family. Jack, Ted and Nick, her eldest son.</i> <i>The house over there is the oldest in the town.</i>

As ... as/not as ... as**As + Adjective + as**

Walter is 18 years old. Lora is 18 years old. => Lora is as young as Walter. (= They are the same age.)

Not as + Adjective + as

Allen is 45 years old. David is 30 years old. => David isn't as old as Allen. (= David is younger than Allen.)

NOTE:

1. You can say as me/as him/as her, etc.: *She's not as smart as him.* Or: *She's not as smart as he is.*

2. You can say the same as: *The weather today is the same as yesterday. My hat is the same colour as yours.*

Like/alike

Like = similar to

Alike = similar

NOTE

Their meaning is the same but the sentence patterns are different.

Your haircut is like my haircut. Your haircut and my haircut are alike. Our haircuts are alike.

Word order: adverbs of manner, place and time

Subject + Verb	Manner	Place	Time
I work	hard	at the office	everyday.
The children do	well	at school	this year.

Subject + Verb+ Object	Manner	Place	Time
We sell our products	successfully	in the homemarket	all through the year.
She finishes work	late		on Friday.

Word Order: Adjectives

	ADJECTIVE							NOUN
	opinion, quality	size	age	shape	colour	origin	material	
A/An	valuable	large	antique	—	—	French	handmade	cupboard
This/ That	fashionable	—	—	tiny	grey and white	Italian	cotton	dress
Some	stylish	—	—	—	black	—	leather	boots

NOTE

1. There are usually not more than three adjectives before one noun. You should add other adjectives in other parts of the sentence or in other sentences.

The pretty green wool jumper is expensive. It is stylish and practical, so I think I'll buy it.

2. *White* comes after other colours: *a black and white photo.*

Modal verbs

Meaning	can	could	may	must	need	should	ought to	shall	might	will	would
(In)ability	x	x									
Permission	x	x	x		x						
Prohibition	x	x	x	x							
Obligation				x		x	x				
Necessity				x	x						
Advice						x	x	x			
Possibility	x	x	x						x		
Certainty	x	x		x							
Probability						x	x			x	
Request	x	x								x	x
Offers	x	x						x			

Positive form is used by putting the modal verb between the subject and the main verb.

*They **can** stay here for a week. He **might** be angry if I do that.*

Negative form is used by adding *not* (or *n't*) after the modal verb.

*Tom **could not (couldn't)** swim when he was a child. You **should not (shouldn't)** paint your door.*

Questions are formed by putting the modal verb in front of the subject.

*"**May I** leave when I've finished?" he asked. **Must** we give them the money?*

Instead of some modal verbs we can use other verbs and expressions

e.g. *can => be able to; be allowed to; must => have to; etc.*

*They **are not able to** run very fast. It **isn't allowed to** park here. I always **have to do** the shopping.*

NOTE:

1. The negative of CAN is *cannot* or *can't*: *I **cannot/can't** take a day off whenever I want.*

2. NEED can be *needn't* (modal form) or *don't need to* (verb form):

*You **needn't** do your homework tonight. She **doesn't need** to have a visa to go to France from Britain.*

IRREGULAR VERBS

Infinitive (I form)	Past Simple (II form)	Past Participle (III form)	Translation
arise	arose	arisen	з'являтися, виникати,
awake	awoke	awoken awaked	прокидатися, будити,
be	was were	been	бути, бувати
bear	bore	born	нести, носити, родити
beat	beat	beaten	бити
become	became	become	ставати, робитися
begin	began	begun	починати (ся)
bind	bound	bound	зв'язувати
bite	bit	bit(ten)	кусати
blow	blew	blown	дути
break	broke	broken	(з)ламати
bring	brought	brought	приносити
build	built	built	будувати
burn	burnt	burnt	палити; горіти
burst	burst	burst	розриватися; вибухати
buy	bought	bought	купувати
catch	caught	caught	ловити, (с)піймати
choose	chose	chosen	вибирати
come	came	come	приходити
cost	cost	cost	коштувати
cut	cut	cut	різати
deal	dealt	dealt	мати справу
dig	dug	dug	копати
do	did	done	робити
draw	drew	drawn	тягти, малювати,
dream	dreamt	dreamt	бачити уві сні; мріяти,
drink	drank	drunk	пити
drive	drove	driven	вести, водити, правити,
eat	ate	eaten	їсти
fall	fell	fallen	падати
feed	fed	fed	годувати(ся),
feel	felt	felt	почувати, відчувати
fight	fought	fought	битися, боротися
find	found	found	виявляти, знаходити
fly	flew	flown	літати
forbid	forbade	forbidden	забороняти
forget	forgot	forgotten	забувати
forgive	forgave	forgiven	вибачати, прощати
freeze	froze	frozen	заморожувати; замерзати
get	got	got	одержувати, добиратися
give	gave	given	давати, віддавати
go	went	gone	іти, їздити, їхати
grind	ground	ground	молоти; точити
grow	grew	grown	рости
hang	hung	hung	висіти
have	had	had	мати
hear	heard	heard	чути, слухати,
hide	hid	hidden	ховати(ся)
hit	hit	hit	ударяти; влучати
hold	held	held	тримати, держати
hurt	hurt	hurt	завдавати болю; боліти
keep	kept	kept	тримати, зберігати
know	knew	known	знати
lay	laid	laid	класти, накривати
lead	led	led	вести, водити, керувати
learn	learnt/learned	learnt/learned	вчити

leave	left	left	залишати, піти, поїхати
lend	lent	lent	позичати (комусь)
let	let	let	пускати; дозволяти
lie	lay	lain	лежати, перебувати
light	lit	lit	освітлювати
lose	lost	lost	втрачати, програвати
make	made	made	робити, виробляти
mean	meant	meant	означати; мати намір
meet	met	met	зустрічати(ся)
mistake	mistook	mistaken	помилитися
pay	paid	paid	платити
put	put	put	класти, ставити
read	read	read	читати
ride	rode	ridden	їздити верхи, їхати
ring	rang	rung	дзвеніти, дзвонити
rise	rose	risen	підніматися, збільшуватися
run	ran	run	бігти
saw	sawed	sawn/sawed	пиляти
say	said	said	говорити, сказати, мовити
see	saw	seen	бачити
seek	sought	sought	шукати
sell	sold	sold	продавати
send	sent	sent	посилати
set	set	set	ставити; установлювати
shake	shook	shaken	трясти
shine	shone	shone	світити, сяяти
shoot	shot	shot	стріляти; убити; проростати
show	showed	shown	показувати
shut	shut	shut	закривати(ся), зачинятися
sing	sang	sung	співати
sink	sank	sunk	тонути, занурюватися
sit	sat	sat	сидіти
sleep	slept	slept	спати
slide	slid	slid	ковзати
smell	smelt	smelt	пахнути; нюхати
speak	spoke	spoken	говорити, розмовляти
speed	ped	ped	прискорювати; поспішати
spend	spent	spent	витрачати; проводити
spill	spilt/spilled	spilt/spilled	розливати
spoil	spoilt/spoiled	spoilt/spoiled	псувати
spread	spread	spread	поширювати(ся)
stand	stood	stood	стояти
steal	stole	stolen	(у)красти
stick	stuck	stuck	встромляти; приклеювати
stink	stank/stunk	stunk	смердіти
string	strung	strung	нанизувати, натягувати
sweep	swept	swept	мести; мчати
swim	swam	swum	плавати, пливти
take	took	taken	брати, взяти
teach	taught	taught	вчити, навчати
tell	told	told	розповідати, говорити
think	thought	thought	думати
throw	threw	thrown	кидати
understand	understood	understood	розуміти
wake	woke/waked	woken/waked	прокидатися; будити
wear	wore	worn	носити (одяг)
weep	wept	wept	плакати
win	won	won	вигравати
wind	wound	wound	намотувати(ся); заводити
write	wrote	written	писати

Рекомендована література

1. Англійська мова для повсякденного спілкування: Підручник / В.К.Шпак та ін. – К.: Вища школа, 2004. – 302 с.
2. Буданов С.І., Борисова А.О. Англійська мова: Підручник. – К.: Вища школа, 1995. – 255 с.
3. Концеус В.И., Збитнева А.П. Сборник текстов по кулинарии на английском языке. – М. : Высшая школа, 1972. – 106 с.
4. Murphy R. English Grammar in Use. – Cambridge University Press, 1998. – 350 p.