

OUR FOOD

I. Read and remember the words and word combinations:

barley ['bɑːli] *n* ячміннь

peel **barley** ячмінна крупа

bread [bred] *n* хліб

fresh [fresh] *a* свіжий

furnish ['fɜːnɪʃ] *v* постачати

paste ['peɪst] *n* макаронний виріб

long **paste** довгі макарони

ripe [raɪp] *a* спілий, зрілий,

sugar ['ʃʊgə] *n* цукор

a lump of **sugar** грудка цукру

sugar-basin ['ʃʊgə,beɪsɪn] цукорниця

sugar-eater ласун, ласунка

sugar-eater ласун, ласунка

sweet [swi:t] *a* солодкий

tomato [tə'mɑːtəʊ] *n* (*pl* - oes [oʊz]) томат, помідор

tomato juice томатний сік

II. Read and translate the words and word combinations:

1. **ripe** [raɪp] : a ripe apple, ripe corn, ripe vegetables; ripe cheese, ripe wine;
2. **fresh** [fresh]: This dish is fresh; fresh tea, fresh eggs, fresh meat, fresh butter;
3. **sweet** [swi:t] : sweet apples, sweet wine; this orange tastes sweet; I like my tea sweet.

III. Read and translate the words:

- a) Growth, width, length, depth, truth, death,
- b) Successful, useful, beautiful, thankful, helpful

IV. Read and translate the text. Write down English equivalents of the following word combinations:

скласти відповідну дієту; велика кількість; одноманітне харчування; поживна цінність; викликати почуття задоволення.

TEXT. There are Many Kinds of Food

Since most of us eat their meals with a family, suppose we talk about family meals. First there are the foods rich in animal protein, like milk, meat, eggs, fish and cheese. It is rather easy to build an *adequate* diet for growth when we use liberal amounts of the protein foods which come from animals.

But still a large number of people in the world have to depend on plants (these include fruits, vegetables and cereals) rather than meat to give them protein because this kind of food can be produced most cheaply. It also provides vitamins and minerals for our diet.

Have you ever thought of all kinds of foods which come from cereals? First think of bread, made from *wheat*, from *rye*, from *oats*, from *corn*. Then there are the so called "pastes" like *macaroni*, *spaghetti*, *vermicelli* and many others. *Barley* is used in delicious soups.

Next let's talk about fruits and vegetables. Can you imagine how *drab* our meals would be if we had no gardens? We would miss most of the colour in our meals – the colour of a ripe tomato, a bright orange, the *greenness* of fresh *peas*, the rosiness of red apples. We would also miss much flavor in our meals. Yellow, orange and green are important colours when we consider nutritive value. Associated with these colours in fruit and vegetables is the important vitamin A. Vitamin C is also found in vegetables of the cabbage family, *turnips*, *onions*, white potatoes. Vitamin C does not like the heat of cooking, it is better to have one raw fruit and one raw vegetable each day.

Sugar and fats *furnish* extra calories for our diet. Fats also have another important function in nutrition: it is the property of making us feel satisfied. Children and most adults like some extra fat, for example. Butter or margarine on bread or fat used in cooking.

Now sugar is another matter. We have become sugar-eaters. We eat ten times as much as our great-grandmothers did. But sugar is a good energy food. Also it is *capable* of making us feel satisfied at the end of a meal.

As for milk and milk products, they form a special class of food because *in addition* to the *excellent* protein they contain, they are also rich in calcium, which is one of the most important minerals used in building bones.

V. Answer the questions:

1. What food is rich in animal protein?
2. What plants contain protein?
3. What kinds of pastes do you know?
4. In what colours fruit and vegetables is the vitamin A?
5. Does vitamin C like the heat of cooking?
6. What do sugar and fats furnish?
7. What is capable of making us feel satisfied at the end of a meal?
8. What milk and milk products are rich in?

TEXT II. Food and Health

Whether you eat to live or live to eat, food should help keep you well. In the modern world of *processed* and *preserved* foods, many *nutritionists* are suggesting that you can stay healthy with a well-balanced diet of plenty of fresh fruits and vegetables and not too much *lean* meat, salt or sugar. In fact, eating natural, unprocessed foods that *are made from scratch*, instead of *artificial and junk foods*, may not only keep you healthy, but save your money too.

To stay healthy, you must also be careful to avoid food poisoning, a common, unpleasant, and often dangerous illness that affects one out of every six Americans each year. Food poisoning is often caused by *salmonella bacteria* in food, especially *raw* meats and *dairy* products. Heat usually kills the bacteria, and refrigeration keeps them from growing. Also, be sure to keep your hands and cooking *utensils* clean so you don't *transfer* germs to the food while you are preparing it.

If you use **canned food**, always check the cans for **leaks** or **puffiness**. A puffed can could mean botulism, a fatal type of food poisoning that you cannot see or **smell**. Never taste any food that you suspect has spoiled. Instead, return any damaged cans or spoiled food to the grocery store, and the sales manager will **refund** your money. When using processed foods, be sure to read all the **labels** and check the ingredients and the **freshness date** before you buy or eat the food.

Eating is one of the **joys** of life. Being careful about what you put in your mouth can keep it that way.

to be made from scratch — бути щойно приготовленим

salmonella bacteria — бактерія сальмонели

VI. Answer the questions:

1. What do many nutritionists suggest nowadays?
2. What is called an artificial and junk food?
3. What should be done to stay healthy?
4. What should be done with canned food?
5. Why is it necessary to read all the labels?

VII. Use the following words to read and translate the text:

cow [kaʊ] *n* корова – **beef** [biːf] *n* яловичина, м'ясо

pig [pɪɡ] *n* свиня – **pork** [pɔːk] *n* свинина

sheep [ʃiːp] *n* вівця, баран – **mutton** [mʌt(ə)n] *n* баранина

biscuit [bɪskɪt] *n* сухе печиво

onion [ˈɒnjən] *n* цибуля

radish [rædɪʃ] *n* редиска

cucumber [kjuːkʌmbə(r)] *n* огірок

pear [peə] *n* груша (плід)

apricot [ˈeɪprɪkɒt] *n* абрикос

peach [piːtʃ] *n* персик

strawberry [strɔːberi] *n* суниця

gooseberry [g'ʊzbəri] *n* агрус

raspberry [rɑːzberi] *n* малина

currant [kʌrənt] *n* смородина

VIII. Read, translate and retell the text:

We get food from animals and birds, plants and fish. We get meat from the cow, the pig and the sheep. Pork is the meat we get from the pig. From the sheep we get mutton. From the cow we get meat which is called beef. Also we make butter and cheese. From the duck and the hen we get poultry and eggs.

We grow wheat, oats, *maize* and other cereals in the fields from which we make flour and then bread.

We also eat various kinds of vegetables, fruit and berries. We eat potatoes, cabbages, fruit and berries. We eat potatoes, cabbages, cauliflower, beetroot, carrots, onions, tomatoes, radishes and cucumbers. Many adults and especially children like apples, pears, apricots, peaches, grapefruits, bananas and oranges. In our orchards numerous kinds of berries are grown: strawberries, gooseberries, raspberries, black, red and white currant.

We eat many kinds of fish. Fishes live in the sea and in the rivers, and we can eat both salt-water fish and fresh-water fish. How do we cook meat of fish? We can boil, fry and roast it. We usually boil vegetables. Englishmen like fried potatoes very much, which they call “chips”. They often eat fish and chips.

IX. Answer the questions:

1. What animals do we get food from?
2. What do we get from the cow?
3. What can we get from the duck and the hen?
4. What do we make from cereals?
5. What else do we eat besides milk and cereals?
6. What kinds of vegetables, fruit and berries do you know?
7. How do we cook meat and fish?

8. What do we like to drink?

X. Form new words using the given suffixes. Translate these words:

-ence, -ance: exist, maintain, depend, clear, appear, enter;

-ment: develop, establish, require, move, improve, treat;

-able: value, consider, favour, vary;

-sion: divide, decide, conclude;

-th: grow, strong, logn, warm;

-ful: success, use, harm, thank, help.

XI. Make the following sentences interrogative:

1. Candies are usually made of honey and sweet fruit. (What?) 2. In the Far East, particularly Southern Asia, fish products are manufactured in great quantities. (Where?) 3. Because of its heat denaturation properties and its high nutritional quality, egg white has found many uses in the food industry. (Why?)

XII. Make up sentences in English using the words in right column according to the sentences in left column:

1. Чим темніший зелений колір в овочах або світліший жовтий, тим більше каротину містить у собі продукт. Darker, the colour, a, the, in, yellow, the, or, green, vegetable, the, brighter, more, the contains, food, the carotene.
2. Покупець хоче бачити продукт, який він купує. Wishes, the, he, to, product, is, consumer, the, see, buying.
3. Картопля є чудовим джерелом енергії, що містить крохмаль, вуглеводи, білок, кальцій, вітаміни В і С. An, excellent, carbohydrates, is, protein, source, of, potato, starch, C, and, energy, B, containing, vitamins.

XIII. Form new words using the given suffixes. Translate the following sentences into English:

1. У городині міститься багато біологічно активних речовин.
2. Ячмінні крупи досить швидко використовуються у харчуванні.
3. Поживна цінність макаронних виробів збільшується за рахунок додавання яєць.
4. Цінне джерело вітаміну С – апельсини, грейпфрути, лимони. Вітамін С добре в них зберігається.
5. У вершковому маслі є жиророзчинні вітаміни А, D, Е і каротин.
6. Дітям корисно давати молоко з медом.