Филиал федерального государственного бюджетного образовательного учреждения высшего образования «Астраханский государственный технический университет» в Ташкентской области Республики Узбекистан

Факультет высшего образования

Кафедра СГиОПД

Иностранный язык в профессиональной деятельности

Методические указания

для практического освоения дисциплины
для магистров направления

19.04.03 Продукты питания животного происхождения,

направленность ***Технология продуктов из сырья животного происхождения***

Ташкентская область, Кибрайский район – 2025

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Методические указания для практических занятий по дисциплине «Иностранный язык в профессиональной деятельности» для магистров направления 19.04.03 Продукты питания животного происхождения, направленность ***Технология продуктов из сырья животного происхождения*** .

Целью методических указаний является формирование и развитие иноязычных навыков говорения, чтения, письма, понимания устных и письменных речевых сообщений, что обеспечит необходимый уровень сформированности компетенции УК-4.

Методические указания содержат аутентичные текстовые материалы, комплекс упражнений различной направленности.

Методические указания для практических занятий по дисциплине «Иностранный язык в профессиональной деятельности» утверждены на заседании кафедры «СГиОПД» 21 02 2025 г., Протокол № 7.

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Предисловие

Учебное пособие составлено по принципу распределения читательского адреса и состоит из двух частей. Первая часть предназначена для студентов-бакалавров, а вторая — для магистрантов. Вторая часть нацелена на развитие и совершенствование общих и предметных (деловой английский язык) компетенций, необходимых как для выпускников магистратуры, специализирующихся в области бизнеса и делового администрирования, так и для широкого круга лиц, совершенствующихся в Business English. Охватывает тематику и ситуации общения в профессиональной, академической и социокультурной сферах.

Пособие содержит уроки для самостоятельной работы студентов, а также тексты для дополнительного чтения. В конце пособия расположен Glossary, который содержит наиболее трудную лексику по данной специальности, встречающуюся в текстах, содержит также пояснения к терминам, не имеющим широкого распространения, но важным для понимания той или иной проблемы.

Inroduction / Введение

Современная концепция образования базируется на трех основных положениях: глубокий профессионализм, широкий интеллект и высокая духовная нравственность выпускника любого ВУЗа. Иностранный язык ограниченно входит в данную систему подготовки специалистов, поскольку значительно расширены международные контакты, а Болонское соглашение стимулирует мотивацию сотрудничества между государствами.

В настоящее время, в условия интеграции мирового культурного сообщества и глобализации, осознается важность изучения иностранного языка в техническом вузе. Все больше студентов имеет возможность общения с представителями разных культур – поездка в страну изучаемого языка во время каникул в качестве туриста, либо с целью дальнейшего изучения языка. Существуют также программы международной академической мобильности, которые порождают у студентов интерес к изучению иностранных языков и необходимость их изучения. Владение иностранным языком является одним из критериев отбора при трудоустройстве. Студенты все в большей степени чувствуют важность владения иностранным языком для достижения профессиональных и образовательных целей, а также как средства повышения своего культурного уровня. Возможность получать новую научно-техническую информацию из первоисточников или вести электронную переписку с коллегами из зарубежных стран, обсуждать свои профессиональные интересы на международных конференциях и семинарах способствует лучшей профессиональной подготовке будущего специалиста – это осуществимо при владении иностранным языком на хорошем уровне.

Развитие сферы общественного питания охватывает проблемы обеспечения инновационных методов управления и функционирования предприятий, воспроизводства профессиональных кадров с учетом требований современного рынка труда и технической модернизации пищевой отрасли. ВУЗ выступает в качестве проводника инновационных импульсов и их источника, начиная с формирования базового, основного «элемента» отрасли до специалиста, обладающего кругом компетенций по внедрению производственных, управленческих, инновационных технологий, профессионала с «новым» мышлением, мотивированного на высокий результат, мобильного, готового к международному сотрудничеству.

Нелегкая задача, которая стоит перед преподавателями иностранных языков – развитие коммуникативных способностей и умения понять иноязычную информацию. Необходимо освоить новые методики обучения иностранному языку, также создать и внедрить в образовательный процесс новые учебные комплексы, с помощью которых можно научить людей реальному живому общению.

Part I
Topic units: the main course / основной курс
Unit 1. Food / Пища

I. Master words and word combinations:

artichoke	артишок
asparagus	спаржа
broth	отвар, бульон
by-products	субпродукты
canned food	консервы (в жестяных банках)
carbohydrate	углевод
crunchy	хрусткий
cyanide	цианид
flaxseed	льняное семя
functional food	пищевой продукт, содержащий добавки, которые увеличивают его питательную ценность или делают его полезным для здоровья
inflorescence	соцветие
legumes	бобовые
lentil	чечевица
lettuce	салат-латук
mammary glands	молочные железы
nutritional	пищевой; питательный
omnivore	всеядное животное
protein	белок, протеин
pungent	острый, пикантный
rapeseed	семена рапса
raw sugar	нерафинированный сахар
root vegetables	корнеплоды
sesame	кунжут
slaughter	убой, забой (скота)
spinach	шпинат
staple foods	главные (основные) пищевые продукты, массовые продукты питания
sunflower	подсолнечник, подсолнух
sustainability	устойчивость; устойчивое развитие
thickener	концентратор, сгуститель
vinegar	уксус
vitamin	витамин

umami	юмами (вкус глутамата натрия, характерный для блюд японской и китайской кухни; выделяется наряду с кислым, сладким, горьким и солёным)
unsaturated fat	ненасыщенный жир

II. Read and translate the following text into Russian:

Food is any substance consumed to provide nutritional support for the body. It is usually of plant or animal origin, and contains essential nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals. The substance is ingested by an organism and assimilated by the organism's cells in an effort to produce energy, maintain life, and/or stimulate growth.

Historically, people secured food through two methods: hunting and gathering, and agriculture. Today, most of the food energy consumed by the world population is supplied by the food industry, which is operated by multinational corporations that use intensive farming and industrial agriculture to maximize system output.

Food safety and food security are monitored by agencies like the International Association for Food Protection, World Resources Institute, World Food Programme, Food and Agriculture Organization, and International Food Information Council. They address issues such as sustainability, biological diversity, climate change, nutritional economics, population growth, water supply, and access to food.

Almost all foods are of plant or animal origin. Cereal grain is a staple food that provides more food energy worldwide than any other type of crop. Maize, wheat, and rice - in all of their varieties - account for 87% of all grain production worldwide.

Other foods not from animal or plant sources include various edible fungi, especially mushrooms. Fungi and ambient bacteria are used in the preparation of fermented and pickled foods like leavened bread, alcoholic drinks, cheese, pickles, kombucha, and yogurt. Another example is blue-green algae such as Spirulina. Inorganic substances such as baking soda and cream of tartar are also used to chemically alter an ingredient.

Many plants or plant parts are eaten as food. There are around 2,000 plant species which are cultivated for food, and many have several distinct cultivars.

Seeds of plants are a good source of food for animals, including humans, because they contain the nutrients necessary for the plant's initial growth, including many healthy fats, such as Omega fats. In fact, the majority of food consumed by human beings are seed-based foods. Edible seeds include cereals (maize, wheat, rice, et cetera), legumes (beans, peas, lentils, et cetera), and nuts. Oilseeds are often pressed to produce rich oils - sunflower, flaxseed, rapeseed (including canola oil), sesame, et cetera.

Seeds are typically high in unsaturated fats and, in moderation, are considered a health food, although not all seeds are edible. Large seeds, such as those from a lemon, pose a choking hazard, while seeds from apples and cherries contain a poison (cyanide).

Fruits are the ripened ovaries of plants, including the seeds within. Many plants have evolved fruits that are attractive as a food source to animals, so that animals will eat the fruits and excrete the seeds some distance away. Fruits, therefore, make up a significant part of the diets of most cultures. Some botanical fruits, such as tomatoes, pumpkins, and eggplants, are eaten as vegetables.

Vegetables are a second type of plant matter that is commonly eaten as food. These include root vegetables (potatoes and carrots), leaf vegetables (spinach and lettuce), stem vegetables (bamboo shoots and asparagus), and inflorescence vegetables (globe artichokes and broccoli).

Animals are used as food either directly or indirectly by the products they produce. Meat is an example of a direct product taken from an animal, which comes from muscle systems or from organs. Food products produced by animals include milk produced by mammary glands, which in many cultures is drunk or processed into dairy products (cheese, butter, et cetera). In addition, birds and other animals lay eggs, which are often eaten, and bees produce honey, a reduced nectar from flowers, which is a popular sweetener in many cultures. Some cultures consume blood, sometimes in the form of blood sausage, as a thickener for sauces, or in a cured, salted form for times of food scarcity, and others use blood in stews such as civet.

Some cultures and people do not consume meat or animal food products for cultural, dietary, health, ethical, or ideological reasons. Vegetarians do not consume meat. Vegans do not consume any foods that are or contain ingredients from an animal source.

Traditionally, food was obtained through agriculture. With increasing concern in agribusiness over multinational corporations owning the world food supply through patents on genetically modified food, there has been a growing trend toward sustainable agricultural practices. This approach, partly fueled by consumer demand, encourages biodiversity, local self-reliance and organic farming methods. Major influences on food production include international organizations (e.g. the World Trade Organization and Common Agricultural Policy), national government policy (or law), and war.

In popular culture, the mass production of food, specifically meats such as chicken and beef, has come under fire from various documentaries, most recently Food, Inc, documenting the mass slaughter and poor treatment of animals, often for easier revenues from large corporations. Along with a current trend towards environmentalism, people in Western culture have had an increasing trend towards the use of herbal supplements, foods for a specific group of person (such as

dieters, women, or athletes), functional foods (fortified foods, such as omega-3 eggs), and a more ethnically diverse diet.

Many cultures have a recognizable cuisine, a specific set of cooking traditions using various spices or a combination of flavors unique to that culture, which evolves over time. Other differences include preferences (hot or cold, spicy, etc.) and practices, the study of which is known as gastronomy. Many cultures have diversified their foods by means of preparation, cooking methods, and manufacturing. This also includes a complex food trade which helps the cultures to economically survive by way of food, not just by consumption. Some popular types of ethnic foods include Italian, French, Japanese, Chinese, American, Cajun, Thai, and Indian cuisine. Various cultures throughout the world study the dietary analysis of food habits. While evolutionarily speaking, as opposed to culturally, humans are omnivores, religion and social constructs such as morality, activism, or environmentalism will often affect which foods they will consume. Food is eaten and typically enjoyed through the sense of taste, the perception of flavor from eating and drinking. Certain tastes are more enjoyable than others, for evolutionary purposes.

Animals, specifically humans, have five different types of tastes: sweet, sour, salty, bitter, and umami. As animals have evolved, the tastes that provide the most energy (sugar and fats) are the most pleasant to eat while others, such as bitter, are not enjoyable. Water, while important for survival, has no taste. Fats, on the other hand, especially saturated fats, are thicker and rich and are thus considered more enjoyable to eat.

Generally regarded as the most pleasant taste, sweetness is almost always caused by a type of simple sugar such as glucose or fructose, or disaccharides such as sucrose, a molecule combining glucose and fructose. Complex carbohydrates are long chains and thus do not have the sweet taste. Artificial sweeteners such as sucralose are used to mimic the sugar molecule, creating the sensation of sweet, without the calories. Other types of sugar include raw sugar, which is known for its amber color, as it is unprocessed. As sugar is vital for energy and survival, the taste of sugar is pleasant.

The stevia plant contains a compound known as steviol which, when extracted, has 300 times the sweetness of sugar while having minimal impact on blood sugar.

Sourness is caused by the taste of acids, such as vinegar in alcoholic beverages. Sour foods include citrus, specifically lemons, limes, and to a lesser degree oranges. Sour is evolutionarily significant as it is a sign for a food that may have gone rancid due to bacteria. Many foods, however, are slightly acidic, and help stimulate the taste buds and enhance flavor.

Saltiness is the taste of alkali metal ions such as sodium and potassium. It is found in almost every food in low to moderate proportions to enhance flavor,

although to eat pure salt is regarded as highly unpleasant. There are many different types of salt, with each having a different degree of saltiness, including sea salt, fleur de sel, kosher salt, mined salt, and grey salt. Other than enhancing flavor, its significance is that the body needs and maintains a delicate electrolyte balance, which is the kidney's function.

Salt may be iodized, meaning iodine has been added to it, a necessary nutrient that promotes thyroid function. Some canned foods, notably soups or packaged broths, tend to be high in salt as a means of preserving the food longer. Historically speaking, salt has been used as a meat preservative as salt promotes water excretion, thus working as a preservative. Similarly, dried foods also promote food safety.

Bitterness is a highly unpleasant sensation characterized by having a sharp, pungent taste. Dark, unsweetened chocolate, caffeine, lemon rind, and some types of fruit are known to be bitter.

Umami, the Japanese word for delicious, is the least known in Western popular culture, but has a long tradition in Asian cuisine. Umami is the taste of glutamates, especially monosodium glutamate or MSG. It is characterized as savory, meaty, and rich in flavor. Salmon and mushrooms are foods high in umami. Meat and other animal byproducts are described as having this taste.

Aesthetically-pleasing and eye-appealing food presentations can encourage people to consume foods. A common saying is that people “eat with their eyes”. Food presented in a clean and appetizing way will encourage a good flavor, even if unsatisfactory.

Texture plays a crucial role in the enjoyment of eating foods. Contrasts in textures, such as something crunchy in an otherwise smooth dish, may increase the appeal of eating it. Common examples include adding granola to yogurt, adding croutons to a salad or soup, and toasting bread to enhance its crunchiness for a smooth topping, such as jam or butter.

Another universal phenomenon regarding food is the appeal of contrast in taste and presentation. Opposite flavors, such as sweet and saltiness, tend to go well together, such as in kettle corn and with nuts.

III. Answer the following questions:

1) What is food? 2) What nutrients does human's food consist of? 3) How do people get their food? 4) What crop provides a lot of energy? 5) How many plant species can be consumed by a man? 6) Can all seeds be edible and why? 7) What types of vegetables do you know? 8) Give some examples of indirect products taken from animals. 9) What is the difference between a vegetarian and a vegan? 10) How do cuisines of various countries differ? 11) What are five types of tastes? 12) Why is the taste of sugar pleasant for a human being? 13) What types

of salt do you know? 14) Give some examples of your favourite food with sweet, sour, salty, bitter and umami taste.

IV. Use the following words and word combinations in the sentences of your own:

substance, essential nutrients, perception of flavor, output, biological diversity, unsatisfactory, honey, population growth, dairy products, water supply, access to food, artificial sweetener, food habits, significant, maize, blood sausage, diverse diet, salmon, wheat, vegetarian, ambient bacteria, pickled foods, eggplant, various spices, edible seeds, cereals, alcoholic beverages, carrot, lay eggs, pose a choking hazard, agriculture, chicken, poor treatment of animals, delicious, beef, herbal supplements, recognizable cuisine, preferences, survival, unpleasant sensation, bitter, eye-appealing food, kombucha, baking soda, to maintain life, to stimulate growth.

V. Translate the following sentences into English using the active vocabulary of the unit:

1)Основное назначение пищи — быть источником энергии и «строительного материала» для организма, однако, немаловажным в питании человека является и фактор получения удовольствия от еды.2)Животных делят на травоядных (корова, слон), употребляющих растительную пищу, плотоядных (хищники: волк, лев), питающихся преимущественно животной пищей, и всеядных (медведь).3) Многие религии и философии говорят о «духовной пище» и её важнейшем значении в совершенствовании личности, её гармонического развития. 4)Общие рекомендации диетологов по составлению рациона здорового питания бывают собраны в так называемых пирамидах питания. 5)Пища для домашних животных зачастую представляет искусственно созданный комплекс всех необходимых животному веществ, например комбикорма́, собачий и кошачий корм или корм для аквариумных рыб. 6)Полноценная пища (её рацион) содержит все незаменимые элементы пищи — это такие элементы, которые пища должна включать для того, чтобы обеспечить нормальное функционирование организма человека. 7)По современным данным более 30 микроэлементов считаются необходимыми для жизнедеятельности растений и животных. 8) Во многих религиях мира наложены те или иные ограничения и запреты (табу) на принятие в пищу тех или иных продуктов и напитков. 9) Виды переработки пищевых продуктов: очистка, разделка, измельчение, варка, высушивание, засолка, вяление, жарка, маринование, консервирование и, наконец, расфасовка и упаковка.10)Пищевые изделия обычно пригодны для продолжительного

хранения. 11)Это не относится к необработанным продуктам, срок годности которых, как правило, ограничен.12)Перед употреблением в пищу пищевые изделия обычно готовят — доводят сырые продукты до состояния, наиболее благоприятного для пищеварения. 13)Практикуется также сыроедение, то есть употребление пищи без какой-либо предварительной кулинарной обработки. 14)Набор продуктов, приёмов и способов приготовления людей определённого круга, региона или национальности называется кухней.15) Процесс пищеварения может сопровождаться различными расстройствами в организме, для предотвращения которых могут применяться те или иные диеты.16) За многие века у людей выработалась определённая культура (традиции, ритуалы и обычаи) приёма пищи, разная у разных народов и в разных слоях населения. 17) Пищеварение — сложный физиологический процесс в организме, обеспечивающий переваривание пищи и её усвоение клетками.

VI. Prepare a report on one of the following topics:

- Comfort food
- Fast food
- Junk food
- Natural food
- Organic food
- Slow food
- Whole food

VII. Retell the text.

Unit 2. Genetically modified food / Генетически модифицированный продукт

I. Master words and word combinations:

alfalfa [æl'fælfə] люцерна

canola [kə'nəulə] канола (разновидность рапса, выведенная в Канаде (Can(ada) + o(il) + l(ow) + a(cid))

chymosin химозин, сычужный фермент

cottonseed oil хлопковое масло

crops зерновые (о культурах)

DNA (deoxyribonucleic acid) ДНК, дезоксирибонуклеиновая кислота

heterotic vigor = hybrid vigor гибридная сила, гибридная мощность, гетерозис

FDA (Food and Drug Administration) Управление по контролю за продуктами и лекарствами (США)

feed crop кормовая культура

fungi ['fʌnʤaɪ] от fungus гриб; плесень; грибок

genetically modified food генетически модифицированный, изменённый продукт (питания)

intolerance [ɪn'tɔl(ə)r(ə)n(t)s] непереносимость

lentiviruses лентивирусы

mutagenesis мутагенез, мутационный процесс

OECD (Organization for Economic Cooperation and Development) Организация экономического сотрудничества и развития, ОЭСР

processed food бакалея, бакалейные товары

selective breeding селекция

shelf-life срок хранения

squash [skwɔʃ] 1) тыква; 2) любое растение из рода тыквенных: а) кабачок;б) цуккини; в) патиссон

subsidiary [səb'sɪdɪ(ə)rɪ] дочерняя компания

starch [stɑːʧ] крахмал

traceability прослеживаемость; обнаруживаемость; возможность контроля

transgenesis трансгеноз, перенос генов

II. Read and translate the following text into Russian:

Genetically modified foods (GM foods or GMO foods) are foods derived from genetically modified organisms, (GMOs). Genetically modified organisms have had specific changes introduced into their DNA by genetic engineering techniques. These techniques are much more precise than mutagenesis (mutation

breeding) where an organism is exposed to radiation or chemicals to create a non-specific but stable change. Other techniques by which humans modify food organisms include selective breeding; plant breeding, and animal breeding, and somaclonal variation.

Genetic modification involves the insertion or deletion of genes. In the process of cisgenesis, genes are artificially transferred between organisms that could be conventionally bred. In the process of transgenesis, genes from a different species are inserted, which is a form of horizontal gene transfer. In nature this can occur when exogenous DNA penetrates the cell membrane for any reason. To do this artificially may require transferring genes as part of an attenuated virus genome or physically inserting the extra DNA into the nucleus of the intended host using a microsyringe, or as a coating on gold nanoparticles fired from a gene gun. However, other methods exploit natural forms of gene transfer, such as the ability of Agrobacterium to transfer genetic material to plants, and the ability of lentiviruses to transfer genes to animal cells.

GM foods were first put on the market in the early 1990s. The first commercially grown genetically modified whole food crop was a tomato (called FlavrSavr), which was modified to ripen without softening, by Calgene, later a subsidiary of Monsanto. Calgene took the initiative to obtain FDA approval for its release in 1994 without any special labeling, although legally no such approval was required. It was welcomed by consumers who purchased the fruit at a substantial premium over the price of regular tomatoes. However, production problems and competition from a conventionally bred, longer shelf-life variety prevented the product from becoming profitable. A tomato produced using similar technology to the Flavr Savr was used by Zeneca to produce tomato paste which was sold in Europe during the summer of 1996. The labeling and pricing were designed as a marketing experiment, which proved, at the time, that European consumers would accept genetically engineered foods. Currently, there are a number of food species in which a genetically modified version exists (soybeans, corn, cotton (cottonseed oil), alfalfa, hawaiian papaya, tomatoes, canola, sugar cane, sugar beet, rice, squash (zucchini), sweet peppers).

In addition, various genetically engineered micro-organisms are routinely used as sources of enzymes for the manufacture of a variety of processed foods. These include alpha-amylase from bacteria, which converts starch to simple sugars, chymosin from bacteria or fungi that clots milk protein for cheese making, and pectinesterase from fungi which improves fruit juice clarity.

Between 1997 and 2009, the total surface area of land cultivated with GMOs had increased from 17,000 km2 to 1,340,000 km2. Although most GM crops are grown in North America, in recent years there has been rapid growth in the area sown in developing countries. In 2009, countries that grew 95% of the global transgenic crops were the United States (46%), Brazil (16%), Argentina

(15%), India (6%), Canada (6%), China (3%), Paraguay (2%) and South Africa (2%).

The United States and Canada do not require labeling of genetically modified foods. However in certain other regions, such as the European Union, Japan, Malaysia and Australia, governments have required labeling so consumers can exercise choice between foods that have genetically modified, conventional or organic origins. This requires a labeling system as well as the reliable separation of GM and non-GM organisms at production level and throughout the whole processing chain.

For traceability, the OECD has introduced a "unique identifier" which is given to any GMO when it is approved. This unique identifier must be forwarded at every stage of processing. Many countries have established labeling regulations and guidelines on coexistence and traceability. Research projects such as Co-Extra, SIGMEA and Transcontainer are aimed at investigating improved methods for ensuring coexistence and providing stakeholders the tools required for the implementation of coexistence and traceability.

Testing on GMOs in food and feed is routinely done using molecular techniques like DNA microarrays or qPCR. These tests can be based on screening genetic elements (like p35S, tNos, pat, or bar) or event-specific markers for the official GMOs (like Mon810, Bt11, or GT73). The array-based method combines multiplex PCR and array technology to screen samples for different potential GMOs, combining different approaches (screening elements, plant-specific markers, and event-specific markers).

The qPCR is used to detect specific GMO events by usage of specific primers for screening elements or event-specific markers. Controls are necessary to avoid false positive or false negative results. For example, a test for CaMV is used to avoid a false positive in the event of a virus contaminated sample. A 5-digit Price Look-Up code beginning with the digit 8 indicates genetically modified food; however the absence of the digit does not necessarily indicate the food is not genetically modified.

While it is evident that there is a food supply issue, the question is whether GM can solve world hunger problems, or even if that would be the best way to address the issue. Several scientists argue that in order to meet the demand for food in the developing world, a second Green Revolution with increased use of GM crops is needed. Others argue that there is more than enough food in the world and that the hunger crisis is caused by problems in food distribution and politics, not production. Recently some critics and environmentalists have changed their minds on the issue with respect to the need for additional food supplies. Further, it has been widely noted that there are those who consider over-population the real issue here, and that food production is adequate for any reasonable population size.

On the other hand, many believe that GM food has not been a success and that we should devote our efforts and money into another solution. “We need biodiversity intensification that works with nature’s nutrient and water cycles, not against them,” says Vandana Shiva, the founder of Navdanya, the movement of 500,000 seed keepers and organic farmers in India, argues that GMFs have not increased yields. Recently, Doug Gurian-Sherman, a member of the Union of Concerned Scientists, a nonprofit science advocacy group, published a report called “Failure to Yield”, in which he stated that in a nearly 20 year record, genetically engineered crops have not increased yields substantially of food and livestock feed crops in the United States.

Traditionally, farmers in all nations saved their own seed from year to year. It should be noted that this does not apply in more agriculturally developed countries for some crops. Corn is one example where producers generally have not saved seed since the early 1900s with the advent of hybrid corn through selective breeding. Seed producers grow the seed corn instead due to the effort needed to produce hybrids. The offspring of the hybrid corn, while still viable, lose the beneficial traits of the parents, resulting in the loss of hybrid vigor. In these cases, the use of hybrid plants has been the primary reason for growers not saving seed, not intellectual property issues, and has been in practice well before genetically-modified seed was developed. However, the practice of not saving seed in non-hybrid crops, such as soybean, is mainly due to intellectual property regulations. Allowing to follow this practice with genetically modified seed would result in seed developers losing the ability to profit from their breeding work. Therefore, genetically-modified seed is subject to licensing by their developers in contracts that are written to prevent farmers from following this practice.

Future envisaged applications of GMOs are diverse and include drugs in food, bananas that produce human vaccines against infectious diseases such as Hepatitis B, metabolically engineered fish that mature more quickly, fruit and nut trees that yield years earlier, foods no longer containing properties associated with common intolerances, and plants that produce new plastics with unique properties. While their practicality or efficacy in commercial production has yet to be fully tested, the next decade may see exponential increases in GM product development as researchers gain increasing access to genomic resources that are applicable to organisms beyond the scope of individual projects. Safety testing of these products will also, at the same time, be necessary to ensure that the perceived benefits will indeed outweigh the perceived and hidden costs of development.

In the United States, the FDA Center for Food Safety and Applied Nutrition reviews summaries of food safety data developed and voluntarily submitted by developers of engineered foods, in part on the basis of comparability to conventionally-produced foods. There are no specific tests required by FDA to

determine safety. FDA does not approve the safety of engineered foods, but after its review, acknowledges that the developer of the food has asserted that it is safe.

A 2008 review published by the Royal Society of Medicine noted that GM foods have been eaten by millions of people worldwide for over 15 years, with no reports of ill effects. There have, however, been no epidemiological studies to determine whether engineered crops have caused any harm to the public. Without such studies, it is unlikely that harm, if it occurred, would be detected or attributed to engineered foods. Worldwide, there are a range of perspectives within non-governmental organizations on the safety of GM foods. For example, the US pro-GM pressure group AgBioWorld has argued that GM foods have been proven safe, while other pressure groups and consumer rights groups, such as the Organic Consumers Association, and Greenpeace claim the long term health risks which GM could pose, or the environmental risks associated with GM, have not yet been adequately investigated.

III. Answer the following questions:

1) What are GMO? 2) What is a GM organism? 3) What is called "mutagenesis"? 4) What other techniques are used to change food organisms? 5) When did GM foods appear in shops? 6) What products are used in for modification? 7) What are the negative factors of applying GMO? 8) What was the first commercially grown GM food? 9) What countries grow transgenic crops? 10) Is it possible to discover the contents of GMO in food? 11) Is it safe to eat GMO products?

IV. Use the following words and word combinations in the sentences of your own:

genetic engineering techniques, unique identifier, specific changes, plant breeding, stakeholder, beneficial traits, comparability, animal breeding, world hunger, cell membrane, to ripen, cisgenesis, labeling, yield, somaclonal variation, diverse, profitable, cheese making, nonprofit, intellectual property, coexistence, viable, food distribution, offspring, developer, applicable, hidden costs

V. Translate the following sentences into English using your active vocabulary:

1) Генети́чески модифици́рованный органи́зм (ГМО) — живой организм, генотип которого был искусственно изменён при помощи методов генной инженерии.2) Генетическая модификация отличается целенаправленным изменением генотипа организма в отличие от случайного, характерного для естественного и искусственного мутагенеза. 3)

Основным видом генетической модификации в настоящее время является использование трансгенов для создания трансгенных организмов. 4) Разработка ГМО некоторыми учеными рассматривается как естественное развитие работ по селекции животных и растений. 5) Другие же, напротив, считают генную инженерию полным отходом от классической селекции, так как ГМО — это не продукт искусственного отбора, то есть постепенного выведения нового сорта (породы) организмов путем естественного размножения, а, фактически, искусственно синтезированный в лаборатории новый вид. 6) Во многих случаях использование трансгенных растений сильно повышает урожайность. 7) Есть мнение, что при нынешнем размере населения планеты только ГМО могут избавить мир от угрозы голода, так как при помощи генной модификации можно увеличивать урожайность и качество пищи. 8) Противники этого мнения считают, что при современном уровне агротехники и механизации сельскохозяйственного производства уже существующие сейчас, полученные классическим путем, сорта растений и породы животных способны сполна обеспечить население планеты высококачественным продовольствием. 9) Процесс синтеза генов в настоящее время разработан очень хорошо и даже в значительной степени автоматизирован. 10) Существуют специальные аппараты, снабжённые ЭВМ, в памяти которых закладывают программы синтеза различных нуклеотидных последовательностей. 11) Техника введения генов в бактерии была разработана после того, как Фредерик Гриффит открыл явление бактериальной трансформации. 12) Если модификации подвергаются одноклеточные организмы или культуры клеток многоклеточных, то на этом этапе начинается клонирование, то есть отбор тех организмов и их потомков (клонов), которые подверглись модификации. 13) Когда же поставлена задача получить многоклеточные организмы, то клетки с изменённым генотипом используют для вегетативного размножения растений или вводят в бластоцисты суррогатной матери, когда речь идёт о животных. 14) В результате рождаются детеныши с изменённым или неизменным генотипом, среди которых отбирают и скрещивают между собой только те, которые проявляют ожидаемые изменения. 15) С помощью ГМО исследуются закономерности развития некоторых заболеваний (болезнь Альцгеймера, рак), процессы старения и регенерации, изучается функционирование нервной системы, решается ряд других актуальных проблем биологии и медицины.16)Ведутся работы по созданию генетически модифицированных растений, продуцирующих компоненты вакцин и лекарств против опасных инфекций (чумы, ВИЧ). 17) Генная инженерия используется для создания новых сортов растений, устойчивых к неблагоприятным условиям среды и вредителям, обладающих лучшими ростовыми и вкусовыми качествами. 18) Разрабатываются генетически модифицированные бактерии, способные

производить экологически чистое топливо. 19)В 2003 году на рынке появилась GloFish — первый генетически модифицированный организм, созданный с эстетическими целями, и первое домашнее животное такого рода. 20) В 2009 году вышел в продажу ГМ-сорт розы «Applause» с цветами синего цвета. Таким образом, сбылась многовековая мечта селекционеров, безуспешно пытавшихся вывести «синие розы».

VI. Retell the text.

Unit 3. Food processing / Обработка пищи

I. Master words and word combinations:

aesthetic [i:s'θet:k] эстетический

colouring agent краситель; красящее вещество; пигмент

convenience food продукты-полуфабрикаты

food ration рацион питания

freeze drying сушка в вакууме, сублимационная сушка, лиофилизация (метод обезвоживания биологического материала путем его замораживания с последующей сушкой в вакууме)

iced cake торт с глазурью

MRE - meal ready to eat продукт готовый к употреблению

mold пресс-форма; отливная форма

pasteurization пастеризация

perishable food скоропортящиеся продукты

spray drying сушка распылением

TV dinner готовое замороженное блюдо, “телеужин” Полуфабрикат мясного или рыбного блюда с гарниром в упаковке из алюминиевой фольги или пластика, готовый к употреблению после быстрого подогрева в духовке или микроволновой печи. Приготовление такого ужина позволяет не отрываться от вечерней телевизионной передачи

USDA от United States Department of Agriculture министерство сельского хозяйства США

wholesome food полноценная пища

II. Read and translate the following text into Russian:

Food technology, or food tech for short is the application of food science to the selection, preservation, processing, packaging, distribution, and use of safe, nutritious, and wholesome food.

Food scientists and food technologists study the physical, microbiological, and chemical makeup of food. Depending on their area of specialization, food scientists may develop ways to process, preserve, package, or store food, according to industry and government specifications and regulations. Consumers seldom think of the vast array of foods and the research and development that has resulted in the means to deliver tasty, nutritious, safe, and convenient foods.

Food processing is the set of methods and techniques used to transform raw ingredients into food or to transform food into other forms for consumption by humans or animals either in the home or by the food processing industry. Food processing typically takes clean, harvested crops or butchered

animal products and uses these to produce attractive, marketable and often long shelf-life food products. Similar processes are used to produce animal feed.

Extreme examples of food processing include the delicate preparation of deadly fugu fish or preparing space food for consumption under zero gravity.

Food processing dates back to the prehistoric ages when crude processing incorporated slaughtering, fermenting, sun drying, preserving with salt, and various types of cooking (such as roasting, smoking, steaming, and oven baking). Salt-preservation was especially common for foods that constituted warrior and sailors' diets, up until the introduction of canning methods. This holds true except for lettuce. Evidence for the existence of these methods can be found in the writings of the ancient Greek , Chaldean, Egyptian and Roman civilizations as well as archaeological evidence from Europe, North and South America and Asia. These tried and tested processing techniques remained essentially the same until the advent of the industrial revolution. Examples of ready-meals also exist from preindustrial revolution times such as the Cornish pasty and Haggis. During ancient times and today these are considered processing foods.

Modern food processing technology in the 19th and 20th century was largely developed to serve military needs. In 1809 Nicolas Appert invented a vacuum bottling technique that would supply food for French troops, and this contributed to the development of tinning and then canning by Peter Durand in 1810. Although initially expensive and somewhat hazardous due to the lead used in cans, canned goods would later become a staple around the world. Louis Pasteur's research on the spoilage of wine and his description of how to avoid spoilage in 1864 was an early attempt to put food technology on a scientific basis. Besides research into wine spoilage, Pasteur did research on the production of alcohol, vinegar, wines and beer, and the souring of milk. He developed pasteurization—the process of heating milk and milk products to destroy food spoilage and disease-producing organisms. In his research into food technology, Pasteur became the pioneer into bacteriology and of modern preventive medicine.

In the 20th century, World War II, the space race and the rising consumer society in developed countries (including the United States) contributed to the growth of food processing with such advances as spray drying, juice concentrates, freeze drying and the introduction of artificial sweeteners, colouring agents, and preservatives such as sodium benzoate. In the late 20th century products such as dried instant soups, reconstituted fruits and juices, and self cooking meals such as MRE food ration were developed.

In western Europe and North America, the second half of the 20th century witnessed a rise in the pursuit of convenience. Food processing companies marketed their products especially towards middle-class working wives and mothers. Frozen foods found their success in sales of juice concentrates and "TV dinners". Processors utilised the perceived value of time to appeal to the postwar

population, and this same appeal contributes to the success of convenience foods today.

Benefits and drawbacks

Benefits of food processing include toxin removal, preservation, easing marketing and distribution tasks, and increasing food consistency. In addition, it increases seasonal availability of many foods, enables transportation of delicate perishable foods across long distances and makes many kinds of foods safe to eat by de-activating spoilage and pathogenic micro-organisms. Modern supermarkets would not be feasible without modern food processing techniques, long voyages would not be possible and military campaigns would be significantly more difficult and costly to execute.

Processed foods are usually less susceptible to early spoilage than fresh foods and are better suited for long distance transportation from the source to the consumer. When they were first introduced, some processed foods helped to alleviate food shortages and improved the overall nutrition of populations as it made many new foods available to the masses.

Processing can also reduce the incidence of food borne disease. Fresh materials, such as fresh produce and raw meats, are more likely to harbour pathogenic micro-organisms (e.g. Salmonella) capable of causing serious illnesses.

The extremely varied modern diet is only truly possible on a wide scale because of food processing. Transportation of more exotic foods, as well as the elimination of much hard labour gives the modern eater easy access to a wide variety of food unimaginable to their ancestors. Besides, the act of processing can often improve the taste of food significantly.

Mass production of food is much cheaper overall than individual production of meals from raw ingredients. Therefore, a large profit potential exists for the manufacturers and suppliers of processed food products. Individuals may see a benefit in convenience, but rarely see any direct financial cost benefit in using processed food as compared to home preparation.

Processed food freed people from the large amount of time involved in preparing and cooking "natural" unprocessed foods. The increase in free time allows people much more choice in life style than previously allowed. In many families the adults are working away from home and therefore there is little time for the preparation of food based on fresh ingredients. The food industry offers products that fulfill many different needs: from peeled potatoes that only have to be boiled at home to fully prepared ready meals that can be heated up in the microwave oven within a few minutes.

Modern food processing also improves the quality of life for people with allergies, diabetics, and other people who cannot consume some common food elements. Food processing can also add extra nutrients such as vitamins.

Any processing of food can have slight effects on its nutritional density. Vitamin C, for example, is destroyed by heat and therefore canned fruits have a lower content of vitamin C than fresh ones. The USDA conducted a study in 2004, creating a nutrient retention table for several foods. A cursory glance of the table indicates that, in the majority of foods, processing reduces nutrients by a minimal amount. On average any given nutrient may be reduced by as little as 5%-20%, which could be offset easily by the use of a Multivitamin.

Another safety concern in food processing is the use of food additives. The health risks of any additives will vary greatly from person to person, in example sugar as an additive would be detrimental to those with diabetes. In the European Union, only food additives (e.g., sweeteners, preservatives, stabilizers) that have been approved as safe for human consumption by the European Food Safety Authority (EFSA) are allowed, at specified levels, for use in food products. Approved additives receive an E number (E for Europe), which at the same time simplifies communication about food additives in the list of ingredients across the different languages of the EU.

Food processing is typically a mechanical process that utilizes large mixing, grinding, chopping and emulsifying equipment in the production process. These processes inherently introduce a number of contaminate risks. As a mixing bowl or grinder is used over time the food contact parts will tend to fail and fracture. This type of failure will introduce in to the product stream small to large metal contaminates. Further processing of these metal fragments will result in downstream equipment failure and the risk of ingestion by the consumer.

Food manufactures utilize industrial metal detectors to detect and reject automatically any metal fragment. Large food processors will utilize many metal detectors within the processing stream to both ensure reduced damage to processing machinery as well risk to the consumer. The first industrial level metal detector pioneered by Goring Kerr was introduced back in 1947 for Mars Incorporated.

Food presentation

Food Presentation is the art of modifying, processing, arranging, or decorating food to enhance its aesthetic appeal. The visual presentation of foods is often considered by chefs at many different stages of food preparation, from the manner of tying or sewing meats, to the type of cut used in chopping and slicing meats or vegetables, to the style of mold used in a poured dish. The food itself may be decorated as in elaborately iced cakes, topped with ornamental sometimes sculptural consumables, drizzled with sauces, sprinkled with seeds, powders, or other toppings, or it may be accompanied by edible or inedible garnishes.

The arrangement and overall styling of food upon bringing it to the plate is termed plating. Some common styles of plating include a 'classic' arrangement of the main item in the front of the plate with vegetables or starches in the back, a 'stacked' arrangement of the various items, or the main item leaning or 'shingled' upon a vegetable bed or side item. Item location on the plate is often referenced as for the face of a clock, with six o'clock the position closest to the diner. A basic rule of thumb upon plating, and even in some cases prepping, is to make sure you have the 5 components to a dish; protein, traditionally at a 6 o'clock position, vegetable, at a 2 o'clock position, starch at an 11 o'clock position, sauce and garnish.

III. Answer the following questions:

1. What is food processing? 2. What kind of food is necessary for food processing? 3. What do you know about the history of food processing? 4. What causes the development of modern food processing technology? 5. What did Nicolas Appert invent and how did it change the food technology? 6. How did World War II and the space race influence food processing technologies? 7. What are the drawbacks of food processing? 8. What are the benefits of food processing? 9. What is the main goal of food presentation? 10. What is plating?

IV. Use the following words and word combinations in the sentences of your own:

to transform raw ingredients into food, early spoilage, harvested crops, reconstituted juices, prehistoric ages, food borne disease, roasting, pursuit of convenience, smoking, middle-class working wives, steaming, and oven baking, archaeological evidence, to serve military needs, distribution tasks, micro-biological safety of food, seasonal availability, dried instant soups, peeled potatoes

V. Say if the following sentences true or false. Correct the false ones:

1. Food processing typically takes dirty, harvested crops or butchered animal products and uses these to produce ugly, marketable and often long shelf-life food products. 2. The production of animal feed uses different food processing technologies. 3. Preparation of deadly fugu fish is rather simple and can be performed by any cook. 4. Food processing technologies began to develop only after World War II. 5. Canned goods are no longer used in food industry as it is very expensive and somewhat hazardous due to the lead used in cans. 6. Seasonal availability of many foods is considered to be one of the benefits of food processing. 7. It takes processed foods less time to start spoilage than fresh foods. 8. Processed foods become delicate and not suitable for long distance transportation. 9. Food processing usually causes a lot of food borne diseases. 10.

Food processing can significantly worsen the taste of any food. 11. Processed food is rather dangerous for people with allergies and diabetics. 12. It is not a surprise to find a metal fragment in processed food. 13.Many scientists think that food presentation is absolute waste of time.

VII. Retell the text.

Unit 4. Food safety / Безопасность пищи

Text 1.

1. Master the active vocabulary.

pathogen – патогенный, болезнетворный микроорганизм

diversity – 1. разнообразие, многообразие, разнородность; 2. несходство, непохожесть, несхожесть, различие; 3. отличительный признак, разновидность

intricate – запутанный, сложный, замысловатый, затруднительный

contamination – 1. загрязнение, заражение; 2. порча, разложение; 3. загрязнённость, засорённость

prerequisite – предпосылка, предварительное условие

outbreak – 1. вспышка, внезапное появление, начало; 2. восстание, бунт, возмущение

implement – инструмент, прибор; орудие, средство; выполнять, осуществлять; обеспечивать выполнение, приводить в исполнение; снабжать.

Food safety is a scientific discipline describing handling, preparation, and storage of food in ways that prevent food borne illness. This includes a number of routines that should be followed to avoid potentially severe health hazards. Food can transmit disease from person to person as well as serve as a growth medium for bacteria that can cause food poisoning. Debates on genetic food safety include such issues as impact of genetically modified food on health of further generations and genetic pollution of environment, which can destroy natural biological diversity. In developed countries there are intricate standards for food preparation, whereas in less developed countries the main issue is simply the availability of adequate safe water, which is usually a critical item. In theory food poisoning is 100% preventable.

The five key principles of food hygiene, according to WHO, are:

1. Prevent contaminating food with pathogens spreading from people, pets, and pests.
2. Separate raw and cooked foods to prevent contaminating the cooked foods.
3. Cook foods for the appropriate length of time and at the appropriate temperature to kill pathogens.
4. Store food at the proper temperature.
5. Use safe water and raw materials

ISO 22000 is a standard developed by the International Organization for Standardization dealing with food safety. The ISO 22000 international standard specifies the requirements for a food safety management system that involves interactive communication, system management, prerequisite programs, HACCP principles.

A 2003 World Health Organization (WHO) report concluded that about 40% of reported food poisoning outbreaks in the WHO European Region occur in

private homes. According to the WHO and CDC, in the USA alone, annually, there are 76 million cases of food borne illness leading to 325,000 hospitalizations and 5,000 deaths.

2. Answer the following questions.

1. What is food safety?
2. What can transmit disease from person to person?
3. What can destroy natural biological diversity?
4. Where are there intricate standards for food preparation?
5. Is food poisoning preventable or not?
6. Name the five key principles of food hygiene?
7. What is ISO and what does it specify?
8. Where do food poisoning outbreaks occur according to WHO?

3. Find English equivalents to the given Russian terms.

1. биологическое разнообразие	1. food borne illness
2. подходящая температура	2. health hazards
3. менее развитые	3. food poisoning
4. угрозы здоровью	4. genetically modified food
5. предварительные программы	5. biological diversity
6. гигиена еды	6. less developed
7. пищевое отравление	7. intricate standards
8. сложные стандарты	8. prerequisite programs
9. пищевое отравление	9. food hygiene
10. генно-модифицированная еда	10. proper temperature

4. Translate from Russian into English.

Продовольственная безопасность — ситуация, при которой все люди в каждый момент времени имеют физический и экономический доступ к достаточной в количественном отношении безопасной пище необходимой для ведения активной и здоровой жизни. Продовольственная безопасность является одной из главных целей аграрной и экономической политики государства. В своём общем виде она формирует вектор движения любой национальной продовольственной системы к идеальному состоянию. В этом смысле стремление к продовольственной безопасности — непрерывный процесс. При этом для ее достижения зачастую происходит смена приоритетов развития и механизмов реализации аграрной политики. Определения продовольственной безопасности содержат указания на следующие элементы: физическая доступность достаточной в количественном отношении, безопасной и питательной пищи; экономическая доступность к продовольствию должного объема и качества

всех социальных групп населения; автономность и экономическая самостоятельность национальной продовольственной системы (продовольственная независимость); надежность, то есть способность национальной продовольственной системы минимизировать влияние сезонных, погодных и иных колебаний на снабжение продовольствием населения всех регионов страны; устойчивость, означающая, что национальная продовольственная система развивается в режиме расширенного воспроизводства.

5. Express the main idea of the text in two-three sentences.

Text 2.

Regulatory agencies

1. Master the active vocabulary.

to halt – 1. останавливаться, делать привал; 2. останавливать, задерживать; 3. колебаться,быть в нерешительности; 4. ошибаться, запинаться, путаться

pest infestation – заражение сельхоз вредителями

catering – кейтеринг, ресторанное обслуживание (банкетов, свадеб, мероприятий)

intolerance – 1. нетерпимость; 2. непереносимость; аллергия

to consolidate – 1. объединять; 2. делать твёрдым; 3. твердеть, застывать

incentive – 1. побуждение, стимул; 2. побудительный, стимулирующий; 3. поощрительный

ultimate – 1. последний, конечный; завершающий, окончательный; 2. максимальный, предельный, крайний; 3. самый отдалённый; 4. первичный, первоначальный, исходный, основной

feasibility – осуществимость, выполнимость

sustainable – устойчивый, жизнеспособный

to err – 1. заблуждаться, ошибаться, допускать ошибку; 2. сбиваться с пути, отступать

obliged – 1. вынужденный, принуждённый; 2. благодарный, признательный

to amend – 1. исправлять, совершенствовать, улучшать; 2. вносить изменения

cantonment – 1.размещение по квартирам, расквартирование;2. казармы, военный городок

discretion – 1. отделение, разделение; разъединение; разграничение; 2. свобода действий, свободный выбор; 3. проницательность; прозорливость; осторожность, осмотрительность; благоразумие.

Australia

Australian Food Authority is working toward ensuring that all food businesses implement food safety systems to ensure food is safe to consume in a bid to halt the increasing incidence of food poisoning, this includes basic food safety training for at least one person in each business. Smart business operators know that basic food safety training improves the bottom line, staff take more pride in their work; there is less waste; and customers can have more confidence in the food they consume. Food Safety training in units of competence from a relevant training package must be delivered by a Registered Training Organization (RTO) to enable staff to be issued with a nationally-recognized unit of competency code on their certificate. Generally this training can be completed in less than one day. Training options are available to suit the needs of everyone. Training may be carried out in-house for a group, in a public class, via correspondence or online. Basic food safety training includes:

- Understanding the hazards associated with the main types of food and the conditions to prevent the growth of bacteria which can cause food poisoning
- The problems associated with product packaging such as leaks in vacuum packs, damage to packaging or pest infestation, as well as problems and diseases spread by pests.
- Safe food handling. This includes safe procedures for each process such as receiving, re-packing, food storage, preparation and cooking, cooling and re-heating, displaying products, handling products when serving customers, packaging, cleaning and sanitizing, pest control, transport and delivery. Also the causes of cross contamination.
- Catering for customers who are particularly at risk of food-borne illness, including allergies and intolerance.
- Correct cleaning and sanitizing procedures, cleaning products and their correct use, and the storage of cleaning items such as brushes, mops and cloths.
- Personal hygiene, hand washing, illness, and protective clothing.

People responsible for serving unsafe food can be liable for heavy fines under this new legislation, consumers are pleased that industry will be forced to take food safety seriously.

China

Food safety is a growing concern in Chinese agriculture. The Chinese government oversees agricultural production as well as the manufacture of food packaging, containers, chemical additives, drug production, and business regulation. In recent years, the Chinese government attempted to consolidate food regulation with the creation of the State Food and Drug Administration in 2003, and officials have also been under increasing public and international pressure to solve

food safety problems. However, it appears that regulations are not well known by the trade. Labels used for "green" food, "organic" food and "pollution-free" food are not well recognized by traders and many are unclear about their meaning. A survey by the World Bank found that supermarket managers had difficulty in obtaining produce that met safety requirements and found that a high percentage of produce did not comply with established standards.

Traditional marketing systems, whether in China or the rest of Asia, presently provide little motivation or incentive for individual farmers to make improvements to either quality or safety as their produce tends to get grouped together with standard products as it progresses through the marketing channel. Direct linkages between farmer groups and traders or ultimate buyers, such as supermarkets, can help avoid this problem. Governments need to improve the condition of many markets through upgrading management and reinvesting market fees in physical infrastructure. Wholesale markets need to investigate the feasibility of developing separate sections to handle fruits and vegetables that meet defined safety and quality standards.

European Union

The parliament of the European Union (EU) makes legislation in the form of directives and regulations, many of which are mandatory for member states and which therefore must be incorporated into individual countries' national legislation. As a very large organization that exists to remove barriers to trade between member states, and into which individual member states have only a proportional influence, the outcome is often seen as an excessively bureaucratic 'one size fits all' approach. However, in relation to food safety the tendency to err on the side of maximum protection for the consumer may be seen as a positive benefit. The EU parliament is informed on food safety matters by the European Food Safety Authority.

Individual member states may also have other legislation and controls in respect of food safety, provided that they do not prevent trade with other states, and can differ considerably in their internal structures and approaches to the regulatory control of food safety.

Germany

The Federal Ministry of Food, Agriculture and Consumer Protection is a Federal Ministry of the Federal Republic of Germany. History: Founded as Federal Ministry of Food, Agriculture and Foresting in 1949, this name did not change until 2001. Then the name changed to Federal Ministry of Consumer Protection, Food and Agriculture. At the 22nd of November 2005, the name got changed again to its current state: Federal Ministry of Food, Agriculture and Consumer Protection. The reason for this last change was that all the resorts should get equal

ranking which was achieved by sorting the resorts alphabetically. Vision: A balanced and healthy diet with safe food, distinct consumer rights and consumer information for various areas of life, and a strong and sustainable agriculture as well as perspectives for our rural areas are important goals of the Federal Ministry of Food, Agriculture and Consumer Protection. The Federal Office of Consumer Protection and Food Safety is under the control of the Federal Ministry of Food, Agriculture and Consumer Protection. It exercises several duties, with which it contributes to safer food and thereby intensifies health-based consumer protection in Germany. Food can be manufactured and sold within Germany without a special permission, as long as it does not cause any damage on consumers' health and meets the general standards set by the legislation. However, manufacturers, carriers, importers and retailers are responsible for the food they pass into circulation. They are obliged to ensure and document the safety and quality of their food with the use of in-house control mechanisms.

Pakistan

Pakistan does not have an integrated legal framework but has a set of laws, which deals with various aspects of food safety. These laws, despite the fact that they were enacted long time ago, have tremendous capacity to achieve at least minimum level of food safety. However, like many other laws, these laws remain very poorly enforced. There are four laws that specifically deal with food safety. Three of these laws directly focus issues related to food safety, while the fourth, the Pakistan Standards and Quality Control Authority Act, is indirectly relevant to food safety.

The Pure Food Ordinance 1960 consolidates and amends the law in relation to the preparation and the sale of foods. All provinces and some northern areas have adopted this law with certain amendments. Its aim is to ensure purity of food being supplied to people in the market and, therefore, provides for preventing adulteration. The Pure Food Ordinance 1960 does not apply to cantonment areas. There is a separate law for cantonments called "The Cantonment Pure Food Act, 1966". There is no substantial difference between the Pure Food Ordinance 1960 and The Cantonment Pure Food Act. Even the rules of operation are very much similar.

Pakistan Hotels and Restaurant Act, 1976 applies to all hotels and restaurants in Pakistan and seeks to control and regulate the rates and standard of service(s) by hotels and restaurants. In addition to other provisions, under section 22(2), the sale of food or beverages that are contaminated, not prepared hygienically or served in utensils that are not hygienic or clean is an offense. There are no express provisions for consumer complaints in the Pakistan Restaurants Act, 1976, Pakistan Penal Code, 1860 and Pakistan Standards and Quality Control Authority Act, 1996. The laws do not prevent citizens from

lodging complaints with the concerned government officials; however, the consideration and handling of complaints is a matter of discretion of the officials.

United States

The US food system is regulated by numerous federal, state and local officials. Although the US food safety system is one of the best in the world, it is lacking in "organization, regulatory tools, and resources to address food borne illness."

2. Answer the following questions.

1. What does basic food safety training in Australia include?
2. Who can be liable for heavy fines in Australia?
3. Are the regulations in China well known by the trade?
4. What can help to avoid the problem of direct linkages between farmer groups and traders?
5. Who informs the EU parliament on food safety matters?
6. May individual member states also have other legislation and controls in respect of food safety?
7. Can food be manufactured and sold within Germany without a special permission?
8. Who is responsible for the food s/he passes into circulation?
9. How many laws are there in Pakistan that specifically deal with food safety?
10. Whose system of food safety is one of the best in the world?

3. Find English equivalents to the given Russian terms.

1. заражение с/х вредителями	1. confidence in food
2. основные покупатели	2. relevant package
3. уверенность в еде	3. to suit the needs
4. химические добавки	4. pest infestation
5. требования безопасности	5. liable for heavy fines
6. облагаемые штрафами	6. chemical additives
7. отвечать нуждам	7. international pressure
8. международное давление	8. safety requirements
9. соответствующая упаковка	9. ultimate buyers
10. реинвестирование рыночных сборов	10. reinvesting market fees

4. Translate and memorize the following word combinations.

European Union, wholesale markets, upgrading management, excessively bureaucratic approach, positive benefit, internal structures, sustainable agriculture,

special permission, integrated legal framework, tremendous capacity, preventing adulteration, substantial difference, consumer complaints.

5. Translate from Russian into English.

Европейское агентство по безопасности продуктов питания — агентство Европейского союза, который предоставляет независимые консультации и информацию по существующим и возможным рискам, связанным с продовольствием. Деятельность агентства охватывает все вопросы прямого и непрямого влияния на безопасность пищевых продуктов и кормов, включая здоровье животных и защиту растений. Агентство поддерживает Европейскую комиссию, Европейский парламент и страны-члены в их стремлении принимать своевременные и эффективные решения по управлению рисками, которые должны обеспечивать защиту здоровья европейских потребителей и безопасность пищевых продуктов и кормов. Агентство работает с общественностью по всем вопросам, входящим в его компетенцию, на открытой и прозрачной основе. Европейское агентство по безопасности продуктов питания основано в январе 2002 года. Его штаб-квартира находится в Парме, Италия.

6. Ask questions to underlined words.

1. Smart business operators know that basic food safety training improves the bottom line, staff take more pride in their work; there is less waste; and customers can have more confidence in the food they consume. 2. People responsible for serving unsafe food can be liable for heavy fines under this new legislation, consumers are pleased that industry will be forced to take food safety seriously. 3. Governments need to improve the condition of many markets through upgrading management and reinvesting market fees in physical infrastructure. 4. Labels used for "green" food, "organic" food and "pollution-free" food are not well recognized by traders and many are unclear about their meaning. 5. The parliament of the European Union (EU) makes legislation in the form of directives and regulations, many of which are mandatory for member states and which therefore must be incorporated into individual countries' national legislation. 6. As a very large organization that exists to remove barriers to trade between member states, and into which individual member states have only a proportional influence, the outcome is often seen as an excessively bureaucratic 'one size fits all' approach. 7. Food can be manufactured and sold within Germany without a special permission, as long as it does not cause any damage on consumers' health and meets the general standards set by the legislation. 8. However, manufacturers, carriers, importers and retailers are responsible for the food they pass into circulation. 9. Pakistan does not have an integrated legal framework but has a set of laws, which deals with various aspects of food safety. 10. Although the US food

safety system is one of the best in the world, it is lacking in "organization, regulatory tools, and resources to address food borne illness."

7. Make up a plan of the text, retell the text according to the plan.

Text 3.

Consumer labeling

1. Master the active vocabulary.

labeling – маркирование, нанесение маркировочных знаков, присваивание меток

deterioration – ухудшение, порча, повреждение, изнашивание

voluntary – добровольный, бесплатный, неоплачиваемый, благотворительный

caterer – поставщик продуктов питания; фирма, обслуживающая крупные мероприятия

to enhance – увеличивать, усиливать, улучшать, повышать, расти в цене

to withdraw – отодвигать, отдёргивать, отнимать, забирать, отзывать

expiry – истечение срока действия

subsequent – более поздний, последующий, следующий

United Kingdom

Foodstuffs in the UK have one of two labels to indicate the nature of the deterioration of the product and any subsequent health issues. EHO Food Hygiene certification is required to prepare and distribute food. While there is no specified expiry date of such a qualification the changes in legislation it is suggested to update every five years.

Best before indicates a future date beyond which the food product *may* lose quality in terms of taste or texture amongst others, but does not imply any serious health problems if food is consumed beyond this date (within reasonable limits).

Use by indicates a legal date beyond which it is not permissible to sell a food product (usually one that deteriorates fairly rapidly after production) due to the potential serious nature of consumption of pathogens. Leeway is sometimes provided by producers in stating **display until** dates so that products are not at their limit of safe consumption on the actual date stated (this latter is voluntary and not subject to regulatory control). This allows for the variability in production, storage and display methods.

United States

With the exception of infant formula and baby foods which must be withdrawn by their expiration date, Federal law does not require expiration dates. For all other foods, except dairy products in some states, freshness dating is strictly voluntary on the part of manufacturers. In response to consumer demand, perishable foods are typically labeled with a **Sell by** date. It is up to the consumer

to decide how long after the Sell by date a package is usable. Other common dating statements are **Best if used by**, **Use-by date**, **Expiration date**, **Guaranteed fresh <date>**, and **Pack date**.

Australia and New Zealand

Guide to Food Labeling and Other Information Requirements provides background information on the general labeling requirements in the Code. The information in this guide applies both to food for retail sale and to food for catering purposes. Foods for catering purposes mean those foods for use in restaurants, canteens, schools, caterers or self-catering institutions, where food is offered for immediate consumption. Labeling and information requirements in the new Code apply both to food sold or prepared for sale in Australia and New Zealand and food imported into Australia and New Zealand. Warning and Advisory Declarations, Ingredient Labeling, Date Marking, Nutrition Information Requirements, Legibility Requirements for Food Labels, Percentage Labeling, Information Requirements for Foods Exempt from Bearing a Label.

According to the UK's Waste & Resources Action Programme, 33% percent of all food produced is wasted along the chill chain or at the consumer. At the same time, a large number of people get sick every year due to spoiled food.

According to the UK minister Hilary Benn the use by date and sell by dates are old technologies that are outdated and should be replaced by other solutions or disposed of altogether.

There is a number of ways to enhance sell by and use by dates. These include better education of consumers on how to use, transport, and store fresh food products, but also by enhancing the use by and sell by dates by adding to the package smart indicators such as TTIs (Time Temperature Indicators). These show through a visible color change whether the product is still fresh. TTIs are already in use by retailers and food producers in France (Monoprix and Carrefour), Switzerland (Kneuss), and other countries in Western Europe.

2. Answer the following questions.

1. How many labels do foodstuffs in the UK have?
2. What does *best before* indicate in the UK?
3. Federal law in the US doesn`t require expiration dates, does it?
4. What is typically labeled with a *sell by* date in the US?
5. What provides background information on the general labeling requirements in Australia and New Zealand?
6. What dates are old technologies according to the UK minister?
7. Name the ways to enhance *sell by* and *use by* dates.
8. What shows whether the product is still fresh?

3. Find Russian equivalents to the given English terms.

1. expiry date	1. видимое изменение цвета
2. reasonable limits	2. устаревшие технологии
3. fairly rapidly	3. исключительно добровольно
4. strictly voluntary	4. относительно быстро
5. consumer demand	5. скоропортящаяся еда
6. perishable foods	6. срок годности
7. immediate consumption	7. испорченная еда
8. visible color change	8. незамедлительное употребление
9. outdated technologies	9. потребительский спрос
10. spoiled food	10. разумные пределы

4. Say whether the statements are true or false?

1. EHO Food Hygiene certification is required to prepare and distribute food. 2. Use by indicates a future date beyond which the food product *may* lose quality in terms of taste or texture amongst others, but does not imply any serious health problems if food is consumed beyond this date (within reasonable limits). 3. With the exception of infant formula and baby foods which must be withdrawn by their expiration date, Federal law requires expiration dates. 4. In response to consumer demand, perishable foods are typically labeled with a **Sell by** date. 5. At the same time, a large number of people get sick every year due to healthy food. 6. According to the UK minister Hilary Benn the use by date and sell by dates are old technologies that are outdated and should be replaced by other solutions or disposed of altogether. 7. There is no ways to enhance sell by and use by dates. 8. Foodstuffs in the USA have one of two labels to indicate the nature of the deterioration of the product and any subsequent health issues. 9. Foods for catering purposes mean those foods for use in restaurants, canteens, schools, caterers or self-catering institutions, where food is offered for immediate consumption. 10. According to the UK's Waste & Resources Action Programme, 99% percent of all food produced is wasted along the chill chain or at the consumer.

5. Be ready to tell about consumer labeling.

Text 4.

Consumer tips: How to keep food safe

1. Master the active vocabulary.

sorely – болезненно, мучительно, тягостно, жёстко, чрезвычайно
vigorously – решительно, сильно, энергично
wrist – запястье
rinsing – полоскание

to ingest – глотать, проглатывать

thaw – оттепель, таяние, потепление

to thrive – благоденствовать; преуспевать; процветать; буйно, пышно расти

eyeballing – визуальный контроль

utensil – посуда, утварь, принадлежность

leftover – остатки, объедки; оставшийся, сохранившийся

shallow – мелкий, неглубокий; поверхностный, пустой.

1. One of the simplest measures that any person can take to prevent the spread of food borne illness is to properly wash his or her hands before preparing or eating any meal. Many people who believe they are adequately washing their hands are sorely mistaken. According to a study conducted by the American Society of Microbiology, 97% of females and 92% of males said they washed their hands, but those numbers turned out to be 75% of females and 58% of males upon observation. A proper hand-washing technique suggested by the Missouri Department of Health and Senior Services includes using soap and warm water; washing vigorously for 10–20 seconds, making sure to reach all surfaces of the hands including the wrists, between the fingers, and under the finger nails; rinsing well; drying hands with a paper towel; and using a paper towel to turn off the water. It is certainly important to wash your hands before preparing a meal and eating, but hands should also be washed after using the restroom, coughing/sneezing, touching cuts or skin infections, handling raw meat, and touching pets or other animals. Almost half the cases of food borne illnesses could be prevented by better hand-washing by food handlers. In addition, hand sanitizer is a helpful follow-up to hand-washing, but it should never be used to replace this valuable technique.

2. Some foods should simply never be ingested in the first place because they have such a high risk of containing harmful bacteria that can make people ill. These foods include raw milk, unpasteurized dairy products, unpasteurized juices (such as fresh apple cider), raw meat, and raw cookie dough.

3. In cases of suspected food spoilage, food should never simply be tasted, smelled, or eye-balled in order to determine its safety. It is true that in some cases, the presence of mold or other growths may indicate that a food has reached its expiration date and should not be consumed. However, some foods may look and smell fine, but if they have been stored at room temperature for over 2 hours, microscopic bacteria may have been allowed to grow. The safe temperature for foods in refrigerators is between 2°C (35°F) and 7°C (45°F), and freezers should be kept at -18°C (0°F) or below.

4. It is not safe to let meats thaw on the counter all day, because this allows any germs present on the food to thrive. Safer alternatives to this practice include

thawing the food under running water (21°C (70°F) or below) for less than 2 hours, placing the food in the refrigerator to thaw, or thawing the food in the microwave as part of the cooking process.

5. It is also important to make sure that raw meats are cooked to the appropriate internal temperature before they are consumed. Safe internal temperatures for various meats include 74°C (165°F) for poultry, 68°C (155°F) for ground meat, and 63°C (145°F) for fish and pork. It is not sufficient to judge the doneness of meat by its internal color. According to a study performed by the USDA, "25% of hamburgers with a brown internal color were not cooked to the proper temperature." Instead of simply eyeballing the meat, it is essential to use a meat thermometer to judge the safety of consuming the food.

6. The cooking process is often the time that food borne pathogens are allowed to enter the food we eat because of the prevalence of cross contamination. Cross contamination occurs when a person handling raw meats, eggs, fish, or other foods containing harmful pathogens touches cooking utensils, cutting boards, or cooking surfaces and spreads the pathogens to ready-to-eat foods in the process. This mode of transmission can be interrupted by washing hands after handling raw foods, washing utensils and cutting boards that have come in contact with raw foods, and disinfecting counter surfaces frequently.

7. Leftovers are ideally stored in the refrigerator in shallow containers (2 inches tall or less) so that the cooling process can be accelerated and the buildup of harmful bacteria can be prevented. Storing foods in larger containers may keep foods warm and allow harmful bacteria to grow.

In 2003, the WHO and FAO published the Codex Alimentarius which serves as a guideline to food safety.

2. Answer the following questions.

1. What is one of the simplest measures that any person can take to prevent the spread of food borne illness?
2. What is hand-sanitizer?
3. What foods should never be ingested in the first place and why?
4. What may indicate that food has reached its expiration date?
5. When may microscopic bacteria have been allowed to grow?
6. What is the safe temperature for foods in refrigerators and freezers?
7. Is it sufficient to judge the doneness of meat by its internal colour?
8. What happens because of the prevalence of cross contamination?
9. Where are leftovers ideally stored?
10. What serves as a guideline to food safety?

3. Find Russian equivalents to the given English terms.

1. sorely mistaken	1. разделочные доски
2. skin infections	2. непастеризованные молочные

	продукты
3. hand sanitizer	3. вредные бактерии
4. valuable technique	4. ценная техника
5. harmful bacteria	5. инфекции кожи
6. unpasteurized dairy products	6. судить о готовности мяса
7. suspected food spoilage	7. жёстко ошибаться
8. to judge the doneness of meat	8. неглубокие ёмкости
9. cutting boards	9. дезинфицирующее ср-во для рук
10. shallow containers	10. подозрение в испорченности еды

4. Translate from Russian into English.

Виды переработки пищевых продуктов: очистка, разделка, измельчение, варка, высушивание, засолка, вяление, жарка, маринование, консервирование и, наконец, расфасовка и упаковка. После переработки натуральных продуктов получают пищевые изделия. Из злаков: Мука и мучные изделия, в том числе макароны, хлеб; крупы, из которых варят каши. Из других растений: шоколад, кофе, растительное масло, томатная паста и др. Из молока — молочные продукты: Молоко; Сыр и творог; Сливочное масло, сливки; Сметана; Кисломолочные продукты; Мороженое. Из мяса: фарш, филе, колбасы, копчености, сало, жир. Из сахара (и фруктов): варенье, сироп, джем, конфеты и другие. Пищевые изделия обычно пригодны для продолжительного хранения. Это не относится к необработанным продуктам, срок годности которых, как правило, ограничен.

Перед употреблением в пищу, пищевые изделия обычно *готовят* — доводят сырые продукты до состояния, наиболее благоприятного для пищеварения. Практикуется также сыроедение, то есть употребление пищи без какой-либо предварительной кулинарной обработки. Набор продуктов, приёмов и способов приготовления людей определённого круга, региона или национальности называется кухней. Наиболее распространены такие виды приготовления пищи, как варка, жарка, тушение, запекание.

Люди обычно принимают пищу от 1 до 5 раз в день. За многие века у людей выработалась определённая культура (традиции, ритуалы и обычаи) приёма пищи, разная у разных народов и в разных слоях населения. Набор, время, место и названия приёмов пищи сильно варьируют по разным регионам (в России это, традиционно, — завтрак, обед, ужин.).

5. Agree or disagree with the following sentences.

1. One of the simplest measures that any person can take to prevent the spread of food borne illness is to properly wash his or her hands before preparing or eating any meal. 2. All the cases of food borne illnesses could be prevented by

better hand-washing by food handlers. 3. Hand sanitizer is a helpful follow-up to hand-washing and it should be used to replace this valuable technique. 4. In cases of suspected food spoilage, food should never simply be tasted, smelled, or eye-balled in order to determine its safety. 5. However, some foods may look and smell fine, but if they have been stored at room temperature for over 20 hours, microscopic bacteria may have been allowed to grow. 6. It is safe to let meats thaw on the counter all day. 7. It is also important to make sure that raw meats are cooked to the appropriate internal temperature before they are consumed. 8. It is sufficient to judge the doneness of meat by its internal color. 9. Cross contamination occurs when a person handling raw meats, eggs, fish, or other foods containing harmful pathogens touches cooking utensils, cutting boards, or cooking surfaces and spreads the pathogens to ready-to-eat foods in the process. 10. Leftovers are ideally stored in the refrigerator in shallow containers (2 inches tall or less) so that the cooling process can be accelerated and the buildup of harmful bacteria can be prevented.

Text 5.

Food quality is the quality characteristics of food that is acceptable to consumers. This includes external factors as appearance (size, shape, colour, gloss, and consistency), texture, and flavour; factors such as federal grade standards (e.g. of eggs) and internal (chemical, physical, microbial).

Food quality in the United States is enforced by the Food Safety Act 1990. Members of the public complain to trading standards professionals, who submit complaint samples and also samples used to routinely monitor the food marketplace to Public Analysts. Public Analysts carry out scientific analysis on the samples to determine whether the quality is of sufficient standard.

Food quality is an important food manufacturing requirement, because food consumers are susceptible to any form of contamination that may occur during the manufacturing process. Many consumers also rely on manufacturing and processing standards, particularly to know what ingredients are present, due to dietary, nutritional requirements (kosher, halal, vegetarian), or medical conditions (e.g., diabetes, or allergies).

Besides ingredient quality, there are also sanitation requirements. It is important to ensure that the food processing environment is as clean as possible in order to produce the safest possible food for the consumer. A recent example of poor sanitation recently has been the 2006 North American E. coli outbreak involving spinach, an outbreak that is still under investigation after new information has come to light regarding the involvement of Cambodian nationals.

Food quality also deals with product traceability, e.g. of ingredient and packaging suppliers, should a recall of the product be required. It also deals with labeling issues to ensure there is correct ingredient and nutritional information.

Read the text without a dictionary for 5 minutes and tell what you have understood.

Unit 5. Food storage / Хранение продуктов питания

Text 1.

1. Master the active vocabulary.

pantry – кладовая для продуктов, буфетная комната
pallet – поддон
eventual – конечный, окончательный
extent of ripeness – степень спелости (выдержанности)
pickling – квашение, засол, посол, пикелевание
cellar – подвал, погреб
millet – просо
cornmeal – кукурузная мука
rigid – жёсткий, негнущийся, негибкий, несгибаемый, твёрдый
rodent – грызун
to sprout – давать почки, пускать ростки, давать побеги, расти
to dispense – раздавать, делить, распределять, отправлять.

Food storage is both a traditional domestic skill and is important industrially. Food is stored by almost every human society and by many animals. Storing of food has several main purposes:

- Storage of harvested and processed plant and animal food products for distribution to consumers
- Enabling a better balanced diet throughout the year
- Reducing kitchen waste by preserving unused or uneaten food for later use
- Preserving pantry food, such as spices or dry ingredients like rice and flour, for eventual use in cooking
- Preparedness for catastrophes, emergencies and periods of food scarcity or famine
- Religious reasons (Example: LDS Church leaders instruct church members to store food)
- Protection from animals or theft

The guidelines vary for safe storage of vegetables under dry conditions (without refrigerating or freezing). This is because different vegetables have different characteristics, for example, tomatoes contain a lot of water, while root vegetables such as carrots and potatoes contain less. These factors, and many others, affect the amount of time that a vegetable can be kept in dry storage, as well as the temperature needed to preserve its usefulness. The following guideline shows the required dry storage conditions:

- Cool and dry: onions
- Cool and moist: root vegetables, potatoes, cabbage
- Warm and dry: winter squash, pumpkins, sweet potatoes, dried hot peppers

All vegetables can be safely stored by refrigeration or freezing. When refrigerated uncooked, they should be used within a month, although depending upon the extent of ripeness when refrigerated, they may spoil earlier; this will most likely be obvious due to visible mold, brown spots, and so on. Frozen vegetables should be used within a year. When cooked, vegetables can be safely refrigerated for several days, or frozen for up to a year. However, if meat or animal ingredients such as fats or butter have been added to the vegetables during cooking, they should be eaten within 4 days if they are refrigerated; they can be safely frozen for 6 months. Many cultures have developed innovative ways of preserving vegetables so that they can be stored for several months between harvest seasons. Techniques include pickling, home canning, food dehydration, or storage in a root cellar.

Fruits can be refrigerated for up to a month uncooked, or frozen for up to a year. There are a large number of methods of preserving fruit for extended periods of up to six months: candying, dehydrating, or cooking into preserves such as jam or jelly.

Grain, which includes dry kitchen ingredients such as flour, rice, millet, couscous, cornmeal, and so on, can be stored in rigid sealed containers to prevent moisture contamination or insect or rodent infestation. For kitchen use, glass containers are the most traditional method. During the 20th century plastic containers were introduced for kitchen use. They are now sold in a vast variety of sizes and designs. Metal cans are used (in the USA the smallest practical grain storage uses closed-top #10 metal cans). Storage in grain sacks is ineffective; mold and pests destroy a 25 kg cloth sack of grain in a year, even if stored off the ground in a dry area. On the ground or damp concrete, grain can spoil in as little as three days, and the grain might have to be dried before it can be milled. Food stored under unsuitable conditions should not be purchased or used because of risk of spoilage. To test whether grain is still good, sprout some. If it sprouts, it is still good, but if not, it should not be eaten. It may take up to a week for grains to sprout. When in doubt about the safety of the food, throw it out.

Spices and herbs are today often sold prepackaged in a way that is convenient for pantry storage. The packaging has a dual purpose of both storing and dispensing the spices or herbs. They are sold in small glass or plastic containers, or resealable plastic packaging. When spices or herbs are homegrown or bought in bulk, they can be stored at home in glass or plastic containers. They can be stored for extended periods, in some cases for years. However, after 6 months to a year, spices and herbs will gradually lose their flavor as oils they contain will slowly evaporate during storage. Spices and herbs can be preserved in vinegar for short periods of up to a month, creating flavored vinegar.

Alternative methods for preserving herbs include freezing in water or unsalted butter. Herbs can be chopped and added to water in an ice cube tray.

After freezing, the ice cubes are emptied into a plastic freezer bag for storing in the freezer. Herbs also can be stirred into a bowl with unsalted butter, then spread on wax paper and rolled into a cylinder shape. The wax paper roll containing the butter and herbs is then stored in a freezer, and can be cut off in the desired amount for cooking. Using either of these techniques, the herbs should be used within a year.

2. Answer the following questions.

1. What are the main purposes of storing food?
2. Why do the guidelines vary for safe storage of vegetables under dry conditions?
3. What affects the amount of time that a vegetable can be kept in dry storage?
4. How can all vegetables be safely stored?
5. When should frozen vegetables be used?
6. Can cooked vegetables be safely refrigerated?
7. Who has developed innovative ways of preserving vegetables?
8. How can grain be stored?
9. How are spices and herbs often sold today?
10. What are alternative methods for preserving herbs?

3. Translate from Russian into English.

Срок хранения (**BBD** англ. *Best Before Day*). Время хранения продуктов питания и др., в течение которого они остаются пригодными. Существуют срок хранения продуктов питания, документов и др., гарантийный срок хранения.Согласно ГОСТу Р 51074-97 срок хранения: «период, в течение которого пищевой продукт при соблюдении установленных условий хранения сохраняет свойства, указанные в нормативном или техническом документе. Истечение срока хранения не означает, что продукт не пригоден для использования по назначению». Другими словами, на протяжении этого срока продукт полностью сохраняет вкус, консистенцию, аромат и полезные качества (например, содержание живых культур в йогурте) в таком же виде, как и при выпуске.

(**UBD** англ. *Use By Date*). Согласно закону о защите прав потребителей, срок годности — период, по истечении которого товар (работа) считается непригодным для использования по назначению. По истечении срока годности продукты питания считаются непригодными в пищу, лекарства — запрещены к употреблению, а потребительские товары расцениваются как продаваемые «без претензий». Для отдельных товаров термин «срок годности» эквивалентен гарантийному сроку. Т.е по истечении срока хранения мёд, например, может потемнеть или засахариться (то есть спустя восемь месяцев он может стать уже не таким, как при изготовлении), однако он всё ещё безопасен и даже полезен. А вот если истёк срок годности мёда

(примерно два года со дня выработки), то лучше от такого лакомства вообще воздержаться.

4. Make up a plan and be ready to retell the text according to this plan.

Text 2.

Storage of meat

1. Master the active vocabulary.

gourmet – гастроном, гурман

venison – оленина, убитые на охоте животные

shellfish – моллюск, ракообразное

bean – боб, фасоль

hopper – 1. загрузочная воронка, бункер; 2. саморазгружающаяся баржа; 3. хоппер

to suppress – пресекать, сдерживать, подавлять

threshing – обмолот

livestock – домашний скот, паразиты

slaughtering – забой скота

lentil – чечевица

to sustain – поддерживать, придавать силы, способствовать

Perishable meats should be refrigerated or frozen promptly. Dry aging techniques are sometimes used to tenderize specialty gourmet meats by hanging them in carefully controlled environments for up to 21 days. Semi-dried meats like salamis and country style hams are processed first with salt, smoke, sugar, or acid, or other "cures" then hung in cool dry storage for extended periods, sometimes exceeding a year.

Unpreserved meat has only a relatively short life in storage. Pork and chicken should be eaten within one day, but beef and venison improve with up to 5 days storage in a cold room. When refrigerated, meats should be eaten by the "Best before" date stamped on the packaging, but not after that date.

It is unsafe to store fish or shellfish without preservation. Fresh fish and shellfish should be eaten within a few hours after harvesting, although it can safely be kept refrigerated for several days for selling. To store fish or shellfish for an extended period of time, it must be stored using methods such as freezing, drying (dehydrating) or pickling.

Food rotation is important to preserve freshness. When food is rotated, the food that has been in storage the longest is used first. As food is used, new food is added to the pantry to replace it; the essential rationale is to use the oldest food as soon as possible so that nothing is in storage too long and becomes unsafe to eat. Labeling food with paper labels on the storage container, marking the date that the

container is placed in storage can make this practice simpler. The best way to rotate food storage is to prepare meals with stored food on a daily basis.

2. Answer the following questions.

1. How are salamis and country style hams processed?
2. What has a relatively short time in storage?
3. When should meats be eaten?
4. Is it unsafe to store fish or shellfish without preservation?
5. How must fish or shellfish be stored for an extended period of time?
6. What is important to preserve freshness?
7. How is food rotated?
8. What can make the process of food rotation simpler?
9. What is the best way to rotate food storage?

3. Translate from Russian into English.

Основная причина рекомендаций ограничивать мясо в рационе заключается в том, что оно повышает риск развития различных заболеваний. Некоторые диетологи рекомендуют временный или постоянный отказ от мяса именно в качестве профилактики и лечения подобных заболеваний. Рядом диетологов считается, что во вреде, наносимом человеческому организму чрезмерным употреблением мяса, значительную роль играет современная практика обработки мяса и мясных изделий в пищевой промышленности. Сюда следует отнести:

- различные остающиеся в мясе вредные для здоровья вещества, либо попадающие в корма вследствие экологического загрязнения, либо намеренно скармливаемые мясному скоту с целью ускорить его рост и развитие, успокоить его в случае синдрома стресса, а также предупредить или вылечить его заболевания;
- усиленный откорм скота пищей, не являющейся нормальной для его пищевой цепочки (например, рыбной мукой, или остатками костей сородичей);
- обрабатывания мяса на бойнях специальными химикатами (нитриты, нитраты), с целью замедлить его разложение;
- долгое хранение мяса после убоя животного;
- обрабатывание мяса химическими веществами и усилителями вкуса на мясокомбинате.

Существует мнение, на качество мяса влияют в негативную сторону также плохие условия содержания животных и нанесение вреда их здоровью в условиях современного промышленного животноводства: нарушение обмена веществ у животных, болезни, кастрация без анестезии (для животных мужского пола), истощение вследствие доения (для коров),

стрессы (включая предубойный стресс), и т. п. Диетологами, даже при рекомендации смешанной диеты, не рекомендуется употребление в пищу, особенно в детском возрасте:

- полуфабрикатов, основанных на отходах мясного производства (сосисок, сарделек, и т.п.), а также колбас;
- мяса, обрабатываемого вредными для организма химическими веществами для усиления вкуса и достижения косметического эффекта — бекон, копчёности (получаемые не на огне, а путём химической обработки), колбасы;
- мясного бульона (первого снятия);
- фастфуда;
- просроченного мяса и мясных консервов;
- сырого или подвергшегося незначительной обработки мяса.

4. Retell the text.

Text 3.

Commercial food storage

Grain and beans are stored in tall grain elevators, almost always at a rail head near the point of production. The grain is shipped to a final user in hopper cars. In the former Soviet Union, where harvest was poorly controlled, grain was often irradiated at the point of production to suppress mold and insects. In the U.S., threshing and drying is performed in the field, and transport is nearly sterile and in large containers that effectively suppresses pest access, which eliminates the need for irradiation. At any given time, the U.S. usually has about two weeks worth of stored grains for the population.

Fresh fruits and vegetables are sometimes packed in plastic packages and cups for fresh premium markets, or placed in large plastic tubs for sauce and soup processors. Fruits and vegetables are usually refrigerated at the earliest possible moment, and even so have a shelf life of two weeks or less.

In the United States, livestock is usually transported live, slaughtered at a major distribution point, hung and transported for two days to a week in refrigerated rail cars, and then butchered and sold locally. Before refrigerated rail cars, meat had to be transported live, and this placed its cost so high that only farmers and the wealthy could afford it every day. In Europe much meat is transported live and slaughtered close to the point of sale. In much of Africa and Asia most meat for local populations is raised, slaughtered and eaten locally, which is believed to be much less stressful for the animals involved and minimizes meat storage needs. In Australia and New Zealand, where a large proportion of meat production is for export, meat is stored in very large freezer plants before being shipped overseas in freezer ships.

Guides for surviving emergency conditions in many parts of the world recommend maintaining a store of essential foods; typically water, cereals, oil, dried milk, and protein rich foods such as beans, lentils, tinned meat and fish. A basic food storage calculator can be used to help determine how much of these staple foods a person would need to store in order to sustain life for one full year. In addition to storing the basic food items many people choose to supplement their food storage with frozen or preserved garden-grown fruits and vegetables and freeze-dried or canned produce. An unvarying diet of basic staple foods prepared in the same manner can cause appetite exhaustion, leading to less caloric intake. Another benefit to having a basic supply of food storage in the home is for the cost savings. Costs of dry bulk foods (before preparation) are often considerably less than convenience and fresh foods purchased at local markets or supermarkets. There is a significant market in convenience foods for campers, such as dehydrated food products.

1. Answer the following questions.

1. How is the grain shipped to a final user?
2. Where was grain often irradiated at the point of production?
3. Who has about two weeks worth of stored grains for the population?
4. How are fresh fruits and vegetables sometimes packed?
5. What is usually transported live in the US?
6. What can you say about Europe?
7. What do guides for surviving emergency conditions recommend?
8. What is a basic food storage calculator?
9. What can cause appetite exhaustion?
10. Is there a significant market in convenience foods for campers? What is it?

2. Translate from Russian into English.

Консервная банка — герметичный контейнер для долгосрочного хранения пищевых продуктов в безвоздушной среде, выполненный из тонкой лужёной стали (консервной жести). Основное отличие от другой тары для хранения продуктов – невозможность обратной герметизации после вскрытия, так как вскрытие банки подразумевает собой разрезание металла контейнера. В консервных банках может храниться абсолютно различное содержимое, но чаще всего это консервированные продукты. Иногда встречаются консервные банки, выполненные из алюминия и других металлов. Долгосрочное хранение продуктов в консервных банках обеспечивается при соблюдении надлежащих условий хранения. Консервная банка была запатентована в 1810 году английским изобретателем Питером Дюраном, который использовал в своём изобретении открытия француза Николя Аппера. Сам он не

производил консервные банки и, в 1812 году, за 1000 фунтов стерлингов продал патент двум другим англичанам — Брайану Донкину и Джону Холлу, которые в 1813 году построили первую в мире консервную фабрику в лондонском районе Бермондси, наладили коммерческое производство консервных банок и начали поставки консервированных продуктов для Британской армии и флота. Первые консервные банки были мало похожи на современные, поскольку изготавливались из белой жести, выполненной из выкованного вручную железного листа, покрытого оловом с толщиной около 0,1 мм. Их корпуса весили около полукилограмма и изготавливались из прямоугольных листов металла и спаивались вручную на внутренней стороне банки. Дно банки также припаивалось к корпусу. Крышка припаивалась к банке только после того, как в банку закладывалась твердая пища (например, мясо). Если же в банке должно было быть жидкое содержимое, то банка спаивалась полностью, за исключением небольшого отверстия на крышке банки, через которое заливалась жидкость, после чего отверстие также запаивалось. Первые банки были достаточно дорогими, так как умелый ремесленник мог изготовить только 5 или 6 банок в час. Ранее, при производстве консервных банок применялся свинец, который содержался в припое швов, что приводило к медленному отравлению этим металлом. Известно, что арктическая экспедиция Джона Франклина (1845—1847) употребляла в пищу консервы именно в таких банках. В результате трёхлетнего потребления консервов у многих членов экипажа появились признаки отравления свинцом. В конце 1880-х готов был придуман шов для крепления концов, названный «двойным закаточным швом» и появилось оборудование для закатывания банок таким швом. Двойной закаточный шов используется и в настоящее время. К тридцатым годам XX века консервная банка практически приобрела современный нам вид. В походах, после употребления пищи, оставшиеся консервные банки необходимо или забрать с собой, или, в случае отсутствия такой возможности, прокалить в пламени костра и сложить в мусорную кучу. После прокаливания, поверхность банки покрывается микротрещинами, и банка разлагается естественным образом за относительно небольшой промежуток времени.

3. Agree or disagree with the following statements. Prove your opinion.

1. Grain and beans are stored in tall grain elevators, almost always at a rail head near the point of production. 2. In the USA, where harvest was poorly controlled, grain was often irradiated at the point of production to suppress mold and insects. 3. Fresh fruits and vegetables are sometimes packed in plastic packages and cups for fresh premium markets, or placed in large plastic tubs for sauce and soup processors. 4. Fruits and vegetables are usually refrigerated at the earliest possible moment, and have a shelf life of two years. 5. In Europe most meat for local

populations is raised, slaughtered and eaten locally, which is believed to be much less stressful for the animals involved and minimizes meat storage needs. 6. In Australia and New Zealand, where a large proportion of meat production is for export, meat is stored in very large freezer plants before being shipped overseas in freezer ships. 7. A basic food storage calculator can be used to help determine how much of these staple foods a person would need to store in order to sustain life for one full year. 8. An unvarying diet of basic staple foods prepared in the same manner can`t cause appetite exhaustion, leading to less caloric intake. 9. Costs of dry bulk foods (before preparation) are often considerably more than convenience and fresh foods purchased at local markets or supermarkets. 10. Guides for surviving emergency conditions in many parts of the world recommend maintaining a store of essential foods; typically water, cereals, oil, dried milk, and protein rich foods such as beans, lentils, tinned meat and fish.

4. Retell the text.

Unit 6. Food spoilage / Порча пищи

Text 1.

1. Master the active vocabulary.

to deteriorate – ухудшаться, портиться
edible – съедобный
perishable – скоропортящийся
crop – 1. урожай; 2. засевать; собирать урожай
to decompose – разлагаться, гнить
mold – плесень, плесенный грибок; плесневеть
yeast – дрожжи
to diminish – уменьшаться, убывать
surveillance – обзор, осмотр
to delay – 1. задержка, отсрочка, замедление; 2. задерживать, откладывать, медлить с
to excrete – выделять; извергать
vomit – 1. рвота; 2. вырвать
jaundice – желтуха; желчность
pungent – острый, едкий

Spoilage is the process in which food deteriorates to the point in which it is not edible to humans or its quality of edibility becomes reduced. Various external forces are responsible for the spoilage of food. Food that is capable of spoiling is referred to as perishable food.

Harvested crops decompose from the moment they are harvested due to attacks from microorganisms. These include bacteria, mold, yeast, and enzymes.

Bacteria

Various bacteria can be responsible for the spoilage of food. When bacteria breaks down the food, acids and other waste products are created in the process. While the bacteria itself may or may not be harmful, the waste products may be unpleasant to taste or may even be harmful to one's health. Bacteria are a common cause of food borne illness. In the past, bacterial infections were thought to be more prevalent because few places had the capability to test for norovirus and no active surveillance was being done for this particular agent. Symptoms for bacterial infections are delayed because the bacteria need time to multiply. They are usually not seen until 12–72 hours or more after eating contaminated food.

Yeasts

Yeasts can be responsible for the decomposition of food with a high sugar content. The same effect is useful in the production of various types of food and beverages, such as bread, yogurt, cider, and alcoholic beverages.

Signs and consequences

Signs of food spoilage may include an appearance different from the food in its fresh form, such as a change in color, a change in texture, an unpleasant odor, or an undesirable taste. The item may become softer than normal. If mold occurs, it is often visible externally on the item.

Some spoiled foods are harmless to eat, and may simply be diminished in quality. But foods exhibiting certain types of spoilage may be harmful to consume. Uncooked or under-cooked animal flesh that spoils are typically quite toxic can result in serious illness or sometimes death. The toxic effects from consuming spoiled food are known colloquially as "food poisoning", and more properly as "food borne".

Prevention

A number of methods of prevention can be used that can either totally prevent, delay, or otherwise reduce food spoilage.

Preservatives can expand the shelf life of food and can lengthen the time long enough for it to be harvested, processed, sold, and kept in the consumer's home for a reasonable length of time.

Refrigeration can increase the shelf life of certain foods and beverages, though with most items, it does not indefinitely expand it. Freezing can preserve food even longer, though even freezing has limitations.

Canning of food can preserve food for a particularly long period of time, whether canned at home or commercially. Canned food is vacuum packed in order to keep oxygen out of the can that is needed to allow bacteria to break it down. Canning does have limitations, and does not preserve the food indefinitely.

Dried foods can last a long time, sometimes nearly indefinitely.

Food borne illness can also be caused by pesticides or medicines in food and naturally toxic substances like poisonous mushrooms or reef fish.

Exotoxins

In addition to disease caused by direct bacterial infection, some food borne illnesses are caused by exotoxins which are excreted by the cell as the bacterium grows. Exotoxins can produce illness even when the microbes that produced them have been killed. Symptoms typically appear after 24 hours depending on the amount of toxin ingested.

For example Staphylococcus aureus produces a toxin that causes intense vomiting. The rare but potentially deadly disease botulism occurs when the anaerobic bacterium Clostridium botulinum grows in improperly canned low-acid foods and produces botulin, a powerful paralytic toxin.

Pseudoalteromonas tetraodonis, certain species of Pseudomonas and Vibrio, and some other bacteria, produce the lethal tetrodotoxin, which is present in the tissues of some living animal species rather than being a product of decomposition.

Many food borne illnesses remain poorly understood. Approximately sixty percent of outbreaks are caused by unknown sources.

Preventing bacterial food poisoning

Prevention is mainly the role of the state, through the definition of strict rules of hygiene and a public services of veterinary surveying of animal products in the food chain, from farming to the transformation industry and delivery (shops and restaurants).

At home, prevention mainly consists of good food safety practices. Many forms of bacterial poisoning can be prevented even if food is contaminated by cooking it sufficiently, and either eating it quickly or refrigerating it effectively. Many toxins, however, are not destroyed by heat treatment.

Viruses

Viral infections make up perhaps one third of cases of food poisoning in developed countries. In the US, more than 50% of cases are viral and noroviruses are the most common food borne illness, causing 57% of outbreaks in 2004. Food borne viral infection are usually of intermediate (1–3 days) incubation period, causing illnesses which are self-limited in otherwise healthy individuals, and are similar to the bacterial forms described above.

- Enterovirus
- Hepatitis A is distinguished from other viral causes by its prolonged (2–6 week) incubation period and its ability to spread beyond the stomach and intestines, into the liver. It often induces jaundice, or yellowing of the skin, and rarely leads to chronic liver dysfunction. The virus has been found to cause the infection due to the consumption of fresh-cut produce which has fecal contamination.
- Hepatitis E
- Norovirus
- Rotavirus

Natural toxins

Several foods can naturally contain toxins, many of which are not produced by bacteria. Plants in particular may be toxic; animals which are naturally poisonous to eat are rare. In evolutionary terms, animals can escape being eaten by fleeing; plants can use only passive defenses such as poisons and distasteful substances, for example capsaicin in chili peppers and pungent sulfur compounds in garlic and onions. Most animal poisons are not synthesized by the animal, but acquired by eating poisonous plants to which the animal is immune, or by bacterial action.

Some plants contain substances which are toxic in large doses, but have therapeutic properties in appropriate dosages.

2. Answer the following questions.

1. What is food spoilage?

2. What are the reasons of food spoilage?

3. What happens when bacteria breaks down the food?

4. What is responsible for the decomposition of food with high sugar content?

5. Name the main signs and consequences of food spoilage?

6. What are the methods of prevention that can be used to prevent food spoilage?

7. When does botulism occur?

8. At home, prevention mainly consists of good food safety practices, doesn`t it?

9. What makes up one third of cases of food poisoning in developed countries?

10. Are most animal poisons synthesized by the animal?

3. Find Russian equivalents to the given English terms.

1. edible to humans	1. видимый внешне
2. external forces	2. нежелательный вкус
3. harvested crops	3. съедобный для человека
4. unpleasant odor	4. внешние силы
5. undesirable taste	5. срок хранения
6. diminished in quality	6. собранный урожай
7. visible externally	7. скоропортящаяся пища
8. shelf life	8. рациональный промежуток времени
9. reasonable length of time	9. неприятный запах
10. perishable food	10. ухудшение качества

4. Translate and memorize the following word combinations.

vacuum packed, high sugar content, time to multiply, intense vomiting, improperly canned, low-acid foods, unknown sources, definition of strict rules of hygiene, veterinary surveying, heat treatment, pungent sulfur compounds, therapeutic properties, appropriate dosages.

5. Say whether the statements are true or false.

1. Packaging is the process in which food deteriorates to the point in which it is not edible to humans or its quality of edibility becomes reduced. 2. When bacteria breaks down the food, acids and other waste products are created in the process. 3. Symptoms for bacterial infections are delayed because the bacteria need time to multiply. 4. Yeasts can be responsible for the decomposition of food with low sugar content. 5. If mold occurs, it is never visible externally on the item. 6. The toxic effects from consuming spoiled food are known colloquially as "food

poisoning", and more properly as "food borne". 7. Refrigeration can increase and expand the shelf life of certain foods and beverages. 8. Canning of food can preserve food for a particularly short period of time, whether canned at home or commercially. 9. Prevention is mainly the role of the state, through the definition of strict rules of hygiene and a public services of veterinary surveying of animal products in the food chain, from farming to the transformation industry and delivery (shops and restaurants). 10. Viral infections make up perhaps two thirds of cases of food poisoning in developed countries.

6. Retell the text using as many words from active vocabulary as possible.

Text 2.
Mechanism

1. Master the active vocabulary.

intestine – 1. внутренний; 2. кишка, кишечник

bloodstream – кровоток

sporadic – единичный, отдельный, случайный, спорадический; появляющийся от случая к случаю

dimension – измерение, размеры, величина, объём, протяжение

tackle – 1. принадлежности, снасть; 2. энергично браться за; биться над

malnutrition – недостаточное питание

to inflict – налагать; наносить; причинять

clam – 1. двустворчатый моллюск; 2. раковина двустворчатого моллюска; 3. молчун

strain – 1. растягивать, напрягаться, тянуться; 2. порода; племя; 3. деформация; напряжение**;** растяжение.

Incubation period

The delay between consumption of a contaminated food and appearance of the first symptoms of illness is called the incubation period. This ranges from hours to days (and rarely months or even years, such as in the case of Listeriosis or Creutzfeldt-Jacob disease), depending on the agent, and on how much was consumed. If symptoms occur within 1–6 hours after eating the food, it suggests that it is caused by a bacterial toxin or a chemical rather than live bacteria.

The long incubation period of many food borne illnesses tends to cause sufferers to attribute their symptoms to "stomach flu".

During the incubation period, microbes pass through the stomach into the intestine, attach to the cells lining the intestinal walls, and begin to multiply there. Some types of microbes stay in the intestine, some produce a toxin that is absorbed into the bloodstream, and some can directly invade the deeper body tissues. The symptoms produced depend on the type of microbe.

Infectious dose

The infectious dose is the amount of agent that must be consumed to give rise to symptoms of food borne illness, and varies according to the agent and the consumer's age and overall health. In the case of Salmonella a relatively large inoculums of 1 million to 1 billion organisms is necessary to produce symptoms in healthy human volunteers, as *Salmonellae* are very sensitive to acid. An unusually high stomach pH level (low acidity) greatly reduces the number of bacteria required to cause symptoms by a factor of between 10 and 100.

Outbreaks

The vast majority of reported cases of food borne illness occur as individual or sporadic cases. The origin of most sporadic cases is undetermined. In the United States, where people eat outside their home frequently, most outbreaks (58%) originate from commercial food facilities. An outbreak is defined as occurring when two or more people experience similar illness after consuming food from a common source.

Often, a combination of events contributes to an outbreak, for example, food might be left at room temperature for many hours, allowing bacteria to multiply which is compounded by inadequate cooking which results in a failure to kill the dangerously elevated bacterial levels.

Outbreaks are usually identified when those affected know each other. However, more and more, outbreaks are identified by public health staff from unexpected increases in laboratory results for certain strains of bacteria.

Society and culture

Many outbreaks of food borne diseases that were once contained within a small community may now take place on global dimensions. Food safety authorities all over the world have acknowledged that ensuring food safety must not only be tackled at the national level but also through closer linkages among food safety authorities at the international level. This is important for exchanging routine information on food safety issues and to have rapid access to information in case of food safety emergencies."

It is difficult to estimate the global incidence of food borne disease, but it has been reported that in the year 2000 about 2.1 million people died from diarrheal diseases. Many of these cases have been attributed to contamination of food and drinking water. Additionally, diarrhea is a major cause of malnutrition in infants and young children.

Even in industrialized countries, up to 30% of the population of people has been reported to suffer from food borne diseases every year. In the U.S, around 76 million cases of food borne diseases, which resulted in 325,000 hospitalizations and 5,000 deaths, are estimated to occur each year. Developing countries in particular are worst affected by food borne illnesses due to the presence of a wide range of diseases, including those caused by parasites. Food borne illnesses can

and did inflict serious and extensive harm on society. In 1994, an outbreak of salmonellosis due to contaminated ice cream occurred in the USA, affecting an estimated 224,000 persons. In 1988, an outbreak of hepatitis A, resulting from the consumption of contaminated clams, affected some 300,000 individuals in China.

Food contamination creates an enormous social and economic strain on societies. In the U.S., diseases caused by the major pathogens alone are estimated to cost up to US $35 billion annually (1997) in medical costs and lost productivity.

Organizations

World Health Organization Food Safety Department

The WHO provides scientific advice for organizations and the public on issues concerning the safety of food. It serves as a medium linking the food safety systems in countries around the world. Food safety is currently one of WHO's top ten priorities. Food Safety is one of the major issues in our world today, and the Organization calls for more systematic and aggressive steps to be taken to significantly reduce the risk of food borne diseases.

The Department of Food Safety, Zoonoses and Food borne Diseases is a department under the WHO. Its mission is to reduce the serious negative impact of food borne diseases worldwide. According to the WHO website, food and waterborne diarrheal diseases are leading causes of illness and death in less developed countries, killing approximately 3.8 million people annually, most of whom are children.

WHO works closely with the Food and Agriculture Organization of the United Nations (FAO) to address food safety issues along the entire food production chain--from production to consumption--using new methods of risk analysis. These methods provide efficient, science-based tools to improve food safety, thereby benefiting both public health and economic development.

2. Answer the following questions.

1. What is called an incubation period?
2. What does the long incubation period of many food borne illnesses tend to cause?
3. What happens with microbes during the incubation period?
4. What is the infectious dose?
5. When is an outbreak defined as occurring?
6. What is a major cause of malnutrition in infants and young children?
7. Why are developing countries worst affected by food borne illnesses?
8. Food borne illnesses can inflict serious and extensive harm on society, can`t they?
9. What is WHO?

10. Whose mission is to reduce the serious negative impact of food borne diseases worldwide?

3. Find Russian equivalents to the given English terms.

1. deeper body tissues	1. трудно переваривать
2. absorbed into the bloodstream	2. быстрый доступ
3. sensitive to acid	3. общий источник
4. common source	4. более глубокие ткани
5. closer linkages	5. длительное воздействие
6. rapid access	6. поглощается кровотоком
7. negative impact	7. регуляторы роста растения
8. difficult to digest	8. чувствительный к кислоте
9. prolonged exposure	9. тесные связи
10. plant growth regulators	10. негативный импульс

4. Translate from Russian into English.

Пищевое отравление (пищевая интоксикация) — любое заболевание, вызванное употреблением некачественной или ядовитой пищи.Пищевая токсикоинфекция — острое пищевое отравление, обусловленное употреблением в пищу продуктов, содержащих патогенные микроорганизмы и/или их токсины (а иногда это токсины, выработанные не патогенными микроорганизмами). Помимо микробных отравлений, различают отравления, связанные с употреблением в пищу ядовитых растений и животных, а также отравление различными химическими веществами. Заражение патогенными микроорганизмами (пищевая инфекция) наблюдается чаще, чем отравление естественными или химическими токсинами (пищевая интоксикация). Чаще всего, симптомы пищевого отравления проявляются через 1-2 часа после употребления недоброкачественной пищи. Основными симптомами являются боль в области живота, тошнота, рвота, диарея, нередко головная боль и головокружение, резкая слабость, в тяжелых случаях, потеря сознания. Необходимо выяснить, какой продукт стал причиной отравления, по возможности, изъять его. Если пострадавший в сознании, необходимо промыть ему желудок: дать 5-6 стаканов кипяченой воды (не следует применять растворы марганцовокислого калия) затем, надавливая на корень языка пальцем, вызвать у больного рвоту. Дать активированный уголь: 10-20 таблеток залить стаканом холодной кипяченой воды, довести до кашицеобразного состояния, дать выпить пострадавшему. Через 2-3 часа повторно промывают желудок. Следует повторить это 2-3 раза. При потере сознания следует убедиться, что сердце больного работает, и дыхание есть. Если нет, то нужно провести сердечно-легочную реанимацию. Если сердце и

легкие работают, необходимо смочить ватку нашатырным спиртом и дать понюхать больному.

5. Retell the text.

Text 2a.

Food contaminant

Food contamination refers to the presence in food of harmful chemicals and microorganisms which can cause consumer illness. This article addresses the chemical contamination of foods, as opposed to microbiological contamination, which can be found under Food borne illness. A separate issue is genetically modified food, or the presence in foods of ingredients from genetically modified organisms, also referred to as a form of food contamination.

Impact

The impact of chemical contaminants on consumer health and well-being is often apparent only after many years of prolonged exposure at low levels (e.g. cancer). Chemical contaminants present in foods are often unaffected by thermal processing (unlike most microbiological agents). Chemical contaminants can be classified according to the source of contamination and the mechanism by which they enter the food product.

Agrochemicals are chemicals used in agricultural practices and animal husbandry with the intent to increase crops and reduce costs. Such agents include pesticides (e.g. insecticides, herbicides, rodenticides), plant growth regulators, veterinary drugs (e.g. nitrofuran, fluoroquinolones, malachite green, chloramphenicol), and bovine somatotropin (rBST).

Environmental contaminants

Environmental contaminants are chemicals that are present in the environment in which the food is grown, harvested, transported, stored, packaged, processed, and consumed. The physical contact of the food with its environment results in its contamination. Possible sources of contamination are: air, water, soil, packaging materials, processing/cooking equipment, naturally occurring toxins, banned pesticides, carcinogens.

Text 2b.

Hair in food

There is a heavy stigma attached to the presence of hair in food in most societies. There is a risk that it may induce choking and vomiting, and also that it may be contaminated by toxic substances. Views differ as to the level of risk it poses to the inadvertent consumer.

In most countries, people working in the food industry are required to cover their hair. When people are served food which contains hair in restaurants or cafйs, it is usual for them to complain to the staff. Despite this, it is not a valid

ground on which to sue the restaurant in the United States but in the United Kingdom it breaks the regulations of the UK Food Safety Act 1990 as it has been known to cause food poisoning and people can sue over this.

There are a range of possible reasons for the objection to hair in food, ranging from cultural taboos to the simple fact that it is difficult to digest and unpleasant to eat. It may also be interpreted as a sign of more widespread problems with hygiene. The introduction of complete capture hairnets is believed to have resulted in a decrease in incidents of contamination of this type.

Sometimes protein from human hair is used as a food ingredient, in bread and other such similar products. Such use of human hair in food is forbidden in Islam. Historically in Judaism, finding hair in food was a sign of bad luck.

Processing contaminants

Processing contaminants are generated during the processing of foods (e.g. heating, fermentation). They are absent in the raw materials, and are formed by chemical reactions between natural and/or added food constituents during processing. The presence of these contaminants in processed foods cannot be entirely avoided. Technological processes can be adjusted and/or optimized, however, in order to reduce the levels of formation of processing contaminants. There is also the possibility of metal chips from the processing equipment contaminating food. These can be identified using metal detection equipment. In many conveyor lines, the line will be stopped, or when weighing the product with a Check weigher, the item can be rejected for being over- or underweight or because small pieces of metal are detected within it.

Unit 7. Food packaging / Упаковка продуктов питания

1. Master the active vocabulary.

to tamper – вмешиваться, портить, наносить ущерб, подделывать, подкупать

enclosed – вложенный, загороженный, защищённый, обведённый

permeation – проникание, просачивание, распространение

desiccant – средство, вызывающее обезвоживание

containment – 1. сдерживание 2. вместимость, объём 3. герметичность

agglomeration – накапливание, концентрация, аккумуляция, сосредоточение

to deter – удерживать, отпугивать

pilferage – мелкая кража, украденные вещи

counterfeit – подделка, фальшивка, обманщик, подставное лицо, поддельный

retail – розничная продажа, розничный торговец

durability – продолжительность, длительность, долговечность, срок службы, живучесть

recycle – повторно использовать, возвращать в оборот (отходы от производства)

Food packaging is packaging for food. It requires protection, tampering resistance, and special physical, chemical, or biological needs. It also shows the product that is labeled to show any nutrition information on the food being consumed.

Functions of food packaging

Packaging has several objectives:

- **Physical protection** - The food enclosed in the package may require protection from, among other things, shock, vibration, compression, temperature, etc.
- **Barrier protection** - A barrier from oxygen, water vapor, dust, etc., is often required. Permeation is a critical factor in design. Some packages contain desiccants or Oxygen absorbers to help extend shelf life. Modified atmospheres or controlled atmospheres are also maintained in some food packages. Keeping the contents clean, fresh, and safe for the intended shelf life is a primary function.
- **Containment or agglomeration** - Small items are typically grouped together in one package for reasons of efficiency. Powders, and granular materials need containment.
- **Information transmission** - Packages and labels communicate how to use, transport, recycle, or dispose of the package or product. Some types of information are required by governments.

- **Marketing** - The packaging and labels can be used by marketers to encourage potential buyers to purchase the product. Package design has been an important and constantly evolving phenomenon for several decades. Marketing communications and graphic design are applied to the surface of the package and (in many cases) the point of sale display.
- **Security** - Packaging can play an important role in reducing the security risks of shipment. Packages can be made with improved tamper resistance to deter tampering and also can have tamper-evident features to help indicate tampering. Packages can be engineered to help reduce the risks of package pilferage. Some package constructions are more resistant to pilferage and some have pilfered indicating seals. Packages may include authentication seals to help indicate that the package and contents are not counterfeit. Packages also can include anti-theft devices, such as dye-packs, RFID tags, or electronic article surveillance tags, that can be activated or detected by devices at exit points and require specialized tools to deactivate. Using packaging in this way is a means of retail loss prevention.
- **Convenience** - Packages can have features which add convenience in distribution, handling, stacking, display, sale, opening, reclosing, use, and reuse.
- **Portion control** - Single serving packaging has a precise amount of contents to control usage. Bulk commodities (such as salt) can be divided into packages that are a more suitable size for individual households. It also aids the control of inventory: selling sealed one-liter-bottles of milk, rather than having people bring their own bottles to fill themselves.

Food packaging types

Primary packaging is the main package that holds the food that is being processed. Secondary packaging combines the primary packages into one box being made. Tertiary packaging combines all of the secondary packages into one pallet.

There are also special containers that combine different technologies for maximum durability:

- Bags-In-Boxes (used for soft drink syrup, other liquid products, and meat products)
- Wine box (used for wine)

Packaging machines

A choice of packaging machinery includes technical capabilities, labor requirements, worker safety, maintainability, serviceability, reliability, ability to integrate into the packaging line, capital cost, floor space, flexibility (change-over,

materials, etc.), energy usage, quality of outgoing packages, qualifications (for food, pharmaceuticals, etc.), throughput, efficiency, productivity, ergonomics, etc.

Packaging machines may be of the following general types:

- Blister, Skin and Vacuum Packaging Machines
- Capping, Over-Capping, Lidding, Closing, Seaming and Sealing Machines
- Cartoning machines
- Case and Tray Forming, Packing, Unpacking, Closing and Sealing Machines
- Check weighing machines
- Cleaning, Sterilizing, Cooling and Drying Machines
- Conveying, Accumulating and Related Machines
- Feeding, Orienting, Placing and Related Machines
- Filling Machines: handling liquid and powdered products
- Package Filling and Closing Machines
- Form, Fill and Seal Machines
- Inspecting, Detecting and Checkweighing Machines
- Palletizing, Depalletizing, Pallet Unitizing and Related Machines
- Product Identification: labelling, marking, etc.
- Wrapping Machines
- Converting Machines
- Other speciality machinery

Reduced packaging and sustainable packaging are becoming more frequent. The motivations can be government regulations, consumer pressure, retailer pressure, and cost control. (Reduced packaging often saves packaging costs.)

In the UK, A Local Government Association survey produced by the British Market Research Bureau, compared a range of outlets to buy 29 common food items, found that small local retailers and market traders "produced less packaging and more that could be recycled than the larger supermarkets."

2. Answer the following questions.

1. What is food packaging and what does it require?
2. Name the functions of good packaging.
3. What is a primary function of barrier protection?
4. What needs containment?
5. What is applied to the surface of the package?
6. What is a means of retail loss prevention?
7. What can be divided into packages that are a more suitable size for individual households?
8. How many types of packaging do you know?
9. What does a choice of packaging machinery include?
10. What packaging machines do you know?

3. Translate from Russian into English.

Асептическая упаковка - это распространенная в настоящее время технология упаковки, при которой продукт и упаковка стерилизуются отдельно различными способами, а затем упаковка наполняется продуктом и закупоривается в стерильных условиях. Это предотвращает быструю порчу продукта и обеспечивает долгий срок хранения без использования консервантов. Упаковка, состоит из полиэтилена, картона и алюминия, которые защищают продукт в упаковке от порчи, что обеспечивается высокими барьерными свойствами данного сочетания материалов. Только в 2007 году было произведено более 170 миллионов различных видов асептических упаковок. Упаковка асептическим методом может быть произведена различными методами: Химическим - в этом случае для стерилизации используются различные химические соединения, убивающие микроорганизмов. Некоторые из применяемых химикатов могут негативно влиять на здоровье человека. Физическим - изобретён в Американском Институте Пищевых Технологий, при этом способе гомогенный продукт фактически мгновенно нагревают до температур выше кипения, и мгновенно остужают, разливая затем в стерильную упаковку. Упаковке могут подвергаться молочные продукты: молоко, сливки, жидкий йогурт. Соя и товары-заменители молочных продуктов: соевые напитки, напитки из зерен риса и семян. Безалкогольные напитки: соки, нектары и негазированные напитки, газированные безалкогольные напитки, вода. Вина и спиртные напитки. Пищевые: супы и соусы, продукция из томатов, оливковое масло и иные жидкие продукты. Асептическая упаковка имеет ряд преимуществ перед традиционной упаковкой из стекла, - она более экологически безопасна, технология производства проще, меньший вес, упаковка не бьётся, при складировании занимает больше полезного пространства. Компания Тетрапак занимает 80% рынка асептических упаковок в мире, компания SIG владеет около 15% рынка, и компания ELOPAK занимает примерно 5%.

4. Ask questions to the underlined words.

1. Keeping the contents clean, fresh, and safe for the intended shelf life is a primary function. 2. Small items are typically grouped together in one package for reasons of efficiency. 3. Packages can be made with improved tamper resistance to deter tampering and also can have tamper-evident features to help indicate tampering. 4. In the UK, A Local Government Association survey produced by the British Market Research Bureau, compared a range of outlets to buy 29 common food items, found that small local retailers and market traders "produced less packaging and more that could be recycled than the larger supermarkets." 5.

Packages can have features which add convenience in distribution, handling, stacking, display, sale, opening, reclosing, use, and reuse. 6. The food enclosed in the package may require protection from, among other things, shock, vibration, compression, temperature, etc. 7. Some types of information are required by governments. 8. There are also special containers that combine different technologies for maximum durability.

5. Retell the text using as many words from active vocabulary as possible.

Unit 8. Junk food / «Мусорная еда»

Text 1.

1. Master the active vocabulary.

junk food – богатая калориями, нездоровая пища; нечто приятное, но не имеющее значительной ценности

saturated – влажный, промокший, глубокий, интенсивный, насыщенный

addictive – вызывающий привычку, привыкание

prone – склонный, предрасположенный к чему-либо

obesity – тучность, ожирение

endive – цикорий-эндивий

smoothie – коктейль из фруктов или фруктового сока с молоком или мороженым

to interject – вставлять замечания, мимоходом замечать, прерывать

conscious – сознательный, осознанный, сознающий, ощущающий, здравый

trail mix – смесь из сухофруктов и орехов

Junk food is an informal term applied to some foods that are perceived to have little or no nutritional value (i.e. containing "empty calories"); to products with nutritional value, but also have ingredients considered unhealthy when regularly eaten; or to those considered unhealthy to consume at all. The term was coined by Michael Jacobson, director of the Center for Science in the Public Interest, in 1972.

Junk foods are typically ready-to-eat convenience foods containing high levels of saturated fats, salt, or sugar, and little or no fruit, vegetables, or dietary fiber; and are considered to have little or no health benefits. Common junk foods include salted snack foods like chips (crisps), candy, gum, most sweet desserts, fried fast food and carbonated beverages (sodas) as well as alcoholic beverages. High-sugar cereals, particularly those targeted at children, such as Froot Loops, are also classified as junk food.

Marketing

Following a high profile media campaign by Chef Jamie Oliver and a threat of court action from the National Heart Forum in the United Kingdom in 2006, the UK advertising regulator and competition authority launched a consultation on advertising of foods to children. The Food Standards Agency was one of many respondents. As a result, a ban on advertising during children's television programmes and programmes aimed at school aged children (5-16 years old) was announced. The ban also includes marketing using celebrities, cartoon characters and health or nutrition claims.

Health effects

A study by Paul Johnson and Paul Kenny at The Scripps Research Institute(2008) suggested that junk food consumption alters brain activity in a manner similar to addictive drugs like cocaine or heroin. After many weeks on a junk food diet, the pleasure centers of rat brains became desensitized, requiring more food for pleasure. After the junk food was taken away and replaced with a healthy diet, the rats starved for two weeks instead of eating nutritious fare. A 2007 *British Journal of Nutrition* study found that mothers who eat junk food during pregnancy increased the likelihood of unhealthy eating habits in their children.

A report published in the Journal of the Federation of American Societies for Experimental Biology suggests that babies of mothers with a high-sugar and high-fat diet while pregnant are more prone to junk food themselves. The study was conducted on rats and suggests that "infants whose mothers eat excessive amounts of high-fat, high-sugar junk foods when pregnant or breastfeeding are likely to have a greater preference for these foods later in life."

A 2008 report suggests that mothers who eat junk food while pregnant or breast-feeding have children who are more prone to obesity. The children are also more prone to diabetes, raised cholesterol, and high blood fat.

Snack food

A snack is a portion of food oftentimes smaller than that of a regular meal, that is generally eaten between meals. Snacks come in a variety of forms including packaged and processed foods and items made from fresh ingredients at home.

Traditionally, snacks were prepared from ingredients commonly available in the home. Often leftovers, sandwiches made from cold cuts, nuts, fruit, and the like were used as snacks. The Dagwood sandwich was originally the humorous result of a cartoon character's desire for large snacks. Beverages, such as coffee, are not generally considered snacks though they may be consumed between meals like a snack, or along with snack foods. A beverage may be considered a snack if it possesses a substantive food item (e.g., strawberries, bananas, kiwis) that has been blended to create a smoothie.

Plain snacks like plain cereals, pasta and vegetables are also mildly popular, and the word snack has often been used to refer to a larger meal involving cooked or leftover items. Six-meal eating is a form of eating that interjects healthy snacks in between small meals, to stave off hunger and promote weight loss.

With the spread of convenience stores, packaged snack foods are now a significant business. Snack foods are typically designed to be portable, quick and satisfying. Processed snack foods are designed to be less perishable, more durable, and more portable than prepared foods. They often contain substantial amounts of sweeteners, preservatives, and appealing ingredients such as chocolate, peanuts, and specially-designed flavors (such as flavored potato chips). A snack eaten shortly before going to bed or during the night may be called a midnight snack.

Nutritional concerns

Snack foods are often subjectively classified as junk food because they typically have little or no nutritional value, and are not seen as contributing towards general health and nutrition. With growing concerns for diet, weight control and general health, government bodies like Health Canada are recommending that people make a conscious effort to eat healthier, natural snacks – such as fruit, vegetables, nuts and cereal grains – while avoiding high-calorie, low-nutrient junk food.

A 2010 study showed that children in the United States snacked on average six times per day, approximately twice as often as American children in the 1970s.

2. Answer the following questions.

1. What is junk food and by whom was this term coined?
2. What do common junk foods include?
3. What does junk food consumption alter?
4. What happens with mothers who eat junk food during pregnancy?
5. What babies are more prone to junk food?
6. What is a snack? What was snack traditionally prepared from?
7. When may a beverage be considered a snack?
8. How is processed snack food designed?
9. Why do people make a conscious effort to eat healthier, natural snack?
10. A 2010 study showed that children in the United States snacked on average six times per day, didn`t they?

3. Be ready to retell the text.

Text 2.
Whole foods

1. Master the active vocabulary.

indulgence – 1. снисхождение, снисходительность, терпимость; 2. потворство, потакание

casserole – запеканка

abdominal – абдоминальный, брюшной

self-medication – самолечение

geriatric – гериатрический (относящийся к лечению пожилых и старых людей).

bran – отруби

germ – зародыш, эмбрион, завязь

legume – боб, стручковое растение

seeds – семена

Whole foods are foods that are unprocessed and unrefined, or processed and refined as little as possible, before being consumed. Whole foods typically do not contain added ingredients, such as salt, carbohydrates, or fat. Examples of whole foods include unpolished grains, beans, fruits, vegetables and non-homogenized dairy products. Although, originally all human food was whole food, one of the earliest uses of the term post-industrial age was in 1960 when the leading organic food organization called the Soil Association open a shop in the name selling organic and whole grain products in London, UK.

The term is often confused with organic food, but whole foods are not necessarily organic, nor are organic foods necessarily whole.

The United States Food and Drug Administration defines whole grains as cereal grains containing the bran, endosperm and germ of the original grain. Federal Dietary Guidelines issued by the Center for Nutrition Policy and Promotion in 2005 recommended the consumption of at least three servings of whole grains each day, as there is evidence that they help cut risk of cancer and heart disease.

"Diets rich in whole and unrefined foods, like whole grains, dark green and yellow/orange-fleshed vegetables and fruits, legumes, nuts and seeds, contain high concentrations of antioxidant phenolics, fibers and numerous other phytochemicals that may be protective against chronic diseases."

Comfort food

Comfort food is food prepared traditionally that may have a nostalgic or sentimental appeal. Comfort foods may be foods that have a nostalgic element either to an individual or a specific culture. Many comfort foods are flavorful and easily eaten, having soft consistencies.

One recent development, as chefs have explored the roots of American cuisine and tried to define it as a unique style, is the advent of fine dining comfort food restaurants that feature more careful cooking and presentation, higher quality and fresh organic ingredients, along with consequently higher prices.

Psychological studies

Comfort foods may be consumed to positively pique emotions, to relieve negative psychological affects or to increase positive feelings. The term was first used, according to Webster's Dictionary, in 1977.

One study divided college-students' comfort-food identifications into four categories (nostalgic foods, indulgence foods, convenience foods, and physical comfort foods) with a special emphasis on the deliberate selection of particular foods to modify mood or affect, and indications that the medical-therapeutic use of particular foods may ultimately be a matter of mood-alteration.

The identification of particular items as comfort food may be idiosyncratic, though patterns are detectable. In one study of American preferences, "males preferred warm, hearty, meal-related comfort foods (such as steak, casseroles, and soup), while females instead preferred comfort foods that were more snack related

(such as chocolate and ice cream). In addition, younger people preferred more snack-related comfort foods compared to those over 55 years of age." The study also revealed strong connections between consumption of comfort foods and feelings of guilt.

Comfort food consumption has been seen as a response to emotional stress, and consequently, as a key contributor to the epidemic of obesity in the United States. The provocation of specific hormonal responses leading selectively to increases in abdominal fat is seen as a form of self-medication.

Further studies suggest that consumption of comfort food is triggered in men by positive emotions, and by negative ones in women. The stress effect is particularly pronounced among college-aged women, with only 33% reporting healthy eating choices during times of emotional stress. For women specifically, these psychological patterns may be maladaptive.

A therapeutic use of these findings includes offering comfort foods or "happy hour" beverages to anorectic geriatric patients whose health and quality of life otherwise decreases with reduced oral intake.

2. Answer the following questions.

1. What is whole foods?
2. What was one of the earliest uses of this term?
3. Why did Federal Dietary Guidelines issued by the Center for Nutrition Policy and Promotion in 2005 recommend the consumption of at least three servings of whole grains each day?
4. What is comfort food?
5. Why may comfort food be consumed?
6. When was this term first used?
7. May the medical-therapeutic use of particular foods ultimately be a matter of mood-alteration?
8. What did the study of American preferences reveal?
9. What is seen as a form of self-medication?
10. Further studies suggest that consumption of comfort food is triggered in men by positive emotions, don`t they?

3. Retell the text using as many new words as possible.

Text 3.
Take-out

Take-out or **takeout** (in North American, Philippine English), **carry-out** (in U.S., Scottish English), **take-away** (in the United Kingdom, Australia, New Zealand, South Africa, Hong Kong and Ireland), **parcel** (in Indian English and Pakistani English), or **tapau** (in Malaysian English and Singlish—from the Chinese "package it" 打包 da-bao), is food purchased at a restaurant for the purpose of being eaten elsewhere. The

restaurant may or may not provide table service. In the United States and Canada, food ordered this way (especially in fast food) is ordered **to go**, and in the UK it is ordered **to take away** or sometimes **to eat out**, as opposed to **eating in** or **dining in**.

Take-out food is often fast food, but not always so. Whereas fast food carries the connotation of a standardized product from a globalized chain or franchise, take-away outlets are often small businesses serving traditional food, which is sometimes but by no means always of high quality. Examples include neighbourhood fish and chip shops in England, Australia and New Zealand; sandwiches sold by delis in the U.S.; kebabs sold in many countries; and the wide range of sausage-based snacks sold from stalls in German cities.

In some cases, there are facilities for customers to order food by telephone, fax, or over the Internet, to be collected or delivered. This trend is thought to be on the rise as many small businesses take to the Web to promote their take-outs. Food that is delivered by a restaurant to a customer (often called *delivery*) is also sometimes called take-out. Establishments that sell take-out exclusively without providing table service are called take-out restaurants or take-aways. There is no clear line between street food and take-out. Crкpe stands in France, for example, may be as permanently situated as a kiosk or newsstand, and some take-out windows (coffee, pizza, and ice cream for example) clearly expect that the food will be eaten out of its package on the street. Take-out proper may need to be unpacked and laid out, rather than eaten directly from its package.

Certain types of food that are normally served in sit-down restaurants are commonly available as take-out. Pizza is one example: some pizzerias and chains have no tables, and supply for take-out and delivery only. Another classic take-out food is Western-styled Chinese food. In the past few decades, as immigrants from more and more Asian countries emigrate to the West, more and more types of cuisine are available: Japanese, Thai, Korean, Vietnamese, etc. In the UK, South Asian food such as Indian and Pakistani cuisine is also a popular form of take-away, as well as kebabs from the Middle East.

Read the text in five minutes and tell what you have learnt.

Text 4
Menu engineering

1. Master the active vocabulary.

deliberate – 1. неслучайный, тщательно спланированный, взвешенный; 2.преднамеренный, умышленный; 3. размеренный, неторопливый, 4. осмотрительный, осторожный

encouraging – ободряющий, поощряющий; поддерживающий; подстрекательный

margin – 1. прибыль, разница между покупной и продажной ценой; маржа; 2.гарантийный, задаток, взнос

efficacy – эффективность, сила, действенность

subtle – неуловимый, тонкий

cue – реплика, знак, сигнал, аллюзия, намёк

incremental – увеличивающийся постепенно, действующий по нарастающей, со стабильным подъёмом

condiment – приправа, специи

revenue – доход, выручка

entrée – блюдо, подаваемое перед основным блюдом.

Menu engineering is an interdisciplinary field of study devoted to the deliberate and strategic construction of menus. It is also commonly referred to as Menu Psychology. In general, the term *menu engineering* is used within the hospitality industry (specifically in the context of restaurants), but can be applied to any industry that displays a list of product or service offerings for consumer choice. Typically the goal with menu engineering is to maximize a firm's profitability by subconsciously encouraging customers to buy what you want them to buy, and discouraging purchase of items you don't want them to buy.

Fields of study which contribute most to menu engineering include:

- Psychology (perception, attention, emotion/effect)
- Managerial Accounting (contribution margin and unit cost analysis)
- Marketing & Strategy (pricing, promotion)
- Graphic Design (layout, typography)

Psychology of menu engineering

Perception & Attention - Visual perception is inextricably linked to how customers read a menu. Most menus are presented visually (though many restaurants verbally list daily specials), and the majority of menu engineering recommendations focus on how to increase attention by strategically arranging menu categories within the pages of the menu, and item placement within a menu category. This strategic placement of categories and items is referred to as the theory of *sweet spots.*

The reasoning being Sweet Spots stems from the classical effect in psychology known as the Serial position effect. The thought is, customers are most likely to remember the first and last things they see on a menu - hence, sweet spots on a menu should be where the customers look first and last. To date, there is no empirical evidence on the efficacy of the sweet spots on menus.

Customer perception of items offered on a menu can also be affected by subtle textual manipulations. For example, descriptive labeling of item names may

produce positive effects, leading to higher customer satisfaction, and higher perceived product value. Similarly, the presence of dollar signs or other potential monetary cues may cause guests to spend less.

Managerial accounting

The primary goal of menu engineering is to encourage purchase of targeted items, presumably the most profitable items, and to discourage purchase of the least profitable items. To that end, firms must first calculate the cost of each item listed on the menu. This costing exercise should extend to all items listed on the menu, and should reflect all costs incurred to produce and serve. Optimally item costs should include: food cost (including wasted product and product loss), incremental labor (e.g., cost in in-house butchering, pastry production or prep), condiments and packaging. Only incremental costs and efforts should be included in the item cost.

After an item's cost and price have been determined, evaluation of an item's profitability is based on the item's Contribution Margin. The contribution margin is calculated as the menu price minus the cost. Menu engineering then focuses on maximizing the contribution margin of each guest's order. Recipe costing should be updated (at least the ingredient cost portion) whenever the menu is reprinted or whenever items are re-engineered. Some simplified calculations of contribution margin include only food costs.

Marketing (price & promotion)

By using guest demand (also called the menu mix) and gross profit margins, the relative performance of each menu item is determined, and assigned one of the following terms:

Stars Stars are extremely popular and have a high contribution margin. Ideally Stars should be your flagship or signature menu items.

Plow Horse or Cash Cows Plow Horses are high in popularity but low in contribution margin. Plow horse menu items sell well, but don’t significantly increase revenue.

Puzzles Puzzles are generally low in popularity and high in contribution margin. Puzzle dishes are difficult to sell but have a high profit margin.

Dogs Dogs are low in popularity and low in contribution margin. They are difficult to sell and produce little profit when they do sell.

In general, items within a relevant comparable set (for example, entrees, or chicken entrees) should be priced to have similar contribution margins - this way, the restaurant would make the same amount of money, no matter what item the guest chooses to order.

2. Answer the following questions.

1. What is menu engineering devoted to? What is its goal?

2. What are fields of study which contribute most to menu engineering?

3. What do the majority of menu engineering recommendations focus on? Tell about sweet spots.

4. What may cause the presence of dollar signs or other potential monetary cues?

5. Who must calculate the cost of each item listed on the menu?

6. What should item costs include?

7. What is determined after item`s cost?

8. How is the contribution margin calculated?

9. When should recipe costing be updated?

10. What should be priced to have similar contribution margins?

3. Find Russian equivalents to the given English terms.

1. hospitality industry	1. выгода фирмы
2. service offerings	2. подсознательно подстрекающий потребителей
3. consumer choice	3. маржинальная прибыль
4. firm`s profitability	4. удовлетворённости клиентов
5. subconsciously encouraging customers	5. увеличивающиеся рабочие места
6. contribution margin	6. индустрия гостеприимства
7. higher customer satisfaction	7. тонкие текстовые махинации
8. incremental labor	8. возрастание ценности продукта
9. subtle textual manipulations	9. потребительский выбор
10. higher perceived product value	10. предложения услуг

4. Translate from Russian into English.

1. В начале эпохи династии Сун (960—1279) городские лавочники купеческого среднего сословия часто не имели времени, чтобы поесть дома. Поэтому они решались поесть в различных общественных местах, таких как храмы, таверны, чайные дома, продуктовые лавки и рестораны. Эти последние строили бизнес на близлежащих публичных домах, домах поющих девушек и драматических театрах. В ресторанах обедали также иностранцы-путешественники и китайцы, мигрировавшие в города из регионов с разными стилями приготовления пищи. Чтобы удовлетворить спрос при разнообразии вкусов, в городских ресторанах возникли меню.

2. Осенью 2011 года Бон Джови открыл первый ресторан Soul Kitchen (штат Нью-Джерси) в рамках своего проекта по борьбе с нищетой. Суть

работы ресторана в том, что клиентам, у которых нет денег, просто предложат выполнить какую-нибудь работу «по хозяйству». В целом же предполагается, что каждый будет платить столько, сколько у него есть и сколько посчитает нужным. Для этих целей в меню предусмотрительно не указаны цены. На создание ресторана Soul Kitchen потребовалось около года и 250 тысяч долларов.

5. Ask questions to the underlined words.

1. Menu engineering is an interdisciplinary field of study devoted to the deliberate and strategic construction of menus. 2. In general, the term *menu engineering* is used within the hospitality industry (specifically in the context of restaurants), but can be applied to any industry that displays a list of product or service offerings for consumer choice. 3. The reasoning being Sweet Spots stems from the classical effect in psychology known as the Serial position effect. 4. Customers are most likely to remember the first and last things they see on a menu - hence, sweet spots on a menu should be where the customers look first and last. 5. The presence of dollar signs or other potential monetary cues may cause guests to spend less. 6. The primary goal of menu engineering is to encourage purchase of targeted items, presumably the most profitable items, and to discourage purchase of the least profitable items. 7. After an item's cost and price have been determined, evaluation of an item's profitability is based on the item's Contribution Margin. 8. Some simplified calculations of contribution margin include only food costs. 9. In general, items within a relevant comparable set should be priced to have similar contribution margins. 10. The restaurant would make the same amount of money, no matter what item the guest chooses to order.

6. Retell the text.

Unit 9. Restaurant. Restaurant guides. Michelin Guide / Ресторан. Гиды ресторанов. Мишлен гид.

I. Master words and word combinations:

customer ['kʌstəmə] — покупатель; потребитель; заказчик; клиент

restaurant ['restərɔnt] — ресторан

takeout ['teɪkaut] — а) готовая еда, продающаяся на вынос б) заведение, торгующее готовой едой на вынос

delivery service — служба доставки

hospitality [,hɔspɪ'tælətɪ] — гостеприимство

price bracket — ценовой диапазон

busboy ['bʌsbɔɪ] — уборщик грязной посуды со столов, помощник официанта (в ресторане)

guidebook ['gaɪdbuk] — путеводитель

vermin ['vɜːmɪn] — а) паразиты (насекомые) б) вредители

rodent ['rəud(ə)nt] — грызун

infestation [,ɪnfes'teɪʃ(ə)n] — инвазия (заражение паразитами)

NSF (National Sanitation Foundation) Национальный фонд санитарной защиты (США)

violation [,vaɪə'leɪʃ(ə)n] — нарушение

II. Read and translate the following text into Russian:

Restaurant

A restaurant prepares and serves food and drink to customers in return for money. Meals are generally served and eaten on premises, but many restaurants also offer take-out and food delivery services. Restaurants vary greatly in appearance and offerings, including a wide variety of the main chef's cuisines and service models.

While inns and taverns were known from antiquity, these were establishments aimed at travelers, and in general locals would rarely eat there. Modern restaurants are dedicated to the serving of food, where specific dishes are ordered by guests and are prepared to their request. The modern restaurant originated in 18th century France, although precursors can be traced back to Roman times. In Ancient Rome, thermopolia were small restaurant-bars which

offered food and drinks to the customer. A typical thermopolium had L-shaped counters into which large storage vessels were sunk, which would contain either hot or cold food. They are linked to the absence of kitchens in many dwellings and the ease with which people could purchase prepared foods. Besides, eating out was also considered an important aspect of socialising.

In Pompeii, 158 thermopolia with a service counter have been identified across the whole town area. They were concentrated along the main axes of the town and the public spaces where they were frequented by the locals.

Food catering establishments which may be described as restaurants were known since the 11th century in Kaifeng, China's northern capital during the first half of the Song Dynasty (960–1279). With a population of over 1,000,000 people, a culture of hospitality and a paper currency, Kaifeng was ripe for the development of restaurants. Probably growing out of the tea houses and taverns that catered to travellers, Kaifeng's restaurants blossomed into an industry catering to locals as well as people from other regions of China. Stephen H. West argues that there is a direct correlation between the growth of the restaurant businesses and institutions of theatrical stage drama, gambling and prostitution which served the burgeoning merchant middle class during the Song Dynasty.

Restaurants catered to different styles of cuisine, price brackets, and religious requirements. Even within a single restaurant much choice was available, and people ordered the entree they wanted from written menus.

Restaurants range from unpretentious lunching or dining places catering to people working nearby, with simple food served in simple settings at low prices, to expensive establishments serving refined food and wines in a formal setting. In the former case, customers usually wear casual clothing. In the latter case, depending on culture and local traditions, customers might wear semi-casual, semi-formal, or even in rare cases formal wear.

Typically, customers sit at tables, their orders are taken by a waiter, who brings the food when it is ready, and the customers pay the bill before leaving. In finer restaurants there will be a host or hostess or even a maotre d'hфtel to welcome customers and to seat them. Other staff waiting on customers include busboys and sommeliers.

Restaurants often specialize in certain types of food or present a certain unifying, and often entertaining, theme. For example, there are seafood restaurants, vegetarian restaurants or ethnic restaurants.

Restaurant guides

Restaurant guides review restaurants, often ranking them or providing information for consumer decisions (type of food, handicap accessibility, facilities, quality, etc.), using various notations such as stars or other symbols, or

numbers. Stars are a familiar and popular symbol, with ratings of one to four or five stars commonly used. Ratings appear in guidebooks as well as in the media, typically in newspapers, lifestyle magazines and webzines. Websites featuring consumer-written reviews and ratings are increasingly popular.

In addition, there are ratings given by public health agencies rating the level of sanitation practiced by an establishment. These ratings are given from a numerical scale, with 100 being a perfect score and points deducted for each violation, such as keeping food at the wrong temperature, roach/vermin/rodent infestation, failure to use NSF-certified equipment, or improper food storage. From that, a grade is often assigned.

Restaurant guides list the best places to eat. One of the most famous of these, in Western Europe, is the Michelin series of guides which accord from one to three stars to restaurants they perceive to be of high culinary merit. The Michelin Red Guide is the Holy Grail of sorts, awarding up to three stars. One star indicates a "very good restaurant"; two stars indicate a place "worth a detour"; three stars means "exceptional cuisine, worth a special journey". A three-star Michelin ranking is rare. As of late 2009, there were 26 three-star restaurants in France, and only 81 in the world. Stars are awarded strictly for cuisine; a separate scale of 1 to 5 denotes the ambiance, setting and decor, and is symbolized by a crossed fork-and-spoon icon. The main competitor to the Michelin guide in Europe is the guidebook series published by Gault Millau. Unlike the Michelin guide which takes the restaurant dйcor and service into consideration with its rating, Gault Millau only judges the quality of the food. Its ratings are on a scale of 1 to 20, with 20 being the highest.

In the United States, the Forbes Travel Guide (previously the Mobil Travel Guides) and the American Automobile Association (AAA) rate restaurants on a similar 1 to 5 star (Forbes) or Diamond (AAA) scale. Three, four, and five star/diamond ratings are roughly equivalent to the Michelin one, two, and three star ratings while one and two star ratings typically indicate more casual places to eat.

In 2005, Michelin released a New York City guide, its first for the United States. This first edition of this guide was noted by New York Times restaurant critic Steven Kurutz to not give stars to several restaurants (such as the Union Square Cafe) that several other guides (Zagat Survey, New York Times) have rated highly. Kurutz also claimed the guide appeared to favor restaurants which "emphasized formality and presentation" rather than a "casual approach to fine dining", for which the Union Square Cafe is famous.

The Zagat Survey compiles consumer comments instead of using professional food critics, and rates restaurants on a numerical 30-point scale. In the United Kingdom, a similar service is provided by "The people's UK Restaurant

Guide". Australian guides include the "Australian Good Food & Travel Guide", and the "Good Food Guide".

Nearly all major American newspapers employ restaurant critics and publish online dining guides for the cities they serve, such as the New York Times for New York City's restaurants. American newspaper restaurant critics typically visit dining establishments anonymously and return several times so as to sample the entire menu. Newspaper restaurant guides, therefore, tend to provide the most thorough coverage of various cities' dining options.

More recently Internet sites have started up that publish both food critic reviews and popular reviews by the general public. Their major competition comes from bloggers, particularly publishers of food blogs, also called foodies. These writers and publishers represent the common dining aficionado rather than the gourmet, and thus do not provide "official" reviews, but nonetheless are capable of garnering large, loyal followings.

A top restaurant rating can mean success or failure for a restaurant, particularly when bestowed by influential sources like Michelin or the New York Times. Three stars in the Times' four-star system denotes excellent, and is a class unto itself, considerably harder to get than two- or one-stars, while its rare four-star "extraordinary" rating is typically held by fewer than a dozen of New York's 20,000 restaurants. The influence goes beyond business success; writing about former Times chief dining critic Ruth Reichl, a US food columnist noted that Reichl's reviews and star-rating "made and broke reputations and fortunes and generally influenced the direction of the city's—indeed, to a lesser degree, the country's—restaurant scene."

In 2004 Michelin came under fire in some quarters after bipolar chef Bernard Loiseau committed suicide after he was rumoured to be in danger of losing one of his three stars for his widely-admired restaurant Cфte d'Or in Saulieu, Burgundy. However, the Michelin guide had stated he would not be downgraded. Most news reports attributed his suicide to the downgrade carried out by the rival Gault Millau guide.

Michelin Guide

The Michelin Guide is a series of annual guide books published by Michelin for over a dozen countries. The term normally refers to the Michelin Red Guide, the oldest and best-known European hotel and restaurant guide, which awards the Michelin stars.

Andrй Michelin published the first edition of the guide in 1900 to help drivers maintain their cars, find decent lodging, and eat well while touring France. It included addresses of filling stations, mechanics, and tire dealers, along with local prices for fuel, tires, and auto repairs.

The guide was distributed free from 1900 until 1920. The Michelin brothers began charging for the guides to establish more credibility after a pile of them were found propping up a garage workbench. The guide began recognizing outstanding restaurants in 1926 by marking their listings with a star; two and three stars were added in the early 1930s.

Gradually, additional guides were introduced for other European countries. By 2010, eight Red Guides were published for the countries of France, Germany, the Netherlands, Belgium/Luxembourg, Italy, Spain & Portugal, Switzerland, and Great Britain & Ireland.

Red Guides have historically listed many more restaurants than rivals, relying on an extensive system of symbols to describe each establishment in as little as two lines. Reviews of starred restaurants also include two to three culinary specialities. Recently, however, short summaries (2–3 lines) have been added to enhance descriptions of many establishments. These summaries are written in the language of the country for which the guide is published, but the symbols are the same throughout all editions.

Red Guides are also published for selected major cities: Paris, London, Tokyo, Kyoto/Osaka, Hong Kong & Macau, New York City, the San Francisco Bay Area & Wine Country, Los Angeles, Chicago, and Las Vegas. There is also a Red Guide encompassing the "Main Cities of Europe".

In 2008, German restaurateur Juliane Caspar was appointed Editor-in-Chief of the French edition of the Red Guide. She is the first woman and first non-French national to edit the French edition.

Michelin operates on the principle that only anonymous, professionally trained experts can be trusted to make accurate, impartial assessments of a restaurant's food and service (as opposed, for example, to the Zagat Survey, which relies on restaurant patrons for its reviews). The Michelin inspectors write detailed reports, which are collated at company headquarters in Paris.

Restaurants are revisited regularly to keep reviews current; for example, Michelin claims that its inspectors revisit all 4,000 reviewed restaurants in France every 18 months, and all starred restaurants several times a year.

The Michelin Guide also awards Rising Stars, an indication that a given restaurant has the potential to qualify for a star, or an additional star.

Since 1955, the guide has also highlighted restaurants offering "good food at moderate prices", a feature now called "Bib Gourmand". They must offer menu items priced below a maximum determined by local economic standards. Bib (Bibendum) is the company's nickname for the Michelin Man, its corporate logo for over a century.

All listed restaurants, regardless of their star- or Bib Gourmand-status, also receive a "fork and spoon" designation, as a subjective reflection of the overall comfort and quality of the restaurant. Rankings range from one to five: One fork

and spoon represents a “comfortable restaurant” and five signifies a “luxurious restaurant”. Forks and spoons colored red designate a restaurant that is considered “pleasant” as well.

Restaurants, independently of their other ratings in the guide, can also receive a number of other symbols next to their listing.

• Coins indicate restaurants that serve a menu for a certain price or less, depending on the local monetary standard. In 2010 France, 2011 US and Japan Red Guides, the maximum permitted “coin” prices are €19, $25, and ¥5000, respectively.

• Interesting view or Magnificent view, designated by a black or red symbol, are given to restaurants offering those features.

• Grapes, a sake set, or a cocktail glass indicate restaurants that offer, at minimum, a “somewhat interesting” selection of wines, sake, or cocktails, respectively.

The Green Guides review and rate attractions other than restaurants. There is a Green Guide for France as a whole, and a more detailed one for each of ten regions within France. Other Green Guides cover many countries, regions, and cities outside France. Many Green Guides are published in several languages. They include background information and an alphabetical section describing points of interest. Like the Red Guides, they also use a three-star system.

III. Answer the following questions:

1) What is the main function of a restaurant? 2) How do restaurants differ? 3) When and where was the term “restaurant” originated? 4) What professions can be found in a restaurant? 5) Where can you see restaurant rating? 6) What is the most popular restaurant guide? 7) What notations do restaurant guides use to identify them according to their quality? 8) How many stars can the Michelin guide award to a restaurant? 9) What is the unique feature of the Zagat Survey? 10) What are ratings usually based on? 11) Are there any drawbacks in Michelin guide? 12) Would you like to be a Michelin inspector and why? 13) What restaurant ratings would you trust if you want to go to a restaurant and why? 14) What do you know about the history of the creation the Michelin guide? 15) Is there a Michelin guide for Russia?

IV. Use the following words and word combinations in the sentences of your own:

religious requirements, high culinary merit, rival, dwelling, improper food storage, professionally trained expert, appearance, sommelier, host (hostess), handicap accessibility, competitor, casual clothing, maotre d'hфtel, offering, to

welcome customers, roach infestation, to be distributed free, to commit suicide, to establish credibility, anonymous, headquarters

V. Translate the following sentences into English using your active vocabulary:

1) Ресторан - предприятие общественного питания с широким ассортиментом блюд сложного приготовления, включая заказные и фирменные; вина (винная карта) и крепких напитков, табачных и кондитерских изделий и повышенным уровнем обслуживания, в сочетании со стильным и оригинальным дизайном и интерьером помещения. 2) Следует отметить, что “restaurant” в американском английском — любое предприятие общепита вообще, а не только ресторан в привычном смысле.

3) Зачастую более крупные предприятия (например гостиницы) имеют свои рестораны, расположенные на их территории, где услуги питания предоставляются для удобства проживающих и для увеличения потенциального дохода гостиницы.

4) Рестораны появились в XIII веке в Ханчжоу, культурном, политическом и экономическом центре Китая во время династии Сун. 5) Возможно, рестораны возникли из чайных домиков и таверн, которые старались угодить путешествующим.

6) На Западе трактиры и таверны были известны со времен античности, эти заведения были ориентированы на путешественников, и местные жители редко питались в них. 7) Лишь в XVIII веке появились рестораны, главной целью которых было приготовление и подача блюд, которые заказывал посетитель по своему вкусу. 8) Согласно Книге рекордов Гиннесса, старейшим из существующих сегодня ресторанов является Собрино-де-Ботин (Sobrino de Botin) в Мадриде (Испания). Он открылся в 1725 году. 9) Впервые слово ресторан было применено в отношении предприятия питания около 1765 года, заведение основал парижанин, продавец супов по имени Буланже (Boulanger). 10) Первый ресторан в привычном для нас виде (посетители сидят с отдельными блюдами за отдельными столами, выбирают еду из меню, часы работы фиксированы) был Гран-Таверн-де-Лондр (Grand Taverne de Londres), основанный в 1782 году господином по имени Бовилье (Beauvilliers). 11) Первый ресторан, открытый в Москве — «Славянский базар». 12) Ресторан был построен архитекторами Р. Гедике и А. Вебером в 1872—1873 годах. 13) Он отличался от трактира тем, что там работали не половые, а официанты. 14) Они работали во фраках и белых перчатках, и их называли «люди». 15) С переездом русских в другие страны там появились русские рестораны, подающие блюда традиционной русской кухни.

VI. Retell the text.

Unit 10. Methods of cooking / Методы приготовления

I. Master words and word combinations:

batter I ['bætə] взбитое жидкое тесто

beef [bi:f] говядина

braise [breɪz] 1. тушёное мясо 2. тушить (мясо)

bubble пузырёк пузыриться; подниматься пузырьками, булькать, кипеть

caramelization карамелизация

casserole ['kæs(ə)rəul] 1) кастрюля (из жаропрочного материала) 2) блюдо, приготовленное в такой посуде и подаваемое в ней на стол 3) запеканка; запекать

cauliflower ['kɔlɪˌflauə] цветная капуста

collagen ['kɔləʤən] коллаген

corncob сердцевина кукурузного початка

frying pan ['fraɪɪŋpæn] сковорода с ручкой

juniper ['ʤu:nɪpə] можжевельник

goulash ['gu:læʃ] гуляш (тушёное мясо, приправленное острым соусом)

greasy food жирная пища

lamb [læm] ягнёнок, барашек

lard [lɑ:d] лярд; свиное сало, свиной жир

moisture ['mɔɪsʧə] влажность; влага

oven ['ʌv(ə)n] печь; духовка

parsnip ['pɑ:snɪp] пастернак

peat [pi:t] торф, брикет торфа

pot roast тушёное мясо

pottery ['pɔt(ə)rɪ] гончарная мастерская; гончарное дело; керамика, керамические изделия

pumpkin ['pʌmpkɪn] тыква

reef knot ['ri:fnɔt] рифовый узел, морской узел

roast [rəust] жариться, печься (особенно в духовке или на открытом огне)

sauté ['səuteɪ] жарить в масле

sawdust опилки

searing ['sɪəɪŋ] очень горячий, обжигающий

simmer ['sɪmə] кипячение, варка на медленном огне

smokehouse ['sməukhaus] коптильный завод; коптильня
soluble substance растворимое вещество

spit I [spɪt] вертел, шампур (для приготовления пищи над огнём)
steamer ['sti:mə] пароварка

stuffing ['stʌfɪŋ] начинка

turkey ['tɜːkɪ] индюк; индейка

turnip ['tɜːnɪp] репа, турнепс

venison ['venɪs(ə)n] оленина

unpalatable [ʌn'pælətəbl] невкусный; неприятный на вкус

wok [wɔk] котелок с выпуклым днищем (особенно для блюд китайской кухни)

zucchini [zu'ki:nɪ] молодой кабачок; кабачок мелких сортов; цуккини

II. Read and translate the following text into Russian:

Cooking is the process of preparing food by use of heat. Cooking techniques and ingredients vary widely across the world, reflecting unique environmental, economic, and cultural traditions. Cooks themselves also vary widely in skill and training.

Preparing food with heat or fire is an activity unique to humans, and some scientists believe the advent of cooking played an important role in human evolution. Most anthropologists believe that cooking fires first developed around 250,000 years ago. The development of agriculture, commerce and transportation between civilizations in different regions offered cooks many new ingredients. New inventions and technologies, such as pottery for holding and boiling water, expanded cooking techniques. Some modern cooks apply advanced scientific techniques to food preparation.

There are very many methods of cooking, most of which have been known since antiquity. These include baking, roasting, frying, grilling, barbecuing, smoking, boiling, steaming and braising. A more recent innovation is microwaving. Various methods use differing levels of heat and moisture and vary in cooking time. The method chosen greatly affects the end result. Some foods are more appropriate to some methods than others. Some major hot cooking techniques include:

Roasting

Roasting is a cooking method that uses dry heat, whether an open flame, oven, or other heat source. Roasting usually causes caramelization or Maillard browning of the surface of the food, which is considered by some as a flavor

enhancement. Roasting uses more indirect, diffused heat (as in an oven), and is suitable for slower cooking of meat in a larger, whole piece. Many roasts are tied with string prior to roasting, often using the reef knot or, in the more traditional sense, the packer's knot. Tying holds them together during roasting, keeping any stuffing inside, and keeps the roast in a round profile, which promotes even cooking.

Some vegetables, such as potatoes, zucchini, pumpkin, turnips, parsnips, cauliflower, asparagus, squash, and peppers lend themselves to roasting as well. Roasted chestnuts are also a popular snack in winter.

Any piece of meat, especially red meat, that has been cooked in this fashion is called a roast. Red meats such as beef, lamb, and venison, and certain game birds are often roasted to be "pink" or "rare", meaning that the center of the roast is still red. Due to food safety concerns, this practice is not recommended with pork and poultry. In addition, large uncooked cuts of meat are referred to as roasts. A roast joint of meat can take one, two, even three hours to cook - the resulting meat is tender. Also, meats and vegetables prepared in this way are described as “roasted”, e.g., roasted chicken or roasted squash.

For roasting, the food may be placed on a rack, in a roasting pan or, to ensure even application of heat, may be rotated on a spit or rotisserie. During oven roasting, hot air circulates around the meat, cooking all sides evenly. There are several theories for roasting meats correctly: low-temperature cooking, high-temperature cooking, and a combination of both. Meat is cooked for four reasons — to tenderise it, to provide additional flavours, to kill harmful bacteria, and to kill parasites such as Trichinella spiralis and Diphyllobothrium. While all four can be achieved by cooking a piece of meat at high temperature for a short period of time, this is not the only way; it can also be achieved by cooking at low temperature for a long period of time. Each goal is achieved at a different temperature, and takes a different length of time to achieve. Each method can be suitable under appropriate circumstances.

A low-temperature oven, 95 °C to 160 °C (200 °F to 325 °F), is best when cooking with large cuts of meat, turkey and whole chickens. This is not technically roasting temperature, but it is called slow-roasting, as it takes a long period of time (in the region of 10–20 hours). The benefit of slow-roasting an item is less moisture loss and a more tender product. Bacteria are typically killed at temperatures of around 68°C (154°F), so the meat is safe to eat. At true roasting temperatures, 200 °C (400 °F) or more, the water inside the muscle is lost at a high rate.

Cooking at high temperatures is beneficial if the cut is small enough—as in filet mignon or strip loin—to be finished cooking before the juices escape.

The combination method uses high heat just at either the beginning or the end of the cooking process, with most of the cooking at a low temperature. This method produces the golden-brown texture and crust, but maintains more of the moisture than simply cooking at a high temperature, although the product will not be as moist as low-temperature cooking the whole time. Searing and then turning down to low is also beneficial when a dark crust and caramelized flavor is desired for the finished product. Note that searing in no way "locks in" moisture: moisture loss is simply a function of heat and time.

In general, in either case, the meat is removed from heat before it has finished cooking and left to sit for a few minutes, while the inside cooks further from the residual heat content, a phenomenon known as carry over cooking.

The objective in any case is to retain as much moisture as possible, while providing the texture and color. During roasting, meats and vegetables are frequently basted on the surface with butter, lard, or oil to reduce the loss of moisture by evaporation. In recent times, plastic oven bags have become popular for roasts. These cut cooking times and reduce the loss of moisture during roasting, but reduce flavor development from Maillard browning. They are particularly popular for turkeys.

Until the late 19th century, roasting by dry heat in an oven was called baking. Roasting originally meant turning meat or a bird on a spit in front of a fire. It is one of the oldest forms of cooking known.

Traditionally recognized roasting methods consist only of baking and cooking over or near an open fire. Grilling is normally not technically a roast, since a grill (gridiron) is used (in English-speaking countries). Smoking differs from roasting because of the lower temperature and controlled smoke application.

Dry roasting

Dry roasting is a process by which heat is applied to dry foodstuffs without the use of oil or water as a carrier. Unlike other dry heat methods, dry roasting is used with foods such as nuts and seeds, which do not contain significant fat or moisture of their own. Dry roasted foods are stirred as they are roasted to ensure even heating.

Dry roasting can be done in a frying pan or wok (a common way to prepare spices in some cuisines), or in a specialized roaster (as is used for coffee beans or peanuts). Dry roasting changes the chemistry of proteins in the food, changing their flavor, and enhances the scent and taste of some spices. It is done with adding various herbs, spices and sugars into the frying pan and roasting until brown.

Common dry roasted foods include peanut butter, which is made from peanuts that have been dry roasted, tea, which is made from tea leaves that are dry roasted,

either immediately after picking or after fermentation, and coffee and chocolate, which are made from roasted coffee beans and roasted cocoa beans, respectively.

Braising

Braising (from the French "braiser"), is a combination cooking method using both moist and dry heat; typically the food is first seared at a high temperature and then finished in a covered pot with a variable amount of liquid, resulting in a particular flavour.

Braising relies on heat, time, and moisture to break down the tough connective tissue collagen in meat, making it an ideal way to cook tougher cuts. Many classic braised dishes such as coq au vin are highly evolved methods of cooking tough and otherwise unpalatable foods.

Most braises follow the same basic steps. The food to be braised (meat, poultry, but also vegetables or mushrooms) is first seared to brown its surface and enhance its flavor. If the food will not produce enough liquid of its own, a small amount of cooking liquid that often includes an acidic element, such as tomatoes, beer, or wine, is added to the pot, often with stock. The dish is cooked covered at a very low simmer until the meat is fork tender. Often the cooking liquid is finished to create a sauce or gravy.

Sometimes foods with high water content (particularly vegetables) can be cooked in their own juices and no extra liquid is required. A successful braise intermingles the flavours of the foods being cooked and the cooking liquid. This cooking method dissolves collagen from the meat into gelatin, to enrich and add body to the liquid. Braising is economical, as it allows the use of tough and inexpensive cuts, and efficient, as it often employs a single pot to cook an entire meal.

It is possible to braise meat and vegetables in a pot on top of a grill. A gas or electric grill would be the best choice for what is known as barbecue-braising, or combining grilling directly on the surface and braising in a pot. To braise on a grill, put a pot on top of the grill, cover it, and let it simmer for a few hours. There are two advantages to barbecue-braising: the first is that this method now allows for browning the meat directly on the grill before the braising, and the second is that it also allows for glazing the meat with sauce and finishing it directly over the fire after the braising, effectively cooking the meat three times, which results in a soft-textured product that is very tender.

Familiar braised dishes include pot roast, beef stew, Swiss steak, chicken cacciatore, goulash, Carbonade Flamande, coq au vin, sauerbraten, beef bourguignon and Moroccan tajines, among others. Braising is also used extensively in the cuisines of Asia, particularly Chinese cuisine, where soy sauce is often the braising liquid.

Jugging

Jugging is the process of stewing whole animals, mainly game or fish, for an extended period in a tightly covered container such as a casserole or an earthenware jug. In French, such a stew of a game animal thickened with the animal's blood is known as a civet.

One common traditional dish that involves jugging is Jugged Hare (known as civet de lиvre in France), which is a whole hare, cut into pieces, marinated and cooked with red wine and juniper berries in a tall jug that stands in a pan of water. It is traditionally served with the hare's blood (or the blood is added right at the very end of the cooking process) and Port wine.

Jugged Hare is described in the influential 18th century cookbook, The Art of Cookery by Hannah Glasse, with a recipe titled, "A Jugged Hare," that begins, “Cut it into little pieces, lard them here and there....” The recipe goes on to describe cooking the pieces of hare in water in a jug that is set within a bath of boiling water to cook for three hours. Beginning in the nineteenth century, Glasse has been widely credited with having started the recipe with the words "First, catch your hare," as in this citation.

However, having a freshly caught, or shot, hare enables one to obtain its blood. A freshly killed hare is prepared for jugging by removing its entrails and then hanging it in a larder by its hind legs, which causes the blood to accumulate in the chest cavity. One method of preserving the blood after draining it from the hare (since the hare itself is usually hung for a week or more) is to mix it with red wine vinegar in order to prevent it coagulating, and then to store it in a freezer.

Another jugged dish, also traditional in the United Kingdom, is Jugged Kippers, which is kippers (with the heads and tails removed) in a covered jug, cooked in boiling water. Recipe books recommend jugging kippers as one way of avoiding the strong smell that kippers have.

Frying

Frying is the cooking of food in oil or another fat, a technique that originated in ancient Egypt around 2500 BC. Chemically, oils and fats are the same, differing only in melting point, but the distinction is only made when needed. In commerce, many fats are called oils by custom, e.g. palm oil and coconut oil, which are solid at room temperature.

Fats can reach much higher temperatures than water at normal atmospheric pressure. Through frying, one can sear or even carbonize the surface of foods while caramelizing sugars. The food is cooked much more quickly and has a characteristic crispness and texture. Depending on the food, the fat will penetrate it to varying degrees, contributing richness, lubricity, and its own flavour.

Frying techniques vary in the amount of fat required, the cooking time, the type of cooking vessel required, and the manipulation of the food. Sautйing, stir frying, pan frying, shallow frying, and deep frying are all standard frying techniques.

Sautйing and stir-frying involve cooking foods in a thin layer of fat on a hot surface, such as a frying pan, griddle, wok, or sauteuse. Stir frying involves frying quickly at very high temperatures, requiring that the food be stirred continuously to prevent it from adhering to the cooking surface and burning.

Shallow frying is a type of pan frying using only enough fat to immerse approximately one-third to one-half of each piece of food; fat used in this technique is typically only used once. Deep-frying, on the other hand, involves totally immersing the food in hot oil, which is normally topped up and used several times before being disposed. Deep-frying is typically a much more involved process, and may require specialized oils for optimal results.

Deep frying is now the basis of a very large and expanding worldwide industry. Fried products have consumer appeal in all age groups and in virtually all cultures, and the process is quick, can easily be made continuous for mass production, and the food emerges sterile and dry, with a relatively long shelf life. The end products can then be easily packaged for storage and distribution. Examples are potato chips, french fries, nuts, doughnuts, instant noodles, etc.

Shallow frying

Shallow frying is an oil-based cooking technique. It is typically used to prepare portion-sized cuts of meat and fish, and patties such as fritters. Shallow frying can also be used to cook vegetables. Shallow-fried foods are often battered. It is a high-heat process, promoting browning and, in some cases, a Maillard reaction. Since the food is only partly submerged, it must be turned over partway through the cooking process. Some cooks recommend cooking the "presentation" side of the food first, since this side will be better browned.

Shallow frying has been found to increase the anti-oxidant activity of some vegetables (notably, those containing significant amounts of beta carotene) and to decrease others.

Deep frying

Deep frying is a cooking method in which food is submerged in hot oil or fat. This is normally performed with a deep fryer or chip pan; industrially, a pressure fryer or vacuum fryer may be used.Deep frying is classified as a dry cooking method because no water is used. Due to the high temperature involved and the high heat conduction of oil, it cooks food extremely quickly.

If performed properly, deep-frying does not make food excessively greasy, because the moisture in the food repels the oil. The hot oil heats the water within the food, steaming it from the inside out; oil cannot go against the direction of this

powerful flow because (due to its high temperature) the water vapor pushes the bubbles toward the surface. As long as the oil is hot enough and the food is not immersed in the oil for too long, oil penetration will be confined to the outer surface. However, if the food is cooked in the oil for too long, much of the water will be lost and the oil will begin to penetrate the food. The correct frying temperature depends on the thickness and type of food, but in most cases it lies between 175 and 190 °C (345–375 °F).

Some fried foods are given a coating of batter or breading prior to frying. The effect of these is that the outside of the food becomes crispy and browned, while the inside becomes tender, moist, and steamed. Some foods – such as potatoes or whole, skin-on poultry – have a natural coating and do not require breading or battering.

Overheating or over-using the frying oil leads to formation of rancid-tasting products of oxidation, polymerization, and other deleterious, unintended or even toxic compounds such as acrylamide (from starchy foods). Deep-frying under vacuum helps to significantly reduce acrylamide formation, but this process is not widely used in the food industry due to the high investment cost involved.

Some useful tests and indicators of excessive oil deterioration are the following:

*Sensory: darkening, smoke, foaming, thickening, rancid taste and unpleasant smell when heating.

*Laboratory: acidity, anisidine value, viscosity, total polar compounds, polymeric triglycerides.

Instruments that indicate total polar compounds, currently the best single gauge of how deep-fried an object is, are available with sufficient accuracy for restaurant and industry use.

Deep frying produces large amounts of waste oil, which must be properly disposed. Waste oil is increasingly being recycled into biodiesel. Some deep fry shortenings contain trans fat.

Cooking oil is flammable, and fires may be caused by it igniting at too high a temperature. Attempts to extinguish an oil fire with water cause the water to flash into steam due to the high heat of the oil, in turn sending the burning oil in all directions and thus aggravating the fire. Instead, oil fires must be extinguished via fire extinguisher or by smothering. Other means of extinguishing an oil fire include application of dry powder (e.g., baking soda, salt) or fire fighting foam. Most commercial deep fryers are equipped with automatic fire suppression systems using foam.

Pan frying

Pan frying is a form of frying characterized by the use of minimal cooking oil or fat (compared to shallow frying or deep frying); typically using just enough oil to lubricate the pan (although, in the case of a greasy food such as bacon, no oil or fats may be needed). As a form of frying, pan frying relies on oil as the heat transfer medium and on correct temperature to retain the moisture in the food. The exposed topside allows, unlike deep frying, some moisture loss and contact with the pan bottom creates greater browning on the contact surface. Because of the partial coverage, the food must be flipped at least once to cook both sides.

The advantages of using less oil are practical: less oil is needed on hand and time spent heating the oil is much shorter. The chief disadvantage of using less oil is that it is more difficult to keep the oil at an even temperature. The moisture loss and increased browning can be beneficial or detrimental depending on the item cooked and its preparation and should be taken into account if there is a choice to be made between pan frying and deep frying. Especially when high-temperature frying with lots of oil, it may be advisable to use a splatter guard.

Generally, a shallower cooking vessel is used for pan frying than deep frying. Using a deep pan with a small amount of oil, butter or bacon grease does reduce spatter but the increased moisture around the cooking food is generally detrimental to the preparation. A denser cooking vessel -- the pan should feel heavy for its size -- is necessarily better than a less dense pan since that mass will improve temperature regulation. An electric skillet can be used analogously to an electric deep fryer and many of these devices have a thermostat to keep the liquid (in this case, oil) at the desired temperature.

Sautйing

Sautйing is a method of cooking food, that uses a small amount of fat in a shallow pan over relatively high heat. Ingredients are usually cut into pieces or thinly sliced to facilitate fast cooking. The primary mode of heat transfer during sautйing is conduction between the pan and the food being cooked. Food that is sautйed is browned while preserving its texture, moisture and flavor. If meat, chicken, or fish is sautйed, the sautй is often finished by deglazing the pan's residue to make a sauce.

Sautйing is often confused with pan-frying, in which larger pieces of food (for example, chops or steaks) are cooked quickly, and flipped onto both sides. Some cooks make a distinction between the two based on the depth of the oil used, while others use the terms interchangeably. Sautйing differs from searing in that searing only browns the surface of the bath. Olive oil or clarified butter are commonly used for sautйing, but most fats will do. Regular butter will produce more flavor but will burn at a lower temperature and more quickly than other fats due to the presence of milk solids, so clarified butter is more fit for this use.

The French word sautй is a past participle of “to jump”. This refers to the need to have pan and fat, or oil, to about 250°C (500°F) or higher. Whole butter and many oils will not withstand this amount of heat without reaching their “smoking point” meaning the temperature that they begin to burn. When ingredients are added to this amount of heat they hop and “jump” around in the pan confirming that you have begun with a sufficient amount of heat. Always heat your pan and fat or oil first before adding the ingredients. True Sautй can be performed without even moving the pan at all. Movement of a pan is referred to as “flipping the pan” and is not required in true Sautй. “Flipping a pan” or movement is just a professional term for ingredient agitation without the use of utensils.

A sautй pan must be large enough to hold all of the food in one layer, so steam can escape - which keeps the ingredients from stewing, and promotes the development of fond. Most pans sold specifically as sautй pans have a wide flat base and low sides, to maximize the surface area available for heating. The low sides allow quick evaporation and escape of steam. While skillets typically have flared or rounded sides, sautй pans sold for home use also typically have straight, vertical sides - this keeps the ingredients from escaping as the pan is jerked or stirred.

Only enough fat to lightly coat the bottom of the pan is needed for sautйing; too much fat will cause the food to fry rather than just to slide, and may interfere with the development of fond. The food is spread across the hot fat in the pan, and left to brown, turning or tossing frequently for even cooking.

Stir frying

Stir frying is an umbrella term used to describe two Chinese cooking techniques for preparing food in a wok: chăo (炒) and bào (爆). The term stir-fry was introduced into the English language by Buwei Yang Chao, in her book How to Cook and Eat in Chinese, to describe the chăo technique. The two techniques differ in their speed of execution, the amount of heat used, and the amount of tossing done to cook the food in the wok. Cantonese restaurant patrons judge a chef's ability to perform stir frying by the "wok hei" produced in the food. This in turn is believed to display their ability to bring out the qi of the wok.

Chao technique

The chao technique is similar to the Western technique of sautйing. A traditional round-bottom cast iron or carbon steel pan called a wok is heated to a high temperature. A small amount of cooking oil is then poured down the side of the wok (a traditional expression in China regarding this is "hot wok, cold oil"), followed by dry seasonings (including ginger and garlic), then at the first moment the seasonings can be smelled, meats are added and agitated. Once the meat is seared,

vegetables along with liquid ingredients (for example often including premixed combinations of soy sauce, vinegar, wine, salt, sugar, and cornstarch) are added. The wok then may be covered for a moment so the water in the liquid ingredients can warm up the new ingredients as it steams off. To keep the meat juicy, usually a cook would take the seared meat out before vegetables are added, and put the meat back right before vegetables are done. In some dishes, or if the cooking conditions are inadequate, different components may be stir fried separately before being combined in the final dish (if, for example, the chef desires the taste of the stir fried vegetables and meats to remain distinct).

The food is stirred and tossed out very quickly using wooden or metal cooking utensils. Some chefs will lift the wok to the side to let the flame light the oil or add a dash of wine spirit to give the food extra flavor. Using this method, many dishes can be cooked extremely quickly (within a minute).

Some dishes that require more time are cooked by adding a few dashes of water after the stirring. Then the wok is covered with a lid. As soon as steam starts to come out from under the lid, the dish is ready. In this case, the food is stir fried on high heat for flavor and then steamed to ensure that it is fully cooked.

Bao technique

The wok is heated to a dull red glow. With the wok hot, the oil, seasonings, and meats are added in rapid succession with no pause in between. The food is continually tossed, stopping for several seconds only to add other ingredients such as various seasonings, broths, or vegetables. When the food is deemed to be cooked it is poured and ladled out of the wok. The wok must then be quickly rinsed to prevent food residues from charring and burning to the wok bottom because of residual heat.

The main ingredients are usually cut to smaller pieces to aid in cooking. As well, a larger amount of cooking fat with a high smoke point, such as lard and/or peanut oil, is often used in bao.

Steaming

Steaming works by boiling water continuously, causing it to vaporize into steam; the steam then carries heat to the nearby food, thus cooking the food. The food is kept separate from the boiling water but has direct contact with the steam, resulting in a moist texture to the food. This differs from double boiling, in which contact with steam is undesired.

Such cooking is most often done by placing the food into a steamer, which is typically a circular container made of metal or bamboo. The steamer usually has a lid that is placed on the top of the container during cooking to allow the steam to cook the food. When a steamer is unavailable, a wok filled less than half with water is a replacement by placing a metal frame made of stainless steel in the

middle of the wok. Some modern home microwave ovens include the structure to cook food by steam vapor produced in a separate water container, providing a similar result to being cooked by fire.

Overcooking or burning food is easily avoided when steaming it. Health conscious individuals may prefer steaming to other methods which require cooking oil, resulting in lower fat content. Steaming also results in a more nutritious food than boiling because fewer nutrients are leached away into the water, which is usually discarded. A 2007 USDA comparison between steaming and boiling vegetables shows the most affected nutrients are folic acid and vitamin C. When compared to raw consumption, steaming reduces folic acid by 15%, and boiling reduces it by 35%. Steaming reduces vitamin C by 15%, and boiling reduces it by 25%. Phenolic compounds with antioxidant properties have been found to retain significantly better through steaming than through boiling or microwaving. Most other nutrients are reduced by a similar amount by both methods of cooking.

In Western cooking, steaming is most often used to cook vegetables - it is rarely used to cook meats. In Chinese cuisine, vegetables are mostly stir fried or blanched and seldom steamed. Seafood and meat dishes are steamed. For example: steamed whole fish, steamed crab, steamed pork spare ribs, steamed ground pork or beef, steamed chicken, steamed goose, etc. Other than meat dishes, rice can be steamed too, although in Chinese this is rarely referred to as “steaming” but rather simply as “cooking.” Wheat foods are steamed as well. Examples include buns, Chinese steamed cakes, etc. Steamed meat dishes (except fish and some dim sum) are less common in Chinese restaurants than in traditional home cooking because meats usually require longer cooking times to steam than to stir fry. Commercially sold frozen foods (such as dim sum) used to have instructions to reheat by steaming, until the rise in popularity of home microwave ovens which have considerably shorter cooking times.

Smoking is the process of flavoring, cooking, or preserving food by exposing it to the smoke from burning or smoldering plant materials, most often wood. Meats and fish are the most common smoked foods, though cheeses, vegetables, and ingredients used to make beverages such as whisky, Rauchbier and lapsang souchong tea are also smoked.

In Europe, alder is the traditional smoking wood, but oak is more often used now, and beech to a lesser extent. In North America, hickory, mesquite, oak, pecan, alder, maple, and fruit-tree woods, such as apple, cherry and plum, are commonly used for smoking. Other fuels besides wood can also be employed, sometimes with the addition of flavoring ingredients. Chinese tea-smoking uses a mixture of uncooked rice, sugar, and tea, heated at the base of a wok. Some North American ham and bacon makers smoke their products over burning corncobs. Peat is burned to dry and smoke the barley malt used to make whisky and some beers. In New

Zealand, sawdust from the native manuka (tea tree) is commonly used for hot smoking fish. In Iceland, dried sheep dung is used to cold smoke fish, lamb, mutton and whale.

Historically, farms in the Western world included a small building termed the smokehouse, where meats could be smoked and stored. This was generally well-separated from other buildings both because of the fire danger and because of the smoke emanations.

Cold smoking can be used as a flavor enhancer for items such as chicken breasts, beef, pork chops, salmon, scallops, and steak. The item can be cold smoked for just long enough to give some flavor. Some cold smoked foods are baked, grilled, roasted, or sautŭed before eating. Smokehouse temperatures for cold smoking are below 100 °F (38 °C). In this temperature range, foods take on a smoked flavor, but remain relatively moist. Cold smoking does not cook foods.

Hot smoking exposes the foods to smoke and heat in a controlled environment. Although foods that have been hot smoked are often reheated or cooked, they are typically safe to eat without further cooking. Hams and ham hocks are fully cooked once they are properly smoked. Hot smoking occurs within the range of 165 °F (74 °C) to 185 °F (85 °C). Within this temperature range, foods are fully cooked, moist, and flavorful. If the smoker is allowed to get hotter than 185 °F (85 °C), the foods will shrink excessively, buckle, or even split. Smoking at high temperatures also reduces yield, as both moisture and fat are "cooked" away.

Smoke roasting or smoke baking refers to any process that has the attributes of smoking combined with either roasting or baking. This smoking method is sometimes referred to as "barbecuing", "pit baking", or "pit roasting". It may be done in a smoke roaster, closed wood-fired masonry oven or barbecue pit, any smoker that can reach above 250 °F (121 °C), or in a conventional oven by placing a pan filled with hardwood chips on the floor of the oven so the chips smolder and produce a smokebath. However, this should only be done in a well-ventilated area to prevent carbon monoxide poisoning.

Grilling

Grilling usually involves a significant amount of direct, radiant heat, and tends to be used for cooking meat quickly and meat that has already been cut into slices (or other pieces). Food to be grilled is cooked on a grill (an open wire grid with a heat source above or below), a grill pan (similar to a frying pan, but with raised ridges to mimic the wires of an open grill), or griddle (a flat plate heated from below). Heat transfer to the food when using a grill is primarily via thermal radiation. Heat transfer when using a grill pan or griddle is by direct conduction. In the United States and Canada, when the heat source for grilling comes from above,

grilling is termed broiling. In this case, the pan that holds the food is called a broiler pan, and heat transfer is by thermal convection.

Direct heat grilling can expose food to temperatures often in excess of 260 °C (500 °F). Grilled meat acquires a distinctive roast aroma from a chemical process called the Maillard reaction. The Maillard reaction only occurs when foods reach temperatures in excess of 155 °C (310 °F).

Studies have shown that cooking beef, pork, poultry, and fish at high temperatures can lead to the formation of heterocyclic amines, benzopyrenes, and polycyclic aromatic hydrocarbons, which are carcinogens. However, proper marination may reduce the formation of these compounds. Grilling is often presented as a healthy alternative to cooking with oil, although the fat and juices lost by grilling can contribute to drier food.

In the United States, use of the word grill refers to cooking food directly over a source of dry heat, typically with the food sitting on a metal grate that leaves "grill marks." Grilling is usually done outdoors on charcoal grills or gas grills, a recent trend is the concept of infrared grilling. Grilling may also be performed using stove-top "grill pans" which have raised metal ridges for the food to sit on, or using an indoor electric grill.

A skewer or brochette, or a rotisserie may be used to cook small pieces of food. The resulting food product is often called a "kabob" or "kebab" which means "to grill" in Persian, which is short for "shish kebab" (shish = skewer)(similar to a "satay" in Asian cuisine, or "alambre" in Mexican-Yucatan cuisine). Shish kebabs have a Persian origin, but are now commonplace in American cuisine.

Mesquite or hickory wood chips (damp) may be added on top of the coals to allow a smoldering effect that provides additional flavor to the food. Other hardwoods such as pecan, apple, maple and oak may also be used.

In the United Kingdom, Commonwealth countries (except Canada), and Ireland, grilling generally refers to cooking food directly under a source of direct, dry heat. The "grill" is usually a separate part of an oven where the food is inserted just under the element. This practice is referred to as "broiling" in North America. In electric ovens, grilling may be accomplished by placing the food near the upper heating element, with the lower heating element off and the oven door partially open. Grilling in an electric oven may create much smoke and cause splattering in the oven. Gas ovens often have a separate compartment for grilling, as a drawer below the flame.

In Japanese cities, a yakitori cart, restaurant, or shop with charcoal-fired grills and marinated grilled meat on a stick can often be found. Yakiniku, is a type of food where meat and/or vegetables are grilled directly over small charcoal or gas grills at high temperatures (this style of cooking has become widely popular throughout Asia). In Malaysia, Singapore, Indonesia, and Thailand, a popular food

item from food vendors is satay, marinated meat on a bamboo skewer grilled over a charcoal fire and served with peanut (sate) sauce.

In Germany, the most prominent outdoor form of grilling is by using charcoal in a kettle. Besides charcoal, sometimes gas and electric heat sources are used, too. Other methods are used less frequently.

When meat is grilled at high temperatures, it becomes contaminated with carcinogenic (cancer-causing) chemicals. (This is not specific to grilling, but also true of high-temperature frying and very high-temperature baking.) The mechanism is two-fold:

1) heterocyclic amines – "HCAs are formed when amino acids (the building blocks of proteins), sugars, and creatine (a substance found in muscle) react at high temperatures."

2) polycyclic aromatic hydrocarbons – "PAHs are formed when fat and juices from meat grilled directly over an open fire drip onto the fire, causing flames. These flames contain PAHs that then adhere to the surface of the meat. PAHs can also be formed during other food preparation processes, such as smoking of meats."

However it is possible to significantly reduce carcinogens when grilling meat, or mitigate their effect. For example:

1) garlic, rosemary, basil, mint, sage, savory, marjoram, oregano, olive oil, cherries, and vitamin E have been shown to reduce formation of both HCAs and PCAs;

2) pre-cooking in the microwave, then draining meat juices so they do not fall onto flames, preventing release of PCAs;

3) side dishes and drinks rich in antioxidants, such as tea, can neutralize the toxins by mixing in one's stomach.

Grilled foods can be lower in saturated fat, if fat is allowed to drip out after it liquifies.

Boiling

Boiling is the method of cooking food in boiling water, or other water-based liquid such as stock or milk. Simmering is gentle boiling, while in poaching the cooking liquid moves but scarcely bubbles.

Boiling is a very harsh technique of cooking. Delicate foods such as fish cannot be cooked in this fashion because the bubbles can damage the food. Foods such as red meat, chicken, and root vegetables can be cooked with this technique because of their tough texture.

The boiling point of water is typically considered to be 100 °C or 212 °F. Pressure and a change in composition of the liquid may alter the boiling point of the liquid. For this reason, high elevation cooking generally takes longer since boiling point is a function of atmospheric pressure. In Denver, Colorado, which is at an elevation of about one mile, water boils at approximately 95 °C. Depending

on the type of food and the elevation, the boiling water may not be hot enough to cook the food properly. Similarly, increasing the pressure as in a pressure cooker raises the temperature of the contents above the open air boiling point.

Adding a water soluble substance, such as salt or sugar also increases the boiling point. This is called boiling-point elevation. However, the effect is very small, and the boiling point will be increased by an insignificant amount. Due to variations in composition and pressure, the boiling point of water is almost never exactly 100 °C, but rather close enough for cooking.

Bringing water to a boil is generally done by applying maximal heat, then shutting off when the water has come to a boil, which is known as bang–bang control. Keeping water at or below a boil requires more careful control of temperature, particularly by using feedback.

In places where the available water supply is contaminated with disease-causing bacteria, boiling water and allowing it to cool before drinking it is practiced as a valuable health measure. Boiling is the most certain way of killing all microorganisms in emergency situations.

Foods suitable for boiling include vegetables, starchy foods such as rice, noodles and potatoes, eggs, meats, sauces, stocks and soups.

Boiling has several advantages. It is safe and simple, and it is appropriate for large-scale cookery. Older, tougher, cheaper cuts of meat and poultry can be made digestible. Nutritious, well flavoured stock is produced. Also, maximum color and nutritive value is retained when cooking green vegetables, provided boiling time is kept to the minimum.

On the other hand, there are several disadvantages. There is a loss of soluble vitamins from foods to the water (if the water is discarded), and some boiled foods can look unattractive. Boiling can also be a slow method of cooking food.

Boiling can be done in several ways: the food can be placed into already rapidly boiling water and left to cook, the heat can be turned down and the food can be simmered; or the food can also be placed into the pot, and cold water may be added to the pot. This may then be boiled until the food is satisfactory.

Water on the outside of a pot, i.e. a wet pot, increases the time it takes the pot of water to boil. The pot will heat at a normal rate once all excess water on the outside of the pot evaporates.

In Chinese cuisine, particularly tea brewing, one distinguishes five stages of boiling: shrimp eyes, the first tiny bubbles that start to appear on the surface of the kettle water (about 70-80 °C), crab eyes, the secondary, larger bubbles(about 80 °C), then fish eyes (about 80-90 °C), followed by rope of pearls (about 90-95 °C), and finally raging torrent [rolling boil].

Barbecue

Barbecue or barbeque (common spelling variant) (with abbreviations BBQ, Bar-B-Q and Barbie), used chiefly in the United States, Canada, the United Kingdom, New Zealand and Australia (called Braai in South Africa) is a method and apparatus for cooking meat, poultry and occasionally fish with the heat and hot smoke of a fire, smoking wood, or hot coals of charcoal.

The term as a noun can refer to the meat, the cooking apparatus itself (the "Barbecue grill" or simply "Barbecue") or to a party that includes such food or such preparation methods. The term as an adjective can refer to foods cooked by this method. The term is also used as a verb for the act of cooking food in this manner.

Barbecue is usually done in an outdoor environment by cooking and smoking the meat over wood or charcoal. Restaurant barbecue may be cooked in large brick or metal ovens specially designed for that purpose. Barbecue has numerous regional variations in many parts of the world.

The origins of both the activity of barbecue cooking and the word itself are somewhat obscure. Most etymologists believe that barbecue derives ultimately from the word barabicu found in the language of both the Timucua of Florida and the Таино people of the Caribbean, which then entered European languages in the form barbacoa. The word translates as "sacred fire pit." The word describes a grill for cooking meat, consisting of a wooden platform resting on sticks.

Traditional barbacoa involves digging a hole in the ground and placing some meat (usually a whole goat) with a pot underneath it, so that the juices can make a hearty broth. It is then covered with maguey leaves and coal and set alight. The cooking process takes a few hours.

The word barbecue has attracted several inaccurate origins from folk etymology. An often-repeated claim is that the word is derived from the French language. The story goes that French visitors to the Caribbean saw a pig being cooked whole and described the method as barbe a queue, meaning "from beard to tail". The French word for barbecue is also barbecue, and the "beard to tail" explanation is regarded as false by most language experts. The only merit is that it relies on the similar sound of the words, a feature common in folk-etymology explanations. Another claim states that the word BBQ came from the time when roadhouses and beer joints with pool tables advertised "Bar, Beer and Cues". According to this tale, the phrase was shortened over time to BBCue, then BBQ.

In British usage, barbecuing refers to a fast cooking process directly over high heat, while grilling refers to cooking under a source of direct, high heat—known in the US and Canada as broiling. In US English usage, however, grilling refers to a fast process over high heat, while barbecuing refers to a slow process using indirect heat and/or hot smoke (very similar to some forms of roasting). For example, in a typical U.S. home grill, food is cooked on a grate directly over hot charcoal, while in a U.S. barbecue, the coals are dispersed to the sides or at

significant distance from the grate. Its South American versions are the southern Brazilian churrasco and the Argentine asado.

Alternatively, an apparatus called a smoker with a separate fire box may be used. Hot smoke is drawn past the meat by convection for very slow cooking. This is essentially how barbecue is cooked in most U.S. "barbecue" restaurants, but nevertheless, many consider this to be a distinct cooking process called hot smoking.

In the southern United States, barbecue initially revolved around the cooking of pork. During the 19th century, pigs were a low-maintenance food source that could be released to forage for themselves in forests and woodlands. When food or meat supplies were low, these semi-wild pigs could then be caught and eaten.

It was the Spanish who first introduced the pig into the Americas and to the American Indians. The Indians, in turn, introduced the Spanish to the concept of true slow cooking with smoke. The Spanish colonists came to South Carolina in the early 16th century and settled at Santa Elena. It was in that early American colony that Europeans first learned to prepare and to eat "real" barbecue. So, people were eating barbecue in South Carolina even before that name had been applied to the area by the English.

According to estimates, prior to the American Civil War, Southerners ate around five pounds of pork for every one pound of beef they consumed. Because of the poverty of the southern United States at this time, every part of the pig was eaten immediately or saved for later (including the ears, feet, and other organs). Because of the effort to capture and cook these wild hogs, pig slaughtering became a time for celebration, and the neighborhood would be invited to share in the largesse. In Cajun culture, these are called boucheries. These feasts are sometimes called "pig-pickin's." The traditional Southern barbecue grew out of these gatherings.

Each Southern locale has its own particular variety of barbecue, particularly concerning the sauce. North Carolina sauces vary by region; eastern North Carolina uses a vinegar-based sauce, the center of the state enjoys Lexington-style barbecue which uses a combination of ketchup and vinegar as their base, and western North Carolina uses a heavier ketchup base. Lexington boasts of being "The Barbecue Capital of the World" and it has more than one BBQ restaurant per 1,000 residents. Another distinguishing characteristic of Lexington barbecue is barbecue slaw, which has no mayonnaise, is composed of cabbage, ketchup, vinegar, and black pepper. Eastern North Carolina slaw contains cabbage, mayonnaise, yellow mustard, and salt with pickles and/or celery seed optional. Slaw can be served either on the side or in a sandwich. South Carolina is the only state that includes all four recognized barbecue sauces, including mustard-based, vinegar-based, and light and heavy tomato-based. Memphis barbecue is best known for tomato- and vinegar-

based sauces. In some Memphis establishments and in Kentucky, meat is rubbed with dry seasoning (dry rubs) and smoked over hickory wood without sauce; the finished barbecue is then served with barbecue sauce on the side.

The barbecue of Alabama, Georgia, and Tennessee is almost always pork served with a sweet tomato-based sauce. However, several regional variations exist as well. Alabama is particularly known for its distinctive white sauce, a mayonnaise- and vinegar-based sauce, originating in northern Alabama, used predominantly on chicken and pork. A popular item in North Carolina and Memphis is the pulled pork sandwich served on a bun and often topped with coleslaw. Pulled pork is prepared by shredding the pork after it has been barbecued.

Kansas City-style barbecue is characterized by its use of different types of meat (including pulled pork, pork ribs, burnt ends, smoked sausage, beef brisket, beef ribs, smoked/grilled chicken, smoked turkey, and sometimes fish), a variety attributable to Kansas City's history as a center for meat packing in the US. Hickory is the primary wood used for smoking in KC, while the sauces are typically tomato based with sweet, spicy and tangy flavor profiles. Burnt ends, the flavorful pieces of meat cut from the ends of a smoked beef or pork brisket, are popular in many Kansas City-area barbecue restaurants.

Pit-beef prevails in Maryland and is often enjoyed at large outdoor steer roasts, which are common in the warmer months. Maryland-style pit-beef is not the product of barbecue cookery in the strictest sense, as there is no smoking of the meat involved; rather, it involves grilling the meat over a high heat. The meat is typically served rare, with a strong horseradish sauce as the preferred condiment.

The state of Kentucky, particularly Western Kentucky, is unusual in its barbecue cooking, in that the preferred meat is mutton. This kind of mutton barbecue is often used in communal events in Kentucky, such as political rallies, county fairs and church fund-raising events.

In much of the world outside of the American South, barbecue has a close association with Texas. Many barbecue restaurants outside the United States claim to serve "Texas barbecue", regardless of the style they actually serve. Texas barbecue is often assumed to be primarily beef. This assumption, along with the inclusive term “Texas barbecue”, is an oversimplification. Texas has four main styles, all with different flavors, different cooking methods, different ingredients, and different cultural origins. (cf. Barbecue in the United States) In the June 2008 issue of Texas Monthly Magazine Snow's BBQ in Lexington was rated as the best BBQ in the state of Texas. This ranking was reinforced when New Yorker Magazine also claimed that Snow's BBQ was “The Best Texas BBQ in the World”.

Baking

Baking is the technique of prolonged cooking of food by dry heat acting by convection, and not by radiation, normally in an oven, but also in hot ashes, or on hot

stones. It is primarily used for the preparation of bread, cakes, pastries and pies, tarts, quiches, cookies and crackers. Such items are sometimes referred to as "baked goods," and are sold at a bakery. A person who prepares baked goods as a profession is called a baker. It is also used for the preparation of baked potatoes, baked apples, baked beans, some casseroles and pasta dishes such as lasagna, and various other foods, such as the pretzel.

Many commercial ovens are provided with two heating elements: one for baking, using convection and conduction to heat the food, and one for broiling or grilling, heating mainly by radiation. Meat may also be baked, but this is usually reserved for meatloaf, smaller cuts of whole meats, and whole meats that contain stuffing or coating such as breadcrumbs or buttermilk batter; larger cuts prepared without stuffing or coating are more often roasted, a similar process, using higher temperatures and shorter cooking times. Baking can sometimes be combined with grilling to produce a hybrid barbecue variant, by using both methods simultaneously or one before the other, cooking twice. Baking is connected to barbecuing because the concept of the masonry oven is similar to that of a smoke pit.

The baking process does not require any fat to be used to cook in an oven. Some makers of snacks such as potato chips or crisps have produced baked versions of their snack items as an alternative to the usual cooking method of deep-frying in an attempt to reduce the calorie or fat content of their snack products. Baking has opened up doors to businesses like cake making factories and privatised cake shops but the baking process is done in a more larger mass in bigger and open furnaces.

The dry heat of baking changes the form of starches in the food and causes its outer surfaces to brown, giving it an attractive appearance and taste. The browning is caused by caramelization of sugars and the Maillard reaction. However, the moisture is never entirely "sealed in"; over time, an item being baked will become dry. This is often an advantage, especially in situations where drying is the desired outcome, like drying herbs or roasting certain types of vegetables. The most common baked item is bread. Variations in the ovens, ingredients and recipes used in the baking of bread result in the wide variety of breads produced around the world.

Some foods are surrounded with moisture during baking by placing a small amount of liquid (such as water or broth) in the bottom of a closed pan, and letting it steam up around the food, a method commonly known as braising or slow baking.

When baking, consideration must be given to the amount of fat that is contained in the food item. Higher levels of fat such as margarine, butter or vegetable shortening will cause an item to spread out during the baking process.

With the passage of time breads harden; they become stale. This is not primarily due to moisture being lost from the baked products, but more a reorganization of the way in which the water and starch are associated over time.

This process is similar to recrystallization, and is promoted by storage at cool temperatures, such as in a domestic refrigerator.

In ancient history, the first evidence of baking occurred when humans took wild grass grains, soaked them in water, and mixed everything together, mashing it into a kind of broth-like paste. The paste was cooked by pouring it onto a flat, hot rock, resulting in a bread-like substance. Later, this paste was roasted on hot embers, which made bread-making easier, as it could now be made anytime fire was created.

Baking flourished in the Roman Empire. In about 300 BC, the pastry cook became an occupation for Romans (known as the pastillarium). This became a respected profession because pastries were considered decadent, and Romans loved festivity and celebration. Thus, pastries were often cooked especially for large banquets, and any pastry cook who could invent new types of tasty treats was highly prized. Around 1 AD, there were more than three hundred pastry chefs in Rome, and Cato wrote about how they created all sorts of diverse foods, and flourished because of those foods. Cato speaks of an enormous amount of breads; included amongst these are the libum (sacrificial cakes made with flour), placenta (groats and cress), spira (our modern day flour pretzels), scibilata (tortes), savaillum (sweet cake), and globus apherica (fritters). A great selection of these, with many different variations, different ingredients, and varied patterns, were often found at banquets and dining halls. The Romans baked bread in an oven with its own chimney, and had mills to grind grain into flour.

Eventually, because of Rome, the art of baking became known throughout Europe, and eventually spread to the eastern parts of Asia. Bakers often baked goods at home and then sold them in the streets. This scene was so common that Rembrandt illustrated a work that depicted a pastry chef selling pancakes in the streets of Germany, with children clamoring for a sample. In London, pastry chefs sold their goods from handcarts. This developed into a system of delivery of baked goods to households, and demand increased greatly as a result. In Paris, the first open-air cafй of baked goods was developed, and baking became an established art throughout the entire world.

III. Answer the following questions:

1. What is roasting? 2. What can be roasted? 3. What is the benefit of roasting at low-temperature? 4. When is roasting at high temperatures applied? 6. What is dry roasting? 7. What products are used for dry roasting? 8. What dry roasted foods do you know? 9. What is braising? 10. What traditional braised dishes do you know? 11. What is necessary to add while braising? 12. What is barbecue-braising? 13. Why is braising considered to be economical? 14. What is frying? 15. What is the difference between deep and shallow frying? 16. What is batter used in deep frying for? 17. What are the disadvantages of deep frying? 18.

How does sautйing differ from other methods of frying? 19. How does steaming work? 20. What are the benefits of steaming? 21. What is smoking? 22. What types of wood are used in smoking? 23. What is the difference between cold and hot smoking? 24. What is grilling? 25. Are there any regional variations in grilling? 26.What is boiling? 27.What five stages of boiling do you know? 28.What products aren't recommended to boil? 29. What is baking?

IV. Use the following words and word combinations in the sentences of your own:

open flame, diffused heat, appropriate circumstances, loss of moisture, evaporation, particular flavour, acidic element, poultry, gravy, earthenware, advanced scientific techniques, beverages, alder, oak, beech, hickory, mesquite, pecan, maple, fruit-tree woods, flavoring ingredients, barley malt, salmon, scallops, harsh technique, tough texture

V. Translate the following sentences into English using the active vocabulary of the unit:

1. Предварительная обработка продуктов является весьма важным этапом, который часто недооценивают. 2. Предварительная обработка мяса включает в себя следующее: удаление фасций, сухожилий, срезание клейм, отбивание, карбование, панировка, маринование. 3. Предварительная обработка рыбы включает в себя следующее: потрошение, чистка, срезание плавников, удаление костей, жабр, фарширование. 4. Предварительная обработка птицы включает в себя следующее: опаливание (удаление перьев на птице), потрошение (удаление неиспользуемых внутренних органов), удаление кожи, суставов. 5. Предварительная обработка овощей и фруктов включает в себя следующее: чистка, удаление семян, глазков. 6. Предварительная обработка круп включает в себя следующее: промывание, перебирание, замачивание. 7. Заключительная обработка продукта может иметь разные цели: 1) улучшение вкусовых качеств, придание оттенков вкуса (внесение пряностей, соусов, фламбирование); 2)улучшение внешнего вида продукта (украшение, фламбирование, нанесение глазури, колерование); 3) удаление костей и вспомогательных материалов (нитки, заколки, панады); 4) устранение выявленных недостатков блюда; 5)разделение на порции. 7. Замачивание — погружение продукта в воду или какой-либо раствор, как правило, с целью разбухания продукта и дальнейшего сокращения времени приготовления (фасоль, крупа), а также с целью снятия кожицы с турецкого (бараньего) гороха или нейтрализации неприятных запахов (замачивание картофеля в растворе пищевой соды). 8. Замешивание — процесс перемешивания

компонентов с целью получения продукта с новыми свойствами: замешивание теста, закваски и т. п. 9. Карбование — нанесение неглубоких надрезов на поверхность куска мяса, с целью размягчения. 10. Лиирование — загущение продукта (блюда) может производиться мукой, яйцами и другими продуктами. 11. Панировка — нанесение на поверхность продукта съедобного покрытия (панады), способствующего сохранению влаги в блюде. 12. Запекание — термическая обработка продукта в печи, духовом шкафу, где создаётся одинаковая температура со всех сторон продукта. 13. Фламбирование — воспламенение на поверхности готового блюда спиртных напитков, применяется как процедура, улучшающая вкус блюда, и как процедура, посредством которой достигается красивый внешний эффект (блюдо подаётся горящим). 14. Бланширование — кратковременное ошпаривание, или крайне недолгая (1 минута) варка продукта, применяется для быстроварких продуктов, для более лёгкой очистки продукта от кожицы, для консервирования и, наконец, для уничтожения вредных бактерий. 15. Желирование — внесение в жидкость желеобразующих веществ, типа желатина или агар-агара, применяется с целью получения заливных, желе и.т.п.

VI. Tell about different methods of cooking.

Self-Study Units / Раздел для самостоятельного обучения

Unit 1. History of Italian cuisine / История итальянской кухни

Lesson 1

1. Read the words:

ritual
the Etruscans
Magna Grecia
popularized
pleasures
favored
the Republican Era

2. Master the active vocabulary:

almond - миндаль
fig - фига; винная ягода, инжир
lentil - чечевица
lupin - люпин
chickpeas - нут, турецкий горох

3. Pronounce correctly:

[q]	[dʒ]	[u]	[ə:]	
banquet	region		soup	word
particularly	range	include		purpose
frequent	vegetable	fruit		occur

4. Read and translate the text:

Magna Grecia and the Etruscans

The history of Italian cooking begins with Magna Grecia, where the culture of the Greek colonies popularized the art of cooking. The daily meal was simple and sober: pork, salted fish, chickpeas, lentils, lupins, olive pickles, and dried figs. At banquets the food was more varied and plentiful: soups, game in vinegar and honey sauces, sweets with almonds and walnuts; it also took on ritual and symbolic meanings. The Etruscans too had a simple diet based on the cereals favored by the fertile region of present-day Tuscany. The richest Etruscans were particularly fond of food excellence and the pleasures of dining.

5. Complete these sentences, using the correct variant.

Magna Grecia is the	The history of Italy.
beginning of	the history of Italian cooking.
	the art of cooking.
At banquets the food was	beautiful.
	ritual.
	more varied.
The Etruscans too had	olive pickles.

	a simple diet.
	the daily meal.
The richest Etruscans were	the pleasures of dining.
fond of	salted fish.
	the art of cooking.
The daily meal was	more varied and plentiful.
	simple and sober.
	symbolic.

6. Answer the following questions:

1. Who popularized the art of cooking?
2. What food was at banquets?
3. Was the daily meal simple and sober or festival?
4. Were the richest or the poorest Etruscans fond of food excellence?
5. Whose culture popularized the art of cooking?

7. Define the main idea of the text.

a) The richest Etruscans
b) The Greek colonies
c)The beginning of the history of Italian cooking

8. Pair work. Think of the meals the Etruscans had.

Lesson 2

1. Read the words:

cereal
the Republican Era
dietary
gradually
prandium

2. Master the active vocabulary:

frugal - бережливый, экономный
festive - праздничный
sober - рассудительный; благоразумный
legumes - бобовые
game - дичь, зверь, добытый на охоте

3. Read and translate the text:

Roman Cuisine in the Republican Era

Romans of the Republican Era were a sober people of frugal dietary habits: they usually had two meals a day, prandium and supper. The custom of a breakfast of cereal, honey, dried fruit, and cheese was gradually introduced. For a long time, the most widely consumed foods were boiled cereals (a kind of mush), legumes such as broad beans, lentils, chickpeas, lupins, vegetables of various types, bread,

and cake. The diet also included fish, game from the hunt (which was eaten only on festive days), milk, cheese, and fruit. Romans of that time did not raise livestock.

4. Answer the following questions:

What two meals had Romans of the Republican Era?
When did not Romans raise livestock?
What custom was gradually introduced?
Did the diet also include fish, game from the hunt, milk, cheese?
Were the most widely consumed foods boiled cereals or legumes?

5. Translate into Russian using чем … тем …:

The more you learn, the more you know.
The more one studies nature, the better one knows its laws.
The better products, the better meal.
The sweeter water, the drier mouth.
The older the cow, the more time one need to cook it.

Lesson 3

1. Read the words and put down their Russian equivalents:

soaked _____
affair _____
sweets _____
aromatic _____
stuffed _____
d'oeuvres _____
Barbarian _____
Digestible _____

2. Master the active vocabulary:

pickle - рассол; уксус для маринада
famished - голодный, изголодавшийся; умирающий от голода
refuge - убежище; прибежище
poverty - бедность, нищета, нужда, скудость
seafood - морепродукты
almonds – миндаль

3. Read and translate the text:

Roman Cuisine in the Imperial Age

The Romans in the Imperial Age had two main daily meals, but they often added a breakfast of bread soaked in wine, grapes, olives, milk, and eggs. The midday meal was a light affair of cold dishes. Dinner was the main meal: a feast of hoer d'oeuvres (mixed seafood) followed by game, pork, veal, goat, fowl, fish, and sweets with a honey base, fresh and dried fruit. Meals were accompanied by sweets and aromatic wines.

Cuisine in the Middle Ages

The cuisine of the Barbarians who invaded Italy from the 5th century AD was considerably different from that of the Romans; it was based on roast meats, stuffed pastries, and oven-baked pies. For the Italian population reduced to poverty and servitude, food was rather poor and consisted of cereals, milk, cheese, and vegetables. Gradually, culinary art began a revival, especially after 1000 AD, in the agricultural centers around the monasteries where the famished and terrorized population had taken refuge. The general tendency was to make food healthier, more appetizing and digestible, eliminating elaborate preparation and introducing more fresh fruit and vegetables.

4. Answer the following questions:

1. Did the Romans in the Imperial Age add a breakfast of bread soaked in wine or a breakfast of bread and butter?
2. When was the general tendency to make food healthier?
3. Did culinary art begin a revival after 1000 AD?
4. Were meals accompanied by sweets or aromatic wines?
5. What was the main meal?

5. Change the words according to the model. Translate the words.

Model: translation, to translate – переводить

Preparation, to _____ - _____

Introduction, to _____ - _____

Elimination, to _____ - _____

Population, to _____ - _____

6. Which of the following words are nouns? verbs? adjectives? adverbs? Why?

General, healthier, gradually, monasteries, Italian, considerably, began, food, to make, popular.

Lesson 4

1. Read the text and define the meaning of new words. Translate the text.

Gastronomical Revival in the Feudal Courts

Around 1200 AD, life in the courts became less difficult, commerce and social life resumed, and the feudal lords organized frequent celebrations, feasts, and tournaments. However, important meals had no variety or cohesion. Endless dishes of roast meats were seasoned with a sauce made of garlic, herbs, sweetmeats, and almonds. The dinner ended with cheese and fruit. There was little change from the Roman cuisine; however, spices made their appearance from the East in greater quantity. Their exotic aroma was used to scent the food - a prelude to future cuisine refinements.

2. Read the micro text and define the main idea of the text.

Although there had been a spice trade during the Early Middle Ages, it really intensified after the Crusades with the direct contact of Europeans in the Arab world. Spices were very much in demand for cooking and medicine. They had other more practical and important qualities: the preservation of meat and fish, and the flavoring of otherwise bland foods.

The Crusades

The Spice Trade

The bland foods

3. Give Russian equivalents for the following words and word combinations:

Italian cooking, daily meal, game in vinegar, the fertile region, food excellence and the pleasures of dining, sober people of frugal dietary habits, boiled cereals, cold dishes, sweets with a honey base, stuffed pastries, the general tendency, the monasteries, oven-baked pies.

4. Give English equivalents for the following words and word combinations:

здоровье, аппетит, блюдо, жаркое, население, свежие фрукты и овощи, турецкий горох, мед, обильный, уксус, ритуальный, зерновые, телятина, мясо домашней птицы, бедный, фаршированный, диета, кулинария.

5. Open the brackets using the correct tense form.

1. The daily meal (to be) simple and sober: pork, salted fish, chickpeas, lentils, lupins, olive pickles, and dried figs.

2. The Etruscans too (to have) a simple diet based on the cereals favored by the fertile region of present-day Tuscany.

3. the most widely consumed foods were boiled cereals, chickpeas.

4. Culinary art (to begin) a revival, especially after 1000 AD.

5. Barbarians (to invade) Italy from the 5th century AD.

6. They often (to add) a breakfast of bread soaked in wine, grapes, olives, milk, and eggs.

7. Cheese (to be) gradually introduced.

Lesson 5

1. Read the words:

merchants
initially
Turkish
maize

2. Master the active vocabulary. Cover the left column and translate the Russian words back into English.

famines	голод
venetian	венецианский
the Orient	Восток
medicine	медицина

3. Word formation.

Analyze the meaning of the prepositions: un-, pre-, in-.

Find words formed with these prepositions in the text and translate them.

Give your own examples.

The Culinary Discoveries of Great Explorers

Among the many goods brought to Europe and Italy by the explorers there were some foods whose importance was understood only in later times. Maize was widespread in North Italy. At the time of the great famines of the 17th century, became the base for the most common dish. Other imported foods were potatoes, tomatoes, and beans. Rice, imported from Asia, was an instant success and joined the pasta as the nation's first course. Venetian merchants imported sugar from the Orient, which initially was used in medicine; only later it was added to cooking. Coffee, of Turkish origin, was also initially used as a medicine.

4. Put down the nouns. Translate the words.

Model: to sing – singer; петь – певец

To import - _____; _____ - _____

To use - _____; _____- _____

To cook - _____; _____-_____

5. Combine the given adjectives (A) with the proper nouns (B).

A	B
great	potato
fresh	dish
sweet	coffee

tasty	level
high	meal

6. Put down the English for:

Восточная кухня _____

Большой прием _____

Национальное блюдо _____

Lesson 6

1. a) Cover the right column and read the English words. Translate them into Russian and check your translation.

b) Cover the left column and translate the Russian words back into English.

grandiose
buckwheat
banquet
mutton
грандиозный, огромный
гречиха
банкет
баранина

2. Read the words and put down their Russian equivalents:

Renaissance _____

Almond-based _____

Common _____

Porridge _____

3. Put down the verbs. Translate the words.

Model: cook, to cook – готовить

Use, to _____ - _____

Grill, to _____ - _____

Place, to _____ - _____

4. Master the following words.

influence
cutlery
marry
recipe
влияние
ремесло ножовщика
жениться, выйти замуж
рецепт

5. Put down the Russian for:

pine-nuts

abroad
notable
supreme

6. Translate the following words and word combinations in writing.

Monsignor Della Casa _____
King Henry II _____
Catherine de' Medici _____
Middle Ages _____
Renaissance _____
Europe _____

7. Translate the following questions.

What were Renaissance court banquets famous for?
Was honey popular in the Renaissance?
Who popularized Italian recipes?
Was it also in this period that the first menus and table manners were established?

8. Read the text. Find the answers to the questions given above.

Cuisine in the Renaissance

The 15th and 16th centuries were a particularly fortunate time for Italian cuisine. A greater variety became available in the preparation of foods: soups, grilled, roasted, and boiled meats; meat pastries, fish, vegetables, olive oil, refined salads, almond-based sweets, pine-nuts, and candied fruits; cane sugar began to replace honey. Renaissance court banquets were famous for their grandiose variety and refinement. The food of the common people remained rather simple: beans, lentils, chickpeas, buckwheat (used to prepare soups and porridges), eggs, cheese, and mutton.

Culinary Art and Etiquette in the Renaissance

Italian cuisine reigned supreme from the end of the Middle Ages to the 17th century and had a notable influence abroad. In particular, Catherine de' Medici popularized Italian recipes (especially sweets and ice cream) in France when she married King Henry II. It was also in this period that the first menus and table manners were established. Italians were the educators of Europe, and the famous 'Galateo' by Monsignor Della Casa was quickly translated and distributed throughout Europe. The principal innovation was the use of individual cutlery.

Lesson 7

1. a) Cover the right column and read the English words. Translate them into Russian and check your translation.

b) Cover the left column and translate the Russian words back into English.

sumptuous роскошный
flour мука
polenta полента (каша из ячменя или из кукурузной муки, каштанов)
pasta паста, блюда из макарон
purees суп-пюре;

2. Read the words and put down their Russian equivalents:

numerous _____
still _____
abundant _____
utmost _____

3. Put down the adverbs. Translate the words. Continue the list.

Model: easy – easily, легкий - легко

warm - _____, _____ - _____
abundant - _____, _____ - _____
careful - _____, _____ - _____

4. Master the following words.

feast	-празднование, торжество, деликатес
intricate	- запутанный, сложный, замысловатый;
béchamel.	- соус бешамель
consommés	-консоме (разновидность супов)
gravy	- подливка (из сока жаркого), соус, сок

5. Put down the English for:

мясные блюда
рыбные блюда
овощной суп
пудинг
кофе
чай
майонез

6. Translate the following words and word combinations in writing.

sumptuous feasts _____
jellies _____
mayonnaise _____
bйchamel _____

consommйs _____

7. Read and translate the text.

Cuisine in the 17th, 18th, and 19th centuries

In the 17th, 18th, and 19th centuries, the upper classes enjoyed a refined cuisine. Every official event became a pretext for sumptuous feasts. Meals were abundant, hors d'oeuvres and delicate French-style soups were followed by numerous meat and fish dishes, vegetable purees, intricate sweets and fruit - all presented with the utmost care, particularly in the restaurants. Still, the food of the common people remained frugal and monotonous, based on bread and vegetable soups, beans, cabbages, and potatoes. Cheese and eggs were very much used, as were polenta and pasta, which were made of flour and eggs.

Foreign influence and the spread of new foods

From the 17th to the 19th century many new dishes arrived from France: consommйs, crepes, purees, jellies, gravies, and delicate, tasty sauces such as mayonnaise and bйchamel. The presentation of food was very important, and its execution was of great refinement. Even English cooking became accepted with such typical dishes as roast beef, pudding and, above all, tea, although it was less popular than coffee and chocolate. In fact, coffee became as popular as to give rise to the coffeehouses, or cafйs.

8. Pair work. Put the questions given below to your group-mate and ask him/her to answer them.

What became a pretext for sumptuous feasts?

What was the food of common people?

What was made of flour and eggs?

What was more popular coffee or tea?

Lesson 8

1. a) Cover the right column and read the English words. Translate them into Russian and check your translation.

b) Cover the left column and translate the Russian words back into English.

rapid	быстрый
tradition	традиция
trends	курс, направление
huge	огромный
scattered	редкий, расположенный на расстоянии друг от друга, разбросанный (о домах, предметах)

2. Read the words and put down their Russian equivalents:

subsequent _____
quality _____
communities _____
specialties _____
subsequent _____

3. Put down the corresponding verbs. Cover the left column.

Translate the words.

a) Model: damageable – to damage,
considerable – to _____, _____
workable – to _____, _____
eatable – to _____, _____
place, to _____, _____
b) Model: leader – to lead,
teacher - _____, _____
producer - _____, _____
director - _____, _____

4. Master the following words.

globe
decade
cuisine
worldwide

5. Fill in the English equivalents in place of the Russian ones.

(Итальянская кухня) _____ has changed (в результате) _____ of modern life.

Food (промышленность) _____ is well (развита) _____.

Italy is a (страна) _____ of noble (кулинарные традиции) _____.

6. Translate the following words and word combinations in writing.

to pin down _____
national cuisine _____
Italian cooking ____ _____
standards _____
profound changes _____

7. Read and translate the text.

20th Century Cuisine

In the last few decades, Italian cuisine has changed as a result of rapid and profound changes in lifestyle. The involvements of industry in the food sector, and subsequent improvements in preparation, conservation, and distribution of foods, have increased the production of foods worldwide. However, Italian cooking has preserved its quality, and Italy is still a country of noble culinary tradition.

Italian cooking is very difficult to pin down -- almost every city and town has its specialties, and there are regional trends too; the end result is a huge number of local cuisines rather than a single national cuisine. However, there are some dishes that you will find almost everywhere, and that are now standards among the many Italian communities scattered across the globe.

Lesson 9

1. Read the words:

RoDante da Fano
Ancient Egypt
Imperial Rome
Alexandre Dumas
Neapolitans

2. Master the active vocabulary:

claim - заявлять, утверждать
dough – тесто
peninsula – полуостров, the Peninsula — Пиренейский полуостров
pizzaiolo – (it.) пиццайоло мастер по выпечке пиццы
water buffalo — азиатский буйвол, водяной буйвол

3. Pronounce correctly:

[Ɵ] – throughout, thing, think
[ð] - with, than, the, other
[f] – for, breakfast, flat, fresh
[v] – variety, ever, having, invented

4. Put down the adverbs. Translate the words. Continue the list.

Model: rapid – rapidly, быстрый - быстро

simple - _____, _____ - _____
light - _____, _____ - _____
perfect - _____, _____ - _____
quick - _____, _____ - _____

5. Which of the following words are nouns? verbs? adjectives? adverbs? Why?

Chroniclers, salty, were, amazingly, regions, Italian, general, ate, origins, take, flat, few, breakfast, could, independently, invention, continues, common, sauce, popular.

6. Read and translate the text:

Pizza and pizza-like creations are common throughout Italy, and a number of regions claim the honor of having invented it in the first place. Not that the invention could ever be proven -- the idea of slipping a flattened disk of dough graced with a topping into a hot oven and baking it quickly is amazingly simple, and many people must have come up with it independently. Indeed, in a post to It.Hobby.Cucina, the Italian general cooking newsgroup, RoDante da Fano traces its origins from Ancient Egypt to Imperial Rome, where there were a number of different kinds of flat baked breads with a variety of sweet or salty toppings, and goes on to say that the descendents of these proto-pizzas were common throughout the peninsula in the 1700s. In 1835, he continues, Alexandre Dumas noted in his diary that "in Naples pizzas are flavored with oil, lard, tallow, cheese, tomato, or anchovies…" Other chroniclers listed other common toppings, also noting that pizza was a cheap food that Neapolitans ate for breakfast or lunch; in the 1870s things stabilized to a degree, when a Neapolitan pizzaiolo created the Margherita, which he named after Italy's beautiful queen, by sprinkling a few fresh basil leaves over a pizza topped with mozzarella and tomato -- red, white and green, the national colors.

The Margherita is still the most popular pizza today, perhaps because it's simple, light and tasty. It's also, in some ways, a better foil for the pizzaiolo's skill than some of the pizzas with more elaborate toppings, because what little there is has to be perfect: Well-risen well-turned dough; mozzarella di bufala, made from the milk of the water buffaloes that are raised around Naples; good light tomato sauce; good extra virgin olive oil; and fresh basil. Ideally it should be baked in a wood-fired oven, whose hot floor will rapidly crisp the dough.

At home, a pizza stone can take the place of the terracotta floor of the wood-fired oven, and one can substitute the mozzarella di bufala with mozzarella fiordilatte made from cow's milk (as do most Italian pizzerias). The important thing is that you use good quality ingredients, and make your pizza with care.

7. Answer the following questions:

1. Must many people have come up with it independently?
2. There were a number of different kinds of flat baked breads with a variety of sweet or salty toppings, weren't there?
3. What is the important thing when one bakes a pizza?
4. Is it possible to make a pizza at home?
5. Who created the Margherita?

8. Complete these sentences, using the correct variant.

A pizza stone can take the place of	the terracotta roof of the wood-fired oven . the terracotta floor of the wood-fired oven. the terracotta oven.
Flat baked breads with a variety of	the national colors. the mozzarella di bufala. sweet or salty toppings.
A Neapolitan pizzaiolo created the Margherita, which he named	after Italy's beautiful queen. after his wife. after the famous actress.
One can substitute the mozzarella di bufala with mozzarella fiordilatte made	from cow's milk. from camel's milk. from horse's milk.
Pizza and pizza-like creations are common	throughout Italy. throughout Europe. throughout Egipt.

9. Define the main idea of the text.

The best pizza.

The Egypt origin of a pizza.

The beginning of the Italian pizza.

10. Pair work. Think of the pizza you can get in a shop.

Lesson 10

1. a) Cover the right column and read the English words. Translate them into Russian and check your translation.

b) Cover the left column and translate the Russian words back into English.

dissolve	растворять (ся), таять
knead dough	месить тесто
rack	стойка, штатив, рама, подставка
canned	консервированный

2. Read the words and put down their Russian equivalents:

sauce-free rim _____

flat baking tins _____

a flat cookie sheet _____

plastic wrap _____

3. Change the words according to the model. Translate the words.

Model: Pollution, to pollute – загрязнять

satisfaction, to _____ - _____

combination, to _____ - _____

confirmation, to _____ - _____

utilization, to _____ - _____

4. Master the following words.

yeast - дрожжи, закваска

thick crust - пицца, у которой сыром залит только центральный круг, а по краям оставлен хлебный "ободок"

thin crust - пицца, у которой вся поверхность покрыта сыром и другими добавками

grease - топленое сало; жир

5. Put down the English for:

мука

томатный соус

сыр

начинка

оливковое масло

6. Translate the following words and word combinations in writing.

a healthy pinch _____

a baker's peel _____

2 tablespoons _____

a wood-fired pizza oven _____

a stone with a deft yank _____

7. Read and translate the text.

At home, a pizza stone can take the place of the terracotta floor of the wood-fired oven. The important thing is that you use good quality ingredients, and make your pizza with care.

To begin, the dough, for 2 12-inch crusts, you'll need:

1 package (2 1/4 teaspoons) active dry yeast

1 1/3 cups warm (105-115 F, or 42-45 C) water

3 1/2 -3 3/4 cups all purpose flour

2 tablespoons olive oil

A healthy pinch of salt

Begin by dissolving the yeast in the water, in a large mixing bowl; let it stand for 5 minutes. Add the remaining ingredients and mix, either by hand or with a mixer set to low speed, until the ingredients are blended. Now hand-knead the dough or mix it with a dough hook setting the speed to low for about 10 minutes, or until the dough is smooth and elastic. Coat the insides of another bowl with olive oil and turn the dough in it to coat it too, then cover with plastic wrap and set it in a warm place to rise for an hour, or until it doubles in volume. For the

baking, if you have a wood-fired pizza oven, fire it up. If you are instead using your kitchen oven, preheat it to 475 F (250 C) -- if you are using a baking stone it should heat for at least 45 minutes. Otherwise grease and dust two flat baking tins with corn meal. Divide the dough in half, shape each half into a ball and let them sit for 15 minutes. Then shape them into disks, stretching them out from the center on a floured surface. Do not roll them, because rolling toughens the dough.

Ladle and spread a half cup or so of tomato sauce or chopped canned tomatoes over them, leaving an inch of sauce-free rim, add the toppings (see next page), and bake.

If you're using a baking stone and have a baker's peel (a thin metal disk with a handle), lightly flour it, slide the pizza onto it, and transfer it to the stone with a deft yank -- the flour will keep the dough from sticking. If you don't have a peel, use a flat cookie sheet instead, lightly flouring it, to transfer the pizza from the work surface to the stone.

If you're using a metal baking pan you should bake the pizza towards the bottom of the oven. In a recent post to Rec.Foods.Cooking Karen suggested baking on the bottom rack for about 4 minutes or until the pizza is firm enough to slide off the pan, and then slide it from the pan straight onto the rack to finish cooking.

The pizza will in any case be done when the crust is browned and the toppings are cooked; this takes 3 minutes in a wood-fired oven and about 15 at home. If you discover that the mozzarella begins to brown before the other ingredients are cooked to your satisfaction, the next time, add it after the pizza (with the other toppings) has baked for about 5 minutes.

Having said all this, once you have your dough, what to do with it? The standard topping combinations one encounters in Italy differ somewhat from those I have encountered elsewhere. The quantities given on the next page will be sufficient for one pizza each, so if you make the dough given above you will need to double the amounts, or select two.

8.Pair work. Put the questions given below to your group-mate and ask him/her to answer them.

Lesson 11

1. a) Cover the right column and read the English words. Translate them into Russian and check your translation.

b) Cover the left column and translate the Russian words back into English.

basil	базилик
drizzle	брызгать, опрыскивать
capers	каперсы (съедобные растения)
eggplant	баклажаны

2. Read the words and put down their Russian equivalents:

Champignon _____

a dusting of oregano _____

shredded mozzarella _____

chopped canned tomatoes _____

skinned and shredded _____

salamino piccante _____

3. Think of eight questions covering the text. Put them to your group-mates.

4. To be translated in written.

Pizza Margherita:

To honor the Queen You'll want 1/2 cup tomato sauce or chopped canned tomatoes, about a quarter pound of shredded mozzarella, and 3-4 fresh basil leaves. Spread the tomato sauce on the dough, sprinkle with the mozzarella, drizzle with a few drops olive oil, add the basil and bake.

Pizza Marinara:

The garlic-lover's delight You'll want two cloves (or more or less to taste) finely sliced garlic, and 1/2 cup tomato sauce or chopped canned tomatoes. Spread the sauce over the pizza, sprinkle the garlic, drizzle with a few drops olive oil and bake.

Pizza al Prosciutto: A standby You'll want 2-3 ounces finely sliced cooked ham, shredded, 1/2 cup tomato sauce or chopped canned tomatoes, and 1/4 pound shredded mozzarella. Spread the tomato sauce, sprinkle with the mozzarella and ham, drizzle with a few drops olive oil and bake.

Pizza Prosciutto e Funghi:

Another standby you'll want about a cup finely sliced Champignon mushrooms, 1/2 cup tomato sauce or chopped canned tomatoes, 2-3 ounces finely sliced ham, and 1/4 pound shredded mozzarella. Spread the tomato sauce, sprinkle the other toppings over it, drizzle with a few drops olive oil and bake.

La Napoletana:

Yet another standby 1/2 cup tomato sauce or chopped canned tomatoes, 1/4 pound shredded mozzarella, 3-4 anchovy filets or more to taste, 1 tablespoon or so rinsed salted or pickled capers, a dusting of oregano. Spread the tomato sauce over the pizza, dot it with the remaining ingredients, drizzle with a few drops olive oil and bake.

L'Atomica:

A fiery wonder though the one constant is a healthy jolt of crumbled red pepper; the other ingredients vary considerably from pizzaiolo to pizzaiolo. Variation 1: 1/2 cup tomato sauce or chopped canned tomatoes, a tablespoon or to taste salted or pickled capers (rinsed), 3-4 anchovy fillets, boned, a dusting of oregano, and crumbled red pepper, to taste. 1/4 pound shredded mozzarella is optional. Assemble the pizza, drizzle with a few drops olive oil and bake. Variation 2: 1/2 cup tomato sauce or chopped canned tomatoes, 3/4 cup finely sliced mushrooms, a dusting of oregano, crumbled red pepper to taste, and 1/4 pound shredded mozzarella (optional). Assemble the pizza, drizzle with a few drops olive oil and bake.

Pizza Quattro Stagioni:

The four seasons 1/2 cup tomato sauce or chopped canned tomatoes, 3-4 canned artichoke hearts, quartered, 5-6 black olives packed in brine (you'll want the sweet variety), 1/2 cup finely sliced mushrooms, 2 ounces finely sliced ham, shredded, and 1/4 pound shredded mozzarella. Spread the tomato and the mozzarella, arrange the other four toppings each in its quarter of the pizza; drizzle with a few drops olive oil and bake.

Pizza Capricciosa:

Everything in the house Not really, but it seems like that. It's usually the richest pizza offered, and every pizzaiolo makes it differently. This is based on the Pizzaria Giancarlo, outside Florence's Porta San Frediano. 1/2 cup tomato sauce or chopped canned tomatoes, 1/4 pound shredded mozzarella, 1 finely sliced hot dog, 1 link sweet Italian sausage (about 2 inches long), skinned and shredded, 8 thin slices salamino piccante (pepperoni in the Anglo-Saxon world) 2 ounces thinly sliced ham, shredded, 2 canned artichoke hearts, quartered. Spread the tomato sauce over the pizza, sprinkle the remaining ingredients over the sauce, drizzle with a few drops olive oil and bake.

Pizza ai Quattro Formaggi:

Cheese Galore! 1/2 cup tomato sauce or chopped canned tomatoes, 1/4 pound shredded mozzarella, 1/3 cup (each) shredded pecorino, gorgonzola, groviera (Swiss Cheese), and fontina or asiago, one black olive. Spread the tomato, and sprinkle it with the cheeses; the pizza will look almost white. Dot it with the olive and bake.

Pizza alla Bismark:

For reasons unknown to me a pizza with an egg cracked over it so it emerges from the oven sunny-side-up is called a Bismark. Excactly what else goes onto the pizza is up to the pizzaiolo, but ham goes quite well. So: 1/2 cup tomato sauce or chopped canned tomatoes, 2-3 ounces thinly sliced ham, shredded, and an egg. Spread the tomato sauce over the pizza, sprinkle the remaining ingredients over the sauce, crack the egg over the middle of the pizza, drizzle with a few drops olive oil and bake.

Pizza Vegetariana:

Again lots of variability, though the vegetables used are almost always cooked: stewed peppers, stewed eggplant, artichoke hearts, spinach, and what have you Begin with the standard 1/2 cup tomato sauce or chopped canned tomatoes and 1/4 pound shredded mozzarella, and go from there, adding the cooked vegetables you prefer. Drizzle with a few drops olive oil and bake.

5.Pair work. Find your own recipe of an Italian pizza. Make a project. Share your recipe with your group-mates.

Unit 2. Russian cuisine and Russian cooking recipes/ Русская кухня и рецепты русской кухни

Lesson 1

1. Read the words:

delicious
special
tradition
national
agricultural

2. Master the active vocabulary. Cover the left column and translate the Russian words back into English.

equipment	оборудование; оснащение
tool	инструмент; орудие труда
rye	рожь
millet	просо
land-tiller	земледелец, землепашец
par	нормальное состояние, норма
groats	крупа (преим. овсяная)

3. Word formation.

Analyze the tense forms of the verbs.

Write out all irregular verbs from the text and translate them.

Give your own examples.

Russian cuisine is one of the most popular and widely spread in the world. French cuisine is festive and elegant, Chinese cuisine is exotic, Russian cuisine is healthy and delicious. Russian dishes are easy to cook and they do not demand much skill and special ingredients, they do not need exotic equipment and tool and everybody who knows how to hold a cooking knife and how to peel potatoes can cook delicious Russian dishes. A few words about Russian cooking traditions. In old Russ, grain - that is rye, barley, oats, millet and wheat - was always the main food product. Since days of old the Russians have been known as land-tiller. That is why bread remains their major national food. Pies have always been a par of the holiday fare. The pies are customarily filled with different kinds of meat, fish, and berries. As for the groats, millet was most often used since it was the main agricultural product. They also made various kinds of kashas (cereals), round loaves, baked puddings, and krupenik.

4. Put down the nouns. Translate the words.

Model: to cry – crier; плакать, кричать – крикун

To till - _____; _____ - _____

To buy - _____; _____ - _____

To hold - _____; _____ - _____

To ____ - _____; _____ - _____
To ____ - _____; _____ - _____
To ____ - _____; _____ - _____

5. Combine the given adjectives (A) with the proper nouns (B).

A	B
special	potatoes
cooking	ingredients
delicious	product
agricultural	cuisine
red	equipment
exotic	traditions

6. Put down the English for:

Русская кухня _____
Китайская кухня _____
Французская кухня _____
Итальянская кухня _____

7. Complete the questions. Read the questions and the answers. Cover the right column. Answer the questions.

1. What kind of…?	a) They do not need exotic equipment and tool.
2. Since what time…?	b) Since days of old the Russians have been known as land-tiller.
3. How can you …?	c) Russian cuisine is healthy and delicious.
4. What …with?	d) The pies are customarily filled with different kinds of meat, fish, and berries.

Lesson 2

1. Read the words:

Orthodox
Christians
cinnamon
cardamom
spidery

2. Pronounce correctly:

[a:] – part, cardamom,
[o:] – more, important, for, order, board
[o] – of, followed

3. Master the active vocabulary:

radish редиска
turnip репа, турнепс
parsley петрушка
celery сельдерей

4. Put down the English for:

огурец _____
капуста _____
картофель _____
молоко _____
яйцо _____
лук _____

5. Read the examples. Cover the left column and translate the examples back into English.

spice специя, пряность
cloves гвоздика
cinnamon корица
cardamom кардамон

6. Read the microtext and define the main idea of the text.

Russians have always eaten vegetables. In old times it was the turnip, cabbage, radish, and cucumbers. Since the 18th century the potato began to play an ever more important part as one of the most loved ingredients of the Russian board. The abundance of berries, mushroom, and honey in Russian cuisine is accounted for by the country's vast expanses, especially in the north.

One more important thing should be mentioned for better understanding of Russian cooking traditions. Russia is an Orthodox country and all the feasts were always strictly followed. Totally there are more than 200 days in a year in which the Orthodox Christians should avoid eating meat, milk and milk products (including butter), eggs. That is why Russian cuisine widely uses vegetables, fish, berries, and mushrooms. In order to cook tasty dishes using just vegetables it is necessary to use different spice, Russians used dill, parsley, celery, later they used spidery which were delivered from other countries - pepper, cinnamon, cardamom, cloves. Nearly all dishes include onion.

7. Arrange the words in the order of appearance in the text.

abundance
feasts
two hundred
dill
berries
century

8. Complete the sentences.

In old times….

The abundance of….

Russia…

In order to cook….

They used….

Nearly all….

9.Pair work. Tell your group-mates about Russian cuisine. Let him/her put the questions to you and answer them.

Lesson 3

1. Read the words.

accordance

impression

practical

classical

roughly

2. a) Cover the right column and read the English words. Translate them into Russian and check your translation.

b) Cover the left column and translate the Russian words back into English.

demand	требовать, потребовать
pork	свинина
general	общий
accordance	согласованность

3. Read the words and put down their Russian equivalents:

time range _____

the real impression _____

common products _____

so-called _____

4. Change the words according to the model. Translate the words.

Model: expansion, to expand – растягивать

generalization, to _____ - _____

classification, to _____ - _____

reflection, to _____ - _____

relation, to _____ - _____

impression, to _____ - _____

5. Put down the English for:

рецепт

популярный

блюдо

продукты

6. Translate the following words and word combinations in writing.

"Pork with Russian sauce" _____

"Russian cutlets" _____

"The book about tasty and healthy cuisine"_____

every-day Russian cuisine _____

in the end _____

7. Read and translate the text.

Below you can see a list of most popular Russian recipes that can be cooked at home without many efforts. Author tested all these recipes and some of them are often used in everyday cooking. In general each cuisine roughly can be divided into two groups of dishes - official dishes and every-day dishes. The same is with Russian cuisine. Official dishes demand much time for cooking, often they include many different products. So in the end these recipes are Russian only by name, something like "Pork with Russian sauce", "Russian cutlets" etc. In opposite the every-day dishes that are cooked of common products and in limited time range reflect the real Russian cuisine and they give the real impression about Russian cuisine. Here are recipes of so-called every-day Russian cuisine. Recipes are written in accordance with classical Russian cooking book which was called "The book about tasty and healthy cuisine" but with some practical comments.

8.Pair work. Tell your group-mates about "The book about tasty and healthy cuisine" you have at home.

Lesson 4

1. a) Cover the right column and read the English words. Translate them into Russian and check your translation.

b) Cover the left column and translate the Russian words back into English.

appetizers	закуска (кушанье, подаваемое перед горячими блюдами)
piquant	пикантный
horse-radish	хрен
pungency	едкость, острота

2. Read the words and put down their Russian equivalents:

kvass _____

Russian vinaigrette salad _____

Mixed meat jelly (holodets) _____

Fish jelly _____

Salted herrings, home style _____

3. Think of four questions covering the text. Put them to your group-mates.

4. To be translated in written.

Appetizers

Most often Russian appetizers are rather spicy and look good enough to wet the appetite. They are served with various seasonings and condiments, such as horse-radish, kvass, garlic and piquant tomato sauces lending the dishes special pungency.

Russian vinaigrette salad

Mixed meat jelly (holodets)

Fish jelly

Salted herrings, home style

5. Read the words. Mind the pronunciation of the sound [z].

as

naturalized

course

cereals

olives

6. Master the active vocabulary.

sauerkraut	кислая капуста
beet	свекла
bit	кусочек; частица
pickled	соленый; маринованный

7. Give Russian equivalents for the following words and word combinations:

"khlebovo" _____

"pokhlyobka" _____

schi _____

borsch _____

rassolnik _____

okroshka _____

solyanka _____

8. Read and translate the text.

Soups

In Russia soups are served as the first course at dinner. In the Russian language the world "soup" was naturalized quite late. Originally, Russian soups were called "khlebovo" or "pokhlyobka" - soup with cereals. The typical Russian soups are schi (soup with cabbage or sauerkraut), borsch (beet and cabbage soup), rassolnik (soup with pickled cucumbers), okroshka (cold kvass soup), solyanka (soup with vegetables, pickled cucumbers, olives and bits of meat) and pohlyobka.

Ukranian borsch

Solyanka

Rassolnik
Meat schi with sauerkraut
Green soup
Okroshka
Mushroom soup

9. Answer the questions.

1. Are you fond of Russian cuisine?
2. How were originally Russian soups called?
3. What is the difference between schi and borsch?
4. What kinds of soup do you know?
5. Do you like soup?
6. What is your favorite soup?

Lesson 5

1. Read the words. Mind the reading of the letter “s” and “c”.

pastry
especially
importance
lesser
spice-cakes
cookies

2. Master the active vocabulary.

patty	пирожок
sourdough	закваска
Easter	пасха
pancakes	блинчики

3. Read the words and put down their Russian equivalents:

blini _____
kulebyakas _____
Kulich _____
rasstegais _____
spice-cakes _____

4. Read and translate the text.

Pastry

In Russian cooking bread and pastry have always been especially important. Guests were met with bread and salt. Of no lesser importance were pies - a symbol of wealth and well-being.
Russian women were famous for their skills in making different sorts of cookies: blini (pancakes), kulebyakas, rasstegais, cheese cakes, spice-cakes, etc. Howere, especially popular were patties made from sourdough.

Pancakes (classical)
Buckwheat pancakest
Apple pancakes
Fast thick pancakes
Kulebiaka
Kulich (Easter bread)
Rasstegai (small open pie with filling)

5. Read the words.

permit
poultry
noodle
Naval

6. Give Russian equivalents for the following words and word combinations:

Beef goulash
Beef Stroganoff
Meat "Hedgehogs"
Macaroni Naval Style
Pork chops
"Ushnoye" (Russian Stew)
Pozharskiye chops
Goose with apples
Golubtsy
Pelmeni

7. Read the text. Find the corresponding translation of the sentences.

Meat dishes

Russian cuisine has always been rich in meat dishes. They deal with dishes of beef, pork, mutton, poultry, game, and wild animals. As a rule, meat dishes are served with vegetables, noodles and cereal.

1) Как правило, мясные блюда подаются с овощами, лапшой и крупой.
2) Русская кухня была всегда богата мясными блюдами.
3) Они связаны с блюдами из говядины, свинины, баранины, и мяса диких животных.
4) Блюда из мяса.

8. Pronounce correctly. Mind reading of the letter “A”.

apart
ancestors
ate
also

allowed
are
bake

9. a) Cover the right column and read the English words. Translate them into Russian and check your translation.

b) Cover the left column and translate the Russian words back into English.

cod	треска
navaga	навага
salmon	лосось; семга
fast	пост
Lent	великий пост

10. Think of four questions covering the text. Put them to your group-mates.Read and translate the text.

Hot fish dishes

In Russian cuisine fish dishes are some of the most favorite ones. The rivers, lakes and seas by which Russian people settled always gave them this tasty and accessible food.

Apart from fresh-water fish our ancestors also ate sea fish like cod, navaga. However, especially valued were sturgeon, salmon and other fishes of this kind. Most often fish dished are served with potatoes and boiled buckwheat.

There is one explanation why in past Russians used to cook fish dishes. It was not allowed to eat any kind of meat and any kind of milk food in duration of long fasts but fish dishes were permitted (except time of the Lent).

11. Read the words and put down their Russian equivalents:

Baked pike-perch _____

Fish, monastery style _____

Sturgeon fried in portions _____

Unit 3. Indian cuisine / Индийская кухня
Lesson 1

1. a) Cover the right column and read the English words. Translate them into Russian and check your translation.

b) Cover the left column and translate the Russian words back into English.

cereal crop	зерновая культура
caryopsis	зерновка
substantial	основной, главный
goddess	богиня
consumption	потребление; затрата, издержки

2. Read the words and put down their Russian equivalents:

carbohydrate _____

botanically _____

in greater quantities _____

agriculture _____

3. Put down the verbs. Translate the words.

Model: use, to use – использовать

call, to _____ - _____

paint, to _____ - _____

enter, to _____ - _____

4. Translate the following words and word combinations in writing.

the United Kingdom _____

Ireland _____

the United States _____

Canada _____

New Zealand _____

Australia _____

5. Translate the following questions.

1. Are cereal crops grasses?
2. What are crops rich in?
3. What part of a diet does grain constitute?
4. How was the word 'cereal' derived?
5. What is the difference between grains, corn and maize?

6. Read the text. Find the answers to the questions given above.

Cereal crops or grains are mostly grasses cultivated for their edible grains or fruit seeds (i.e., botanically a type of fruit called a caryopsis). Cereal grains are grown in greater quantities and provide more energy worldwide than any other type of crop; they are therefore staple crops. They are also a rich source of carbohydrate. In some developing nations, grain constitutes practically the entire

diet of poor people. In developed nations, cereal consumption is more moderate but still substantial.

The word 'cereal' derives from 'Ceres', the name of the pre-Roman goddess of harvest and agriculture. Grains are traditionally called corn in the United Kingdom and Ireland, though that word became specified for maize in the United States, Canada, New Zealand, and Australia.

7. Define the main idea of the text.

Lesson 2

1. Read the words.

Ethiopia
quinoa
pseudo
injera
Einkorn
Aztec Empire
Fertile Crescent

2. a) Cover the right column and read the English words. Translate them into Russian and check your translation.

b) Cover the left column and translate the Russian words back into English.

fiber	волокно, корень
protein	белок, протеин
staple	главный продукт
nutty	имеющий вкус ореха

3. Read the words and put down their Russian equivalents:

time range _____
the real impression _____
common products _____
so-called _____

4. Change the words according to the model. Translate the words.

Model: expansion, to expand – растягивать
generalization, to _____ - _____
classification, to _____ - _____
reflection, to _____ - _____
relation, to _____ - _____
impression, to _____ - _____

5. Put down the Russian for:

injera
Kaciwa
wild rice

buckwheat
Durum
semolina

6. Master the words.

teff - тэфф, полевичка абиссинская
farina - крахмал, картофельная мука
amaranth - амарант, щирица
quinoa - лебеда кино, квиноа
spelt wheat - пшеница культурная однозернянка
Emmer - эммер, пшеница двузернянка
Einkorn - пшеница однозернянка
durum wheat - пшеница твёрдая

7. Read and translate the text.

Production

All but buckwheat and quinoa are true grasses (these two are pseudo cereals). Maize, wheat and rice, between them, accounted for 87% of all grain production, worldwide, and 43% of all food calories in 2003. Other grains that are important in some places, but that have little production globally, include:

Teff, popular in Ethiopia but scarcely known elsewhere. This ancient grain is a staple in Ethiopia. It is high in fiber and protein. Its flour is often used to make injera. It can also be eaten as a warm breakfast cereal similar to farina with a chocolate or nutty flavor. Its flour and whole grain products can usually be found in natural foods stores.

Wild rice, grown in small amounts in North America

Amaranth, ancient pseudo cereal, formerly a staple crop of the Aztec Empire (besides maize)

Kaciwa, close relative of quinoa

Several other species of wheat have also been domesticated, some very early in the history of agriculture:

Spelt, a close relative of common wheat

Einkorn, a wheat species with a single grain

Emmer, one of the first crops domesticated in the Fertile Crescent

Durum, the only tetraploid species of wheat currently cultivated, used to make semolina

8. Pair work. Tell your group-mates about cereals.

Lesson 3

1. a) Cover the right column and read the English words. Translate them into Russian and check your translation.

b) Cover the left column and translate the Russian words back into English.

starch	крахмал
amino acid	аминокислота
nutrients	питательные вещества, нутриенты
obesity	тучность; ожирение
feed	корм, фураж
pulse	вибрация

2. Read the words and put down their Russian equivalents:

grain amaranth
food value
food energy
dietary fiber
essential fatty acids

3. Change the words according to the model. Translate the words.

Model: Pollution, to pollute – загрязнять
satisfaction, to _____ - _____
combination, to _____ - _____
confirmation, to _____ - _____
utilization, to _____ - _____

4. Analyze the following words. Define where the ending –ly is the suffix of an adverb.

typically
supply
especially
particularly
exceptionally
simply

5. Master the following words.

wheat germ — пшеничный зародыш
dumplings – а) клецка б) яблоко, запеченное в тесте
bran – отруби
oatmeal - 1) овсяная мука, толокно 2) овсянка,
tryptophan - триптофан

6. Put down the English for:

орех
цельные зерна
питательный
перемолотые зерна
предтеча
предшественник ниацина

7. Translate the following words and word combinations in writing.

degradation _____

significant source _____

rancidity-prone fats _____

health-conscious people _____

vitamins A, D, C _____

8. Read and translate the text.

Food value

Cereal grains supply most of their food energy as starch. They are also a significant source of protein, though the amino acid balance, with exceptions as noted below, is not optimal. Whole grains (see below) are good sources of dietary fiber, essential fatty acids, and other important nutrients.

Rice is eaten as cooked entire grains, although rice flour is also produced. Oats are rolled, ground, or cut into bits (steel-cut oats) and cooked into porridge. Most other cereals are ground into flour or meal, which is milled. The outer layers of bran and germ are removed. This lessens the nutritional value but makes the grain more resistant to degradation and makes the grain more appealing to many palates. Health-conscious people tend to prefer whole grains, which are not milled. Over consumption of milled cereals is sometimes blamed for obesity. Milled grains do keep better because the outer layers of the grains are rich in rancidity-prone fats. The waste from milling is sometimes mixed into a prepared animal feed.

Once (optionally) milled and ground, the resulting flour is made into bread, pasta, desserts, dumplings, and many other products. Besides cereals, flour is sometimes made from potatoes, chestnuts and pulses (especially chickpea, which is known as bean).

Cereals are the main source of energy providing about 350 kcal per 100 grams. Cereal proteins are typically poor in nutritive quality, being deficient in essential amino acid lysine. The proteins of maize are particularly poor, being deficient in lysine and tryptophan (a precursor of niacin). Rice proteins are richer in lysine than other common cereal proteins and for this reason, rice protein is considered to be of better quality. Rice is a good source of B group vitamins, especially thiamine. It is devoid of vitamins A, D, C and is a poor source of calcium and iron.

Certain grains, including quinoa, buckwheat, and grain amaranth (Pseudo cereal, non-grasses), are exceptionally nutrious. Quinoa was classified as a "supercrop" by the United Nations because of its high protein content (12-18%). Quinoa contains a balanced set of essential amino acids for humans, making it an unusually complete source of protein in plants.

In English, cold breakfast cereals, as opposed to cooked porridges such as oatmeal, are simply called cereal.

9. Pair work. Have a talk on the problems of food value and cereal value.

Lesson 4

1. Read the words.

civilization
quinoa
wealth
package
original

2. a) Cover the right column and read the English words. Translate them into Russian and check your translation.

b) Cover the left column and translate the Russian words back into English.

artificial	искусственный, поддельный,
airtight	воздухонепроницаемый;
millet	просо
enhance	увеличивать, усиливать, улучшать
staple	главный продукт

3. Read the words and put down their Russian equivalents:

wheat grains _____
breakfast cereals _____
cereal products _____
keep in airtight containers _____
loaded with fat _____
might be forgiven _____

4. Think of eight questions covering the text. Put them to your group-mates.

5. To be translated in written.

Cereals

Introduction. All too often, cereal products are thought of as nothing more than starchy fillers, and indeed, when you consider how some commercial products like cakes and biscuits and breakfast cereals are made from over-refined grains with nearly all the nutrients except the starch extracted, and then loaded with fat, sugar, artificial flavourings etc., you might be forgiven for thinking that's true. But go back to the original, unrefined grains and you have a wealth of nutrients in a small package. Grains have been the staple foods of many civilizations for thousands of years. Wheat, barley, oats and rye in Europe, maize in America, quinoa in South America, rice in the East, and millet in Africa. Storage. Keep in airtight containers in a cool, dark, dry place. Whole grains can be

stored for up to 2 years; flaked, cracked grains and flours should be used within 2-3 months of purchase.

Sprouting. Whole grains can be sprouted, which greatly enhances their nutritional value, e.g. wheat grains, raw buckwheat and barley.

6. Word formation. Form words adding prefixes over-, un-.

Model: refine - over-refined, unrefined

7. Answer the questions.

1. How should cereals be kept?
2. Can whole grains be sprouted?
3. You have a wealth of nutrients in a small package, haven't you?
4. What cereal products are grown in different countries?
5. How long can grains be stored?

Lesson 5

1. Read the text and define the meaning of new words. Translate the text.

Cooking

Cereals can be used in other ways, besides being ground into flour for bread, cakes etc. Whole grains can be added to stews and casseroles, or cooked until soft. Cracked or kibbled grains are cut or broken pieces of whole grains e.g. kibbled wheat and bulgur wheat. Meal, a coarse kind of flour, can be used to make porridge, thicken soups or mixed with wheat flour to add interesting flavours and textures to ordinary breads, biscuits, muffins etc. Whole grains should be washed thoroughly. Boil the required amount of water, add the washed grain, stir once, put a tight-fitting lid on the pan and simmer for the required cooking time or until the liquid is absorbed. Turn off the heat and leave to stand for 5 minutes before removing the lid.

2. a) Cover the right column and read the English words. Translate them into Russian and check your translation.

b) Cover the left column and translate the Russian words back into English.

coarse	грубый, крупный
gluten	клейковина
fibre	волокно
celiac	брюшной
casserole	запеканка
kibble	дробить, разбивать, разделять

3. Read the micro text and define the main idea of the text.

Cereals are seeds of plants, usually members of the grass family but there are a few exceptions. They are annuals that are they have to be planted every year and at the end of the summer, when they have produced ripe seeds, they die down.

Like all seeds, cereals are very nutritious because they contain all the nutrients the embryo plant needs to start growing. Unrefined cereals are valuable sources of proteins, carbohydrates, B vitamins and also contain some fat, iron, vitamin E and trace minerals and are a very good source of fibre in the diet. Some cereals (wheat, barley, rye and oats) contain the protein gluten, which is essential for leavened bread-making. Without sufficient gluten, bread will not rise. People suffering from gluten intolerance or coeliac disease must avoid any cereal containing gluten. In some parts of the world unleavened (unrisen) bread is eaten or the staple cereal is made into noodles or pasta. They are usually cheap to buy and are a valuable source of variety in the vegetarian diet.

4. Give Russian equivalents for the following words and word combinations:

Whole grains, ripe seeds, gluten intolerance, nutritious, carbohydrates, trace minerals, valuable source, a coarse kind of flour, wheat and bulgur wheat, a tight-fitting lid, cracked or kibbled grains.

5. Give English equivalents for the following words and word combinations:

дешевый, макароны, тесто, зажигать, выключить, пищевая ценность, витамины, выращивать, зерно, мясное блюдо, мука, хлеб, запеканка, железо, жир, волокно, вкус, болезнь.

6. Answer the questions.

1. In what ways can cereal be used?
2. How are cracked or kibbled grains made?
3. What dishes are cooked with coarse kind of flour?
4. How are whole grains cooked?
5. Are cereals very nutritious?

Lesson 6

1. Read the words and put down their Russian equivalents:

whole or pot barley _____
triangular shape _____
human food _____
malt extract _____
sorrels and docks _____
distinctive flavour _____
tiny seeds _____
savory dishes _____

2. Master the active vocabulary:

muffins маффин, кекс
barley flakes ячменные хлопья
fluffy пушистый, мягкий как пух;

simmer медленное кипение; выкипание

3. Read and translate the text:

Barley

Barley grows in a wider variety of climatic conditions than any other cereal. It used to be a very important source of direct human food, but its use has diminished over the last 250 years, replaced by wheat, and it is now used almost exclusively as animal feed or for making beer and whisky. It contains gluten, so barley flour can be made into bread. More usually found in the shops as whole or pot barley, or polished pearl barley, it is also possible to buy barley flakes or kernels. The whole barley is more nutritious with 100g providing 10.5g protein, 2.1g fat, 69.3g carbohydrate, 4g fibre, 50mg folic acid, 6mg iron and 50mg calcium. It can be cooked on its own (1:3 parts water for 45-60 minutes) as a pleasant alternative to rice, pasta or potatoes, or added to stews. Malt extract is made from sprouted barley grains.

Buckwheat (gluten free)

Buckwheat is not a true cereal as it is not a member of the grass family, instead being related to sorrels and docks. If you look at docks closely, you can see that the seeds, though smaller, have the same distinctive triangular shape. Buckwheat, a native of central Asia, is now grown in Europe, N America and the former USSR countries, but it is still not widely used in Britain. 100g of buckwheat provides 11.7g protein, 3.9mg iron and it is very high in calcium with 114mg per 100g. Available raw the seeds are greenish-pink, or roasted (known as kasha) the seeds are darker reddish-brown. It can be cooked (1:2 parts water for 6 minutes, leave to stand for 6 minutes) and served like rice or you can add it to stews and casseroles. Buckwheat flour can be added to cakes, muffins, pancakes etc. where it imparts a distinctive flavour. Look out too for buckwheat spaghetti, soba.

Corn or Maize (gluten free)

Maize is the principal food plant of America and was unknown in other parts of the world until Columbus reached America in 1492. It was grown by the Maya, Inca and Aztec civilizations, and by various North American Indian tribes and now has spread to Canada, USSR, Italy, Spain, Egypt, India and South Africa. It is used for human food, animal feed and as a source of raw materials for industry. 100g maize gives 9g protein. Fresh maize is often available (sweet corn, corn on the cob) but remember that nutritional values will be lower because less concentrated. We most often see maize as cornflakes or popcorn, but cornmeal or polenta is available and can be added to soup, pancakes, muffins etc. Tortillas are

made from maize meal, as are quite a lot of snack foods. Do not confuse cornmeal with highly refined corn starch/flour, used for thickening.

Millet (gluten free)

Millet is the name applied to a variety of grasses first cultivated in Asia or Africa. It is a staple crop in Africa because it is drought resistant and keeps well. 100g millet provides 9.9g protein, and 6.8mg iron (higher than other cereals). Millet makes a delicious alternative to rice but the tiny seeds need to be cracked before they will absorb water easily, so they should be first sautйed with a little vegetable oil for 2-3 minutes until some are seen to crack, then add water with care (1:3 parts), bring to the boil and simmer for 15-20 minutes until fluffy. Millet flakes can be made into porridge or added to muesli and millet flour is available, sometimes also made into pasta.

Oats

Oats are thought to have originated in Western Europe and may originally have appeared as a weed in barley and so got spread with the barley. They're now grown in many parts of the world including N W Europe, the former USSR countries, North America, Canada, Australia and China. Used mostly as animal feed, they are very nutritious. In fact, as they are usually inexpensive to buy, they can be a real boon to people trying to get a good diet on a low budget. 100g oats gives 13g protein, 55mg calcium (more than any other cereal except buckwheat), and 4.6mg iron. Available as groats (whole grains with the husks removed) but more usually as various grades of oatmeal, rolled oats or jumbo oat flakes. Oat groats need cooking for 45 minutes in 1:3 parts water. All forms can be used to make porridge, combined with ground nuts to make a roast or added to stews. Oatmeal is low in gluten so can't be used to make a loaf, but can be mixed with wheat flour to add flavour and texture to bread, muffins, pancakes etc.

Quinoa (gluten free)

Quinoa is an ancient crop which fed the Central American Aztec Indians for thousands of years, and which has recently been cultivated in Britain. Unlike most grains, it does not belong to the grass family, but is a relative of the garden weed called Fat Hen. It is very nutritious, containing between 13-14% protein with a good amino acid composition but has no gluten so it cannot be used for bread making. Instead, it is cooked for 15 minutes in 1:3 parts water and served as a side dish or may be used in risotto, pilaf, vegetable stuffing etc.

Rice (gluten-free)

Rice is one of the world's most important crops. It originated in Asia but is now grown throughout the humid, sub-tropical regions. It differs from most other cereals in requiring land that is submerged in water to grow, though some varieties

do grow in upland areas. Rice is a good source of carbohydrate but doesn't have quite as much protein as some other cereals (6.5g per 100g). Unpolished rice (i.e. wholegrain/brown rice) is a good source of B vitamins too. There are three basic kinds in culinary terms: long, medium and short grain. Long used traditionally in savory dishes, short in dessert cooking, although this varies across the globe and it is really a matter of personal preference. Long wholegrain rice needs to cook in 1:2 parts water for 35-40 minutes. Rice flour is available but because of the lack of gluten, it cannot be used to make a yeasted loaf but can be used for cakes, biscuits and pancakes. Rice flakes (brown and white) can be added to muesli or made into a milk pudding or porridge.

Wild Rice

Wild rice is not rice at all but an American grass used as an important food by the Indians and early settlers. Difficulty in harvesting makes it expensive, but the colour, a purplish black and its subtly nutty flavour make it a good base for a special dish and it can be economically mixed with other rices, but may need pre-cooking as it takes 45-50 minutes to cook in 1:3 parts of water.

4. Answer the following questions:

1. Quinoa is an ancient crop, isn’t it?
2. Why is wild rice expensive?
3. How long should wild rice be cooked?
4. Is whole or pot barley more nutritious?
5. What cereal is used mostly as animal feed?
6. What is a delicious alternative to rice? Why?
7. Do you confuse cornmeal with highly refined corn starch?

5. Which of the following words are nouns? verbs? adjectives? adverbs? Why?

Long, humid, differ, difficulty, crop, gluten, muesli, popcorn, make, found, short, milk, varies, true, cereal, member, relate, sorrels, docks, early, more, usually, shops, whole, always.

6. Make sentences of the following words.

1. Making, be, bread, quinoa, for, cannot, used.
2. For, oat, forty, cooking, groats, minutes, need, five.
3. Rice, a, is, carbohydrate, of, source, good.
4. Can, a, real, trying, boon, budget, to, diet, what, people, on, be, to, get, a, good, a, low?
5. Wild, not, all, rice, is, rice, at.

7. Pair work. Make a dialogue. Discuss crops from the text.

Lesson 7

1. Read the words:

Middle East
Eastern Europe
Southern Russia
South West Australia

2. Pronounce correctly:

[g] – languages, granary, gluten
[k] – cultivation, can, successful
[h] – high, whole

3. Master the active vocabulary:

at high altitudes — высоко
tolerant - приемлющий, терпимый, относящийся терпимо
dense - плотный; сжатый; густой, частый
chewy - требующий продолжительного жевания
spelt - пшеница спельта, полба настоящая

4. Put down the English for:

рожь _____
ячмень _____
пшеница _____
зерно _____
хлеб _____
каша _____

5. Read the examples. Cover the left column and translate the examples back into English.

Flapjack	а) блин, лепешка, оладья б) плоский или полукруглый яблочный пирог
couscous	кускус (африканское блюдо из крупы, баранины и овощей)
puff pastry	изделия из слоёного теста
rye bread	ржаной хлеб
fertility	плодородие; изобилие

6. Put down the Russian for:

granary-type loaves
yeasted loaf
wheat and barley
soil fertility
grain allergies
wheat seem

7. Read the micro text and define the main idea of the text.

Rye is the least important cereal crop and is usually only grown where conditions are relatively unfavorable and other cereals don't do well. It probably originated in S W Asia, but the name occurs in Northern European languages,

which suggest early cultivation in that area. It is very hardy and so grows in temperate and cool regions and at high altitudes, and is very tolerant of poor soil fertility. It is the only cereal apart from wheat and barley that has enough gluten to make a yeasted loaf, but it has less gluten than wheat, so rye bread is denser. It is more usual to mix rye flour with wheat flour. Rye grains should be cooked in 1:3 parts water for 45-60 minutes. Kibbled rye is often added to granary-type loaves. You can also add rye to stews and rye flakes are available, which can be used in muesli. 100g of rye gives 9.4g protein.

8. Read and translate the text.

Spelt

Spelt is closely related to common wheat, originating in the Middle East, and has been popular for decades in Eastern Europe. Higher in protein than wheat, it appears to have a different molecular structure, appearing to cause fewer problems than wheat for some sufferers of grain allergies. It has an intense nutty, wheaty flavor. The flour is excellent for bread making and spelt pasta is becoming more widely available.

Wheat

This is the most familiar cereal used in Britain today; it is used for bread, cakes, biscuits, pastry, breakfast cereals and pasta. All the present varieties of wheat seem to be derived from hybrid wild wheat that grew in the Middle East 10,000 years ago. Over 30,000 varieties are said to be in cultivation. Wheat can be grown in a very wide range of climatic conditions but is most successful in temperate zones including the UK, North America, Southern Russia and South West Australia. Nutritionally, 100g whole wheat provides 14g protein, 2.2g fat, 69.1g carbohydrate, 2.3g fibre, 3.1mg iron, 36mg calcium. Wheat grains, also called wheat berries, can be eaten whole, cooked in 1:3 parts of water for 40-60 minutes; they have a satisfying, chewy texture. Cracked or kibbled wheat is the dried whole grains cut by steel blades. Bulgur wheat, made from the whole grains steamed before cracking, only needs rehydrating by soaking in boiling water or stock. Couscous is the steamed, dried and cracked grains of durum wheat and is more refined than bulgur. Soak in 2 parts of water/stock to rehydrate, traditionally it is steamed after soaking. Strong wheat flour (high gluten content) is required for yeasted breadmaking and puff pastry. Plain flour is used for general cooking including cakes and short crust pastry. Wheat flakes are used for porridge, muesli and flapjacks. Wheat germ is an excellent source of nutrients, especially vitamin E.

9. Arrange the words in the order of appearance in the text.

North America
vitamin E
molecular

sufferers
durum
cause
texture

10. Pair work. Tell your group-mates about bread making. Let him/her put questions to you and answer them.

Unit 4. Nuts and Seeds / Орехи и семена

Lesson 1

1. Read the words:

conveniently
vegetarian
flavouring
rancidity
phosphorous

2. Master the active vocabulary. Cover the left column and translate the Russian words back into English.

Nut	орех
seeds	семечко, семя
shell	оболочка, корка
potassium	калий
excess	чрезмерность, неумеренность

3. Word formation.

Analyze the meaning of the suffixes: -ly, -less, -able.

Find words formed with these suffixes in the text and translate them.

Give your own examples.

Nuts are seeds that are covered with a hard shell. Most are the seeds of trees, but the seeds of a few other plants that are not strictly nuts will also be considered here as they can be conveniently classified with nuts for culinary purposes. Nuts can be used in many ways. Whole, flaked and ground nuts and nut butters are widely available. A classic vegetarian savoury is nut roast and many vegetarian cook books give a recipe for one, which can be endlessly varied with different herbs and flavourings and different combinations of nuts and cereals. Nuts can be added to sweet dishes, cakes and biscuits, and nut butters can be added to soups and stews to thicken them.

Nuts in general are very nutritious, providing protein and many essential vitamins, such as A and E, minerals, such as phosphorous and potassium, and fibre. Nuts are also high in carbohydrate and oils, so shouldn't be eaten in excess.

Whereas pulses all belong to the legume group of plants, nuts come from a variety of different plant groups, so the nutritional content is more varied too. A brief description of individual varieties is given below, together with the main nutrients they contain.

Nuts should be stored in cool, dry conditions in airtight containers away from the light. Because of their high fat content, many of them benefit from storage in the fridge or freezer to deter rancidity.

4. Put down the nouns. Translate the words. Find a word different from others.

Model: to drink– drinker; пить – пьющий
To store - _____; _____ - _____
To freeze - _____; _____ - _____
To use - _____; _____ - _____
To contain - _____; _____ - _____

5. Combine the given adjectives (A) with the proper nouns (B).

A	B
sweet	dishes
essential	vitamins
individual	varieties
dry	conditions
main	nutrients

6. Put down the English for:
бобовые растения _____
травы _____
орехи и семена _____
7. Pair work. Speak about nuts and seeds.

Lesson 2

1. Read the words.
Near East
Southern Europe
Western Asia
California
South Australia
South Africa.
2. Master the active vocabulary:
nutritious питательный
iron железо
world-wide распространенный по всему миру; всемирный,
particularly очень, чрезвычайно; в высокой степени
3. Read the words and put down their Russian equivalents:
Almond oil _____
Sweet almond _____
Bitter Almond _____
Almond flour _____
4. Read and translate the text:

Almonds

Probably originated in the Near East but now grows in Southern Europe, Western Asia, California, South Australia and South Africa. Almond oil is used for flavouring and for skin care preparations and is extracted from the kernel of the Bitter Almond. The Sweet Almond is grown for nuts for eating and have the largest share of the nut trade world-wide. Almond flour is available and it is possible to make nutritious nut milk from almonds. Almonds are particularly nutritious; 100g contain 16.9g protein, 4.2mg iron, 250mg calcium, 20mg vitamin E, 3.1mg zinc and 0.92mg vitamin B2.

5. Answer the following questions:

1. Where did almonds originate?
2. What sorts of almond do you know?
3. How is almond used?
4. Are almonds nutritious?

6. Which of the following words are nouns? verbs? adjectives? adverbs? Why?

eat
nuts
share
grow
have
largest
trade
world
lately

7. Read and translate the text in written.

Brazils are native of South America. The nuts grow inside a hard, woody fruit rather like a coconut shell which has to be broken open to expose the 12-24 nuts inside. Brazils are high in fat, which causes them to go rancid very quickly, and protein. 100g of brazils contain 12g protein, 61g fat, 2.8mg iron, 180mg calcium, 4.2mg zinc.

8. Define the main idea of the text.

Cashews are native to America but now grown extensively in India and East Africa. It will withstand rather drier conditions than most other nuts. The nut grows in a curious way on the tree, hanging below a fleshy, apple-like fruit. It is related to the mango, pistachio and poison ivy. High in protein and carbohydrate, 100g cashews contain 17.2g protein, 60 micrograms vitamin A, 3.8mg iron.

9. Read the text. Write out the description of chestnuts.

Chestnuts

The sweet chestnut is a native of South Europe but is planted elsewhere extensively for both nuts and timber. The nuts can be used in soups, fritters,

porridges, stuffings and stews, as well as being roasted or boiled whole. Available fresh (in autumn), dried, canned - whole or pureed, or ground into flour. Dried chestnuts need soaking for at least 1-2 hours and boiling for 45-60 minutes, fresh need boiling for 40 minutes before being peeled. Preserved in syrup they become the famous delicacy, Marron-glace. High in starch, but low in protein and fat, 100g chestnuts contain 36.6g carbohydrate, only 2g protein (the lowest of all nuts) and 2.7g fat.

Lesson 3

1. Read the words.

fibrous
matting
margarines
residue
hydrogenate
saturate

2. Master the words.

fibrous	волокнистый, жилистый,
trunk	ствол
saturated fat	насыщенный жир
detergent	очищающее, моющее средство
desiccated	высушенный; сушёный
coir	кокосовые волокна, хлопья

3. Read the words and put down their Russian equivalents:

the coconut palm _____
the leaves for thatch _____
the fibrous husk _____
Unripe nuts _____

4. Add suffix –ness. Translate the words.

tight
weight
power
big

5. Read the text and define the meaning of new words. Translate the text.

Coconuts

The coconut palm is common in tropical regions all over the world. The nut is covered in a fibrous outer coating on the tree and all parts of the tree are useful, the trunks for timber, the leaves for thatch, the fibrous husk produces coir - the starting material for ropes and coconut matting - and the nuts are used for food.

Unripe nuts contain coconut milk. The nutmeat can be eaten fresh or dried (desiccated or flaked coconut) and is also available in blocks of creamed coconut. Valuable oil is also extracted from the nut meat and used for cooking (although it is very high in saturated fat), margarines, soaps and detergents. 100g fresh coconut contains 3.2g protein and 36g fat, desiccated contains 5.6g protein and 62g fat.

6. Read the micro text and define the main idea of the text.

Peanuts are also known as groundnuts or monkey nuts, peanuts are actually legumes. Of South American origin, it's now an important crop all over the tropics and southern USA. It gets its name groundnut because as the pods ripen, they are actually forced underground. Peanuts are high in protein and contain 40-50% oil. The oil is used in cooking, as salad oil, in margarines and the residue is fed to animals. Whole peanuts can be eaten raw or roasted or made into peanut butter (look out for brands which do not contain hydrogenated oils, which are highly saturated). As they are usually inexpensive, they can be mixed with other kinds of nuts to bring down the cost, while still maintaining flavour and good nutrition. 100g peanuts contain 24.3g protein, 2mg iron and 3mg zinc.

7. Complete the sentences.

1. Unripe nuts contain ….
2. They can be mixed ….
3. The nut is covered ….
4. Valuable oil is ….
5. It gets its name groundnut ….

8. Choose the proper prepositions and fill them in:

1. Can the nutmeat be eaten fresh or dried?
2. The coconut palm is common … tropical regions all over the world, isn't it?
3. What is the coconut covered …?
4. Whole peanuts can be made … peanut butter, can't they?
5. What … is peanut butter mixed with other kinds of nuts?

9. Pair work. Put the questions given above to your group-mate and let him/her answer them.

Lesson 4

1. a) Cover the right column and read the English words. Translate them into Russian and check your translation.

b) Cover the left column and translate the Russian words back into English.

filbert	фундук; культурная форма лещины, лесного ореха
confectionery	кондитерская, кондитерский магазин
pecan	орех пекан
savoury	вкусный, приятный на вкус, аппетитный

2. Read the words and put down their Russian equivalents:

Cod _____

savoury dishes _____

hazel nuts _____

high fat content _____

the cultivated varieties _____

3. Put down the English for:

лесной орех _____

плод кокосовой пальмы _____

орех пекан _____

арахис _____

миндаль _____

4. Read the text. Compare hazels and pecans.

Hazels

Hazel, also called Cob, is a common wild tree in Europe and Asia and its nuts have been eaten by humans since earliest times. The cultivated varieties are bigger and the filbert is a similar but bigger species from SE Europe. Used in sweet and savoury dishes, they are available whole, ground and flaked, or made into oil and nut butter. 100g hazel nuts contain 7.6g protein, and they are lower in fat than most other nuts.

Pecans

Pecans are native of N America where it is used extensively in ice cream, cakes, nut bread and confectionery. The flavour is rather like a mild, sweet walnut. 100g pecans contain 9.2g protein, a very high fat content of 71.2g, 130 micrograms vitamin A (also very high), 2.4mg iron and 73mg calcium.

5. Write out words from the text. Arrange them into three columns according to the part of speech.

noun	adjective	adverb
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

6. Make questions of the following words.

1. Cob, is, nut, what, called?
2. of, hazel, what, available, nuts, kind, are?
3. content, the, in, hazel, lowest, is, nut, fat, nut?
4. hazel, pecan, is, or, nut, nutritious, more?

7. Pair work. Put the questions given above to your group-mate and let him/her answer them.

Lesson 5

1. Read the words.

Macadamia
notoriously
delicious
Hawaii

2. a) Cover the right column and read the English words. Translate them into Russian and check your translation.

b) Cover the left column and translate the Russian words back into English.

macadamia	макадамия, орех австралийский
rancid	прогорклый, протухший
pinon	сосна съедобная
pistachio	а) фисташковое дерево б) фисташка
pine	сосна
pine nut	кедровый орех

3. Read the words and put down their Russian equivalents:

Mediterranean region _____
the Stone Pine _____
the Korean Pine _____
pesto sauce _____
the North American pinon tree _____

4. Put down the English for:

фисташка _____
орех австралийский _____
грецкий орех _____
арахис _____
кедровый орех _____

5. Read texts about different kinds of nut. Compare them.

Macadamia Nuts

Macadamia Nuts are native of NE Australia now also grown commercially in Hawaii. Notoriously difficult to extract from their shells, they are expensive but have a delicious creamy flavour and crunchy texture. Low in carbohydrate, but quite high in fat, 100g Macadamia nuts contain 7g protein and 40mg calcium.

Pine Nuts

These are the seeds of the Stone Pine, a native of the Mediterranean region, but the seeds of various other pines are eaten in various parts of the world including the seeds of the Korean Pine or North American pinon tree. They are very difficult to harvest, hence their cost. They are vital for pesto sauce, and are

delicious lightly toasted. They become rancid very easily and should be stored in the fridge or freezer. 100g pine nuts contain 14g protein.

Pistachios

Native to the Near East and Central Asia but has long been cultivated in the Mediterranean region and more recently in the Southern US. The kernels are green and are prized as much for their ornamental colour as for their flavour. Also sold roasted and salted in their shells. They are more expensive than most other nuts. 100g pistachios contain 19.3g protein, 14mg iron, 140mg calcium.

6. Answer the questions.

1. What nut has a delicious creamy flavour and crunchy texture?
2. What kernels are green?
3. Why are pine nuts very expensive?
4. Where should pine nuts be stored?
5. What nut is the most expensive?

7. Read the text. Define what the following numbers mean:

2.4, 17th, 10.6, 100.

Walnuts

The walnut is native to SE Europe and West & Central Asia but is now grown in the UK, California and China as well. It is grown for timber as well as its nuts. Walnut oil has been used for centuries in the preparation of artists paints. The black walnut is a native of North America, introduced into Britain in the 17th century. The butternut is also from North America. These two have much thicker shells than European walnuts. High in fat, they go rancid very quickly and should be stored in the fridge or freezer. 100g walnuts contain 10.6g protein and 2.4mg iron.

8. Make a project "Nuts and their history".

Lesson 6

1. Read the words:

soya
phosphorous
sesame
oriental
tahini
North America
Mexico
North American Indians
potassium

2. Master the active vocabulary. Cover the left column and translate the Russian words back into English.

sesame	кунжут, сезам
sunflower	подсолнечник
pumpkin	тыква (обыкновенная)
raw	сырой
potassium	калий

3. Read the words and put down their Russian equivalents:

tahini _____

soya sauce _____

varnishes _____

hummus _____

margarine _____

4. Put down the English for:

железо _____

цинк _____

белок _____

фосфор _____

кальций _____

калий _____

5. Read texts about different kinds of seed. Compare them.

Seeds

Pumpkin

Can be eaten raw or cooked in both sweet or savoury dishes. Delicious toasted and sprinkled, while hot, with soya sauce and served on salads. They are rich in protein, iron, zinc and phosphorous. 100g pumpkin seeds contain 29g protein, 11.2mg iron and 1144mg phosphorous.

Sesame

Of African origin but now common in tropical and sub-tropical Asia. An oil is extracted from the seed and used for cooking, salad oil and margarines. It is also available as toasted sesame oil for oriental cooking. The whole seeds can also be eaten and are most often seen as a decoration on cakes, confectionery etc. Sesame seed paste, tahini, is used in many dishes e.g. hummus. Halva, a sweet made from sesame seeds is often found in health food shops. A good source of protein and calcium, 100g sesame seeds contain 26.4g protein, 12.6mg vitamin B3, 7.8mg iron, 131mg calcium and 10.3mg zinc.

Sunflower

An annual plant belonging to the daisy family, it probably originated in North America or Mexico. North American Indians cultivated sunflowers as long as 2,000 years ago. The oil extracted from its seeds is used in margarine, varnishes and soaps but the seeds can be eaten whole, raw or cooked. They can be added to breads and cakes or sprinkled over salad or breakfast cereals. A good source of

potassium and phosphorous, 100g sunflower seeds also contain 24g protein and 7.1mg iron and 120mg calcium.

6. Which of the following words are nouns? verbs? adjectives? adverbs? Why?

Raw, breads, oil, long, probably, sprinkle, good, breakfast, protein, American, also, eat.

7. Choose the proper prepositions and fill them in:

1. Delicious toasted and sprinkled, while hot, … soya sauce and served on salads.
2. They are rich … protein, iron, zinc and phosphorous.
3. The oil extracted … its seeds is used … margarine, varnishes and soaps.
4. An annual plant belonging … the daisy family, originated … North America or Mexico.
5. It is also available as toasted sesame oil … oriental cooking.

8. Pair work. Speak about seeds.

Unit 5. Soya & Mycoprotein / Соя и микропротеины

Lesson 1

1. Read the words.

Chinese
tofu
tempeh
inhibitors
symptoms

2. a) Cover the right column and read the English words. Translate them into Russian and check your translation.

b) Cover the left column and translate the Russian words back into English.

colon ободочная кишка, толстая кишка
tofu тофу (японский и китайский соевый творог)
breast грудь; молочная железа
serum сыворотка
protease протеаза

3. Read the words and put down their Russian equivalents:

mince _____
chunks _____
saturated fats _____
high consumption _____

4. Put down the English for:

соевая диета _____
соевый творог _____
соевое масло _____
холестерин _____
рак груди и толстой кишки _____

5. Combine the given adjectives (A) with the proper nouns (B).

A	B
Staple	part
excellent	source
beneficial	effects
high	consumption
nutritional	benefits

6. Translate the following words and word combinations in writing.

leguminous soya bean plant _____
tempeh _____
isoflavonoids _____
protein _____
anti-carcinogenic _____
phytic acid _____

7. Translate the following questions.

1. What was a staple part of the Chinese diet?
2. What is the soya bean?
3. Why is soya useful?
4. Soya diets have also been shown to reduce levels of serum cholesterol, haven't they?
5. What soya products do you know?

8. Read the text. Find the answers to the questions given above.

Soya

The soya bean is the seed of the leguminous soya bean plant. Soya foods have been a staple part of the Chinese diet for over 4000 years but have only been widely consumed in Western countries since the 1960's. Soya foods include tofu, tempeh, textured vegetable protein (chunks, mince etc), miso, soya sauces, soya oil and margarine, and soya dairy alternatives.

Soya is an excellent source of high quality protein, is low in saturated fats and is cholesterol free. Recent research has indicated soya has several beneficial effects on health in addition to its nutritional benefits. Soya beans contain high concentrations of several compounds which have demonstrated anti-carcinogenic activity. These include isoflavonoids, protease inhibitors and phytic acid. The low incidence of breast and colon cancer in China and Japan has been partially attributed to the high consumption of soya products. The low incidence of menopausal symptoms in Japanese women has also been attributed to high

consumption of soya. Soya diets have also been shown to reduce levels of serum cholesterol.

9. Define the main idea of the text.

Lesson 2

1. Read the words.

Extrusion
vitamin-B12
calcium sulphate
Rhizopus oligosporous
fungus Aspergillus oryzae

2. a) Cover the right column and read the English words. Translate them into Russian and check your translation.

b) Cover the left column and translate the Russian words back into English.

dehull	лущить
nozzle	насадок; сопло; форсунка, выпускное отверстие;
burger	гамбургер
fortify	укреплять;
fungus	гриб; плесень; древесная губка

3. Read the words and put down their Russian equivalents:

sponge-like texture _____
Textured vegetable protein _____
stir-fried _____
Silken tofu _____
deep-fried _____
sauteed _____
diced _____

4. Make a list of words according to the model. Translate the words.

Model: expansion, to expand – растягивать
Fermentation, to _____ - _____
… , to _____ - _____
… , to _____ - _____
… , to _____ - _____
… , to _____ - _____

5. Which of the following words are nouns? verbs? adjectives? adverbs? Why?

Cut, small, chunks, ground, granules, texture, vegetable, protein, may, be, purchase, flavoured, resemble, meat, simply.

6. Read and translate the text.

Textured Vegetable Protein

Textured vegetable protein is basically defatted soya flour which has been processed and dried to give a substance with a sponge-like texture which may be flavoured to resemble meat. Soya beans are dehulled and their oil extracted before being ground into flour. This flour is then mixed with water to remove soluble carbohydrate and the residue is textured by either spinning or extrusion. Extrusion involves passing heated soya residue from a high pressure area to a reduced pressure area through a nozzle resulting in the soya protein expanding. The soya protein is then dehydrated and may be either cut into small chunks or ground into granules. Textured vegetable protein may be purchased either unflavoured or flavoured to resemble meat. It is prepared simply by mixing with water or stock and leaving to stand for a few minutes, after which it may be incorporated into recipes as a meat substitute. Soya protein is also available incorporated into various vegetarian burgers, sausages, canned foods etc. As well as being a good source of fibre and high quality protein. Textured vegetable protein is fortified with vitamin-B12.

Tofu

Tofu is soya bean curd made from coagulated soya milk. Soya beans are soaked, crushed and heated to produce soya milk to which a coagulating agent such as calcium sulphate or calcium chloride is added. The resulting soya curd is then pressed to give tofu. Tofu is sometimes known as soya cheese, and is sold as blocks packaged in water. It can be bought as silken tofu, which is soft and creamy in texture, or as a denser, firmer version. The firmer kind may also be purchased smoked or marinated. Tofu tends be fairly bland tasting and is best used in recipes where flavour is imparted by other ingredients. Firm tofu may be marinated, fried, stir-fried, deep-fried, sauteed, diced and added to salads or casseroles. Silken tofu can be used for dips, spreads, sauces and sweet dishes. As well as having high protein content, tofu also contains calcium, iron, and vitamins B1, B2 and B3.

7. Make sentences of the following words.

1. Stir-fried, tofu, be, deep- fried, marinated, firm, may, fried.
2. Be tofu it silken as bought can.
3. Beans dehulled are soya?
4. Soya, also, vegetarian, burgers, incorporated, various, is, available, protein, into.

8. Pair work. Put the questions given below to your group-mate and ask him/her to answer them.

1. What is soya cheese?

2. May textured vegetable protein be purchased either unflavoured or flavoured to resemble meat?

3. Soya beans are soaked, crushed and heated to produce soya milk, aren't they?

4. How can silken tofu be used?

5. What may also be purchased smoked or marinated?

Lesson 3

1. Read the words.

casseroles
mycelium
hydrolysis
shoyu

2. Master the words.

vat 1) бак, цистерна, чан 2) кадка, ушат, бочка
gluten-free diet безглютеновая диета
corn syrup кукурузный сироп (род глюкозы)
hydrolysis гидролиз
strands полоса, жила

3. Give 4 forms of the following verbs.

to give, to heat, to be, to produce, to form, to make, to texture, to mix, to use, to eat, to cook, to take, to go.

4. Put down the Russian for:

inoculating
black specks
koji
tamari
Miso

5. Think of eight questions covering the text. Put them to your group-mates.

Tempeh

Tempeh is a fermented soya bean paste made by inoculating cooked soya beans with the mould Rhizopus oligosporous. This mould forms a mycelium holding the soya beans together and is responsible for the black specks in tempeh. Tempeh has a chewy texture and distinctive flavour and can be used as a meat substitute in recipes. It may be deep-fried, shallow-fried, baked or steamed.

Miso

Miso is a fermented condiment made from soya beans, grain (rice or barley), salt and water. Miso production involves steaming polished rice which is then inoculated with the fungus Aspergillus oryzae and left to ferment to give an end product called koji. Koji is then mixed with soya beans which have been heated and extruded to form strands, together with salt and water. This is then left to ferment in large vats. Miso varies widely in flavour, colour, texture and aroma. It is used to give flavour to soups, stews, casseroles, and sauces.

6. Fill in the proper prepositions.

Soya Sauces

True soya sauce, called shoyu, is made … fermenting soya beans … cracked roasted wheat, salt and water. Tamari is similar but slightly stronger and made without wheat (and so is gluten-free). Fermentation for shoyu and tamari takes about one year. Much … the soya sauce available … supermarkets is not true soya sauce but is made by chemical hydrolysis from defatted soya flour, caramel colouring, and corn syrup without any fermentation process.

7. Pair work. Tell your group-mates about soya.

Lesson 4

1. a) Cover the right column and read the English words. Translate them into Russian and check your translation.

b) Cover the left column and translate the Russian words back into English.

isolate	изолировать
negligible	незначительный
allergy	аллергия
infant	младенец, ребенок (до 7 лет)
carbohydrate	углевод

2. Read the words and put down their Russian equivalents:

aluminium content _____
lactose intolerance _____
calcium _____
vitamin-D2 _____
vitamin-B12 _____
vitamin-B2 _____

3. Master the following words.

Provamel
Granose
Plamil
World Health Organisation

4. Put down the English for:

содержание жира
магазин натуральных продуктов
насыщенный жир
годность
неподслащённый

5. Translate the following words and word combinations in writing.

soya protein _____
soya flour _____
soya milk _____
soya beans _____
soya desert _____
soya yoghurt _____

6. Read and translate the text.

Soya Dairy Alternatives

Soya milk is an alternative to dairy milk and is widely available in supermarkets and health food stores. It is most commonly made by soaking soya beans in water which are then strained to remove the fibre. It can also be made from soya protein isolate or soya flour. Compared to full fat cow's milk, soya milk has a lower fat content, a lower proportion of saturated fat, and no cholesterol. It is low in carbohydrate and provides a good source of protein. Some brands may be fortified with calcium, vitamin-D2, vitamin-B12 and vitamin-B2. Soya milk provides an alternative to cow's milk for people with cow's milk protein and lactose intolerance. Cow's milk allergy is most common in infants, and specially formulated soya milks are available for babies. Other soya milks are not suitable as sole foods for young infants.

Previously, the media has linked soya milk with having a high aluminium content. However, the aluminium content of soya milks is generally lower than cow's milk, and falls well within acceptable limits dictated by the World Health Organisation. Aluminium in soya milks can be regarded as negligible. Certain infant formulas (both cow's milk and soya milk based) produced from concentrates have been reported as having high levels of aluminium and their suitability for infants has been questioned.

A number of different brands of soya milk may be purchased. These may be sweetened or unsweetened and vary in flavour. Market leaders are Provamel, Granose and Plamil. Some supermarkets also sell own-brand soya milk. In addition to soya milk, a range of flavoured soya desert and soya yoghurt products are available.

7. Finish the following sentences.

1. Soya milk is ….
2. It can also be made ….
3. Some brands may be fortified with ….
4. Cow's milk allergy is ….
5. The aluminium content of soya milks ….
6. Certain infant formulas ….
7. Market leaders are ….
8. A range of ….

8. Pair work. Have a talk on the problems of soya value.

Lesson 5

1. Read the words. Work with the dictionary, translate the words.

polyunsaturated
soya sprouts
soya nuts
natto
yuba
soya flakes
soya flour

2. Read the text. To be translated in written.

Other Soya Products

Soya oil and margarine are widely used and are high in polyunsaturated fats and low in saturated fats. Other less easily available soya foods include soya sprouts, soya nuts (roasted and seasoned soya beans), natto (fermented soya beans made with a bacteria, Bacillus subtilis), yuba (the skin formed on heated soya milk), soya flakes, soya flour, and high protein soya isolates and concentrates.

3. a) Cover the right column and read the English words. Translate them into Russian and check your translation.

b) Cover the left column and translate the Russian words back into English.

albumen	1) (яичный) белок 2) альбумин, белок;
binder	связующее вещество
curry	карри/кэрр
biotin	биотин, витамин Н

4. Read the micro text and define the main idea of the text.

Wheat protein is derived from wheat gluten. It is sometimes called Seitan. Gluten is extracted from wheat and then processed to resemble meat. Wheat protein is marketed under the name of Wheatpro by Lucas Ingredients of Bristol. It has a greater similarity to meat than textured vegetable protein or mycoprotein and is used as a meat substitute in a range of foods. It is available in some health food stores.

5. Give Russian equivalents for the following words and word combinations:

Mycoprotein, fermentation, fungus, World Health Organisation, egg albumen, sheet of fungal mycelia, oxygen, nitrogen, glucose, minerals,

6. Read the text and define the meaning of new words. Translate the text.

Mycoprotein

Mycoprotein is a food made by continuous fermentation of the fungus, Fusarium gramineurum. The fungus is grown in a large fermentation tower to which oxygen, nitrogen, glucose, minerals, and vitamins are continually added. After harvesting, the fungus is heat treated to reduce its RNA content to World Health Organisation recommended levels before being filtered and drained. The resulting sheet of fungal mycelia is mixed with free range egg albumen which acts a binder. Flavouring and colouring may also be added. The mycoprotein is then textured to resemble meat, before being sliced, diced or shredded. Mycoprotein is a source of protein, fibre, biotin, iron and zinc, and is low in saturated fat. Mycoprotein was developed by Rank Hovis McDougall, and is marketed under the name of Quorn by Marlow Foods Ltd (now owned by Premier Foods). A wide range of Quorn ready meals are available including curries, pies, and casseroles, and it may also be purchased as chunks, mince, sausages, burgers, fillets etc. Since January 2005 the entire Quorn range have been approved by the Vegetarian Society (previously the manufacturers had not been able to source enough free range eggs to use accross whole product range).

7. Choose the proper prepositions and fill them in:

1. What is mycoprotein?
2. Whom was mycoprotein developed …?
3. Mycoprotein is a source … protein, fibre, biotin, iron and zinc, isn't it?
4. Is the fungus heat treated … reduce its RNA content to World Health Organisation recommended levels … being filtered and drained?

8. Pair work. Put the questions given above to your group-mate and let him/her answer them.

Lesson 6

1. Read the words.

balsam
indigo
licorice
percentage
Leguminosae
approximately

2. a) Cover the right column and read the English words. Translate them into Russian and check your translation.

b) Cover the left column and translate the Russian words back into English.

consumer	потребитель
blackeyed pea	коровий горох
indigo	индиго
carob tree	рожковое дерево
gum-arabic	гуммиарабик
liquorice	лакричник (растение); лакрица
mung bean	маш, фасоль золотистая

3. Read the words and put down their Russian equivalents:

dried pulses _____
temperate regions _____
important economically _____
plant kingdom _____
nutritional breakdown of soya _____
haricot beans _____

4. Think of eight questions covering the text. Put them to your group-mates.

5. To be translated in written.

Pulses

Peas, beans and lentils are known as pulses. They are the seeds of plants belonging to the family Leguminosae, which gets its name from the characteristic pod or legume that protects the seeds while they are forming and ripening. With approximately 13,000 species, the family Leguminosae is the second largest in the plant kingdom and it is very important economically.

Different kinds of legumes provide us with food, medicines, oils, chemicals, timber, dyes and ornamental garden plants. Legume products include carob, senna,

gum arabic, balsam, indigo and licorice. Pulses are valuable because they contain a higher percentage of protein than most other plant foods.

Pulses have been used as food for thousands of years. The lentil was probably one of the first plants ever to be domesticated by humans. Most pulses prefer warm climates but there are varieties which grow in temperate regions. They can be eaten fresh or dried and come in a great number of varieties with a range of colours, flavours, and textures. In spite of its common name, the peanut or groundnut is also a legume rather than a nut.

All pulses, except for soya beans, are very similar in nutritional content. They are rich in protein, carbohydrate and fibre, and low in fat which is mostly of the unsaturated kind. They are also important sources of some B vitamins. Fresh pulses contain vitamin C, but this declines after harvesting and virtually all is lost from dried pulses. Canned pulses however, retain about half their vitamin C except for canned, processed peas which have been dried before canning. Canning doesn't affect the protein content, eliminates the need for soaking and considerably reduces the cooking time compared with dried pulses. Frozen peas will have also lost about a quarter of their vitamin C content.

Pulses are usually eaten for their high protein content. A typical nutritional breakdown is that for haricot beans which are used to make baked beans, contain, per 100g dried beans: 21.4g protein, 1.6g fat, 45.5g carbohydrate, 25.4g fibre, 6.7mg iron and 180mg calcium.

The nutritional quality of the soya bean is superior to that of other pulses. It contains more protein and is also a good source of iron and calcium. The nutritional breakdown of soya is per 100g of dried beans: 34.1g protein, 17.7g fat, 28.6g carbohydrate, 8.4mg iron and 226mg calcium. Dried soya beans are lengthy to prepare because they need at least 12 hours soaking and 4 hours cooking time, boiling for the first hour, but nowadays a large number of soya based foods including tofu, tempeh and textured vegetable protein (soya mince or chunks) are available.

One advantage of dried pulses is that they will store very well for long periods if kept in a dry, airtight container away from the light. However it is best to eat them as fresh as possible. Pulses toughen on storage and older ones will take longer to cook. Allow about 55g dried weight per person, once soaked and cooked they will at least double in weight. Most dried pulses need soaking for several hours before they can be cooked, exceptions are all lentils, green and yellow split peas, blackeye and mung beans. Soaking times vary from 4-12 hours, it is usually most convenient to soak pulses overnight. Always discard the soaking water, rinse and cook in fresh water without any salt, which toughens the skins and makes for longer cooking. Changing the water will help to reduce the flatulence some people suffer when eating pulses, also reputed to help is the addition of a pinch of aniseeds, caraway, dill or fennel seeds.

Consumers should be aware that it is not safe to eat raw or undercooked kidney and soya beans. There is no need to avoid them as long as they are thoroughly cooked.

6. Write out words from the text. Arrange them into three columns according to the part of speech.

noun	adjective	adverb
1. _____	_____	_____
2. _____	_____	_____

Unit 6. Cheese & Rennet / Сыр и сычуг
Lesson 1

1. Read the words:

paracasein
Penicillium
chymosin
ripening
mould
roquefortii

2. Master the active vocabulary. Cover the left column and translate the Russian words back into English.

curds	створоженное молоко, творог
rennin	реннин, химозин
abomasum	сычуг (четвёртый отдел желудка жвачного)
heifer	телка
pepsin	пепсин
calf	теленок

3. Word formation.

Analyze the meaning of the suffixes: -ly, -less, -able.

Find words formed with these suffixes in the text and translate them.

Give your own examples.

Cheese is made by coagulating milk to give curds which are then separated from the liquid, whey, after which they can be processed and matured to produce a wide variety of cheeses. Milk is coagulated by the addition of rennet. The active ingredient of rennet is the enzyme, chymosin (also known as rennin). The usual source of rennet is the stomach of slaughtered newly-born calves. Vegetarian cheeses are manufactured using rennet from either fungal or bacterial sources. Advances in genetic engineering processes means they may now also be made using chymosin produced by genetically altered micro-organisms

The exact processes in the making of cheese varies between different varieties. However, all cheeses are made by essentially the same method. Initially, the milk is usually pasteurised by heating at 72°C for 15 seconds to destroy potentially harmful bacteria. The milk is then cooled to around 30°C and a starter culture of lactic acid bacteria is added to help souring. These convert lactose into lactic acid and help in the coagulation process. In addition, they also have a beneficial effect on the eventual quality, taste and consistency of the cheese. Some cheeses are coagulated entirely by lactic acid bacteria and are known as lactic-curd or acid-curd cheeses. However, some cheeses sold as lactic-curd cheese may have had rennet added.

The next stage is the addition of rennet, containing the enzyme chymosin. Rennet is usually sourced from the abomasum (fourth stomach) of newly-born calves. Here, chymosin aids the digestion and absorption of milk. Adult cows do not have this enzyme. Chymosin is extracted by washing and drying the stomach lining, which is then cut into small pieces and macerated in a solution of boric acid or brine at 30°C for 4-5 days. Pepsin may sometimes be used instead of chymosin. This is usually derived from the abomasum of grown calves or heifers, or less commonly pigs. Pepsin may be mixed with calf rennin. Rennet coagulates the milk, separating it into curds and whey. This is called curdling.

Chymosin breaks down the milk protein casein to paracasein which combines with calcium to form calcium paracaseinate, which separates out. Milk fat and some water also becomes incorporated into this mass, forming curds. The remaining liquid is the whey. The strength of different rennets can vary, though usual strength varies between 1:10,000 and 1:15,000 i.e. one part rennin can coagulate 10-15,000 parts milk.

Other substances may also be added during the cheese making process. Calcium chloride is added to improve the curdling process, and potassium nitrate is added to inhibit contaminating bacteria. Dyes (e.g. annatto, beta-carotene), Penicillium roquefortii mould spores to promote blue veining, or propionic acid bacteria to encourage hole formation may be added.

Following curdling, the curds are cut and drained. The size of the cut and the methods used vary for different cheese varieties. For soft cheeses, the curds are sparingly cut and allowed to drain naturally. For hard cheeses, the curds are heated and more whey is drained off. The curds are then cut into small pieces, placed in vats and pressed.

After pressing, the curds may be treated in a number of ways. They may be moulded into different shapes, soaked in a saltwater solution, be sprayed with mould forming spores or bacteria, washed in alcohol, or covered in herbs.

The final stage is ripening, or maturation. This can vary in length from 4 weeks to 2-3 years, depending on the type of cheese. During ripening flavours develop, the cheese becomes firmer and drier, and special characteristics such as holes, blue veining and crust formation occurs.

4. Put down the nouns. Translate the words. Find a word different from others.

Model: to drink– drinker; пить – пьющий

To break - _____; _____ - _____

To make - _____; _____ - _____

To use - _____; _____ - _____

To send - _____; _____ - _____

5. Combine the given adjectives (A) with the proper nouns (B).

A	B
soft	characteristics
different	stage
usual	cheeses
special	shapes
next	strength

6. Put down the English for:

мягкий сыр _____

твердый сыр _____

рассол _____

травы _____

кусочки _____

7. Pair work. Speak about cheese.

Lesson 2

1. Read the words.

Mucor miehei
Vegetarian
rennet
bacteria Bacillus subtilis
Bacillus prodigiosum
Kluyveromyces lactis
the bacteria Escherichia coli
technique

2. Master the active vocabulary:

safflower	сафлор красильный
thistle	чертополох
slaughter	убой, забой (скота)
yeast	дрожжи, закваска
wary	осторожный

3. Read the words and put down their Russian equivalents:

non-animal origin _____

Vegetarian cheeses _____

the yeast Kluyveromyces lactis _____

the fungus Aspergillus niger var awamori _____
a strain of the bacteria Escherichia coli _____

4. Read and translate the text:

Vegetarian cheeses are made with rennets of non-animal origin. In the past, fig leaves, melon, wild thistle and safflower have all supplied plant rennets for cheese making. However, most widely available vegetarian cheeses are made using rennet produced by fermentation of the fungus **Mucor miehei**. Vegetarian cheese may also be made using rennet from the bacteria **Bacillus subtilis** or **Bacillus prodigiosum**.

5. Which of the following words are nouns? verbs? adjectives? adverbs? Why?

genetic
material
introduce
further
need
calf
cells
alternatively
chymosin
can
bio-synthesized
laboratory

6. Read and translate the text in written.

Vegetarian Cheeses

Advances in genetic engineering techniques mean that some vegetarian cheeses may now be made using chymosin produced by genetically engineered micro-organisms. The genetic material (DNA) which encodes for chymosin is introduced into a micro-organism which can then be cultured to produce commercial quantities of chymosin. This is done by extracting genetic material from calf stomach cells which acts as a template for producing the chymosin encoding DNA. This can then be introduced into the micro-organism. Once the genetic material is introduced there is no further need for calf cells. Alternatively, the chymosin encoding DNA can be bio-synthesized in the laboratory without the use of calf cells.

The chymosin produced is identical to that produced by calf stomach cells. The development of genetically engineered chymosin has been encouraged by shortages and fluctuations in cost of rennet from calves. Its manufacturers claim that genetically engineered chymosin will end the cheese making industry's reliance on the slaughter of calves.

Chymosin encoding DNA has been introduced into three different micro-organisms. These are the yeast Kluyveromyces lactis, the fungus Aspergillus niger var awamori, and a strain of the bacteria Escherichia coli. All of these have now been approved and cleared for use by the Ministry of Agriculture, Fisheries & Food. There is no legal requirement for manufacturers to state whether genetically engineered rennet has been used in the cheese making process.

Vegetarian cheeses are widely available in supermarkets and health food stores. A wide variety of cheeses are now made with non-animal rennet and labeled as suitable for vegetarians. No particular type of cheese is exclusively vegetarian. Soft cheeses are as likely to be non-vegetarian as hard cheese.

7. Answer the following questions:

1. How can some vegetarian cheeses be made?
2. What may be made using chymosin produced by genetically engineered micro-organisms?
3. What encouraged the development of genetically engineered chymosin?
4. Where can one get Vegetarian cheeses?
5. How do Vegetarian cheeses look like?

8. Define the main idea of the text.

Cheese is a good source of protein, calcium, zinc, and vitamin B12. However, full fat cheese is a major source of saturated fat which can lead to raised serum cholesterol levels. Also, it contains no carbohydrate or fibre, and is a very poor source of iron. Vegetarians, particularly new vegetarians, should be wary of too high a consumption of cheese.

9. Read the text. Write out the stages of production of cheese.

Lesson 3

1. Read the words.

Brie
Stilton
Gorgonzola
Cheshire
Gruyere
Ricotta

2. Master the words.

sheep овца

goat	коза
dried milk	сухое молоко
pasteurized	пастеризованное

3. Read the words and put down their Russian equivalents:

Camembert _____
Wensleydale _____
Cheddar _____
Parmesan _____

4. Read the text and define the main idea of the text.

The type of cheese produced depends on the milk used and the cheese making process. The milk used may be full fat, semi-skimmed or fully skimmed, this affecting the fat content of the cheese. It may be pasteurised or unpasteurised. Milk from different animals and different breeds is important in determining the final flavour. As well as cow's milk, cheese may be made from sheep or goat's milk.

Soft cheeses may be fresh or ripened. Fresh cheeses include quark, cottage cheese and cream cheese. Ripened soft cheeses include Brie and Camembert. Semi-soft cheeses include Stilton, Wensleydale and Gorgonzola. Hard cheeses include Cheddar, Cheshire, and Gruyere. Parmesan is a strongly pressed, very hard, dry cheese ripened for 2-3 years and then grated. Whey cheeses such as Ricotta are made as a by-product of other cheeses from the whey removed during pressing. Processed cheeses are either made with trimmings that are left over from the manufacture of other cheeses, or from dried milk powder. Flavourings, colourings and other additives are used.

5. Complete the sentences.

1. The type of cheese produced depends on ….
2. The milk used may be ….
3. Milk from different animals and ….
4. Fresh cheeses include ….
5. Ripened soft cheeses include ….
6. Semi-soft cheeses include ….
7. Hard cheeses include ….
8. Processed cheeses are either ….

6. Choose the proper prepositions and fill them in:

1. What are the main types … cheese?
2. Do you prefer soft or hard cheese?
3. Can you tell the most famous sorts … cheese?
4. What milk is used … cheese production?

7. Pair work. Put the questions given above to your group-mate and let him/her answer them.

Part II.
Business English units / курс делового английского
Unit 1. Restaurant organization / Организация работы ресторана

1. Master words and word combinations:
request guidance - запрос
a front of the house manager – администратор
floor manager – дежурный администратор
an executive chef – шеф- повар
resource acquisition – получение ресурса
middleware software – программное обеспечение средней сложности
responsibility – ответственность
a shift leader – начальник смены
payroll paperwork – оформление документации, оформление кадров
2. Read and translate the following text into Russian:

Restaurants are structured to have checks and balances in an organized chain of command. The business belongs to the owners and they will make all major restaurant decisions. They hire a general manager and an executive chef to control the day to day operations. A front of the house manager stays on the floor and keeps communication directly with the general manager. Shift leaders are chosen by the front of the house managers for their leadership qualities and experience .

Ownership

Corporate or local owners are ultimately in control of the restaurant. They are the ones who stand to make or lose the most due to the success or failure of the restaurant. The owners usually are responsible for hiring the general manager and may also choose the executive chef. There is an expectation ownership's policy information will be passed all the way down the chain of restaurant command.

General Manager

The general manager is responsible for the day-to day-decision-making of the restaurant. They are responsible for scheduling and payroll paperwork as well as sales accounting and money counting. The general manager does most of the restaurant's hiring and firing. The general manager must also stay in regular contact with ownership to both relay information and request guidance. General managers often work the most hours in the restaurant because they are key holders that work from open to close.

Executive Chef

An executive chef is the manager of the entire kitchen. They are responsible for the products coming into the kitchen from vendors and suppliers. Executive chefs report directly to the general manager about inventory and ordering. The

executive chef is also responsible for all the meals that leave the kitchen. Executive chefs are usually consulted in the interview process for all kitchen help. They take responsibility for all the decisions made in the kitchen regarding everything from quality control to nightly specials.

Front of the House

The front of the house manager is an important tier in the restaurant chain of command. The term "front of the house" refers to not only the dining area but all parts of the restaurant excluding the kitchen. The job of the front of the house manager is to assist the general manager and the executive chef in customer relations and managing front of the house employees. They are charged with choosing and monitoring the performance of shift leaders. They are also responsible for the appearance of the staff and the restaurant.

Shift Leaders

Shift leaders are the last level of management in restaurants. These are usually the people in each front of the house station with the most experience. A shift leader is usually chosen for host station, bar, busing station and among the servers. Their job is to handle small problems and decisions that need to be made through the course of service. They should stay in regular contact with the floor manager for customer problems and employee disputes.

Simple Organizational Structure

The simple organizational structure is a flat structure consisting of two levels: the workers and the owner-manager. The business owner-manager is typically a general supervisor who plays an active role in each function of the business, from sales to accounting. The owner's wide span of control reflects a centralized decision authority whereby the owner makes the majority of the business decisions. In turn, the owner relies on the company's informal relationships, rather than formal communications or policies or procedures, to communicate his decisions to employees. As manager, the owner also takes actions that directly support his business decisions. For example, the owner-manager motivates the staff, works with employees to improve their performance and promotes or demotes individuals. The simple structure requires that informal business relationships and individual business scenarios -- rather than formal policies or procedures -- govern the actions of employees.

Functional Organizational Structure

Company growth often makes it necessary for an owner-manager to delegate some business responsibilities to others. As a result, a functional organizational structure might evolve, which reflects the authority granted to individual managers to oversee particular business functions. For example, the functional structure might organize a business according to the production, marketing and finance functions. With the addition of a management level to the organization's structure, the owner-manager begins to decentralize decision-

making to managers of individual functional areas, each of whom reports directly to the owner or corporate staff. The individual employees, who perform function-specific activities, report to the functional managers. Because of the functional orientation, employees and leadership become functional specialists. In turn, the delegation of authority allows the owner-manager to limit his direct involvement in business functions and to focus his energies on customer and supplier relationships and the development and implementation of a formal business strategy. Policies and procedures are developed to facilitate communication and methodically govern employee's actions.

Product Organizational Structure

The product organizational structure is an alternative to the functional structure for the owner-manager who wishes to delegate authority and responsibilities. The product structure allows the owner-manager to assign decision-making responsibilities to product managers. In this case, a product manager directs the employees who perform the functions and activities required to produce and sell a particular product or product line. As a result, the manager develops an expertise in the business functions that support a particular product line, such as resource acquisition, production and marketing.

Organization Charts

The organization chart illustrates the organizational structure adopted by a company. For example, a functional chart arranges an organization according to the roles of individual leaders, such as general manager, marketing manager and production manager. In turn, a product chart assembles the organization by product line, such as application, database or middleware software. The lines that connect each of the chart elements indicate who reports to whom and what leader is responsible for what functional area or product line.

3. Get ready with 5 questions upon the text to define what the most important position in a restaurant.

4. Use the following words and word combinations in the sentences of your own:

an organized chain of command, the success of the restaurant, responsible for scheduling and payroll paperwork, responsibility for all the decisions made in the kitchen, responsible for the appearance of the staff, stay in regular contact with the floor manager, delegate some business responsibilities to others.

5. Translate the following sentences into English using the active vocabulary of the unit.

Прежде всего, в ресторане есть несколько групп работников, которые объединены по своим функциям:

- владелец ресторана, он же часто выступает генеральным директором

- бухгалтерия
- управляющий или заместитель генерального директора
- администраторы или менеджеры
- кухонные работники
- работники сервиса
- технический персонал
- работники склада и охраны, однако, в небольших заведениях эта категория сотрудников может отсутствовать

Эти группы работников выступают как звенья одной цепи. Часто случается, что если одна категория работников функционирует неправильно, то по принципу домино «сыпется» вся структура кафе, что приводит к его развалу. Каждый сотрудник должен четко знать свои обязанности, а также своего непосредственного начальника, чтобы выполнять его инструкции.

BUSINESS ENGLISH LESSON 1
MAKING CONTACTS / УСТАНАВЛИВАЕМ КОНТАКТЫ

1. Follow the conversations. Say what the situation is…

a an airport - checking in
b a restaurant - chance meeting
c hold conference
d an airport
e checking in

Conversation 1
B: Yes, I am. Are you from Nixdorf?
A: Yes, I`m Saskia Slater. How do you do?
B: Pleased to meet you.
A: Are you very tired after your flight?
B: A little, but I`m fine.
A: Good. Oh, here we are. Taxi!
Conversation 2
A: Hello. Are you one of the organisers?
B: No. I'm not. I`m a delegate, like you.
A: Oh. I`m sorry.
B: So you are Jacky Leclerk.
A: Yes. but how…
B: Your badge. I`m Jeff Simpson, from CMG.
A: Oh .CMG. You are big in plastics of course.
B: Yes, we are. And who are you with?
A: Morgan Friedman.

Conversation 3

A: Hello, Enrique. How are you?

B: I`m fine. I am fine. And you?

A: Yes, I`m fine too. Are you alone?

B: Yes, I am.

A: So, you're free to join me.

B: Yes. Yes. I am. Thank you.

A: Over here, the table by the window.

Conversation 4

A: Good afternoon. I`m from LPG.

B: Ah, yes, Mr Poulson.

A: No, I`m not Mr Poulson. I`m Mr Leeman.

B: Right. Sorry about that. Room 303.

A: Thank you.

B: You re welcome.

2. Complete the gaps in the conversations. Read again to check your answers.

Conversation 1

A Excuse me, (a) … Mr. Jansky?

B Yes. I am. Are you from Nixdorf?

A Yes. (b)… Saskia Slater. How do you do?

B Pleased lo meet you.

A (c) …. very tired after your flight. (d) … fine.

B A little bit, but (e) ….

A Oh, here we are. Taxi!

Conversation 2

A Hello, (f) …one of the organisers?

B No, I'm not. I'm a delegate, like you. Oh. I'm sorry.

A So (g) …Jacques Leclerk

B Yes. I how ...

A Your badge. (h) ….

B Oh, CMS, (i) …plastics.

A Yes. we are. And who (j) with?

B Morgan Friedman.

Unit 2. Restaurant standards / Стандарты ресторанного обслуживания

1. Master words and word combinations:

Staff – штат сотрудников

a bartender– бармен

Gastromondiale – сайт «Gastromondiale» всемирной гастрономии

foie gras – фуа - гра

truffles – трюфели

milk fed lamb – молочный ягненок

benchmark – критерий

seasoning – сдабривать, заправлять

inferior quality – плохое качество

to concoct – состряпать, выдумать

2. Read and translate the following text into Russian.

High restaurant customer service standards are essential to the growth and success of an establishment. Many online city guides include customer reviews of restaurants that can attract customers if service is continually excellent or deter customers with bad reviews.

Listen and Follow Up

Servers and s must always listen carefully to the requests of the guests and write them down if necessary, such as the meat temperature of a guest's steak. Be sure to note any allergies or specific diet requirements and let the expo manager and cooks know about modifications. After the meal has been presented, follow up within two minutes to see how the guests are enjoying the meal.

Courtesy

Customers should be treated "like members of a private club" according to the Amazing Service Guy website. Remembering names and favorite drinks/meals of customers encourages them to return and possibly recommend the establishment to others.

Happy Staff

Treating staff members with respect will keep them happy and motivated to perform their job well. Unhappy staffs that are continually talked down to are much less likely to be interested in maintaining a good work attitude and might even say negative things to customers about the establishment's owners/managers or the quality of the food. Incentives to perform well, such as bonuses and gift certificates, can further encourage optimal work performance.

3. Read and translate the following text into Russian.

RATING STANDARDS FOR FORMAL RESTAURANTS

An important mission of this site is to attempt to develop reliable and rigorous criteria when evaluating restaurants.

Readers of restaurant reviews, whether they are made by guides or by restaurant critics, are often in the dark as to what standards the reviewer has applied and exactly how the verdict – as this is often how the chef regards it – has been reached. Few guides or restaurant critics – if any - give any deeper explanation of their ratings or what standards they use. Also, restaurant criticism is often highly influenced by the preferred tastes of the reviewer.

Gastromondiale uses the following criteria.

1. **What is the quality and rarity of ingredients?** - This only targets the quality and not the price of the ingredients. A great dish can be made with inexpensive ingredients of exceptional quality and a poor dish from expensive ingredients of inferior quality. On the other hand, esp. when dining in a Michelin multi-starred restaurant one is entitled to expect at least some rare ingredients on the menu which are not readily available in supermarkets. By rare, I do not necessarily mean very luxurious ingredients like caviar, foie gras, lobster or truffles. Indeed it is better not to serve low grade foie gras or canned truffles. But one expects to find, depending on the season and the region, some rare seafood, shellfish, wild mushrooms, milk fed lamb, etc.

2. **How well do preparations respect the used ingredients, how well have the appearance and true flavors of the ingredients been enhanced and with what clarity do the ingredients shine in the preparations?** - a chef must not make carrots taste like tomatoes. It may sound trivial but the lack of respect for ingredients is one of the biggest flaws in the cooking even at famous restaurants. When you eat a plate with several vegetables, too often, you won't be able to taste each of them. One benchmark-example in this respect is a plate like Michel Bras' Gargouillou, where each vegetable is cooked on its own ensuring that every component in the dish respects the true taste on its own and where the total result is a symphony of tastes that together enhances the impression of the true tastes by offering all those clear tastes of the garden at the same time. Having said this I want to stress that the chef is by no means obliged to respect the shape or the "raw" tastes of the used ingredients. The chef will have a far-reaching discretion to modify ingredients, both with respect to taste and texture, as long as the result respects the essence of the used ingredients.

3. **How much of magic touch of the chef is displayed in the preparations and how well has the chef calibrated and married tastes to achieve greatness?** – The magic touch in preparations is often what separates the contenders from the pretenders. The magic touch can often be very subtle elements such as clever seasoning, presentation, temperature control etc.

4. **What is the level of originality? Is it just a copy, has the chef actually tried to take another dish to a new level or is it a completely new approach**

with little influence of something that has been done before? – Chefs with ambition should strive after originality in their cuisine and try to form their own style. Sometimes it is, even with dishes that at first sight may seem original, easy to find preparations in the culinary history that seem to be the obvious source for inspiration, but it is often difficult to conclude if the chef has used that source or on his own come up with the resulting dish. It is often easy after eating a number of dishes at a given restaurant to determine the level of originality and style of the cuisine.

5. **Can the preparation be improved by a higher rating of the above without completely changing the concept of the dish?** – Clearly, I will not give perfect scores to dishes that easily could be improved by the use of better ingredients or a better taste calibration for instance. A perfect dish in this sense is a dish from which you can not substract or add an element/ingredient without lowering the quality.

6. **To what extent is the chef able to build a successful flow of the meal?** - I think it is important that the chef displays talent to concoct a balanced meal which progresses without repetition and with high notes in terms of achieving, throughout the full course of the meal, a superb textural and flavor balance.

It is worth pointing out that I have no preference for certain type of food whether it is traditional or highly innovative avant-garde cuisine. I feel that regardless of style, the above criteria can be applied.

There are many guides and food critics that today place the originality of the used technique as one of the primary criteria for judging food regardless of the result. I take a different approach since the applied technique adds nothing on its own to a dish and I am not going to give any style points to chefs who use certain techniques just for the sake of it.

Gastromondiale offers a score rating coupled with a star rating. The scoring system should not be compared with the scoring chart of other guides. We feel one weakness with most guides' rating systems is the lack of recognition of the vast difference between what is very good food and what is exceptional food.

4-stars (19-20/20)

Four stars indicate exceptional food that is rare to encounter. It is food that is made with an exceptional attention to ingredient sourcing, respect for seasons, offers sensational taste calibration and magic touch of the chef, careful execution of the cuisine and a high level of originality or style.

3-stars (17-18/20)

The difference between the four and three star rating is a big step. A three star restaurant is a restaurant that offers outstanding food made with exceptional to outstanding ingredients but where there is room for improvement with respect to ingredient sourcing, executions of the preparations or where the originality or style is not clear.

2-stars (15-16/20)

A 2-star rating is an indication of very good to sometimes outstanding food. There is a clear step between two and three stars. It could be restaurants offering outstanding to exceptional ingredients, but where there is no enhancement or taste calibration or originality or where there is a lack of magic touch from the chef. Several restaurants rated as 3-stars by Michelin falls within this rating.

1-star (13-14/20)

A 1-star rating is given to food that is worth exploring and offers culinary interest and enjoyment. Of course this rating is a very good rating for a small restaurant or for a young chef with limited resources. Obviously it is a less impressive rating for an expensive and prestigious restaurant.

_____

No star

In the non-starred scores, a score between 9-12 offers various degrees of food that is good and enjoyable to eat but where the sourcing of the ingredients or the execution leaves room for significant improvements.

A score below 9 – is given to food that to a varying degree is disagreeable to eat for the real gourmet and should be avoided.

*4. Make a review of the previous article according to a **plan of rendering**:*

1. The title of the article.	1. a) The article is headlined .... b) The headline of the article I have read is ...
2. The author of the article; where and when the article was published.	2. a) The author of the article is ... b) The article is written by ... c) It is (was) published in ... d) it is (was) printed in ...
3. The main idea of the article.	3. a) The main idea of the article is ... b) The article is about ... c) The article is devoted to ... d) The article deals with ... e) The article touches upon ... f) The purpose of the article is to give the reader some information on ... g) The aim of the article is to provide the reader with some facts/material/data on ...

4. The contents of the article. Some facts, names, figures.	4. a) The author starts by telling (the reader) (about, that ...) b) The author writes (states, stresses upon, thinks, points out) that ... c) The article describes ... d) According to the text ... e) Further the author reports (says) that ... f) The article goes on to say that ... g) In conclusion ... h) The author comes to the conclusion that ....
5. Your opinion of/on the article.	5. a) I find/found the article topical=urgent (interesting, important, dull, of no value, too hard to understand ...) because .... b) In my opinion the article is worth reading because ....

5. *Work in small groups. You are going to choose "Menu & bill 2015" for your favorite restaurant. Discuss the categories that you want to give awards in and agree on nominations. They can have unusual categories, e.g. the cheapest bill, best / worst chef's menu. Report back to the group.*

BUSINESS ENGLISH LESSON 2
SOLVING PROBLEMS / РЕШЕНИЕ ПРОБЛЕМ

1 *Two friends meet and talk about someone's new job. Follow their conversation and answer the questions.*

a What is the relationship between Eddie (the man) and Fiona (the person with the new job)?

b How does Eddie feel about the new job?

2 *Complete the dialogue using the questions in the box.*

- Does it involve long hours?
- Does it mean a lot of travelling?
- Does she enjoy it?
- Does she have to work weekends?
- How much holiday does she get?
- What does it involve?
- What's she doing?

WHAT'S IN A JOB?

A Hi, Eddie. How are you?

B Oh hello. Jennie. I'm fine. And you?

A Fine, thanks. How's Fiona?

B Oh, she's okay. She's got a new job.

A Really, that's good.

B Well, yes. I suppose so, but I'm worried she's w orking too hard.

A Oh dear, a)Does it involve long hours? _..

B Officially 40 hours, but she often works late. We don't see her at home much.

A b) …_____

B It's the same company - you know - educational software - but she's now Regional Marketing Manager for western Europe.

A Sounds impressive, c) _____

B Apart from being in charge of the sales reps, she's also **involved** in new product development and the whole marketing strategy of the company.

A d) _____

B It seems to. At least a couple of trips a month.

A I see.

B I don't mind that. It's the weekends that cause problems,

A e) _____

B Not every weekend, but we can never make plans.

A Oh dear, f) _____

B It's not bad. Three weeks a year. But that's a long way off.

A You're being a bit negative, g) _____

B It's hard work, but I think she enjoys the challenge.

A But **you're** not very happy.

B I'm happy for her. The money's good, and it's great for her career, but there is a downside.

A: Well, it's always difficult at the beginning. Anyway, give her my regards. Why don't we go for a drink

sometime?

B Okay, I will, and yes. I'd like that.

3 *Work with partner. Ask questions as in 2 to complete your chart.*

4 *Ask your partner similar questions about their job or the job of someone they know.*

5. *Complete the list of possible telephone frustrations using verbs in the box.*

call get(x4) listen play put repeat return take transfer

a They irritating music when you're put on hold.

b You cut off in the middle of your call.

c People you call a long time to answer,

tl Thev vou on hold and torget about you.

e You an answer phone.

f They you to another person and you have to your enquiry,

g They don't _ properly to what **you** are saying.

h You continually __ _ an engaged tone when you someone.

1 People don't your calls.

j You .... through to a voicemail system.

- *With a partner or your teacher, decide which of the problems in 1 are the five most frustrating.*

6*. Answer the questions with a partner.*

a What percentage of all sales enquiries do **you** think begin on the telephone?

1)25% 2)50% 3)90%?

b for what type of companies might effective use of the telephone be especially important"

c How main calls do you estimate an average telephonist answers in a year?

I) 30,000 2) 300,000 3) 3,000.000

d What kinds of things do telephone receptionists need to be good at?

Unit 3. Food quality / Качество продуктов питания

1. Master words and word combinations:

Taste – вкус, пробовать,
Health – здоровье
Convenience – удобство
Labeling – ярлыки, маркировка
Packaging – упаковка
Environmental friendliness – не вредящий окружающей среде
Innovation - инновация

2. Read and translate the following text into Russian.

Food quality is the quality characteristics of food that is acceptable to consumers. This includes external factors as appearance (size, shape, colour, gloss, and consistency), texture, and flavour; factors such as federal grade standards (e.g. of eggs) and internal (chemical, physical, microbial).

Food quality in the United States is enforced by the Food Safety Act 1990. Members of the public complain to trading standards professionals, who submit complaint samples and also samples used to routinely monitor the food marketplace to public analysts. Public analysts carry out scientific analysis on the samples to determine whether the quality is of sufficient standard.

Food quality is an important food manufacturing requirement, because food consumers are susceptible to any form of contamination that may occur during the manufacturing process. Many consumers also rely on manufacturing and processing standards, particularly to know what ingredients are present, due to dietary, nutritional requirements (kosher, halal, vegetarian), or medical conditions (e.g., diabetes, or allergies).

Besides ingredient quality, there are also sanitation requirements. It is important to ensure that the food processing environment is as clean as possible in order to produce the safest possible food for the consumer. A recent example of poor sanitation recently has been the 2006 North American E. coli outbreak involving spinach, an outbreak that is still under investigation after new information has come to light regarding the involvement of Cambodian nationals.

Food quality also deals with product traceability, (e.g., of ingredient, and packaging suppliers), should a recall of the product be required. It also deals with labeling issues to ensure there is correct ingredient and nutritional information.

There are many existing international quality institutes testing food products in order to indicate to all consumers which are higher quality products. Founded in 1961 in Brussels, The international quality institute Monde Selection is the oldest one in evaluating food quality. During the degustations, the products must meet the

following selection criteria, required by the Institute: sensory analysis, bacteriological and chemical analysis, the nutrition and health claims, and the utilisation notice. In short, the judgements are based on the following areas: taste, health, convenience, labelling, packaging, environmental friendliness and innovation. As many consumers rely on manufacturing and processing standards, the Institute Monde Selection takes into account the European Food Law.

3. Write out the definition of «Food quality». Think of the main standard points for healthy food, safe food, junk food.

4. Read the text borrowed from the blog, suggest a question that was put beforehand.

"…Food needs to be safe before it can be considered to be a quality food. It can be safe but not a quality food. Safety is an integral component of food quality. Food safety involves ensuring a food that does not make most people ill. Usually ensuring a food is safe involves protecting a food from chemical, biological and physical contamination, or ensuring that any product harmful to the consumer such as a naturally occurring toxin that is normally destroyed during heating is actually destroyed. Pasteurised milk is not sterile; it can still contain viable micro-organisms at levels that would be harmless to most people. Food quality involves making sure the food is safe as well as making sure the product is attractive to the purchaser. A product may have an off flavour, unattractive mouthfeel or colour but be perfectly safe. A quality product, while needing to be safe, must meet other, often subjective, requirements. For example, pasteurised milk, while being safe, may have been cooked ..."

5. Work in small groups. You are going to give "Golden folk" for your favorite restaurant. Discuss the categories that you want to give awards in and agree on nominations. They can have unusual categories, e.g. the smallest table, best / worst chef's meal. Report back to the group.

BUSINESS ENGLISH LESSON 3
MAKING CALLS / ТЕЛЕФОННЫЙ РАЗГОВОР

1. You are at a conference and you don't know anybody. What can you say to start a conversation with someone? Read the dialogues.

1. A: Excuse me. Are you here for the IT'M conference?
   B: Yes, that's right.
   A: Me too. Do you know where to register?
   B: I think it's over there.
   A: Oh, yes. Right, I'm Paulo, by the way.

B: Hello. Paulo, I'm Kate. Let's go and register.

2. C: Phew! Is it me or is it boiling in here?
D: Yes, they always seem to have the healing on full.
C: So. It’s not your first time.
D: No. it's my fourth time here.
C: Ob. right, so you're an old hand. I'm Boris.
D: David. Pleased to meet you.
3
E: Is it my mobile phone, or is there some problem with coverage here?
F: Oh, hang on. No, mine seems to be working okay.
E: Typical, flat batteries and nowhere to charge up.
F: Can I lend you mine?
E*:* Oh, that's very kind, but I was expecting a call on this number.
F: I see.
E: My name's Nadine, by the way From Xanadu Electronics.
F : Pleased to meet you. I'm Miko.

4
G: Exuse me, do you know anything about this speaker?
H: No. I'm sorry. I don`t.
C: I can't Find my programme notes.
H: Oh. here. Borrow mine.
C: Thanks. By the way, I'm Bill Smart from Silicon Technologies.
H: Right, how do you do? I'm Kazuo Vamada From Lexico.

2. *Follow and complete the four conversations below.*

Introducing yourself

1 A **Excuse** me. the ITM conference?
B Yes. that's right.
A Me too. …….
B I think it's over there.
A Oh, yes. Right, I'm Paulo,
B Hello, Paulo, I'm Kate
2 A Phew!
B Yes, they always seem to have the heating on full.
A So, it's not _……
B No, it's my fourth lime here.
A Oh, right, so . I` m Boris.
B David.

3. A Is it …….. , or is there some promlem with coverage here?

B Oh, . No, mine seems …….. okay.

A Typical, flat batteries and nowhere to charge up.

B ……..?

A Oh, , but I was expecting a call on this number.

B I see.

A Nadine, by the way. From Xanadu Electronics.

B Pleased to meet you. I'm Miko.

4 A **Excuse me, ……?**

B No, I'm sorry, **I** don't.

A _ _

B Oh, here ……

A Thanks. By the wav, Tin Bill Smart from Silicon **Technologies.**

B Bight, …… ? I'm Kazuo Yamada from Lexico.

Telephone phrases

3 Match the following to make telephone expressions.

Could you	put	a message?
	repeat	that?
	read	that back to me?
	give	me through to (Accounts)?
	take	me your name?

Could 1...	leave	to Mr Wilson?
	speak	over that again?
	have	extension 103, please?
	check	that?
	go	a message?

I'm **phoning ...**	to	your advertisement.
	about	an appointment.
	to	some information.
	for	confirm our meeting.
	about	see if you could attend a meeting on the 20th.

Unit 4. Physiology / Основы физиологии

1. Work with a partner. Which of the items are you more likely to eat when you are:

a. Bored
b. Tired
c. Down
d. Happy
e. Ill

1. Cakes
2. Vegetables
3. Porridge
4. Fruit
5. Salad
6. Toasts
7. Fish
8. Fast food
9. Cheese
10. Soup
11. Eggs
12. sushi

2. Read the magazine article, which of the food items from the list ex. 1 is not mentioned?

For me, food isn't about hunger, it's about m*y moods.* When I'm bored, I poke around in the fridge, eat a slice of cheese maybe, or a tomato, or a carrot - peeled and nibbled from the outside inwards, so I end up with the fragile central core.

When I'm tired. I eat roasted peppers, creamy rice pudding, shortbread biscuits dunked in sweet tea. When I'm a bit low, I eat chocolate, letting it melt in my mouth. When I feel anxious, I make cakes or biscuits, even in the middle of the night, and the smell of baking reassures me: ginger biscuits, tangy lemon tart, chocolate cake, When I'm in a good mood, I wake in the early hours and plan meals for guests (salmon with lime, pear and almond tart, strawberries, passion fruit, great gooey wheels of brie), and it's like thinking about Christmas presents. When work is going well, I will often cook slow, satisfying meals: soups, crusty pies, things that rise in the oven if I'm lucky. There's something very comforting about a pot simmering on the stove, life running according to plan. In the morning I don't like breakfast, because food for me is like some kind of a reward: eating straight after sleeping treats food as fuel. I love eating late: food as a treat at the end of the day. Snacks in bed are bliss: a boiled egg with buttered toast and

crumbs in the sheets. When I'm excited. I rarely feel hungry, for then I want to be light-footed and empty - a piece of steamed fish, maybe, or a green salad: something clean and light that won't weigh me down: sushi is perfect. When I'm guilty or agitated, I push things round my plate. When I'm sad, I starve myself.

3. Do you think the text was written by a man or a woman? Why?

4. Put the words in the box into the correct group. Which words do you think are negative?

~~Crusty~~, bland, gooey, mild, greasy, chewy, creamy, sour, tangy, sickly, crunchy, tender, sweet, tough, ~~buttery~~, spicy, soggy, crisp, savoury, juicy, salty, hot	**Texture**	**Taste**
	crusty	buttery

5. Work with a partner and underline the food items in the text. Then choose six items and describe their taste and texture using the words in Ex 4.

Example: cheese - creamy, greasy, buttery, tangy, bland, mild, savoury

6. Describe the taste and texture of" your favourite dish and a dish you can't stand.

7. Work in small groups and discuss these questions.

1 What's your favourite:

a snack
b comfort food
c meal of the day
d restaurant and dish on the menu
e childhood memory food?

2 **Do you usually:**

a eat fast
b eat slowly
c push the food round the plate
d eat the best bits first or keep the best till last?

8. Read the internet article about food-physiology. Write your own version.

We're up to our necks in body parts as we examine food physiology today on Unwrapped. First, Nestle reveals some surprising ingredients in an old favorite,

the Butterfinger. Then, crab legs aren't the only things hopping at Joe's Crab Shack-the servers like to dance around, too. And what kind of company produces elbows and hair? If you're using your noodle, you might say pasta! We check in with the Philadelphia Macaroni Company to see how they do it. Later, discover a yellow fruit that's quite a handful, and find out how it's used to make citrus-flavored vodka! Sara Lee bakes up some adorable mini-buns, and Eat Yer Face lets you come face to face with a most unusual dessert!

9. Read and translate the following text.

Our bodies have both caloric and nutritional needs. Living tissue is kept alive by the expenditure of energy in ATP molecules, which energy came from the break down of food molecules. Caloric need refers to the energy needed each day to carry out the varied chemical reactions in each cell. When looking at a nutritional label, we can easily see how many Calories are in a serving. These Calories (big "C") are actually kilocalories (1000 calories). Technically, a calorie (little "c") is the amount of energy needed to raise the temperature of 1 mL of water by 1 °C. How many Calories a person needs daily varies greatly by age, sex, height, and physical activity levels. If the amount of energy taken in exceeds the amount of energy used, then the excess energy is stored as adipose tissue (fat), regardless of the source of the energy.

In addition to daily energy needs, there are nutritional needs to prevent the body from losing its own fats, carbohydrates, and proteins. Such molecules are continuously broken down, and must be replaced regularly. Essential amino acids and essential fatty acids are particularly important building blocks in replacing these molecules. Vitamins and minerals are not used as energy, but are essential in tissue and enzyme structure or reactions.

10. *Prepare a report or a presentation a) about nutritional elements of our body (proteins, lipids, carbohydrates, fats, vitamins, minerals); b) about metabolism; c) diabetes; d) calories and weight; e) your own variant. (see:* http://en.wikibooks.org/wiki/Human_Physiology/Nutrition, http://serendip.brynmawr.edu/exchange/node/6937, http://www.ncbi.nlm.nih.gov/pubmed/9849357*)*

BUSINESS ENGLISH LESSON 4
AT A HOTEL / В ГОСТИНИЦЕ

The great advantage of a hotel is that it`s a great refuge from home life.

1. Fill in the spaces in the conversations with the given words. Then read again to check your answers.

Conversation 1

A good stay afraid credit card double floor
How much reservation secretary sorry worry

A Good evening.
B Hello My name is Schmidt. I have a (a) …
A Just a minute, Mr Schmidt. No, I'm (b) … There's no reservation in that name.
B Are you sure?
A Yes. I'm (c) …so.
B Oh dear. That's strange. My (d) …doesn`t normally make these mistakes.
A Well, don`t (e) …. ***We*** do have a room. A (F0 … on the fourth (g) ….
B Oh good. (h) … is it?
A 190 euros.
B That's fine.
A Can I see your (i) …, please?
B Yeah. Here you are.
A Thank you. Have (j) ….

Conversation 2

Across the road make the mistake reservation wrong hotel

A Good afternoon. I have a (K) …. Just a minute. Here are the details.
B Thank you. Oh. **I**'m sorry, you have the (l) ….
A What?
B This is the Continental. The Holiday Inn is (m) ….
A Oh. how embarrassing!
B Don't worry. You're not the first person to(n) ….
A Right. Oh well. Thanks very much. Bye.
B Goodbye.

Conversation 3

Don`t have don`t worry good journey invoice Thank you your bill you sign

A Well, goodbye then.
B Just one moment, sir. What about(o) …?
A What's that?
B The bill, sir?
A Oh dear. You normally (p) …my company directly.
B I'm sorry, but I (q) …those instructions.
A Oh, right. Well, never mind. American Express or Visa?

B Either. We ® …both.
A Here you are, then.
B Thank you. Can (s) … here, please?
A There we are.
B (t) …, sir. I`m sorry about that.
A Oh (u) …. It's not your fault.
B Have a (v) …. Goodbye.
A Goodbye.

2. Work with a partner. Practise the conversations.
3. Answer these questions.
a What kind of breakfast do you normally have?
b In a hotel, what do you prefer, a buffet style breakfast or someone serving you?
C What do you like for breakfast?

4. Discuss these questions with a partner and then read the article below to see what an expert says.
a Why do people have problems concentrating on their work when they don't eat breakfast'
b Why do people who don't have breakfast sometimes get fat as a result?
c What kinds of food are healthy to eat for breakfast?

Eat a Good Breakfast
To meet the demands of a busy day, the body and need nutrients and energy. A well-balanced provides these. People who don't eat have low energy levels later in the morning. Here are some consequences of not having breakfast

- Less ability to think and concentrate.
- Less ability to learn.
- More stress and irritability (how calm do you feel when you're very hungry?) and more accidents.
- Getting fat.
- Feeling tired and decreased physical performance.

Studies show that people who eat breakfast daily live longer than those who don't People who don't have breakfast also get fat more easily. If you skip meals, you are more likely to eat snacks. Most snack foods have a lot of calories, fat sugar and salt and they don't have many nutrients. This is probably one reason why breakfast skippers put on weight.
For good health, start your day with a good breakfast for example, whole-grain cereal and/or toast low-fat milk or yoghurt fruit and nuts or peanut butter on the toast If you get hungry and feel you need to eat between meals, choose healthy

snacks (fresh fruit vegetables, whole-grain bread or crackers, or nuts, for example).

5. A hotel guest arrives in the dining room for breakfast. Follow the conversation. Underline the words and phrases which are useful.

A Good morning. Would you like to sit over here?
B Thank you.
A Would you like orange juice?
B No thanks, but I'd love a coffee. And have you got any cereal?
A Yes. sir. we've got muesli. Corn Flakes or Rice Krispies.
B Muesli, please. Oh and some toast.
A Certainly, sir. What's your room number, please?
B 316.
A Thank you.

Unit 5. Innovative restaurant techniques / Инновационные технологии в ресторане

1. Master words and word combinations:

To pour– наливать,
Lounge - коктейль-бар
Tentative – пробный, интуитивный, условный
Conga line – «паровозик», анаконда
Bizarre – причудливый
Earthquake – землетрясение
Merchandise – торговать, распространять
Scoops – порция начинки

2. Read and translate the following text into Russian. What is the number 4 is used for?

Collection of **unusual restaurants** that provide unique dining experiences.

Dinner in the Sky

Dinner in the Sky is hosted at a table suspended at a height of 50 metres. It accommodates 22 people around the table with three staff members in the middle (chef, waiter, entertainer). Dinner in the Sky is a unique event meant for anyone who wishes to transform an ordinary meal or meeting into a magical moment that will leave a lasting impression on their guests! Breakfast in the sky, lunch in the sky, cocktails in the sky, meeting in the sky, internet cafй in the sky… there is no limit to your imagination.

In The Dark Restaurant in London

Dans Le Noir restaurant in London employs blind waiters who lead customers to and through the pitch-black dining experience. Would oranges be as appetising if they were called greens? Would we pay the same for expensive wine if we couldn't see the label? And would my dinner taste better if I hadn't just poured half a glass of sauvignon blanc on it?

Ice Restaurant in Dubai

Chillout is the first ice lounge in the Middle East where everything from decoration, furniture and teacups is made from ice. An ice bar in Shanghai sounds odd enough, but an ice house in Dubai is simply outrageous. Inside of the lounge you will have a -5 Celsius environment where basically everything from decoration, furniture and teacups are made of ice… but outside of the lounge, you will have a constant heat of over 40 Celsius in daytime. Just bizarre. For USD17, a

visitor will be provided with necessary clothing and a hot drink that is likely to turn cold in minutes.

Underwater Restaurant in Maldives

Beautiful underwater restaurant secured 5 metres below sea level at the Hilton Maldives Resort & Spa in Rangalifinolhu, Maldives. The restaurant has a capacity of 14 people and is encased in transparent acrylic roof offering 270° panoramic view to its customers. The 5-by-9-metre (16 by 30 ft) mostly acrylic structure has a capacity of 14 people and is encased in R-Cast acrylic with a transparent roof offering a 270° panoramic underwater view. The restaurant was designed and constructed by M.J. Murphy Ltd – a design consultancy based in New Zealand – and was opened on in April 2005, describing itself as the world's first undersea restaurant. Food served in the restaurant has changed over the years and is now described as contemporary European with Asian influences. Ithaa's entrance is a spiral staircase in a thatched pavilion at the end of a jetty. The tsunami which followed the 2004 Indian Ocean earthquake topped at 0.31 metres (1 ft 0 in) below the staircase entrance, and caused no damage to the restaurant.

The restaurant is also used for private parties and weddings. In April 2010, to celebrate Ithaa's 5th anniversary, the restaurant could be booked as an overnight residence. This "underwater suite" promotion continued until April 2011.

Genes@co-op Cafe at Barney's New York

Genes@co-op is an interactive cafe featuring a 30-foot long digital banquet table that boasts a simple and interactive touch-screen system. The sleekly designed cafe opened up in 2011 as part of Barney's relaunch of their 8th floor Co-op. NYC design consultancy 2 x 4 was commissioned by Barney's to design the dining table and the result is a "digital river" with 28 individual screens. Users can seamlessly look at the menu, order food, call the server, browse Barney's New York merchandise, view articles and videos from Barney's blog, The Window, and dine-- all on the same surface. The first cafe to use such technology, Genes@co-op has been successful and left costumer impressed with the unique, interactive, and high-tech dining experience.

Innovative Dining In NYC: The Most High-Tech Restaurants For Modern Geeks

At New York's most innovative fast food restaurant 4food, customers create and order their burgers on the 4food website on an iPad. Giving their creation a name before picking it up, 4food then broadcasts each burger on their social networking sites. Inside the restaurant is a large smart board which keeps track of and displays the most ordered burgers. The burgers are shaped like donuts and diners then choose a "scoop," which goes in the middle of the burger. The options at 4food are endless with several different buns to choose from, the choice of a beef, turkey, veggie, or salmon patty, and countless different scoops such as chill mango, avocado, and mac and cheese.

3. Read a list from the blog, define what restaurant from the list is mentioned. Would you like to visit this restaurant?

I'm dining …, and when I say …, this is pitch-black, can't-see-your-hand-in-front-of-your-face … The concept is simple and symbolic: all the waiters are blind and for the duration of your meal, the tables are turned. The waiters are in command: you rely on them to lead you to your seat, to deliver the meal and to lead you back to the ante-room.

On arrival, we choose a menu colour: white (could be anything), red (no seafood), blue (seafood) and green (vegetarian). Then, leaving bags and anything light-emitting - mobile phone, electronic car key, even a watch with a fluorescent dial - in the lockers provided, we are instructed to hold the shoulder of the person in front while our waiter, at the head of this tentative conga line, guides us through the curtain into the gathering gloom. I'm not afraid of the dark but am not exactly enamoured of claustrophobia. Once seated I feel fine.

It originated in Paris four years ago and has expanded to include Moscow and London, in Farringdon, within sight of St Paul's Cathedral and a short hop from the St Pancras Eurostar terminal.

Maitre d' Dominique Raclin, from France's Haute-Savoie region, contextualises the role of the waiters or, as he prefers, guides. "You can help them to cross the street because they are lost outside, just as they are going to help you to eat because you are lost inside."

Temporarily relieved of the sense most people would consider their most essential, speech assumes greater importance and before long we are talking to our neighbours, Dan and Richelle, a Perth couple working in London. "I've always been scared of the dark, so this is kind of cool for me," says Richelle, before posing an interesting question: what do you imagine we look like? And vice versa?

Raclin says there are three concepts to …: the personal experience ("you can eat with your fingers, no one can see you"); the social experience ("you can be fat, slim, white, black, rich, poor, a somebody, a nobody, we don't care"); and, most importantly, "you are going to share one moment with one blind person".

I opt for the blue menu and try to guess what I eat (with my fingers): I pretty much nail gratineed mussels with pesto, then tuna with risotto. My friend, on the other hand, later discovers her "chicken curry" is crocodile, though other dishes of lamb kofta, goat's cheese and tzatziki are less of a surprise. But she did emerge with a rather fetching moustache of chocolate souffle.

4. *Interview your group mates what technique restaurants they have been to? What restaurants they would like to visit?*

BUSINESS ENGLISH LESSON 5

EATING OUT / В РЕСТОРАНЕ

1. What can go wrong when you eat out in a restaurant? Think about and make your list of ideas.

2. There are four conversations in a restaurant. In each case there is a problem. Are any of the problems on your list from Ex. 1?

Follow the conversations. Match each one to the problems below.

A GUEST…	Conversation
a doesn't drink alcohol.	_____
b is allergic to fish.	_____
c doesn't eat meat.	_____
d doesn't like the idea of squid.	_____
e doesn't like the steak.	_____
f needs a chair.	_____

Conversation 1

A: Can I order you some squid?

B: Squid? That sounds, er ... interesting.

A: Yes, it's our local speciality. It comes in a black sauce made from the squid's ink.

B: Does it? Oh, what's this?

A: Beef Meonoise? That's just a steak.

B: Can I have that?

A: Of course, if that's what you want.

Conversation 2

A: What do you want to eat? They do an excellent steak here.

B: Er ... I'm afraid there's a problem.

I don't eat meat. I'm a vegetarian.

A: Are you? Oh, I'm sorry. Would you like to go somewhere else?

B: No problem. I eat fish.

A: Right, well, the fish is good here as well.

Try this. It's cooked in white wine.

B: It sounds delicious.

Conversation 3

A: This is one of my favourite restaurants.

B: Yes, it's a nice place.

A: Their speciality is fish.

B: Fish?

A: Yes, they do it really well.

B: Oh dear. I’m afraid I’m allergic to fish. I can’t eat it.
A: Ah ... I’m sorry.
B: No, don’t worry. I can have a salad or something.
Conversation 4
A: Right, that’s the food. What about something to drink?
B: Just water for me, please.
A: Oh, come on. We can have a bottle of wine to celebrate.
B: No. reallv. Order some for yourself.
I don’t drink alcohol, you see.
A: Oh right. Er ... waiter, a bottle of water and, er ... a beer for me.

3. Complete the conversations.

1

A Good afternoon, sir.
B Good afternoon. I (a) … in the name of Cruy.
A Ah yes. Mr Cruy. That's right. Is this table okay?
B I`m sorry. **I** know our reservation is for a table for two but now there are three of us. (b) … free?
A Just one moment. Yes, no problem. Can **I** take your coats?
B Thank you.
A This way, gentlemen.

2

A Can I (c)… squid?
B Squid? That sounds, er … interesting.
A Yes, it's our local speciality. It comes in a black **sauce** made from the **squid's** ink.
B Does it? Oh. (d)… ?
A Beef Meonoise? That's just a steak.
B Can I have that?
A Of course, if that's what you want

3

A What (e)… eat? They do an excellent steak here
B Kr ... I'm afraid there's a problem, (f)… I . I'm a vegetarian.
A Are you? Oh. I'm sorry. Would you like to go somewhere else?
B No problem. I eat fish.
A Right, well, the fish is good here as well. Try this. (g)… in while wine
B It sounds delicious.

4

A This is one of my favourite restaurants.
B Yes. it's a (h)… .
A Their speciality is fish

B Fish?
A Yes. they do it really well
B Oh dear. I'm afraid I'm allergic to Fish. I can't eat it.
A Ah ... I'm sorry.
B No. don't worry. I (i)… or something
5 A Right, that's the food, (j)… to drink?
B Just water for me, please.
A Oh. come on. We can have a (k) …to celebrate.
B No. really. Order some for yourself. I don't drink alcohol, you see.
A Oh right. Er ... waiter, a bottle of water and. er ... a beer for me.
6.
A Mine`s delicious. How is yours?
И Well, actually the steak's (l) … .
A Is it? Oh no. We can order something else.
B Don'l worry. The salad's good.
A (m)…?
B Yes. no problem.

4. Create your own conversation using these prompts.

A fantastic meal / thank you
B dessert?
A no thanks - full - perhaps ' coffee
B can order liqueur ? - have wonderful cognac
A do they ? - sounds good - thank
B waiter two coffees cognacs

Unit 6. Microbiology / Микробиология

1. Master the following words

virology - вирусология
mycology - микология (наука, изучающая грибы)
parasitology - паразитология
botany - ботаника
entomology – энтомология
To contaminate – разлагаться,
Saccharomyces cerevisiae – пекарские дрожжи, вид грибов
kimchi – кимчи, корейское блюдо
lactic acid bacteria – молочно–кислые бактерии
PCR – полимеразная цепная реакция
detection – обнаружение
HIV – ВИЧ
anthrax – сибирская язва

2. Put down the English / Russian for:

одноклеточный	cell-cluster
микроб	microbiologist
возможно	relative
регулярно	Earth
широкий	branch
клетка	although

3. Read and translate the text. What new sciences have you learned? Give Russian equivalents to these terms.

Microbiology is the study of microorganisms, which are unicellular or cell-cluster microscopic organisms. This includes eukaryotes such as fungi and protists, and prokaryotes such as bacteria and certain algae. Viruses, though not strictly classed as living organisms, are also studied. Microbiology is a broad term which includes many branches like virology, mycology, parasitology and others. A person who specializes in the area of microbiology is called a microbiologist.

Although much is now known in the field of microbiology, advances are being made regularly. We have probably only studied about 1% of all of the microbes on Earth. Thus, despite the fact that over three hundred years have passed since the discovery of microbes, the field of microbiology could be said to be in its infancy relative to other biological disciplines such as zoology, botany and entomology.

4. Find definitions to the corresponding disciplines.

The field of microbiology can be generally divided into several subdisciplines:

Environmental microbiology:	The study of how the microbial cell functions biochemically. Includes the study of microbial growth, microbial metabolism and microbial cell structure.
Medical microbiology	The study of how genes are organized and regulated in microbes in relation to their cellular functions. Closely related to the field of molecular biology.
Industrial microbiology:	The study of the role of microbes in human illness. Includes the study of microbial pathogenesis and epidemiology and is related to the study of disease pathology and immunology.
Aeromicrobiology:	The study of the role in microbes in veterinary medicine or animal taxonomy.
Pharmaceutical microbiology:	The study of the function and diversity of microbes in their natural environments. Includes the study of microbial ecology,

	microbially-mediated nutrient cycling, Aeromicrobiology, microbial diversity and bioremediation. Characterization of key bacterial habitats such as the rhizosphere and phyllosphere, soil and groundwater ecosystems, open oceans or extreme environments (extremophiles).
Evolutionary microbiology:	The study of the evolution of microbes. Includes the study of bacterial systematics and taxonomy.
Oral microbiology:	The exploitation of microbes for use in industrial processes. Examples include industrial fermentation and wastewater treatment. Closely linked to the biotechnology industry. This field also includes brewing, an important application of microbiology.
Food microbiology:	The study of airborne microorganisms.
Microbial genetics:	The study of microorganisms causing food spoilage.
Veterinary microbiology:	The study of microorganisms causing pharmaceutical contamination and spoilage.

Microbial physiology:	The study of microorganisms of the mouth in particular those causing caries and periodontal disease.

5. Read and translate the following text into Russian.

Food microbiology is the study of the microorganisms that inhabit, create, or contaminate food, including the study of microorganisms causing food spoilage. "Good" bacteria, however, such as probiotics are becoming increasingly important in food science. In addition, microorganisms are essential for the production of foods such as cheese, yogurt, bread, beer, wine and other fermented foods. Fermentation is one of the methods to preserve food and alter its quality. Yeast, especially Saccharomyces cerevisiae is used to leaven bread, brew beer and make wine. Certain bacteria, including lactic acid bacteria, are used to make yogurt, cheese, hot sauce, pickles, fermented sausages and dishes such as kimchi. A common effect of these fermentations is that the food product is less hospitable to other microorganisms, including pathogens and spoilage-causing microorganisms, thus extending the food's shelf-life. Some cheese varieties also require molds to ripen and develop their characteristic flavors. To ensure safety of food products, microbiological tests such as testing for pathogens and spoilage organisms are required. This way the risk of contamination under normal use conditions can be examined and food poisoning outbreaks can be prevented. Testing of food products and ingredients is important along the whole supply chain as possible flaws of products can occur at every stage of production. Apart from detecting spoilage, microbiological tests can also determine germ content, identify yeasts and molds, and salmonella. For salmonella, scientists are also developing rapid and portable technologies capable of identifying unique variants of Salmonella. Polymerase Chain Reaction (PCR) is a quick and inexpensive method to generate numbers of copies of a DNA fragment at a specific band ("PCR (Polymerase Chain Reaction)," 2008). For that reason, scientists are using PCR to detect different kinds of viruses or bacteria, such as HIV and anthrax based on their unique DNA patterns. Various kits are commercially available to help in food pathogen nucleic acids extraction, PCR detection, and differentiation. The detection of bacterial strands in food products is very important to everyone in the world, for it helps prevent the occurrence of food borne illness. Therefore, PCR is recognized as a DNA detector in order to amplify and trace the presence of pathogenic strands in different processed food.

6. *Make a short survey of microbial biopolymers.*

Several microbially produced polymers are used in the food industry. Alginate. Alginates can be used as thickening agents. Although listed here under the category 'Microbial polysaccharides', commercial alginates are currently only produced by extraction from brown seaweeds such as Laminaria hyperborea or L. japonica. Poly-γ-glutamic acid. Poly-γ-glutamic acid (γ-PGA) produced by various strains of Bacillus has potential applications as a thickener in the food industry. Food authenticity. It is important to be able to detect microorganisms in food, in particular pathogenic microorganisms or genetically modified microorganisms.

BUSINESS ENGLISH LESSON 6
HIRING AND FIRING / ПРИЕМ НА РАБОТУ И УВОЛЬНЕНИЕ

Hiring or firing an employee is a challenging, emotional experience and a pathway to possible lawsuits. The decision to employ or terminate someone will influence you, that individual, his or her family, your team, your customers, and your stakeholders.

1. *Read the manager's report of the incident at work. He uses the passive to sound more objective and formal in style. Complete the report using the verbs below in the passive.*

ask give (x 2) **inform (x** 2} **note warn**

RE: NICOLA WILLIAMS

On two occasions in November Ms Nicola Williams, an employee in the assembly plant, (a) … that using a mobile phone in work hours was against the company rules.

Both these warnings (b) … by another supervisor, and (c) … in her file. Then, in December, on a further occasion, she (d) … a written warning. Finally, on Friday, 12 January at 10.30 I (e) … of a problem on the factory floor. When **I** arrived there, I found a lot of noise and shouting going on, Ms Williams was using her mobile phone to participate in a radio phone-in programme. Apparently she had won a prize. **I** asked her to put the phone down immediately, and to come in to my office. I decided to terminate her employment, and in the presence of Ms Jones, my deputy, Ms Williams was told that she was being sacked. She became hysterical and abusive, and (f) … to leave the factory immediately. She (g) … that her possessions would be forwarded to her by post.

2. *In what way are the details about the incident different?*

3. Improve these shorl tests by changing one verb to the passive in each text.

a They have laid off over 35,000 people in the last five years, unemployment is rising, and there are social problems in the region. **35000** *people have been laid off 'in the last five yearn, unemployment is rising, and there are social problems in the region.*

b The business is a great success. They are hiring new staff and it is expanding fast,

c As there was a recession and the number of orders decreased. I hey closed one ot the factories,

d **To** improve margins, il is making the new model in I lungarv, where labour costs are lower,

e Ford has several plants in **Europe.** One of them is in Valencia and it produces the Escort there,

f Thev have announced plans for the new industrial estate. It will cover ten hectares and create space for over 1 5 business ventures.

4. Work in groups. In what situations do you think sacking is justified? Think about the **following: dishonesty, disrespect to superiors, inappropriate dress, industrial action (going on strike), punctuality, violence, revealing company secrets.**

5. Read the following extracts from letters of application. Match them to the summaries.

1. I'm looking for a chance to develop and demonstrate my true potential.
2. My qualifications and experience speak for themselves.
3. I'm so brilliant at **whatever** I do, they would be lucky to have me working in **their** company.
4. There may be people with better qualifications and experience, but no one is more enthusiastic or hard working than me.

A) I am very keen to work for your company because of its excellent reputation. I do not have the specific qualifications or experience referred to in your advertisement. However, I am applying because I feel I am able to make up for this through hard work and willingness to learn.

B) If you believe in the pursuit **of excellence,** then I am interested in **joining** your company. I set high standards for myself and expect them from others, especially the organisations thai I work for. I look forward to an opportunity to

add to the list **of already outstanding achievements,** which are **outlined** in **my CV.**

C) From my CV. you will see that five years at a chemicals multinational have given me a solid business background. I am responsible for my department's logistical planning, which has developed my organisational skills. However, I am now looking for opportunities for further development and responsibility, which my present employer cannot offer.

D) As a commercially aware and linguistically trained university graduate, I have a broad range of employment experience at blue-chip companies in both the USA and Europe. I am dynamic and creative, with a strong team spirit and leadership qualities. I have a proven record of working with individuals at all levels through highly-developed interpersonal and communication skills.

6. Read the extracts above once again. There are certain formal phrases people use in letters of application lo talk about their qualities and achievements. Underline phrases which mean the following:

a I'd really like to work for you because you're such a great company.

h If you think doing things well is important, I'd like to work for von.

c I don't really have the profile of the ideal candidate.

d I've worked with many different; important companies.

e I've shown I can work with all kinds of people and get on with everyone.

f I look after the practical day-to-day aspects of department organisation.

g I want a new job because my company probably won't be able to promote me.

h I have five years of international business experience working for a chemicals company.

7 *Use some of the phrases in Ex. 5 to write a paragraph introducing your own CV.*

Unit 7. Food chemistry / Пищевая химия

1. Master words and word combinations:

enzymes– энзимы, ферменты
flavors – вкусоароматические добавки
to encompass – включать
natural food - натуральные продукты
dye – пигмент, красящее вещество
salicylate – салицилат
artificial – искусственный
emulsifier – усилитель
vinegar – уксус

2. Read and translate the following text into Russian.

Food chemistry is the study of chemical processes and interactions of all biological and non-biological components of foods. The biological substances include such items as meat, poultry, lettuce, beer, and milk as examples. It is similar to biochemistry in its main components such as carbohydrates, lipids, and protein, but it also includes areas such as water, vitamins, minerals, enzymes, food additives, flavors, and colors. This discipline also encompasses how products change under certain food processing techniques and ways either to enhance or to prevent them from happening. An example of enhancing a process would be to encourage fermentation of dairy products with microorganisms that convert lactose to lactic acid; an example of preventing a process would be stopping the browning on the surface of freshly cut Red Delicious apples using lemon juice or other acidulated water.

Food coloring is added to change the color of any food substance. It is mainly for sensory analysis purposes. It can be used to simulate the natural color of a product as perceived by the customer, such as red dye like FD&C Red No.40 (Allura Red AC) to ketchup or to add unnatural colors to a product like Kellogg's Froot Loops. Caramel is a natural food dye; the industrial form, caramel coloring, is the most widely used food coloring and is found in foods from soft drinks to soy sauce, bread, and pickles.

Flavor in food is important in how food smells and tastes to the consumer, especially in sensory analysis. Some of these products occur naturally like salt and sugar, but flavor chemists (called a "flavorist") develop many of these flavors for food products. Such artificial flavors include methyl salicylate which creates the wintergreen odor and lactic acid which gives milk a tart taste.

Food additives are substances added to food for preserving flavors, or improving taste or appearance. The processes are as old as adding vinegar for pickling or as an emulsifier for emulsion mixtures like mayonnaise. These are generally listed by "E number" in the European Union or GRAS ("generally recognized as safe") by the United States Food and Drug Administration.

3. *Interview your group mates what the worst or best chemical in food industry is. Report back to the class*.

4. Render an article written by the student of ASTU.

E.G. Bikchuraeva

To the question of food chemistry problems

Three kilograms of chemicals are used by the average person annually. Dyes, emulsifiers, sealant, thickeners are present now everywhere. There is a question: why producers add them in food and how these substances are harmless?

Serial number of taste

Nutritional supplements — it not the invention of our high-tech century. Salt, soda, spices are known to people from time immemorial. But here original blossoming of their use began after all in the XX century — century of food chemistry.

Having won recognition "improvers" were put on a stream. Sausages became gentle-pink, fruitcakes magnificent not hardening. . . "Youth" and appeal of products provided additives which use as dyes, emulsifiers, sealants, thickeners, amplifiers of taste and a smell, preservatives …They are designated by a letter "E" (an initial letter in the word "Europe"). It isn't necessary to be frightened their presence the majority of names at the correct observance of a compounding of harm to health doesn't bear, exceptions are made only by what can cause individual intolerance in certain people. After the letter followed number. It allows to be guided in variety of additives being according to Uniform European classification a code of concrete substance. For example, E152 — absolutely harmless absorbent carbon, E1404 — starch, and E500 — soda.

The E100-E182 codes designate the dyes strengthening or restoring color of a product. The E200-E299 codes — the preservatives raising a period of storage of products at the expense of protection of them from microbes and bacteriophages. The same group included the chemical sterilizing additives used at maturing of wines, and also disinfecting substances. E300-E399 — the antioxidants protecting products from oxidation. E400-E499 — stabilizers, thickeners, emulsifiers. E500-E599 — pH regulators. E600-E699 — fragrances.

Food additives at numbers E700-E899 don't exist yet; these codes are reserved for new substances.

Problem

Not all food additives used in the industry are well studied. Typical example — sweeteners, artificial substitutes of sugar: sorbite (E420), aspartam (E951) and others. Long time physicians considered them absolutely safe for health and appointed to those who suffer diabetes. However, in the last two decades it became clear that saccharin is carcinogen. In any case, laboratory animals consuming it had cancer, however, only if ate saccharin in the volume comparable to their body weight. And here a large amount of sorbite (about 10 grams and more) can cause gastrointestinal insufficiency and be the reason of diarrhea. Besides, sorbite is capable to aggravate a syndrome of the angry thick gut and violation.

The real furor made the report of the British professor Jim Stephenson published in the spring of 2003. Five-year-old twins Michael and Christopher Parker became object of research of scientists from University of Southampton (Great Britain). Within two weeks Michael wasn't allowed to use in Smarty's and Sunny Delight candy food, drinks of red Irn Bru and Tizer color, and also the aerated drinks and other products with chemical additives. Mother of twins Leann Parker so characterized results of experiment: "For the second day I saw changes in Michael's behavior. It became much more obediently, it developed sense of humor, he willingly talks. In the house stress level decreased, in the relations between boys there is less than aggression, they don't fight almost and don't quarrel". Scientists reported about influence of food additives on behavior of teenagers from Australia also. They defined that the propionate of calcium (E282) added in bread as the preserving substance can lead to strong mood swings, violations of a dream and concentration of attention at children.

In April, 2005 the international group of researchers under the leadership of Malcolm Grivs declared that food additives (dyes, seasonings and preservatives) are the reason of 0,6-0,8% of cases of the chronic small tortoiseshell.

Monosodium glutamate

In 1907 the employee of Imperial University Tokyo (Japan) Kikunaye Ikeda for the first time received white crystal powder which strengthened flavoring feelings at the expense of increase in sensitivity of nipples of tongue. In 1909th he is patented the invention, and the monosodium glutamate began victorious procession along the world. Now inhabitants of Earth annually consume it in number of over 200 thousand tons, without reflecting on consequences. Meanwhile in special medical literature appears more and more data that the monosodium glutamate negatively influences a brain, worsens a condition of patients with bronchial asthma, and leads to destruction of a retina of an eye and glaucoma. On a monosodium glutamate some researchers lay blame for distribution of "a syndrome of the Chinese restaurant". Here already some ten years in various corners of the world fix the mysterious disease which nature is still not clear. At absolutely healthy people temperature unexpectedly increases,

the person reddens, there are a breast pains. The only thing that unites victims — all of them shortly before an illness visited the Chinese restaurants which cook are inclined to abuse "tasty" substance. Meanwhile, according to WHO data reception more than 3 grams of a monosodium glutamate a day "are very hazardous to health".

I think that it`s necessary to take into account and that owing to the psychology of people often can't refuse that is harmful but it is tasty.

In conclusion I want to say today without food additives to mankind not to manage as they are capable to provide 10% of an annual gain of the food without which Earth population simply will appear on the verge of starvation. It is another question that they have to be the safest for health. Health officers of course care of it but also all the rest shouldn't lose vigilance attentively reading that is written on packing.

BUSINESS ENGLISH LESSON 7
E-mail / ЭЛЕКТРОННАЯ ПОЧТА

1. Read the following article from a business magazine and discuss the questions w ith a partner

The use of e-mail continues to grow, but there are suggestions across the industry that its popularity will begin to decline quickly if measures aren't put in place to guarantee access, availability and security.

According to a report published recently, standards in written English are falling. This is because people see the e-mail as an informal way of communicating where the normal rules of grammar and punctuation do not apply. In a survey by MSM, two-thirds of those aged 18-24 said that they were more concerned about the content of their e-mails than grammatical correctness. Of older users, one in four also admitted they were not concerned about grammatical correctness in their messages.

Surprisingly, in the same survey most people said they were annoyed by errors in the e-mails they received. This was a bigger problem with conventional letters. In another survey bosses said they would not do business with companies whose correspondence had mistakes in it. Unbelievably, they thought it was worse than charging too much.

a Do you agree that e-mails are an informal way of communicating?

b If .someone sends you a badly written e-mail, do you find it annoying? Are you more tolerant if you know they are not writing in their first language?

c Is there anything else about e-mails that annoys you e.g. not using a sensible title in the subject line, not including the original message when replying, etc.?

d Do you think the bosses in the survey were right? Why / Why not?

2. Read the following e-mails from a company called CiclosCielone to a customer, David Holmbrook. Re-write the e-mails and correct the mistakes in punctuation and grammar. Also change anything which you do not think is appropriate in stvle. Then compare your e-mails with the versions in the key list. Underline any phrases which you think are useful for this type of e-mail.

a) Dear mr Holmbrook

Thanks for the order. I just wish to conferm that we have recieved your order details and we have started to process the order. If your item is not instock or if there are are any dlspach problems we will contact you within the next 24/36 hrs. Please contact us if you not have received you order within 7 days at orders@ciclosciclone.com so we can resolve the issues, thankyou once again for your order. Kind Regards.

CiclosCielone (Despatch Team)

b) Hi there,

Re the modification thats not a problem the whole amounut for your order will be J84.85. I look forward to hearing from you, Best wishes Diego Martin

c) Dear dave

We appoligise for the delay, but we have worked out the cost of your shipping amounts of the modified order, it is going to cost you J6.99 more.

To activate this transaction we will need to re-take your card details by phone to process the payment manully. We will need the long number on the front of your card, the expire date, and the security code on the back of card.

Thank you for you patience and shopping with CiclosCielone, I look forward to hearing from you,

Best wishes

Diego

d) ok Dave, will sort this out for you, and it shall be with you soon! Sorry again.

Best wishes

Diego

Self-Study Units / Раздел для самостоятельного обучения

Unit 1. A restaurant manager / Менеджер ресторана

A pivotal position at any restaurant is that of manager. Sometimes an owner acts as a restaurant's general manager. Other times the manager is hired as an employee. Restaurant managers have a number of responsibilities in the day to day business of running a restaurant. Qualifications required to be a restaurant manager include basics, such as people skills and organization. However, depending on the size and concept of a restaurant, candidates may need a degree in business or hospitality.

A restaurant manager may be in charge of hiring new staff and terminating undesirables, especially for the front of the house. Kitchen positions may be filled by the head chef, rather than general manager. Another duty of a general restaurant manager includes ordering inventory. This includes front of the house items, such as paper napkins, cleaning supplies and restaurant dishware. General managers may also be in charge of liquor, beer and wine for a restaurant bar. However, a bar manager or head bartender may undertake this duty. The head chef or cook should be in charge of ordering food for the restaurant, since they do a bulk of the cooking. No matter who is in charge of the food or liquor ordering, a restaurant manager should sign off on the order, to make sure it is within the budget.

A restaurant manager is in charge of making the weekly schedule and making sure all the shifts are covered. They also need to approve requests for days off and decide which staff is going to work the busy or slow shifts. If a restaurant provides catering services, then a general manager may be in charge of scheduling the events, room bookings and coordinating staff to work them. If a catering operation is really large, a restaurant owner may opt to hire a catering manager instead.

First and foremost, a restaurant manager should excel at customer service. They should be able to train staff to have superb customer service and make sure that customers leave the restaurant happy. A restaurant manager can take care of the advertising and marketing campaigns. They can oversee the budget, place ads and update social networks, like Facebook or Twitter. They can also create restaurant promotional ideas, such as happy hour specials or two-for-one deals.

Restaurant manager can take care of the daily business reviews and making sure that the daily and nightly deposits are taken care of. However, it is a good idea to have a separate person track and reconcile the checking account and other bank accounts. No matter how much you trust your general manager, employee theft does happen. Keeping a second set of eyes on the books keeps everyone honest.

Problems in restaurants abound. From disgruntled customers to new staff who don’t show up for their shifts, a restaurant manager should be able to take care of any issues at hand.

Answer the following questions:

1. Who has a number of responsibilities in the day to day business of running a restaurant?
2. Can a restaurant manager take care of the advertising and marketing campaigns?
3. Who should be able to train staff to have superb customer service and make sure that customers leave the restaurant happy?
4. Who is in charge of liquor, beer and wine for a restaurant bar?
5. The head chef or cook should be in charge of ordering food for the restaurant, shouldn’t they?

Unit 2 Chymosin / Химозин

Advances in genetic engineering techniques mean that some vegetarian cheeses may now be made using chymosin produced by genetically engineered micro-organisms. The genetic material (DNA) which encodes for chymosin is introduced into a micro-organism which can then be cultured to produce commercial quantities of chymosin. This is done by extracting genetic material from calf stomach cells which acts as a template for producing the chymosin encoding DNA. This can then be introduced into the micro-organism. Once the genetic material is introduced there is no further need for calf cells. Alternatively, the chymosin encoding DNA can be bio-synthesized in the laboratory without the use of calf cells.

The chymosin produced is identical to that produced by calf stomach cells. The development of genetically engineered chymosin has been encouraged by shortages and fluctuations in cost of rennet from calves. Its manufacturers claim that genetically engineered chymosin will end the cheese making industry's reliance on the slaughter of calves.

Chymosin encoding DNA has been introduced into three different micro-organisms. These are the yeast Kluyveromyces lactis, the fungus Aspergillus niger var awamori, and a strain of the bacteria Escherichia coli. All of these have now been approved and cleared for use by the Ministry of Agriculture, Fisheries & Food. There is no legal requirement for manufacturers to state whether genetically engineered rennet has been used in the cheese making process.

Vegetarian cheeses are widely available in supermarkets and health food stores. A wide variety of cheeses are now made with non-animal rennet and labeled as suitable for vegetarians. No particular type of cheese is exclusively vegetarian. Soft cheeses are as likely to be non-vegetarian as hard cheese.

7. Answer the following questions:

1. How can some vegetarian cheeses be made?
2. What may be made using chymosin produced by genetically engineered micro-organisms?
3. What encouraged the development of genetically engineered chymosin?
4. Where can one get Vegetarian cheeses?
5. How do Vegetarian cheeses look like?

Unit 3. Victoria Falls Restaurants / Рестораны

Read the article and render it according to a plan.

By: Linda Vika

Published: September 19, 2013

Victoria Falls is known for inspiring the senses – the beauty, majesty and adrenaline-fuelled activities of the Falls are indeed an awesome experience – what many people will be surprised to discover is that Victoria Falls offers a gastronomical treat as well. Tucked away in little nooks and crannies of the area, guests will be pleased to find really exquisite restaurants, where traditional and internationally acclaimed dishes tempt even the most discerning palate.

The Victoria Falls restaurants offer it all, from local dishes to more internationally recognised cuisine, everybody is catered for. The food and cuisine in Victoria Falls is influenced by both local and international dishes and flavours. The staple food of Zimbabwe is called 'sadza,' and is a cornmeal based dish eaten with different relishes.

Many of the surrounding hotels offer in-house restaurants well suited to its international guests. A'Zambezi River Lodge's Amulonga offers authentic African open air dining on the banks of the roaring Zambezi River. Ilala Lodge presents the Palm Restaurant, serving a la carte dishes in a classy atmosphere. Victoria Falls Safari Lodge hosts The Boma, a popular choice for guests looking for some traditional African fare, complete with entertainment. The Boma is the ultimate dining location in Victoria Falls and caters to the tourism market. Another firm favourite is In-De-Belly, located just behind Ilala Lodge. This is a casual meeting point where guests can enjoy good food, great entertainment and a convivial atmosphere. Mama Africa, as the name suggests, also serves traditional African fare with a twist and an interesting atmosphere. Enjoy a traditional experience where hospitality, good food and a friendly atmosphere go hand-in-hand.

Most of the restaurants in the Victoria Falls offer a uniquely African experience, from the food served to the live entertainment and decor; guests can expect a wonderfuly authentic dining experience at the Victoria Falls.

Unit 4. Top Four Reasons Why Restaurants Fail

Read the article and render it according to a plan.

By: Chad Eisenhart
Published: March 22, 2013

I have been in the corporate restaurant business for over 20 years. Corporate restaurants do have working systems. As long as management follows through on executing those policies and procedures consistently, the restaurant is highly likely to succeed.

About one in four restaurants close or change ownership within their first year of business. Over three years, that number rises to three in five.

While a 60%, failure rate may still sound high, that is on par with the cross-industry average for new businesses, according to statistics from the Small Business Administration and the Bureau of Labor Statistics.

The most important point is that your business needs to be better than the person next door. Word of mouth is the number one way to advertise, and best of all it is free advertisement.

Too many restaurant owners do not have a working system in place such as:

- Labor and food cost control.
- A Training Program
- Systems and Procedures.
- Well trained managers who consistently follow procedures, give direction and do follow ups.

These are just a few working systems that successful restaurants need to prosper. Statistically the cost of a restaurant's food and labor should not exceed 60% of their sales.

Labor And Food Cost Control - What is labor cost? The cost of labor is the sum of wages, benefits, and payroll taxes. If you pay too much then you lose money. If you pay too little, then you lose employees. You have to have the right balance based on your sales. Sales include all your food sales and include beverages.

The formula: cost of labor/total sales (x 100%) For example, if you sell $5000 in a day, and spend $1400 in labor for that day, your labor percent would be 1400/5000 = 0.28 (.28*100%=28%).

The labor percent for restaurants should be from 25% - 35%. This percentage depends on your restaurant style and mix of sales. Fast food restaurants may have labor costs as low as 25%. Restaurants with table service may have 30% - 35% labor costs.

Food Costs - Food cost is the percentage of total restaurant sales spent on food products. So this means you need to keep track of your food inventory and how much you paid the vendors for that food. This varies based on what type of food you sell, the costs of food in your area, and how much you buy locally. Food cost is typically in the range of 28% to 30%. A steakhouse will have a higher food cost--30% or higher. You must accurately track your inventory and food costs to determine the total profits for the restaurant.

Training Program - There are restaurants that fail every day in the industry because of poor training programs or no training. Training is a part of our lives from birth on. Sometimes training may be by example. But for the food service industry, it needs to be much more than just an example. You need to make sure that your employee's understand the importance of sanitation, food safety, portion control, cooking temperatures, storage temperatures, and more.

Your service staff needs to know the menu, the style of your restaurant, and the customers you serve. They need to know how to sell the menu--meaning upselling and suggestive selling. They need to know how to Wow the customers. They need a friendly demeanor, a positive attitude and a personality where they can focus on the guest's needs. Employees do not typically walk into your restaurant with all these skills. They need to be developed and trained properly. They need to be shown the right way, time to practice their skills, and a focused management to help them stay on track. The managers need to be well-trained in each area of the restaurant. The management also needs to know how to motivate staff. They should know what each employee should be focused on throughout each shift -- what to do when it is busy, and what to do when it is slow.

Procedures and Systems - In order to succeed every business needs systems and procedures. Procedures are the plan on how things should be done, a documented way of supporting policy directives. Systems are the combination of procedures that should take place, who, what, when and where it is done and the result that the system accomplishes.

Unit **5 Pulses / Бобовые**

Read and translate the text.

Peas, beans and lentils are known as pulses. They are the seeds of plants belonging to the family Leguminosae, which gets its name from the characteristic pod or legume that protects the seeds while they are forming and ripening. With approximately 13,000 species, the family Leguminosae is the second largest in the plant kingdom and it is very important economically.

Different kinds of legumes provide us with food, medicines, oils, chemicals, timber, dyes and ornamental garden plants. Legume products include carob, senna, gum arabic, balsam, indigo and licorice. Pulses are valuable because they contain a higher percentage of protein than most other plant foods.

Pulses have been used as food for thousands of years. The lentil was probably one of the first plants ever to be domesticated by humans. Most pulses prefer warm climates but there are varieties which grow in temperate regions. They can be eaten fresh or dried and come in a great number of varieties with a range of colours, flavours, and textures. In spite of its common name, the peanut or groundnut is also a legume rather than a nut.

All pulses, except for soya beans, are very similar in nutritional content. They are rich in protein, carbohydrate and fibre, and low in fat which is mostly of the unsaturated kind. They are also important sources of some B vitamins. Fresh pulses contain vitamin C, but this declines after harvesting and virtually all is lost from dried pulses. Canned pulses however, retain about half their vitamin C except for canned, processed peas which have been dried before canning. Canning doesn't affect the protein content, eliminates the need for soaking and considerably reduces the cooking time compared with dried pulses. Frozen peas will have also lost about a quarter of their vitamin C content.

Pulses are usually eaten for their high protein content. A typical nutritional breakdown is that for haricot beans which are used to make baked beans, contain, per 100g dried beans: 21.4g protein, 1.6g fat, 45.5g carbohydrate, 25.4g fibre, 6.7mg iron and 180mg calcium.

The nutritional quality of the soya bean is superior to that of other pulses. It contains more protein and is also a good source of iron and calcium. The nutritional breakdown of soya is per 100g of dried beans: 34.1g protein, 17.7g fat, 28.6g carbohydrate, 8.4mg iron and 226mg calcium. Dried soya beans are lengthy to prepare because they need at least 12 hours soaking and 4 hours cooking time, boiling for the first hour, but nowadays a large number of soya based foods including tofu, tempeh and textured vegetable protein (soya mince or chunks) are available.

One advantage of dried pulses is that they will store very well for long periods if kept in a dry, airtight container away from the light. However it is best to eat them as fresh as possible. Pulses toughen on storage and older ones will take longer to cook. Allow about 55g dried weight per person, once soaked and cooked they will at least double in weight. Most dried pulses need soaking for several hours before they can be cooked, exceptions are all lentils, green and yellow split peas, blackeye and mung beans. Soaking times vary from 4-12 hours, it is usually most convenient to soak pulses overnight. Always discard the soaking water, rinse and cook in fresh water without any salt, which toughens the skins and makes for longer cooking. Changing the water will help to reduce the flatulence some people suffer when eating pulses, also reputed to help is the addition of a pinch of aniseeds, caraway, dill or fennel seeds.

Consumers should be aware that it is not safe to eat raw or undercooked kidney and soya beans. There is no need to avoid them as long as they are thoroughly cooked.

Unit 6. Nuts / Орехи

Answer the questions.

1. What nut has a delicious creamy flavour and crunchy texture?
2. What kernels are green?
3. Why are pine nuts very expensive?
4. Where should pine nuts be stored?
5. What nut is the most expensive?

Macadamia Nuts

Macadamia Nuts are native of NE Australia now also grown commercially in Hawaii. Notoriously difficult to extract from their shells, they are expensive but have a delicious creamy flavour and crunchy texture. Low in carbohydrate, but quite high in fat, 100g Macadamia nuts contain 7g protein and 40mg calcium.

Pine Nuts

These are the seeds of the Stone Pine, a native of the Mediterranean region, but the seeds of various other pines are eaten in various parts of the world including the seeds of the Korean Pine or North American pinon tree. They are very difficult to harvest, hence their cost. They are vital for pesto sauce, and are delicious lightly toasted. They become rancid very easily and should be stored in the fridge or freezer. 100g pine nuts contain 14g protein.

Pistachios

Native to the Near East and Central Asia but has long been cultivated in the Mediterranean region and more recently in the Southern US. The kernels are green and are prized as much for their ornamental colour as for their flavour. Also sold roasted and salted in their shells. They are more expensive than most other nuts. 100g pistachios contain 19.3g protein, 14mg iron, 140mg calcium.

Unit 7. Rice / Рис

Answer the following questions:

1. Quinoa is an ancient crop, isn’t it?
2. Why is wild rice expensive?
3. How long should wild rice be cooked?
4. Is whole or pot barley more nutritious?
5. What cereal is used mostly as animal feed?
6. What is a delicious alternative to rice? Why?
7. Do you confuse cornmeal with highly refined corn starch?

Rice (gluten-free)

Rice is one of the world's most important crops. It originated in Asia but is now grown throughout the humid, sub-tropical regions. It differs from most other cereals in requiring land that is submerged in water to grow, though some varieties do grow in upland areas. Rice is a good source of carbohydrate but doesn't have quite as much protein as some other cereals (6.5g per 100g). Unpolished rice (i.e. wholegrain/brown rice) is a good source of B vitamins too. There are three basic kinds in culinary terms: long, medium and short grain. Long used traditionally in savory dishes, short in dessert cooking, although this varies across the globe and it is really a matter of personal preference. Long wholegrain rice needs to cook in 1:2 parts water for 35-40 minutes. Rice flour is available but because of the lack of gluten, it cannot be used to make a yeasted loaf but can be used for cakes, biscuits and pancakes. Rice flakes (brown and white) can be added to muesli or made into a milk pudding or porridge.

Wild Rice

Wild rice is not rice at all but an American grass used as an important food by the Indians and early settlers. Difficulty in harvesting makes it expensive, but the colour, a purplish black and its subtly nutty flavour make it a good base for a special dish and it can be economically mixed with other rices, but may need pre-cooking as it takes 45-50 minutes to cook in 1:3 parts of water.

Additional reading / Тексты для дополнительного чтения

Text 1

McDonald's

McDonald's Corporation is the world's largest chain of hamburger fast food restaurants, serving around 64 million customers daily. Headquartered in the United States, the corporation was founded by businessman Ray Kroc in 1955 after he purchased the rights to a small hamburger chain operated by the eponymous Richard and Maurice McDonald.

A McDonald's restaurant is operated by either a franchisee, an affiliate, or the corporation itself. The corporation's revenues come from the rent, royalties and fees paid by the franchisees, as well as sales in company-operated restaurants.

McDonald's restaurants are found in 119 countries and territories around the world and serve 58 million customers each day. McDonald's operates over 31,000 restaurants worldwide, employing more than 1.5 million people. The company also operates other restaurant brands, such as Piles Cafй.

The business began in 1940, with a restaurant opened by brothers Richard and Maurice McDonald in San Bernardino, California. Their introduction of the "Speedee Service System" in 1948 furthered the principles of the modern fast-food restaurant that the White Castle hamburger chain had already put into practice more than two decades earlier. The original mascot of McDonald's was a man with a chef's hat on top of a hamburger shaped head whose name was "Speedee." Speedee was eventually replaced with Ronald McDonald by 1967 when the company first filed a U.S. trademark on a clown shaped man having puffed out costume legs.

McDonald's first filed for a U.S. trademark on the name McDonald's on May 4, 1961, with the description "Drive-In Restaurant Services," which continues to be renewed through the end of December 2009. In the same year, on September 13, 1961, the company filed a logo trademark on an overlapping, double arched "M" symbol. The overlapping double arched "M" symbol logo was temporarily disfavored by September 6, 1962, when a trademark was filed for a single arch, shaped over many of the early McDonald's restaurants in the early years. The famous double arched "M" symbol in use today did not appear until November 18, 1968, when the company filed a U.S. trademark.

The first McDonald's restaurants opened in the United States, Canada, Costa Rica, Panama, Japan, the Netherlands, Germany, Australia, France, El Salvador and Sweden, in order of openings.

The present corporation dates its founding to the opening of a franchised restaurant by Ray Kroc, in Des Plaines, Illinois, on April 15, 1955, the ninth McDonald's restaurant overall. Kroc later purchased the McDonald brothers'

equity in the company and led its worldwide expansion, and the company became listed on the public stock markets in 1965. Kroc was also noted for aggressive business practices, compelling the McDonald brothers to leave the fast food industry. The McDonald brothers and Kroc feuded over control of the business, as documented in both Kroc's autobiography and in the McDonald brothers' autobiography. The site of the McDonald brothers' original restaurant is now a monument.

With the expansion of McDonald's into many international markets, the company has become a symbol of globalization and the spread of the American way of life. Its prominence has also made it a frequent topic of public debates about obesity, corporate ethics and consumer responsibility.

Types of restaurants

Most standalone McDonald's restaurants offer both counter service and drive-through service, with indoor and sometimes outdoor seating. Drive-Thru, Auto-Mac, Pay and Drive, or "McDrive" as it is known in many countries, often has separate stations for placing, paying for, and picking up orders, though the latter two steps are frequently combined; it was first introduced in Arizona in 1975, following the lead of other fast-food chains. The first such restaurant in Britain opened at Fallowfield, Manchester in 1986.

In some countries, "McDrive" locations near highways offer no counter service or seating. In contrast, locations in high-density city neighborhoods often omit drive-through service. There are also a few locations, located mostly in downtown districts, that offer Walk-Thru service in place of Drive-Thru.

To accommodate the current trend for high quality coffee and the popularity of coffee shops in general, McDonald's introduced McCafй, a cafй-style accompaniment to McDonald's restaurants in the style of Starbucks. McCafй is a concept created by McDonald's Australia, starting with Melbourne in 1993. Today, most McDonald's in Australia have McCafйs located within the existing McDonald's restaurant. In Tasmania, there are McCafйs in every store, with the rest of the states quickly following suit. After upgrading to the new McCafй look and feel, some Australian stores have noticed up to a 60% increase in sales. As of the end of 2003 there were over 600 McCafйs worldwide.

Some locations are connected to gas stations/convenience stores, while others called McExpress have limited seating and/or menu or may be located in a shopping mall. Other McDonald's are located in Wal-Mart stores. McStop is a location targeted at truckers and travelers which may have services found at truck stops.

Since 1997, the only Kosher McDonald's in the world that is not in Israel, is located in the "Abasto de Buenos Aires", Argentina.

Business model

McDonald's Corporation earns revenue as an investor in properties, a franchiser of restaurants, and an operator of restaurants. Approximately 15% of McDonald's restaurants are owned and operated by McDonald's Corporation directly. The remainder are operated by others through a variety of franchise agreements and joint ventures. The McDonald's Corporation's business model is slightly different from that of most other fast-food chains. In addition to ordinary franchise fees and marketing fees, which are calculated as a percentage of sales, McDonald's may also collect rent, which may also be calculated on the basis of sales. As a condition of many franchise agreements, which vary by contract, age, country, and location, the Corporation may own or lease the properties on which McDonald's franchises are located. In most, if not all cases, the franchisee does not own the location of its restaurants.

The UK business model is different, in that fewer than 30% of restaurants are franchised, with the majority under the ownership of the company. McDonald's trains its franchisees and others at Hamburger University in Oak Brook, Illinois.

In other countries, McDonald's restaurants are operated by joint ventures of McDonald's Corporation and other, local entities or governments.

As a matter of policy, McDonald's does not make direct sales of food or materials to franchisees, instead organizing the supply of food and materials to restaurants through approved third party logistics operators.

Controversies

As a prominent example of the rapid globalization of the American fast food industry, McDonald's is often the target of criticism for its menu, its expansion, and its business practices.

The McLibel Trial, also known as McDonald's Restaurants v Morris & Steel, is an example of this criticism. In 1990, activists from a small group known as London Greenpeace (no connection to the international group Greenpeace) distributed leaflets entitled What's wrong with McDonald's?, criticizing its environmental, health, and labor record. The corporation wrote to the group demanding they desist and apologize, and, when two of the activists refused to back down, sued them for libel in one of the longest cases in British civil law. A documentary film of the McLibel Trial has been shown in several countries.

Despite the objections of McDonald's, the term "McJob" was added to Merriam-Webster's Collegiate Dictionary in 2003. The term was defined as "a low-paying job that requires little skill and provides little opportunity for advancement". In an open letter to Merriam-Webster, Jim Cantalupo, former CEO of McDonald's, denounced the definition as a "slap in the face" to all restaurant

employees, and stated that "a more appropriate definition of a 'McJob' might be 'teaches responsibility.'" Merriam-Webster responded that "we stand by the accuracy and appropriateness of our definition."

In 1999, French anti-globalisation activist Josй Bovй vandalized a half-built McDonald's to protest against the introduction of fast food in the region.

In 2001, Eric Schlosser's book Fast Food Nation included criticism of the business practices of McDonald's. Among the critiques were allegations that McDonald's (along with other companies within the fast food industry) uses its political influence to increase its profits at the expense of people's health and the social conditions of its workers. The book also brought into question McDonald's advertisement techniques in which it targets children. While the book did mention other fast-food chains, it focused primarily on McDonald's.

McDonald's is the world's largest distributor of toys, which it includes with kids meals. It has been alleged that the use of popular toys encourages children to eat more McDonald's food, thereby contributing to many children's health problems, including a rise in obesity.

In 2002, vegetarian groups, largely Hindu and Buddhist, successfully sued McDonald's for misrepresenting their French fries as vegetarian, when they contained beef broth.

People for the Ethical Treatment of Animals (PETA), continues to pressure McDonald's to change its animal welfare standards, in particular the method their suppliers use of slaughtering chickens. Most processors in the United States shackle fully conscious birds upside down and run them through an electrically charged water tub before slitting their throats. PETA argues that using gas to kill the birds (a method called "controlled atmosphere killing: or CAK) is less cruel. Both CAK and "controlled atmosphere stunning" (CAS) are commonly used in Europe.

Morgan Spurlock's 2004 documentary film Super Size Me said that McDonald's food was contributing to the epidemic of obesity in society, and that the company was failing to provide nutritional information about its food for its customers. Six weeks after the film premiered, McDonald's announced that it was eliminating the super size option, and was creating the adult happy meal.

The soya that is fed to McDonald’s chickens is supplied by agricultural giant Cargill and comes directly from Brazil. Greenpeace alleges that not only is soya destroying the Amazon rain forest in Brazil, but soya farmers are guilty of further crimes including slavery and the invasion of indigenous peoples’ lands. The allegation is that McDonald's, as a client of Cargill's, is complicit in these activities.

Arguments in defense

In response to public pressure, McDonald's has sought to include more healthy choices in its menu and has introduced a new slogan to its recruitment posters: "Not bad for a McJob". (The word McJob, first attested in the mid-1980s and later popularized by Canadian novelist Douglas Coupland in his book Generation X, has become a buzz word for low-paid, unskilled work with few prospects or benefits and little security.) McDonald's disputes this definition of McJob. In 2007, the company launched an advertising campaign with the slogan "Would you like a career with that?" on Irish television, outlining that their jobs have many prospects.

In an effort to respond to growing consumer awareness of food provenance, the fast-food chain changed its supplier of both coffee beans and milk. UK chief executive Steve Easterbrook said: "British consumers are increasingly interested in the quality, sourcing and ethics of the food and drink they buy". In a bid to tap into the ethical consumer market, McDonald's switched to using coffee beans taken from stocks that are certified by the Rainforest Alliance, a conservation group that has been dubbed "Fairtrade lite." Additionally, the company started using organic milk supplies for its hot drinks and milkshakes. According to a report published by Farmers Weekly in 2007, the quantity of milk used by McDonald's could have accounted for as much as 5% of the UK's organic milk output.

McDonald's announced on May 22, 2008 that, in the U.S. and Canada, it would switch to using cooking oil that contains no trans fats for its french fries, and canola-based oil with corn and soy oils, for its baked items, pies and cookies, by year's end.

With regard to acquiring chickens from suppliers who use CAK or CAS methods of slaughter, McDonald's says that they need to see more research "to help determine whether any CAS system in current use is optimal from an animal welfare perspective."

Environmental record

In April 2008, McDonald's announced that 11 of its Sheffield, England restaurants have been using a biomass trial that had cut its waste and carbon footprint by half in the area. In this trial, waste from the restaurants were collected by Veolia Environmental Services and used to produce energy at a power plant. McDonald's plans to expand this project, although the lack of biomass power plants in the U.S. will prevent this plan from becoming a national standard anytime soon. In addition, in Europe, McDonald's has been recycling vegetable grease by converting it to fuel for their diesel trucks.

Furthermore, McDonald's has been using a corn-based bioplastic to produce containers for some of their products. Although industries who use this product claim a carbon savings of 30% to 80%, a Guardian study shows otherwise. The results show that this type of plastic does not break down in landfills as

efficiently as other conventional plastics. The extra energy it takes to recycle this plastic results in a higher output of greenhouse gases. Also, the plastics can contaminate waste streams, causing other recycled plastics to become unsaleable.

The U.S. Environmental Protection Agency has recognized McDonald's continuous effort to reduce solid waste by designing more efficient packaging and by promoting the use of recycled-content materials. McDonald's reports that they are committed towards environmental leadership by effectively managing electric energy, by conserving natural resources through recycling and reusing materials, and by addressing water management issues within the restaurant.

In an effort to reduce energy usage by 25% in its restaurants, McDonald's opened a prototype restaurant in Chicago in 2009 with the intention of using the model in its other restaurants throughout the world. Building on past efforts, specifically a restaurant it opened in Sweden in 2000 that was the first to intentionally incorporate green ideas, McDonald's designed the Chicago site to save energy by incorporating old and new ideas such as managing storm water, using skylights for more natural lighting and installing some partitions and tabletops made from recycled goods.

When McDonald’s received criticism for its environmental policies in the 1970s, it began to make substantial progress towards source reductions efforts. For instance, an “average meal” in the 1970s—a Big Mac, fries, and a drink—required 46 grams of packaging; today, it requires only 25 grams, allowing a 46% reduction. In addition, McDonald’s eliminated the need for intermediate containers for cola by having a delivery system that pumps syrup directly from the delivery truck into storage containers, saving two million pounds of packaging annually. Overall, weight reductions in packaging and products, as well as the increased usage of bulk packaging ultimately decreased packaging by 24 million pounds annually.

Products

McDonald's predominantly sells hamburgers, various types of chicken sandwiches and products, French fries, soft drinks, breakfast items, and desserts. In most markets, McDonald's offers salads and vegetarian items, wraps and other localized fare. On a seasonal basis, McDonald's offers the McRib sandwich. Some speculate the seasonality of the McRib adds to its appeal. Portugal is the only country with McDonald's restaurants currently serving soup. This local deviation from the standard menu is a characteristic for which the chain is particularly known, and one which is employed either to abide by regional food taboos (such as the religious prohibition of beef consumption in India) or to make available foods with

which the regional market is more familiar (such as the sale of McRice in Indonesia).

Advertising

McDonald's has for decades maintained an extensive advertising campaign. In addition to the usual media (television, radio, and newspaper), the company makes significant use of billboards and signage, sponsors sporting events ranging from Little League to the Olympic Games, and makes coolers of orange drink with their logo available for local events of all kinds. Nonetheless, television has always played a central role in the company's advertising strategy.

Text 2

Burger King

Burger King, often abbreviated as **BK**, is a global chain of hamburger fast food restaurants headquartered in unincorporated Miami-Dade County, Florida, United States.

At the end of fiscal year 2010, Burger King reported it had more than 12,200 outlets in 73 countries; of these, 66 percent are in the United States and 90 percent are privately owned and operated. BK has historically used several variations of franchising to expand its operations. The manner in which the company licenses its franchisees varies depending on the region, with some regional franchises, known as master franchises, responsible for selling franchise sub-licenses on the company's behalf. Burger King's relationship with its franchises has not always been harmonious. Occasional spats between the two have caused numerous issues, and in several instances the company's and its licensees' relations have degenerated into precedent-setting court cases.

The Burger King menu has evolved from a basic offering of burgers, french fries, sodas and milkshakes in 1954, to a larger, more diverse set of product offerings. In 1957, the Whopper was the first major addition to the menu; it has since become Burger King's signature product. Conversely, BK has introduced many products which failed to catch hold in the marketplace. Some of these failures in the US have seen success in foreign markets, where BK has also tailored its menu for regional tastes. After the purchase of the company in 2002, Burger King began to aggressively target the 18–34 male demographic with larger products that often carried correspondingly large amounts of unhealthy fats and trans-fats. This tactic would eventually come to hurt the company's financial underpinnings and cast a negative pall on its earnings.

History

The predecessor to what is now the international fast food restaurant chain Burger King was founded in 1953 in Jacksonville, Florida, as Insta-Burger King. Inspired by the McDonald brothers' original store location in San Bernardino, California, the founders and owners, Keith J. Kramer and his wife's uncle Matthew Burns, began searching for a concept to open a new restaurant around. The two initiated a corporate restructuring of the chain; the first step was to rename the company Burger King. The duo ran the company as an independent entity for eight years, eventually expanding to over 250 locations in the United States, when they sold it to the Pillsbury Company in 1967.

Pillsbury's management made several attempts at reorganization or restructuring of the restaurant chain in the late 1970s and early 1980s. The most prominent change came in 1978 when Burger King hired McDonald's executive Donald N. Smith to help revamp the company. In a plan called Operation Phoenix,

Smith initiated a restructuring of corporate business practices at all levels of the company. Changes to the company included updated franchise agreements, a broadening of the menu, and new store designs to standardize the look and feel of the company.

The twenty-first century saw the company return to independence when it was purchased from Diageo by a group of investment firms for $1.5 billion (USD) in 2002. The new owners rapidly moved to revitalize and reorganize the company, culminating with the company being taken public in 2006 with a highly successful initial public offering. The firms' strategy for turning the chain around included a new advertising agency and new ad campaigns, a revamped menu strategy, a series of programs designed to revamp individual stores, and a new restaurant concept called the BK Whopper Bar. These changes successfully re-energized the company, leading to a score of profitable quarters. Yet, despite the successes of the new owners, the effects of the financial crisis of 2007–2010 weakened the company's financial outlooks while those of its immediate competitor McDonald's grew. Analysts from financial firms UBS and Stifel Nicolaus agreed that 3G will have to invest heavily in the company to help reverse its fortunes. After the deal was completed, the company's stock was removed from the New York Stock Exchange, ending a four year period as a public company. The delisting of its stock is designed to help the company repair its fundamental business structures and continue working to close the gap with McDonald's without having to worry about pleasing shareholders.

Structure

Burger King is headquartered in a nine-story office tower by Miami International Airport in unincorporated Miami-Dade County, Florida.[35] Elaine Walker of the Miami Herald stated that the headquarters has a "Burger King" sign that drivers on Florida State Road 836 "can't miss." In addition the chain planned to build a neon sign on the roof to advertise the brand to passengers landing at the airport. 130 employees began working at the Burger King headquarters on Monday 8 July 2002. The former Burger King headquarters as of 2007 houses rental offices for several companies.

International operations

While BK began its foray into locations outside of the continental United States in 1963 with a store in San Juan, Puerto Rico, it did not have an international presence until several years later. Shortly after the acquisition of the chain by Pillsbury, it opened its first Canadian restaurant in Windsor, Ontario in 1969. Other international locations followed soon after: Oceania in 1971 and Europe in 1975 with a restaurant in Madrid, Spain. Beginning in 1982, BK and its franchisees began operating stores in several East Asian countries, including Japan, Taiwan, Singapore and South Korea. BK's Central and South American operations began in Mexico in

the late 1970s, and by the early 1980s in Caracas, Venezuela, Santiago, Chile and Buenos Aires, Argentina. While Burger King lags behind McDonald's in international locations by over 12,000 stores, it has managed to become the largest chain in several countries including Mexico and Spain. To assist in its international expansion, Burger King has established several subsidiaries to develop strategic partnerships and alliances to expand into new territories.

Over a 10-year period starting in 2008, Burger King predicted 80 percent of its market share would be driven by foreign expansion, particularly in the Asia-Pacific and Indian subcontinent regional markets. The company plans to focus on the three largest markets – India, China and Japan. It plans to add over 250 stores in these Asian territories, as well as other places such as Macau, by the end of 2012.

At the end of its 2010 fiscal year, Burger King is the second largest chain of hamburger fast food restaurants in terms of global locations, behind industry bellwether McDonald's (32,400 locations); it is the fourth largest fast food restaurant chain overall after Yum! Brands (37,000 locations), McDonald's, and Subway (32,000 locations).

Controversies and legal cases

Burger King has been involved in several legal disputes and cases, as both plaintiff and defendant, in the years since its founding in 1954. Disputes involving these many legal topics have affected almost every aspect of the company's operations. Depending on the ownership and executive staff at the time of these incidents, the company's responses to these challenges have ranged from a conciliatory dialog with its critics and litigants, to a more aggressive opposition with questionable tactics and negative consequences. The company's response to these various issues has drawn praise as well as accusations of political appeasement from different parties over the years.

Controversies and disputes have arisen with groups such as People for the Ethical Treatment of Animals (PETA), governmental and social agencies, and unions and trade groups over various topics. These situations have touched on legal and moral concepts such as animal rights, corporate responsibility, ethics, and social justice.

Further controversies have occurred during the company's expansion in the Middle East. The opening of a Burger King location in the Israeli-occupied territories lead to a breach of contract dispute between Burger King and its Israeli franchise. The dispute eventually erupted into a geopolitical dispute involving Muslim and Jewish groups on multiple continents over the application of, and adherence to, international law.

Many of these decisions have helped define general business dealings that continue to shape the entire marketplace.

Products

When the predecessor of Burger King first opened in Jacksonville in 1953, its menu consisted predominantly of basic hamburgers, french fries, soft drinks, milkshakes and desserts. After being acquired by its Miami, Florida, franchisees and renamed to its current moniker in 1954, BK began expanding the breadth of its menu by adding the Whopper sandwich in 1957. This quarter-pound (4 oz (110 g)) hamburger was created by Burger King's new owners James McLamore and David Edgerton as a way to differentiate BK from other burger outlets at the time. Since its inception, the Whopper has become synonymous with Burger King, and has become the focus of much of its advertising. The company even named its new kiosk-style restaurants Whopper Bars.

The new product line significantly expanded the breadth of the BK menu with many non-hamburger sandwiches, including new chicken and fish offerings. The new Specialty Sandwich line was one of the first attempts to target a specific demographic, in this case adults 18–34, members of which would be willing to spend more on a higher quality product. This expansion introduced BK's "Am Express" product line, which added new products such as French toast sticks and mini-muffins.

As the company expanded both inside and outside the US, it introduced localized versions of its products that conform to regional tastes and cultural or religious beliefs. International variations add ingredients such as teriyaki or beetroot and fried egg to the Whopper; beer in Germany, Italy and Spain; and halal or kosher products in the Middle East and Israel.

In order to appeal to as many demographic groups as possible and better compete with its competitor Wendy's, Burger King added a multi-tiered value menu in 1993 with items priced at 99ў, $1.99 and $2.99 (USD). This value menu featured seven products: Whopper Jr., five-piece Chicken Tenders, a bacon cheeseburger, medium sized French fries, medium soft drink, medium onion rings, and small shake. In 2002 and 2006, BK revamped its value menu, adding and removing several different products such as chili and its Rodeo Cheeseburger. Many of these items have since been discontinued, modified or relegated to a regional menu option. To better appeal to a more adult palate and demographic, BK introduced several new products to its menu in 2003, including several new or revamped chicken products, a new salad line and its BK Joe brand of coffee. Some of the new products, including its Enormous Omelet Sandwich line and the BK Stacker line, brought negative attention due to the large portion size, and amounts of unhealthy fats and trans-fats. Many of these products feature higher quality ingredients like whole chicken breast, Angus beef, natural cheeses such as cheddar and pepper jack. Again, not all these products, such as the BK Baguette line, have met corporate sales expectations.

Like its menu, the equipment the company cooks its hamburgers with has also evolved as the company grew. The burgers have always been broiled mechanically; the original unit, called an Insta-Broiler, was one of two pieces of equipment the founders of Insta-Burger King purchased before opening their new restaurant. The Insta-Broiler worked by cooking 12 burger patties in a wire basket, allowing the patties to be cooked from both sides simultaneously. The company would stay with that format for the next 40 years until Burger King began developing a variable speed broiler that could handle multiple items with different cooking rates and times. Accompanying these new broilers was new food-holding equipment, accompanied by a computer-based product monitoring system for its cooked products. The monitoring system allows for more concise tracking of product quality, while giving the company and its franchisees a method to streamline costs by more precisely projecting sales and product usage.

Advertising

Since its foundation in 1954, Burger King has employed varied advertising programs, both successful and unsuccessful. During the 1970s, output included its *Hold the pickles, hold the lettuce...* jingle, the inspiration for its current mascot the Burger King, and several well known and parodied slogans such as "Have it your way" and "It takes two hands to handle a Whopper". Burger King introduced the first attack ad in the fast food industry with a pre-teen Sarah Michelle Gellar in 1981. The television spot, which claimed BK burgers were larger and better tasting than competitor McDonald's, so enraged executives at McDonald's parent company that they sued all parties involved.

Burger King was a pioneer in the advertising practice known as "product tie-in", with a successful partnership with George Lucas' Lucasfilm, Ltd., to promote the 1977 film Star Wars in which BK sold a set of glasses featuring the main characters from the movie. This promotion was one of the first in the fast food industry and set the pattern that continues to the present. BK's early success in the field was overshadowed by a 1982 deal between McDonald's and the Walt Disney Company to promote Disney's animated films beginning in the mid 1980s and running through the early 1990s. In 1994, Disney switched from McDonald's to Burger King, signing a 10-movie promotional contract which would include such top 10 films as Aladdin (1992), Beauty and the Beast (1991), The Lion King (1994), and Toy Story (1995). A partnership in association with the Pokйmon franchise at the height of its popularity in 1999 was tremendously successful for the company, with many locations rapidly selling out of the toys and the replacements.

One of the first moves by the company was to reinstate its famous "Have it your way" slogan as the corporate motto. One of CP+B strategies was to revive the Burger King character used during BK's 1970s/1980s Burger King Kingdom children's advertising campaign as a caricatured variation, now simply called "the

King" The farcical nature of "the Burger King" centered advertisements inspired an internet meme where the King is photoshopped into unusual situations that are either comical or menacing, many times followed with the phrase "Where is your God now?".

Burger King broke relations with its lead advertising creative firm, MDC Partners' CP&B in 2011 after having done business for more than seven years.

On August 19, 2011, the company announced that it would no longer retain "The Burger King" in advertising.

Text 3
KFC

Kentucky Fried Chicken, is a chain of fast food restaurants based in Louisville, Kentucky, in the United States. KFC has been a brand and operating segment, termed a *concept* of Yum! Brands since 1997 when that company was spun off from PepsiCo as Tricon Global Restaurants Inc.

KFC primarily sells chicken pieces, wraps, salads and sandwiches. While its primary focus is fried chicken, KFC also offers a line of grilled and roasted chicken products, side dishes and desserts. Outside the USA, KFC offers beef based products such as hamburgers or kebabs, poutine, pork based products such as ribs and other regional fare.

The company was founded as Kentucky Fried Chicken by Colonel Harland Sanders in 1952, though the idea of KFC's fried chicken actually goes back to 1930. Although Sanders died in 1980, he remains an important part of the company's branding and advertisements, and "Colonel Sanders" or "The Colonel" is a metonym for the company itself. The company adopted KFC, an abbreviated form of its name, in 1991. Newer and remodeled restaurants will adopt the new logo and name, while older stores will continue to use the 1980s signage. Additionally, Yum! continues to use the abbreviated name freely in its advertising.

History

The first KFC restaurant, situated in South Salt Lake, Utah and since replaced by a new KFC on the same site

Born and raised in Henryville, Indiana, Sanders passed through several professions in his lifetime. Sanders first served his fried chicken in 1930 in the midst of the Great Depression at a gas station he owned in North Corbin, Kentucky. The dining area was named Sanders Court & Cafй and was so successful that in 1935 Kentucky Governor Ruby Laffoon granted Sanders the title of honorary Kentucky Colonel in recognition of his contribution to the state's cuisine. The following year Sanders expanded his restaurant to 142 seats, and added a motel he bought across the street. When Sanders prepared his chicken in his original restaurant in North Corbin, he prepared the chicken in an iron skillet, which took about 30 minutes to do, too long for a restaurant operation. In 1939, Sanders altered the cooking process for his fried chicken to use a pressure fryer, resulting in a greatly reduced cooking time comparable to that of deep frying. In 1940 Sanders devised what came to be known as his *Original Recipe*.

The Sanders Court & Cafй generally served travelers, often those headed to Florida, so when the route planned in the 1950s for what would become Interstate 75 bypassed Corbin, he sold his properties and traveled the U.S. to sell his chicken to restaurant owners. The first to take him up on the offer was Pete Harman in South Salt Lake, Utah; together, they opened the first "Kentucky Fried Chicken" outlet in

1952. By the early 1960s, Kentucky Fried Chicken was sold in over 600 franchised outlets in both the United States and Canada.

Sanders sold the entire KFC franchising operation in 1964 for $2 million USD, equal to $14,161,464 today. Since that time, the chain has been sold three more times and has now been renamed to Yum! Brands.

In 2001, KFC started test in Austin, Texas restaurants of "Wing Works" chicken wing line sold with one of a few flavored sauces. Also, KFC hired a consultant to develop a breakfast menu.

Recipe

The recipe of 11 herbs and spices used by KFC in preparation of their chicken remains a trade secret. Portions of the secret spice mix are made at different locations in the United States, and the only complete, handwritten copy of the recipe is kept in a vault in corporate headquarters.

On September 9, 2008, the one complete copy was temporarily moved to an undisclosed location under extremely tight security while KFC revamped the security at its headquarters. Before the move, KFC disclosed that the recipe, which includes exact amounts of each component, is written in pencil on a single sheet of notebook paper and signed by Sanders. It was locked in a filing cabinet with two separate combination locks. The cabinet also included vials of each of the 11 herbs and spices used. Only two unnamed executives had access to the recipe at any one time. One of the two executives said that no one had come close to guessing the contents of the secret recipe, and added that the actual recipe would include some surprises. On February 9, 2009, the secret recipe returned to KFC's Louisville headquarters in a more secure, computerized vault guarded by motion detectors and security cameras. Reportedly, the paper has yellowed and the handwriting is now faint.

Products

Packaging

The famous paper bucket that KFC uses for its larger sized orders of chicken and has come to signify the company was originally created by Wendy's restaurants founder Dave Thomas. His reasoning behind using the paper packaging was that it helped keep the chicken crisp by wicking away excess moisture. Thomas was also responsible for the creation of the famous rotating bucket sign that came to be used at most KFC locations in the US.

Menu items

Chicken

- KFC's specialty is fried chicken served in various forms. KFC's primary product is pressure-fried pieces of chicken made with the original recipe. The other chicken offering, *extra crispy*, is made using a garlic marinade and double dipping the chicken in flour before deep frying in a standard industrial kitchen type machine.

- Kentucky Grilled Chicken – This marinated grilled chicken is targeted towards health-conscious customers. It features marinated breasts, thighs, drumsticks, and wings that are coated with seasonings before being grilled. It has less fat, calories, and sodium than the Original Recipe fried chicken.
- KFC has two lines of burgers or sandwiches: its "regular" chicken sandwiches/burgers and its Snackers line. The regular sandwiches/burgers are served on either a sesame seed or corn dusted roll and are made from either whole breast fillets (fried or roasted), chopped chicken in a sauce or fried chicken strips. The Snackers line are cheaper items that consist of chicken strips and various toppings. These are known as "burgers" in most countries and "sandwiches" in the United States. There is the chicken fillet burger (a chicken breast fillet coated in an original-recipe coating with salad garnish and mayonnaise) and a Zinger Burger (as with the former but with a spicier coating and salsa). Both of these are available as "tower" variants in some locations, which include a slice of cheese and a hash brown.
- A variety of finger foods, including chicken strips, wings, nuggets, and popcorn chicken, and potato wedges, are served with various sauces.
- Several pies have been made available from KFC in some locations. The Pot Pie is a savory pie made with chicken, gravy and vegetables. In the second quarter of 2006, KFC introduced its variation on Shepherd's pie called the *Famous Bowl*. Served in a plastic bowl, it is layered with mashed potatoes or rice, gravy, corn, popcorn chicken, and cheese, and is served with a biscuit. The bowl had been available at KFC's special test market store in Louisville since the third quarter of 2005.
- The KFC Twister is a wrap that consists of either chicken strips or roasted chicken, tomato, lettuce and (pepper) mayonnaise wrapped in a tortilla. In Europe, the Twister is sold in two varieties: 1) the Grilled Twister (chicken strips), and 2) the Grilled Mexican twister/Spicy Toasted Twister (UK) (chicken breast supplemented by tortilla chips and salsa, UK: adds only salsa to pepper mayonnaise),
- Shish kebab – in several markets KFC sells kebabs.
- Kentucky Barbecued Chicken – barbecued chicken dipped in the original recipe
- Wrapstar is a variant of the KFC Twister, consisting of chicken strips with salsa, cheese, salad, pepper mayonnaise and other ingredients, contained in a compressed tortilla.

Side Dishes

- Other than fried chicken, many KFC restaurants serve side dishes like coleslaw, various potato-based items (including potato wedges [formerly known as Kentucky Fries], french fries and mashed potatoes with gravy), biscuits, baked beans, macaroni and cheese, macaroni salad, rice, steamed vegetables and corn on the cob.

Nutritional value

KFC has used partially hydrogenated oil in its fried foods. This oil contains relatively high levels of trans fat, which increases the risk of heart disease.

In the United States, the Center for Science in the Public Interest (CSPI) filed a court case against KFC with the aim of making it use other types of oils or make sure customers know about trans fat content immediately before they buy food. In October 2006, KFC said it would begin frying its chicken in trans fat-free oil (<0.5g per serving) in the United States. This would also apply to their potato wedges and other fried foods, however, the biscuits, macaroni and cheese, and mashed potatoes would still contain trans fat. Trans fat-free soybean oil was introduced in all KFC restaurants in the U.S. by April 30, 2007, and CSPI dropped its lawsuit.

However, outside the United States the company has continued to use other types of oil that have drawn criticism over their health effects. In Australia, KFC was reported to be using palm oil with up to 1 per cent trans-fat and 52 per cent saturated fat content as late as 2007, after restaurants in the United States had changed to trans-fat free oil.

Advertising

Despite his death in 1980, Sanders remains a key symbol of the company in its advertising and branding. Early television advertisements for KFC regularly featured Sanders licking his fingers and talking to the viewer about his secret recipe, and by the 1960s both the Colonel and the chain's striped bucket had become well-known. Before he became a platinum-selling pop star in the 1970s, Barry Manilow sang the commercial jingle "Get a Bucket of Chicken", which was later included on Barry Manilow Live as part of "A Very Strange Medley."

Throughout the mid 1980s, KFC called on Will Vinton Studios to produce a series of humorous, claymation ads. These most often featured a cartoon-like chicken illustrating the poor food quality of competing food chains, mentioning prolonged freezing and other negative aspects. TV ads also featured Foghorn Leghorn advising Henery Hawk to visit the restaurant for better chicken.

By the late 1990s, the stylized likeness of Colonel Sanders as the KFC logo had been modified. KFC ads began featuring an animated version of "the Colonel" with a lively and enthusiastic attitude. He would often start out saying "The Colonel here!" and moved across the screen with a cane in hand. The Colonel was often shown dancing, singing, and knocking on the TV screen as he spoke to the viewer about the product.

The animated Colonel is uncommon today. Still using a humorous slant, the current KFC campaign revolves mostly around customers enjoying the food. It

also features a modified version of Lynyrd Skynyrd's "Sweet Home Alabama" as the theme song for practically all its commercials, though the restaurant actually hails from Kentucky.

Commercials in the early 2000s tried to imply that the abbreviation stands for *Kitchen Fresh Chicken*. In 2007, the original, non-acronymic *Kentucky Fried Chicken* name was resurrected and began to reappear on company marketing literature and food packaging, as well as some restaurant signage.

According to the corporate website, KFC is present in 109 countries and territories around the world. It has in excess of 5,200 outlets in the United States and more than 15,000 units in other parts of the world.

Text 4

Subway (restaurant)

Subway is an American restaurant franchise that primarily sells submarine sandwiches (subs) and salads. It is owned and operated by Doctor's Associates, Inc. (DAI). Subway is one of the fastest growing franchises in the world with 35,217 restaurants in 98 countries and territories as of September 10, 2011. It is the largest single-brand restaurant chain globally and is the second largest restaurant operator globally after Yum! Brands (35,000 locations).

Doctor's Associates, owners of Subway, was founded by Fred De Luca and Peter Buck in 1966, when they opened the second Subway restaurant in New York. The name comes from the fact that Buck holds a PhD. Despite Subway marketing itself as a health-conscious restaurant, neither Subway nor Doctor's Associates are affiliated with nor endorsed by any medical organizations or doctors.

History

Fred De Luca borrowed $1,000 from family friend Peter Buck to start his first sandwich shop on August 28, 1965.

In March 2011, Subway was ranked the most popular Fast-Food Restaurant in the United States of America in a poll of over 43 thousand social media users.At end of 2010, Subway restaurant surpassed McDonald's restaurant with 33,749 restaurants across the globe and 32,737 restaurants respectively, but by revenue McDonald's was still ahead of Subway.

One of the chain's best-known sandwiches is the BMT, which originally stood for Brooklyn Manhattan Transit, but now stands for Biggest, Meatiest, Tastiest. The sandwich contains salami, pepperoni and ham. As of 2004, it was Subway's most popular cold sandwich in the United Kingdom.

In 2006, the first kosher Subway restaurant in the United States opened in a suburb of Cleveland, Ohio. Subway spokesman Jared Fogle was in attendance at the opening. "With slight modifications, such as no pork-based products, and the use of soy-based cheese product, the menu is virtually identical to that of any other Subway restaurant." Most Subway restaurants in Muslim countries offer a halal menu for its local consumers. Non local customers must purchase from an alternative menu. There are also at least two Subway restaurants in the United States that do the same, three in Canada, and over one hundred in the United Kingdom. Subway is planning to open more halal restaurants.

Subway also offers items other than sandwiches; breakfast items include such baked goods as bagels, egg & sausage sandwiches, and as of July and August 2006, "personal pizzas" are available in select markets to their menu. The personal pizzas are made upon order (as with their sandwiches) and heated "in less than 90 seconds" (cooking for 85 seconds) as advertised on televised commercials. Breakfast and pizza items are only available in some stores. Most stores offer

additional toppings upon request. In November 2009, Seattle's Best Coffee announced that they'd signed an agreement to serve freshly brewed coffee as part of Subway's breakfast offerings.

The 2009 Zagat Fast-Food Survey rated Subway as the best provider of "Healthy Options" in the Mega Chain category. Subway was also first in the "Best Service" and "Most Popular" categories, although it was second overall behind Wendy's.

Nutritional content

In 2011, Subway introduced gluten-free bread and brownies at some locations in Texas. The company also cut the salt content in its sandwiches by 15 percent.

In the UK and Ireland, the Subway chain has reduced salt content across its entire range by 33% and has committed to further reductions in line with government targets, the only fast food chain in the UK to do so.

Subway uses the advertising slogan "Eat Fresh" to explain how every sandwich is made from freshly baked bread, using fresh ingredients, in front of the customer to their exact specification, by employees whom Subway terms "Subway Sandwich Artists".

Text 5
Chain store

Chain stores are retail outlets that share a brand and central management, and usually have standardized business methods and practices. These characteristics also apply to chain restaurants and some service-oriented chain businesses. In retail, dining and many service categories, chain businesses have come to dominate the market in many parts of the world. A franchise retail establishment is one form of chain store.

The displacement of independent businesses by chains has generated controversy and sparked increased collaboration among independent businesses and communities to prevent chain proliferation. These efforts include community-based organizing through Independent Business Alliances (in the U.S. and Canada) and "buy local" campaigns. In the U.S., trade groups such as the American Booksellers Association and American Specialty Toy Retailers do national promotion and advocacy. NGOs like the New Rules Project and New Economics Foundation provide research and tools for pro-independent business education and policy while the American Independent Business Alliance provides direct assistance for community-level organizing.

In 2004, the world's largest retail chain, Wal-Mart, became the world's largest corporation based on gross sales.

History

The first chain store was British-owned W H Smith. Founded in London in 1792 by Henry Walton Smith and his wife, the store sells books, stationery, magazines, newspapers, and entertainment products.

In the U.S., chain stores began with the founding of The Great Atlantic & Pacific Tea Company (A&P) in 1859. By the early 1920s, the U.S. boasted three national chains: A&P, Woolworth's, and United Cigar Stores. By the 1930s, chain stores had come of age, and stopped increasing their total market share. Court decisions against the chains' price-cutting appeared as early as 1906, and laws against chain stores began in the 1920s, along with legal countermeasures by chain-store groups.

Restaurant chains

A **restaurant chain** is a set of related restaurants with the same name in many different locations that are either under shared corporate ownership (e.g., In-N-Out Burgers in the U.S.) or franchising agreements. Typically, the restaurants within a chain are built to a standard format and offer a standard menu. Fast food restaurants are the most common, but sit-down restaurant chains (such as TimberLodge Steakhouse, T.G.I. Friday's, Ruby Tuesday, and Olive Garden) also exist. They began in 1990.

Drive-through

A **drive-through**, or **drive-thru**, is a type of service provided by a business that allows customers to purchase products without leaving their cars. The format was first pioneered in the United States in the 1930s but has since spread to other countries. The first recorded use of a bank using a drive up window teller was the Grand National Bank of St. Louis, Missouri in 1930. The drive up teller only allowed deposits at that time period.

Orders are generally placed using a microphone and picked up in person at the window. A drive-through is different from a drive-in in several ways— The cars create a line and move in one direction in drive-throughs, and do not park, whereas drive-ins allow cars to park next to each other, the food is generally brought to the window by a server, called a carhop, and the customer can remain in the parked car to eat.

Drive-throughs have generally replaced drive-ins in popular culture, and are now found in the vast majority of modern American fast-food chains. Sometimes, a store with a drive-through is referred to as a "drive-through," or the term is attached to the service, such as, "drive-through restaurant," or "drive-through bank."

Drive-thrus typically have signs over the drive-thru lanes to show customers which lanes are open for business. The types of signage used is usually illuminated so the "open-type" message can be changed to a closed-type message when the lane is not available.

Examples

- Alcohol at a drive-through liquor store
- Banking services at a drive-through bank
- Postal services at a drive-through mailbox
- Coffee at a drive-through coffee shop
- Dairy products at a drive-through dairy store (notably the Skinner Dairy shops of North-East Florida or Dairy Barn in Long Island)
- Prescriptions at a drive-through pharmacy
- Food or drink at a drive-through restaurant (typically fast food)
- Marriage (primarily at special drive-through marriage chapels in Las Vegas in the United States)
- Funeral home where mourners can drive by and view the remains of their loved ones through windows.[3]
- Pennsylvania State Representative Kevin P. Murphy installed a drive-through window designed to speed constituent service.[4]

Text 6
Restaurants

A drive-through restaurant generally consists of:

- A speaker and microphone, or a window, for customers to order from
- A speaker and microphone or wireless headset system for employees to hear the customer's order (when a speaker is used)
- A trigger pad beneath the concrete to activate the microphone and headset, possibly augmented with a CCTV camera
- One or more free-standing signs listing the menu items, called a *menu board*
- Newer drive-throughs feature a LCD or LED display within the speaker system in order to show the full order and total cost to avert order errors through miscommunication. At many Yum! Brands restaurants a secondary display featuring the total is placed directly next to the order window.
- One or more windows where employees interact with customers by taking the order and money and/or giving the customer the order

Drive-through designs are different from restaurant to restaurant; however, most drive-throughs can accommodate four to six passenger cars or trucks at once (called the queue).

In-n-Out Burger claims to have built the first drive-through restaurant in 1948. Harry and Esther Snyder, the chain's founders, built their first restaurant in Baldwin Park, California, with a two-way speaker to enable patrons to order directly from their cars without the intermediation of a carhop. Maid-Rite also claims to have had the first drive through window. Other sources cite Jack in the Box as the first major restaurant specifically designed as a drive-through and featuring a two-way intercom. The first Jack in the Box opened in 1951 in San Diego. The drive-through concept was so unfamiliar to people at the time that the Jack in the Box "clown," where the speaker was housed, held a sign saying, "Pull forward, Jack will speak to you."

Text 7
Banking

In 1928, City Center Bank, which became UMB Financial Corporation, president R. Crosby Kemper opened what is considered the first drive-up window. Shortly after the Grand National Bank in St Louis opened up a drive through, including a slot to the side for night time deposits. On the page 8 of the December 15, 1940, issue of the *Syracuse Herald Journal*, Merchant's Bank of Syracuse, New York, ran an advertisement for the newly opened "Drive-In Teller Service" located on the side of their bank building on South Warren Street in downtown Syracuse. Westminster Bank, impressed by the concept, opened the UK's first drive-through bank in Liverpool in 1959, soon followed by Ulster Bank opening Ireland's first in 1961 at Finaghy.

In recent years, there has been a decline in drive-through banking due to increased traffic congestion and the increased availability of automated teller machines and telephone and Internet banking. However, many bank buildings now feature drive-through ATMs.

In Mexico some areas of medium-high class have ATM Drive Through Facilities like in Huixquilucan,Estado de Mexico

Non-car usage

Some businesses are built only for drive-through service, like this espresso shop.

Pedestrians sometimes attempt to walk through the drive-through to order food after the seated section of a fast-food restaurant has closed. Many establishments refuse drive-through service to pedestrians for safety, insurance, and liability reasons, such as Jack in the Box. Cyclists are usually refused service with the same justification given. However, in the summer of 2009, Burgerville gave use of the drive-thru window to bicyclists. Similar issues can arise in rural areas for people on horseback or in a horse-drawn carriage.

Text 8

Health food restaurant

Health food restaurants have been around for decades serving nutritional food to the public. Health food is defined as any natural food popularly believed to promote or sustain good health, as by containing vital nutrients, being grown without the use of pesticides, or having a low sodium or fat content.

History

Eating healthy was the biggest craze in the beginning of the 20th century. Below is a short timeline of health food restaurants and events. A lot of these restaurants served primarily vegetarian cuisine.

- 1906 – The health food craze, that underscores today's lifestyle, introduced "Alcohol Free Restaurants" and to promoted unprocessed foods.

- 1912 – Ganda Chagan Kapitan opened GC Kapitan, one of the first vegetarian restaurants.
- 1927 – Due to William Childs's concerns about health, the Childs restaurants served only vegetarian food and were known as the Child's Unique Dairy Lunch. However, this meatless diet led to a severe drop in business, and the policy was soon revised.
- 1930 – A food was found with valuable corrective agents. The beneficial action of fresh yeast in such cases is being relied on by leading doctors ... Poison breeding residues, -which leads to skin blemishes, headaches, colds, etc., is cleaned away by natural means.
- 1943 – By the middle of World War II the public was complaining that conditions of restaurants had deteriorated significantly. In September 1943 The board of health, the Food Control Director, and the six restaurant inspectors, Decided to meet and was to implement improvement in sanitation, and making a required semi-annual health inspection and certificate for food handlers.
- 1965 – Subway is founded by Fred DeLuca and friend Peter Buck in 1965. Subway offers submarine sandwiches and salads as healthy alternatives to fast food restaurants, with franchises throughout the United States and in other countries.
- 1978 – Food products containing Saccharin must carry a warning label advising people that artificial sweetener may cause cancer and other related health concerns. Diners and restaurants will find the notice printed on little sacks of sugar substitutes.
- 1987 – The non-profit health and nutrition advocacy group has helps coordinate the effort, sending proposals for food improvements to various fast food restaurants. Another group backing the healthy food proposal is the American Association of Retired Persons.
- 1999 – Restaurant *Nora* became America's first certified organic restaurant, which means that 95% or more of everything that you eat at the

restaurant has been produced by certified organic growers and farmers who share in Nora's commitment to sustainable agriculture.

- 2002 – The US government introduced new dietary recommendations and created a web-based food pyramid that includes exercise and offers 12 different eating plans. Ongoing studies have expanded governmental efforts to incorporate the latest nutritional science, shifting the emphasis to eating good fats, whole grains, and healthy protein sources. There is everything from organic markets and health-food stores.
- 2011 – KFC's timing with the Double Down might seem odd when many fast food restaurants are promoting healthier menu items to please an increasingly health-conscious public. KFC's parent company, Yum Brands Inc., has committed to placing calorie counts on menu boards at corporate-owned restaurants nationwide by January 1, 2011. A new US federal law eventually will require all chain restaurants to do so.

Appendix / Приложение
Клише для написания резюме

Выходные данные

1. The title of the paper is... ... pages, ... drawings. ... figures, ... tables, ... references. 2. The present work deals with the qualification final …	1. Настоящий проект называется... ... с. …с листами чертежей, ...рисунками, ... таблицами, ... литературными источниками. 2.Настоящая выпускная квалификационная работа посвящена …

Тема (предметное содержание) курсовой/выпускной квалификационной работы

1. The subject of the project is the description of ways of reconstruction of the enterprise catering (plant, department). 2. The subject of the project is reconstruction of the plant catering (department). 3. The subject of the project is to develop special technologies .	1 . Предметом проекта является описание мероприятий (путей) по реконструкции предприятия общественного питания (цеха). 2. Предметом проекта является техническое перевооружение предприятия общественного питания (цеха) . 3. Предметом проекта является разработка технологии фирменных блюд.

Детальный анализ "узких" мест реконструируемого предприятия Технология, расчеты

1. Detailed analysis от plant reconstruction (raw material base, transportation, equipment, means of mechanization and automatization, assortment, aesthetical aspects, control of raw materials and labour resources, safety of production, document exchange, provision of cold and heat has been given). 2. Possible directions of reconstruction are considered and optimum ways for reaching the aims of reconstruction with the account of construction plans of the department,	1. Дан пробный анализ "узких" мест реконструированного предприятия (сырьевой базы, транспорта, оборудования, средств механизации и автоматизации, ассортимента, эстетических аспектов, контроля сырья и рабочих ресурсов, безопасности производства, обмена документов, снабжение холодом и теплом). 2. Освещаются возможные направления реконструкции и обосновываются оптимальные пути для достижения целей реконструкции с учетом строительных планов цехов

production site before reconstruction are motivated.	производственного участка до реконструкции.
3. There has been given the review of the modern state of scientific and technical provision in nutrition industry in the aspect of reconstruction.	3. При этом дается обзор современного состояния научно-технического снабжения в индустрии питания в аспекте реконструкции.
4. Detail (briefly) is characterized by range, taking into account the scientific and technical data (STANDARD): consumer properties, demand, persistence.	4. Подробно (кратко) характеризуется ассортимент с учетом научно-технических данных (НТД): потребительские свойства, спрос, сохраняемость.
5. New assortment is motivated.	5. Обоснован новый ассортимент.
6. Technological estimations are given.	6. Обосновано обновление ассортимента.
7. Developed seasonal menus for catering.	7. Разработано сезонное меню для предприятия общественного питания.
8. Calculation of the necessary for reconstruction of technological equipment	8. Проведен расчет необходимого для реконструкции технологического оборудования.

Технология, расчеты

1. Calculations and the choice of equipment with criteria of choice are discribed. Control calculations and functional diagram of equipment are given.	1. Приводятся технологические расчеты. Описываются расчеты и выбор реконструкции с критериями выбора. Приводятся контрольные расчеты и функциональная диаграмма функционирования оборудования.
2. The way of equipment (units, devices, apparatures) work and the expediency of production line structure is described.	2. Описывается способ работы единиц оборудования (установок, устройств, приборов) и целесообразность структуры производственных линий.

Технология

1. Briefly (in detail, sketchy) sets out manufacturing technology.	1. Кратко (подробно, схематично) излагается технология изготовления....
2. The scheme of the technological control of finished products and veterinary inspector is given.	2. Приводится также схема технологического контроля качества готового продукта и ветеринарно-санитарного контроля.
3. The work contains recipes devised rules of waste and loss, nutritional value of raw materials (products), normative and technical documentation for the dishes.	3. Работа содержит разработанные рецептуры, нормы отходов и потерь сырья, пищевую ценность блюд (изделий), нормативно-техническую документацию на разработанные блюда (изделия).
4. Developed technologies in line with the principles of healthy nutrition, physiological needs of a certain number of customers.	4. Разработанные технологии соответствуют принципам здорового питания, физиологическим потребностям определенного контингента потребителей.

Вторичные ресурсы

1. By-product, wastes, are characterized and the ways of rational use of by-products in the main production are described.	1. Характеризуются вторичное сырье, отходы, стоки и описываются пути рационального использования... в основном производстве.
2. Measures on decreasing losses are recommended...	2. Рекомендуется мероприятие по снижению потерь...
3. There have been given calculations on the demand of people resources, necessary production areas with the given dimensions.	3. Даны расчеты потребностей людских ресурсов, необходимых площадей с заданными размерами, привязанными к зданию предприятия.
4. Calculations have been treated by the method of mathematical statistics.	4. Расчеты обработаны методами математической статистики.

Образцы

1.

Резюме	SUMMARY
Настоящая выпускная квалификационная работа называется "Проект предприятия быстрого обслуживания в г.Астрахани"	The title of this final qualifying work is "Project of the enterprise of fast service in Astrakhan"
Студент: …..	Student: …
Научный руководитель: ….	Scientific supervisor: ….
… с., … таблиц, … рисунков, … использованных источников	… pages, … tables, … figures, … used sources of the literature
В настоящей работе разрабатывается проект предприятия быстрого обслуживания в г. Астрахани и технологии блюд на открытом огне из местного рыбного сырья.	In the present work the project of the enterprise of fast service in Astrakhan and technologies of dishes on open fire from local fish raw material is developed.
В соответствии с целью были решены следующие задачи:	According to the purpose the following problems were solved:
- дано технико-экономическое обоснование проекта, в т.ч. обоснование выбора типа	- The feasibility report on the project, including a substantiation of a choice such as the enterprise is given, patterns of

предприятия, формы собственности и метода обслуживания, места и режима работы предприятия, системы снабжения проектируемого предприятия и соответственно была разработана рациональная схема технологического процесса; - определено число потребителей, составлена производственная программа предприятия и рассчитан расход сырья и полуфабрикатов; - рассмотрены особенности кухни народов Кавказа и эклектика в кулинарии; - разработаны технологии шашлыка из сома и комбинированных рубленных кулинарных изделий из мясного и рыбного сырья; - подобрано необходимое оборудование и инвентарь; - рассчитаны площади производственных и бытовых помещений, а также зала для посетителей; - проведены экономико-технологические расчеты, в т.ч. рассчитаны основные экономические показатели; - охарактеризованы объемно-планировочные решения, показана техника безопасности на рабочих местах и санитарно-гигиенические мероприятия.	ownership and a method of service, a place and a mode of operation of the enterprise, system of supply of the projected enterprise and the rational circuit of technological process was accordingly developed; - The number of consumers is determined, the production program of the enterprise is made and the charge of raw material and semifinished items is designed; - Features of kitchen of peoples of Caucasus and eclecticism in cookery are considered; - Technologies of a shish kebab from a catfish and the combined crushed culinary products from meat and fish raw material are developed; - The necessary equipment and stock is picked up; - The areas of industrial and household premises, and also a hall for visitors are designed; - Economic - technological calculations are carried out, including the basic economic parameters are designed; - Space-planning decisions are characterized, the safety precautions on workplaces and sanitary-and-hygienic actions is shown.

2

Резюме	SUMMARY
Тема дипломного проекта «Проект кафе на 60 мест в торговом центре в г. Воронеже» Студент: ….. Научный руководитель: …. Проект включает … страниц пояснительной записки, … листов графической части, … таблиц, … рисунков, … источников литературы. Предлагается проект строительства предприятия общественного питания в торговом центре Ленинского района г. Воронежа. Ассортимент и объём производства кулинарной продукции обоснованы технологическими расчётами. В торговом центре предполагается организация кафе общего типа и бара. В дипломном проекте представлены расчёты сырья и готовой продукции, обоснованы рациональные технологические схемы приготовления кулинарной продукции, приведён расчёт и подбор всех видов необходимого технологического и вспомогательного оборудования, численности рабочих, производственных площадей. Проект дополнен расчётами затрат на производство и реализацию продукции, основных технико-экономических показателей, а также мероприятиями по обеспечению безопасности и безвредности	Theme of the degree project «The Project of cafe on 60 places in shopping center In Voronezh » Student: … Scientific supervisor: …. The project includes … pages of an explanatory note, … sheets of a graphic part, … tables, … figures, … sources of the literature. The civil-engineering design of a public catering establishment in shopping center of Lenin area of Voronezh is offered. The assortment and volume of manufacture of culinary production are proved by technological calculations. In shopping center the organization of cafe of the general type and a bar is supposed. In the degree project calculations of raw material and finished goods are submitted, rational technological circuits of preparation of culinary production are proved, calculation and selection of all kinds necessary technological and auxiliaries, number of workers, floor spaces is resulted. The project is added with calculations of expenses for manufacture and realization of production, the basic technical and economic parameters, and also actions on a safety and harmlessness of productions for the working personnel and an environment

производственных процессов для рабочего персонала и окружающей среды.	

3

Резюме	SUMMARY
Тема дипломного проекта: «Проект кулинарного цеха мощностью 1,5 т на базе ресторана «Найт-Флайт» в г. Москва» Студент: ….. Научный руководитель: …. Проект включает … страниц пояснительной записки, … листов графической части, … источников литературы В дипломном проекте разработана технологическая схема производства кулинарных изделий. Кулинарный цех выпускает широкий ассортимент кулинарных изделий из мяса, рыбы, овощей. В дипломном проекте представлен расчет сырья и продуктов, проведен расчет и подбор технологического оборудования, численности работников производства, состав и площади всех групп помещений. В дипломном проекте изучена пищевая ценность кулинарных изделий из субпродуктов. Рассмотрены современные методы контроля качества и безопасности кулинарной продукции, влияние коэффициента теплопередачи на время приготовления полуфабрикатов. Обоснован выбор холодильного оборудования. Проект дополнен расчетами	Theme of the degree project: «The Project of culinary shop capacity 1,5 т on the basis of restaurant "Night-flight" in Moscow» Student: … Scientific supervisor: …. The project includes … pages of an explanatory note, … sheets of a graphic part, … sources of the literature In the degree project the technological circuit of manufacture of culinary products is developed. The culinary shop lets out wide assortment of culinary products from meat, a fish, vegetables. In the degree project calculation of raw material and products is submitted, calculation and selection of the process equipment, number of workers of manufacture, structure and the areas of all groups of premises is lead. In the degree project food value of culinary products from an offal is investigated. A modern quality monitoring of quality and safety of culinary production, influence of factor of a heat transfer for the period of preparation of semifinished items are considered. The choice of a refrigerating machinery is proved. The project is added with calculations of expenses for

затрат на производство и реализацию продукции, основных технико-экономических показателей, а также мероприятиями по обеспечению безопасности и экологичности производственных процессов для рабочего персонала и окружающей среды.	manufacture and realization of production, the basic technical and economic parameters, and also actions on a safety and ecological compatibility of productions for the working personnel and an environment.

4

Резюме	SUMMARY
Тема выпускной квалификационной работы «Разработка технологии нового ассортимента мучных кулинарных изделий на базе кулинарного цеха «Контраст» Студент: ….. Научный руководитель: …. Проект включает … страниц пояснительной записки, … листов графической части, … источников литературы. В настоящей работе изучены характеристики предприятия, состав цехов, их взаимосвязь, специфика работы и используемое оборудование. Приведен анализ ассортимента мучного кулинарного цеха кондитерского дома «Контраст». Представлены предложения совершенствования ассортимента выпускаемой продукции. Изучены опыт производства и разработки технологии приготовления пицц нового ассортимента, определены нормы отходов и потерь сырья и полуфабрикатов. Проведен расчет и оценка энергетической ценности разработанных изделий. Разработана нормативно-техническая	Theme graduation qualification work "The development of the technology of a new range of flour-based products, culinary, culinary shop" Contrast" Student: ... Supervisor: ... The project includes ... pages of explanatory note, … sheets of graphic part, … sources of literature studied. In the present work, the characteristics of plants, their relationship, the specificity of the work and the equipment used. An analysis of assortment of culinary shop confectionery flour House "contrast". Proposals of improving the product range. Studied the experience of the production and development of technology of preparation of a new range of pizzas, defined the rules of waste and losses of raw materials and semi-finished products. Calculation and evaluation of energy value of developed products. A normative and technical documentation. Describes how to control the quality of production and finished products. A marking of the pizzas. Conducted economic-

документация. Описан порядок контроля качества производства и готовой продукции. Разработана маркировки пицц. Проведены экономико-технологические расчеты. Представлены правила техники безопасности на предприятиях общественного питания.	technological calculations. Presented safety in catering.

5

Резюме	**SUMMARY**
Настоящий проект называется "Проект мясоперерабатывающего комплекса мощностью 40 т колбасных изделий в смену в Воронеже".	The title of this project is "Project on the Voronezh meat plant processing 40 tons of sausages a shift".
Студент: …	Student: …
Научный руководитель:…	Scientific supervisor: …
… с., …. листов чертежей, … таблиц, … рисунков, … использованных источников.	… pages, … drawings, … tables, … figures, … references
Предметом проекта является новое строительство по производству колбасных изделий и полуфабрикатов.	The subject of the project is the construction of the meat processing plant producing sausages and semi-finished products.
Обоснован объем и структура ассортимента выпускаемой продукции. Особое влияние уделено изготовлению мясных блюд быстрого замораживания и различных полуфабрикатов.	The assortment and volume of production are given. Special attention is paid to the production of meat products of fast freezing and various semi-finished products.
Приведенные расчеты позволяют определить потребность в мясных продуктах, в производственных площадях для организации строительства, потребности в людских и энергетических ресурсах.	Given estimations allow to determine the necessary volume of consumption of meat products, production arears for the construction, needed number of people and energy resources.
Исходя из анализа современного состояния мясной промышленности в проекте предлагается поточная линия для	Proceeding from the analysis of meat industry there is suggested in the project the production line for semi-finished and fast frozen products.

производства полуфабрикатов и быстрозамороженных блюд и колбасных изделий. Решены вопросы упаковки и фасовки продуктов. Предлагаются мероприятия по автоматизации технологических процессов, эстетики производства. Проект дополняется вспомогательными расчетами относительно требований к строительству, безопасности производства, экономическому анализу, охране окружающей среды.	The problem of product packaging is solved. Measures on automation of technological processes and production aesthetics are suggested. The project is supplemented by the additional calculations of the construction, production safety, economical analysis, environment protection.

6

Резюме	**SUMMARY of the project**
Настоящий проект называется "Техническое перевооружение мясожирового корпуса мясного комбината "Острогожский" с целью эффективного использования вторичных продуктов убоя". Студент:… Научный руководитель:… ... с., ... листов чертежей, ... таблиц, ... рисунков, ... использованных источников. Дан детальный анализ "узких" мест мясокомбината "Острогожский". Обоснованы пути технического перевооружения мясожирового корпуса, реализованные в проекте. Мероприятия технического перевооружения корпуса подтверждены расчетами, выполненными соответственно требованиям и нормативной документации. Расчет и выбор оборудования	The title of this project is "The technical reconstruction of the meat-fat plant "Ostrogozhsky" in order to use effectively secondary slaughter products" Student: … Scientific supervisor:… ... pages,... drawings, ... tables,... figures,... referenses The detailed analysis of "weak points" of the meat-fat plant "Ostrogozhsky" is given. The ways of reconstruction of the meat-fat shop, realized in the diploma project are given. Measures for the reconstruction of the shop carried out according to the standards and are confirmed by estimations.

иллюстрируется функциональными диаграммами. Ассортимент пищевой и технической продукции расширен за счет рационального использования вторичных продуктов убоя.	Calculations and the choice of the equipment are illustrated by functional diagrams. The variety of meat and technical production is increased due to rational application of secondary slaughter products.

Фразы для краткого изложения/реферирования

Для того чтобы грамотно написать краткое изложение/реферирование на английском языке, нужно знать необходимые для этого устоявшиеся фразы.

The plan for rendering the text	**Some expressions to be used while rendering the text**
1. The title of the article	1. The article is headlined… The headline of the article I have read is ...
2. The author of the article: where and when the article was published	2. The author of the article is … The article is written by … It is (was) published in… It is (was) printed in …
3. The main idea of the text	3. The main idea of the article is… The article is about… The article deals with… The article is devoted to… The article touches upon… The purpose of the article is to give the reader some information on… The aim of the article is to provide the reader with some material (data) on…
4. The contents of the article, some facts, names, figures	4. The author starts by telling the reader (about, that)… The author writes (states) that… According to the text… In conclusion…
5. Your opinion of the article	5. I found the article …(interesting, boring, informative)

Some expressions to be used while	**Фразы для краткого**

rendering the text	изложения/реферирования
1. The story tells of... (the tragic fate of a man). 2. The story shows ... (the fighting between the rich and the poor). 3. At the beginning of the story the author describes (depicts, dwells on, touches upon, explains, introduces, mentions, recalls, characterizes, points out, generalizes, makes a few critical remarks on, reveals, exposes, accuses, blames, condemns, mocks at, ridicules, praises, sympathized with, gives a summary of, gives his account of, makes an excursus into, digresses from the subject to describe the scenery, to enumerate smth., etc.) 4. The story begins (opens) with a (the) description of (introduction of, the mention of, the analysis of a summary of, the characterization of, (author's) opinion of, author's recollections of, the enumeration of, the criticism of, some (few) critical remarks about (concerning, etc.), the accusation of, the exposure of, the praise of, the ridicule of, the generalization of an excursus into) 5. The scene is laid in ... 6. The opening scene shows (reveals) ... 7. We first see (meet) him (her, [the name of a character]) as ... 8. Then (after that, further, further on, next) the author passes on to (goes on from ... to, goes on to say that, gives a detailed analysis (description, etc.) of, digresses from the subject, depicts, dwells on, touches upon, explains, introduces, mentions, recalls,	1. В рассказе повествуется ... (трагическаясудьбамужчины). 2. Историяпоказывает ... (борьбумеждубогатымиибедными). 3. В начале истории автор описывает (изображает, подробно останавливается на, затрагивает, объясняет, представляет, упоминает, вспоминает, характеризует, указывает на, обобщает, делает несколько критических замечаний о, показывает, предоставляет, винит, обвиняет, осуждает, издевается над, высмеивает, хвалит, сочувствует, коротко описывает, даёт отчет, делает экскурс в, отклоняется от темы, чтобы описать пейзаж, перечислить и т.п.) 4. Историяначинаетсясописания (введения, упоминания, анализа описания, характеристики, (авторского) мнениято, авторского воспоминания о, перечисления, критики, некоторых критических замечаний о, обвинения, разоблачения, восхваления, насмешки, введения в экскурс). 5. Действие происходит в ... 6. Первая сцена показывает (раскрывает) ... 7. Мы впервые видим (встречам/знакомимся) с ним (с ней, [имя персонажа]) когда 8. Затем (после того, дальше, далее, потом) автор переходит к (переходит от ... к ..., говорится), делает подробный анализ/разбор (описание и т.п.) отклоняется от темы, изображает, подробно останавливается на, затрагивает,

characterizes, points out, generalizes, makes a few critical remarks on, reveals, exposes, accuses, blames, condemns, mocks at, ridicules, praises, sympathizes with, gives a summary of, gives his account of, makes an excursus into, etc). 9. In conclusion the author depicts (dwells on, touches upon, explains, introduces, mentions, recalls, characterizes, points out, generalizes, makes a few critical remarks on, reveals, exposes, accuses, blames, condemns, mocks at, ridicules, praises, sympathizes with, gives a summary of, gives his account of, makes an excursus into). 10. The author concludes with a (the) description of (introduction of, the mention of, the analysis of a summary of, the characterization of, (his) opinion of, his recollections of, the enumeration of, the criticism of, some (few) critical remarks about (concerning, etc.), the accusation of, the exposure of, the praises of, the ridicule of. the generalization of, an excursus into)	объясняет, представляет, упоминает, вспоминает, характеризует, указывает на, обобщает, делает несколько критических замечаний о, показывает, предоставляет, винит, обвиняет, осуждает, издевается над, высмеивает, хвалит, сочувствует, коротко описывает, даёт отчет, делает экскурс в и т.п.) 9. В заключении автор изображает (подробно останавливается на, затрагивает, объясняет, представляет, упоминает, вспоминает, характеризует, указывает на, обобщает, делает несколько критических замечаний о, показывает, предоставляет, винит, обвиняет, осуждает, издевается над, высмеивает, хвалит, сочувствует, коротко описывает, даёт отчет, делает экскурс в) … 10. Автор приходит к выводу путём описания (введения, упоминания, анализаописания, характеристики, высказываниемсвоегомнения о, воспоминания о, перечисления, критики, критическихзамечаний о, обвинения, разоблачения, похвалы, насмешки, обобщения, экскурсав)
11. To finish with, the author describes (depicts, dwells on, touches upon, explains, introduces, mentions, recalls, characterizes, points out, generalizes, makes a few critical remarks on, reveals, exposes, accuses, blames, condemns, mocks at, ridicules, praises, sympathizes with, gives a summary of, gives his account of makes an excursus into, digresses from the subject to describe the scenery, to enumerate	11. Заканчивая, автор описывает (изображает, подробно останавливается на, затрагивает, объясняет, представляет, упоминает, вспоминает, характеризует, указывает на, обобщает, делает несколько критических замечаний о, показывает, предоставляет, винит, обвиняет, осуждает, издевается над, высмеивает, хвалит, сочувствует, коротко описывает, даёт отчет,

smth, etc.)	делает экскурс в, отклоняется от темы, чтобы описать пейзаж, перечислить и т.п.)
12. At the end of the story the author draws the conclusion that (comes to the conclusion that) ...	В конце рассказа автор делает вывод, что (приходит к выводу, что) ...
13. At the end of the story the author sums it all up by saying ...	13. В конце рассказа автор подводит итог, говоря ...
14. The concluding words are ...	14. Заключительные слова ...

Glossary / Словарь

Booking a table / Как заказать столик

Do you have any free tables?	У вас есть свободные столики?
a table for …, please	столик на …, пожалуйста.
two	двоих
three	троих
four	четверых
I'd like to make a reservation.	Я хотел бы зарезервировать …
I'd like to book a table, please.	Я хотел бы заказать столик, пожалуйста.
When for?	на когда?
For what time?	на какое время?
this evening at …	сегодня вечером в …
seven o'clock	семь часов
seven thirty семь	тридцать
eight o'clock	восемь часов
eight thirty	восемь тридцать
tomorrow at …	затра в …
noon	полдень
twelve thirty	двенадцать тридцать
one o'clock	час
one thirty	час тридцать
For how many people?	На сколько людей?
I've got a reservation.	У меня зарезервировано.
Do you have a reservation?	У вас зарезервировано?

During the meal / Во время еды

Could I see the menu, please?	Могу я посмотреть меню, пожалуйста?
Could I see the wine list, please?	Могу я посмотреть карту вин, пожалуйста?
Can I get you any drinks?	Могу я принести вам что-нибудь выпить?
Are you ready to order?	Вы готовы заказать?
Do you have any specials?	у вас есть специальные блюда?
What’s the soup of the day?	Какой сегодня суп?
What do you recommend?	Что вы порекомендуете?
What’s this dish?	Что это за блюдо?
I'm on a diet.	Я на диете
I'm allergic to …	У меня аллергия на …
wheat	пшеницу
dairy products	молочные продукты
I'm severely allergic to …	У меня сильная аллергия на …
nuts	орехи

shellfish	моллюски
I'm a vegetarian.	Я вегетарианец / вегетарианка.
I don't eat …	Я не ем …
meat	мясо
pork	свинину
I'll have the …	Я буду …
chicken breast	куриные грудки
roast beef	ростбиф
pasta	макароны
I'll take this	Я возьму это
I'm sorry, we're out of that	Извините, у нас это закончилось
For my starter I'll have the soup, and for my main course the steak	Для начала я возьму суп, а как основное блюдо — кусок мяса
How would you like your steak?	Какой прожарки вы желаете мясо?
rare	с кровью
medium-rare	немного с кровью
medium	средней прожарки
well done	хорошо прожарить
Is that all?	Это всё?
Would you like anything else?	Желаете что-нибудь ещё?
Nothing else, thank you.	Больше ничего, спасибо.
We’re in a hurry.	Мы торопимся.
How long will it take?	Как скоро будет готово?
It’ll take about twenty minutes.	Будет готово примерно через двадцать минут
Enjoy your meal!	Приятного аппетита!
Bon appétit!	Приятного аппетита!
Would you like to taste the wine?	Вы желаете попробовать вино?
Could we have …?	Мы хотели бы …
another bottle of wine	ещё бутылку вина
some more bread	ещё хлеба
some more milk	ещё молока
a jug of tap water	кувшин воды из-под крана
some water	воды
still or sparkling?	без газов или с газами?
Would you like any coffee or dessert?	Вы хотите кофе или десерт?
Do you have any desserts?	У вас есть какие-нибудь десерты?
Could I see the dessert menu?	Принесите меню с десертами.
Was everything alright?	Всё было в порядке?
Thanks, that was delicious.	Спасибо, это было очень вкусно.

This isn't what I ordered. Это не то, что я заказал(а).
This food's cold. Еда холодная.
This is too salty. Блюдо слишком соленое.
This doesn't taste right. Вкус какой-то странный.
We've been waiting a long time. Мы долго ждали.
Is our meal on its way? Наш заказ уже готов?
Will our food be long? Долго ждать пока приготовят?

Paying the bill / Оплата счета

The bill, please. Счёт, пожалуйста.
Could we have the bill, please? Могли бы мы получить счёт, пожалуйста.
Can I pay by card? Можно заплатить карточкой?
Do you take credit cards? Вы принимаете кредитные карточки?
Is service included? Плата за обслуживание включена?
Can we pay separately? Можем мы заплатить раздельно?
I'll get this. Я буду это.
Let's split it. Давайте разделим на двоих.
Let's share the bill. Давайте заплатим вместе.

Things you might see / Обозначения, которые могут встретиться

Please, wait to be seated. Пожалуйста, подождите, вас посадят.
Reserved. Зарезервировано.
Service included. Чаевые включены в цену.
Service not included. Чаевые не включены в цену.

Key list

Unit 5. Eating out

Ex. 4. A: A fantastic meal. Thank you very much. B: What about a dessert?
A: No thanks. I'm full. Perhaps just a coffee. B: Right. Can I order you a liqueur? They have a wonderful cognac here.
A: Do they? That sounds good. Thank you. B: Okay then. Waiter, two coffees and two cognacs, please.

Unit 7. E-mails

a) Dear Mr Holmbrook, Thank you for your order. I just wish to confirm that we have received your order details and we have started to process them. If your item is not in stock or if there are any dispatch problems we will contact you within the next 24/36 hrs. Please contact us if you have not received your order within 7 days at orders® ciclosciclone.com so that we can resolve the issue. Thank you once again.
Best wishes,
CiclosCiclone (Despatch Team)
b) Dear Mr Holipbrook,
Regarding the modification, it will
not be a problem. The total amount
for your order will be J84.85.
I look forward to hearing from you.
Best wishes,
Diego Martin
c) Dear Mr Holmbrook, We apologise for the delay, but we have worked out the shipping costs of your modified order. It will be an extra J6.99.
To activate this transaction we will need to re-take your card details by phone to process the payment manually. We will need the long number on the front of your card, the expiry date, and the security code on the back of the card. Thank you for your patience and for shopping with CiclosCiclone. I look forward to hearing from you. Best wishes, Diego Martin
d) Dear Mr Holmbrook,
Please do not worry. We will sort the
problem out for you, and your order
will be with you shortly. Once again,
please accept our apologies.
Best wishes,
Diego Martin

Conclusion / Заключение

В первых разделах как первой, так и второой частей данного учебного пособия представлены отдельные уроки, содержащие тексты технической направленности, упражнения к ним, направленные на активизацию и закрепление терминологической лексики. Для закрепления навыков устной речи по специальности тексты снабжены системой различных упражнений, разработанных автором с учетом специфики курса, задания подобраны для различных уровней владения иностранным языком.

Работа с пособием предполагает аудиторные групповые занятия под руководством преподавателя, обязательную самостоятельную работу студента, выполняемую во внеаудиторное время, индивидуальную самостоятельную работу студента под руководством преподавателя.