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MEALS

САМАРА
2005

**ФЕДЕРАЛЬНОЕ АГЕНТСТВО ПО ОБРАЗОВАНИЮ
ГОСУДАРСТВЕННОЕ ОБРАЗОВАТЕЛЬНОЕ УЧРЕЖДЕНИЕ
ВЫСШЕГО ПРОФЕССИОНАЛЬНОГО ОБРАЗОВАНИЯ
САМАРСКИЙ ГОСУДАРСТВЕННЫЙ УНИВЕРСИТЕТ**

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MEALS

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PART 1.

FOOD AND EATING HABITS

1.TOPICAL VOCABULARY

1.Food and Meal

Food is a general term for anything that people eat: bread, meat, fish, vegetables, fruit, dairy products, tinned goods, sweets, etc.

eg. Man cannot live without food.

Meal is a generalizing collective term for breakfast, lunch, tea, dinner and supper.

eg. How many meals a day do you have?

Dish [n C] several foods cooked together in a particular way, especially in a way that is typical of a country or place.

eg. a delicious vegetable dish with a spicy nut sauce

Specialty [n C] is a type of special food that a restaurant, country or area is famous for.

eg. The village is famous for its seafood specialties.

Fish curry is a local specialty.

Snack [n C] is a small amount of food eaten between main meals or instead of a meal.

eg. I only had time to grab a quick snack.

Takeaway (Br E) **takeout** (Am E) – a meal that you buy from a restaurant and then eat at home.

eg. Dave just lives on beer and takeaways.

I don't feel like cooking tonight – let's get a takeout.

Breakfast is the meal you eat when you get up in the morning.

eg. What do you want for breakfast – cereal or toast?

have breakfast

eg. George was having breakfast when the phone rang.

Brunch is a meal eaten in the late morning, as a combination of breakfast and lunch.

Lunch is the meal you eat in the middle of the day.

eg. We had an early lunch and spent the afternoon shopping.

At work we are allowed one hour for lunch.

have lunch

eg. Shall we have lunch before we go out?

Dinner is the meal you eat in the evening.

eg. What shall we have for dinner?

go out for dinner – to go to a restaurant or to someone else's house.

eg. We went out for dinner at the Ritz.

have dinner

eg. Why don't you come and have dinner with us?

Supper is the meal you eat in the evening. (In British English **supper** is usually a less formal meal than **dinner**, and you have it at home, not in a restaurant.)

eg. After supper we watched a video.

Tea (Br E) is a meal you eat at home early in the evening.

eg. What's for tea?

have tea

eg. The children came home from school, had their tea, and did their homework.

Dinner party is a formal meal in your home when you invite friends or guests.

have a dinner party

eg. We are having a dinner party on Tuesday, would you like to come?

Picnic is a meal that you take with you to eat outside.

eg. We took a picnic down to the beach.

have a picnic

eg. It was a beautiful day – we had a picnic by the river.

Barbecue is a party when you cook and eat food outside.

have a barbecue

eg. If the weather is nice, we'll have a barbecue.

2. Part of a meal

Course is a dish served at a meal; a part of a meal served at one time.

eg. Dinner may consist of two or more courses.

Soup was followed by a fish course.

main course is the biggest course in a meal.

eg. For the main course we had roast turkey with vegetables.

a three-course meal/a five-course meal

eg. In La Porcetta you can get a really nice three-course meal for \$20.

Refreshments – small amount of food and drink that are provided at a meeting.

eg. Refreshments will be served after the meeting.

Hors-d'oeuvre [o:d'z:vr] /**hors-d'oeuvres** (pl) – food that is served in small amounts before the main part of the meal (usually on the menu).

Starter(Br E) **appetizer**(Am E) is the first part of a meal in a restaurant.

eg. What would you like for a starter – soup or garlic mushrooms? / a delightful appetizer of small clams.

Dessert/pudding (Br E)/**sweet** (Br E) is the sweet part of a meal that you have at the end.

eg. “Would you like a dessert, Madam?” “Yes, please, I'll have the cheesecake.”

have smth for dessert/pudding/sweet

eg. I had fruit salad for dessert.

What are we having for pudding?

Would you like a sweet, or some cheese and biscuits?

3. Ways of Cooking

to make breakfast, lunch, dinner, etc.

to cook- to prepare food by heating (boiling, roasting baking, frying).

to fry- to cook (or be cooked) in boiling fat. We usually fry fish, potatoes, eggs, bacon, pancakes, etc.

to roast- to cook (or be cooked) in an oven or over an open fire. In this way we may cook meat (veal, pork), fowl (chicken, turkey), etc.

to stew – to cook by slow boiling in a closed pan with little water. In this way meat may be cooked, also vegetables, fruit, etc.

to bake – to cook food in an oven, without any liquid or fat.

eg. Put the cake into a hot oven and bake for 35 minutes.

to grill (Br E) broil (Am E) – to cook food, especially meat or fish, by putting it directly underneath a flame or a heated electric object.

eg. Grill the steak for about five minutes on each side.

to steam – to cook food in steam.

eg. Steam the courgettes for 3-4 minutes.

to stuff – to put chopped up and specially flavoured food into (a bird) before cooking it.

eg. stuffed pepper

to boil – to cook something in boiling water.

eg. a soft/hard boiled egg

4. Ways of preparing food before you cook it

to mix – to put two or more types of food together.

eg. Add eggs to the flour and butter, and mix well.

to mix smth with smth; to mix smth together

to stir – to mix things together by moving them slowly around with a spoon or fork.

eg. She kept stirring the mixture until it was completely smooth.

to beat – to mix eggs, cream etc together thoroughly with a fork or a special tool, using quick, strong movements.

eg. Carry on beating the margarine and sugar until they are light and fluffy.

to whisk – to mix eggs, cream etc very quickly with a special tool or machine, so that they get air in them and become thicker.

eg. My mother whisked eggs and sugar in a large bowl.

to grate – to rub cheese, fruit etc against a rough or sharp surface in order to break them into small pieces.

eg. grated carrot

to pour – to make a liquid or a substance such as salt or pepper flow out of or into a container.

to pour smth out/into/down etc

eg. Kim poured some water into a glass.

Why don't you pour yourself another drink?

to peel – to remove the skin from fruit or vegetables.

eg. peeling potatoes

to carve – to cut a large piece of cooked meat into smaller pieces using a big knife.

eg. Carve the lamb into slices and arrange in a hot serving dish.

to cut - to divide something into two or more pieces using a knife.

eg. Do you want me to cut the cake?

to slice/slice up – to cut meat, bread etc into thin flat pieces.

eg. Could you slice the joint for me? (a large piece of meat for cooking usually containing a bone).

to chop/chop up – to cut food into smaller pieces.

eg. Chop an onion into pieces.

to dice/dice up – to cut food into small square pieces.

eg. diced carrots

to drain – to make the water or liquid flow away from something.

eg. Can you drain the spaghetti, please.

to crush – to press something in order to break it into very small pieces, or into a powder.

eg. Crush two cloves of garlic.

to mash/mash up – to crush something especially a food that has been cooked, until it is soft and smooth.

eg. Do have the rest of the mashed potato.

to squeeze – to get liquid from smth by pressing it.

eg. Squeeze a bit of lemon onto the fish.

to skewer – to make a hole through a piece of food with a skewer or with something similar.

eg. Grant skewered bits of meat and put them on the barbecue.

to sprinkle - to scatter small drops of liquid.

to sprinkle smth on/over smth/with smth

eg. Sprinkle the pasta with cheese.

5. Laying the Table

a salt-cellar

a pepper box/ pepper shaker

a mustard pot

a sauce boat/ gravy boat

a cruet stand

a bread plate /bread basket

a bread bin/ bread box

a butter dish

a sugar basin

sugar tongs

china

crookery

a dinner set

a dish

a dinner plate

a soup plate

a soup tureen

cups and saucers

a mug
a glass/a white/red wine glass / a sherry glass / a brandy glass / a beer glass/mug
/ a champagne glass
a goblet
a decanter
a water/milk jug
a tea-pot
a tea-kettle
a coffee-pot
a tray
cutlery/silverware
a fork
a knife
a carving knife/fork
a spoon / a tea-spoon / a coffee spoon
a ladle
a table-cloth
oil-cloth
a table napkin/serviette
a bowl /a fruit bowl /a salad bowl
a cheese board
oil and vinegar bottles

6. The First Course

clear soup
chicken broth
cabbage soup
pea soup
noodle soup
tomato soup
vegetable soup
garlic soup
onion soup
fish soup
oyster soup

7. The Second Course / The Main Course/ Entrees

entrée [a:n'trei] – the main dish of a meal

meat: beef, pork, mutton, lamb, veal, steak, ground meat, bacon, ham, chops, chicken, goose, turkey, filet (boiled, fried, stewed, roasted, grilled, smoked, jellied, tinned).

fish: herring, pike, tuna, plaice/flat fish, salmon, sturgeon, haddock, catfish, trout, lobster, crayfish/crawfish, oysters, caviare, kipper (boiled, fried, smoked, salted, coated in batter, stuffed, stewed, jellied).

garnish: French fries/chips, potatoes (boiled, fried, mashed,...in their jackets), vegetables (fried, stewed, stuffed), macaroni, spaghetti, vermicelli, rice.

to garnish with..... –to add something to food in order to decorate it.

8. Salads

fruit salad, rose petal salad, meat and vegetable salad, cheese salad, Greek salad, mixed salad/Russian salad/medley.

9. Fruits

apple, (a bunch of) grapes, coconut, pineapple, mango, papaya, grapefruit, orange, tangerine, lemon, nectarine, lime, (a bunch of) bananas, pear, plum, peach, avocado, melon, watermelon.

Berries

gooseberries, blackberries, cranberries, blueberries, bilberries, strawberry, raspberries, cherries.

Nuts

cashew(s), peanut(s), almond(s), chestnut(s).

Vegetables

broccoli, (a head of) cabbage, lettuce, spinach, (an ear of) corn, French beans, string beans, kidney beans, black beans, (a clove of) garlic, tomato, (bell) pepper, cucumber, potato, (spring) onion(s), carrot, mushrooms, peas, (a head of) cauliflower, eggplant, pumpkin, zucchini, radish, black radish, beet/beetroot, turnip.

10. Vegetable Preparation

to wash thoroughly from dust and dirt

to peel potatoes (thin or thick)

to scrape new potatoes

to pare/scrape a carrot

to trim a cabbage

11. Containers and Quantities

a carton of milk

a container of yogurt

a bottle of soda

a package of cookies

a loaf of bread

a bag of flour

a jar of coffee

a can of soup

a box of cereal

a cube/lump of sugar

a hunk of cheese

a rasher of bacon
a slice of cake/pizza/bread/lemon
a lump of butter
a segment of lemon
a pinch of salt
a dash of sauce
a drop of sauce
a bar of chocolate
a square of chocolate

12. Quality of Food

How do you like/find the.....?

How is the.....?

Is it eatable?

The sauerkraut is simply uneatable.

The meat is unfit for the table.

The steak is too tough/hard to bite.

The cutlet is underdone.

Do you call this stuff salad?

Do you call this a dinner?

The coffee is undrinkable.

The fish is excellent/delicious.

It tastes all right.

It is just to my taste/liking.

The soup is first-class/rate.

The beefsteak is done to a turn.

I've had a hearty meal.

I've eaten to my heart's content.

It tastes of vinegar.

The yogurt tastes sour/ bitter/sweet.

Do not smoke on an empty stomach!

I'm dying for a drop of water.

The chocolate trifles simply melt in the mouth.

The beef stew makes my mouth water. /My mouth is watering.

You are very good at baking.

I'm starving!

The layer cake is a delight to see.

Ketchup is sure to improve the impression.

I don't care for mustard.

Do you take milk in your coffee?

13. Synonyms and Antonyms

to be underdone #to be overdone

to be undersalted # to be oversalted

a hard boiled egg # a soft boiled egg

tough = hard to bite # tender = soft
delicious = tasty # tasteless = uneatable = unfit for the table/eating
to chill = to cool = to make cool
dressed with... = seasoned with... = flavoured with...
to be a success # to be a failure
to begin with = to start with # to finish with
black coffee # milky/white coffee = coffee with milk
soft drinks # strong drinks = alcoholic beverages
a heavy/hearty eater # a poor eater
a picky eater = a fussy eater = a choosy eater
a hasty meal = a fixed meal = a light meal # a substantial meal = a solid meal
a home party = an outing party
to lay the table = to set the table
to serve = to wait upon
to wait = to expect
to one's taste = for one's liking
to leave for... # to stay
to have a bite = to have a snack
to leave = to forget

Did You Know?

The fastest way to lose your appetite is to have a good meal!

2.

TEXT

Living in Russia one cannot but stick to a Russian diet. Keeping this diet for an Englishman is fatal. The Russians have meals four times a day and their cuisine is quite intricate.

Every person starts his or her day with breakfast. Poor Englishmen are sentenced to either a continental or an English breakfast. From the Russian point of view, when one has it continental it actually means that one has no breakfast at all, because it means drinking a cup of coffee and eating a bun. A month of continental breakfasts for some Russians would mean starving. The English breakfast is a bit better, as it consists of one or two fried eggs, grilled sausages, bacon, tomatoes and mushrooms. The English have tea with milk and toast with butter and marmalade. As a choice one may have corn flakes with milk and sugar or porridge.

In Russia people may have anything for breakfast. Some good-humoured individuals even prefer soup, but, of course, sandwiches and coffee are very popular. One can easily understand that in Great Britain by one o'clock people are very much ready for lunch. Lunch is the biggest meal of the day. That would be music for a Russian's ears until he or she learns what lunch really consists of. It may be a meat or fish course with soft drinks followed by a sweet course.

The heart of a Russian person fills with joy when the hands of the clock approach three o'clock. His or her dinner includes three courses. A Russian will have a starter (salad, herring, cheese, etc.), soup, steaks, chops, or fish fillets with garnish, a lot of bread, of course, and something to drink. The more the better. At four or five the Russians may have a bite: waffles, cakes with juice, tea, cocoa, or something of the kind.

In Great Britain they have dinner at five or six. Soup may be served then, but one should not be misled by the word "soup". British soup is just this paste and a portion is three times smaller than in Russia. A lot of British prefer to eat meat. "Fish and Chips" shops are very popular with their take-away food. The more sophisticated public goes to Chinese, Italian, seafood or other restaurants and experiments with shrimp, inedible vegetables and hot drinks.

Supper in Russia means one more big meal at seven. The table groans with food again. In England it is just a small snack – a glass of milk with biscuits at ten.

Most Russians have never counted calories and they are deeply convinced that their food is healthy. Some housewives may admit that it takes some time to prepare all the stuff, including pickles, home-made preserves and traditional Russian pies and pancakes. But they don't seem to mind too much and boil, fry, roast, grill, broil, bake and make. Paraphrasing a famous proverb one can say: "What is a Russian man's meat is a British man's poison".

Notes on the text

cuisine – a particular style of cooking.

intricate – containing mainly small parts or details that all work or fit together.

fillet [ˈfilit] [fiˈlei] - a piece of fish or meat without bones.

waffles [ˈwɒfəl] [ˈwa:fəl] – flat thin cakes marked with a pattern of deep squares.

inedible – not suitable for eating.

take-away food – a meal that you buy at a shop or restaurant to eat at home.

sophisticated – 1) having a lot of experience of life, good judgement about socially important things such as art, fashion, etc.

2) having a lot of knowledge and experience of difficult or complicated subjects and therefore able to understand them well.

to groan with food – if a table **groans with food** there is a very large amount of food on it.

calori – a unit for measuring the amount of energy that food will produce.

pickle – a strong-tasting liquid made with vinegar, used to preserve vegetables.

preserve – a substance made from boiling fruit or vegetables with sugar, salt or vinegar.

to broil - to cook something under direct heat, or over a flame or a barbecue.

refectory – a large room in a school, college etc where meals are served and eaten (Am. – cafeteria).

Exercise 2.1

- a) Say when you have meals and what you like to eat and drink for breakfast, dinner and supper.
- b) Say what you dislike for breakfast, dinner and supper.
- c) Say what they serve in the refectory at your university and what you usually choose.
- d) Say what you can cook in five minutes.

Did you know?

The ancient Romans drank milk only when it was mixed with wine.

3. ADDITIONAL VOCABULARY

A. vegetables: cabbage, cauliflower, broccoli, spinach, cucumber, courgettes (Am E: zucchini), aubergines (Am E: egg plants), leeks.

meat: venison, liver, kidneys, veal

fish: cod, hake, plaice, whiting, mackerel, herring, sardine, trout, salmon

seafood: prawns, shrimps, crab, lobster, crayfish, squid, cockles, mussels, oysters

herbs: parsley, rosemary, thyme, chives, oregano, tarragon, sage

spices: curry, cinnamon, ginger, nutmeg

B. Flavours and tastes – adjectives and some opposites (#)

sweet # bitter [sharp/unpleasant]

sour [eg. unripe fruit]

hot, spicy [eg. curry] # **mild**

bland [rather negative]

salty [a lot of salt]

sugary [a lot of sugar]

sickly [too much sugar]

savoury [pleasant, slightly salty or with herbs]

tasty [has a good taste/flavour] # **tasteless** [no flavour at all]

C. General appearance, presentation and quality

These chips are terribly **greasy**. [too much oil/fat]

This meat is **overcooked/overdone** / **undercooked/underdone**.

British cooking can be very **stodgy**. [heavy, hard to digest]

Mm, this chicken's **done to a turn**. [just perfect, not overdone]

These pistachio nuts are terribly **more-ish**. [informal; you want to eat more]

D. Ways of cooking food – verbs

boil, fry, bake, roast, grill, stew, casserole, barbecue, season

Shall I **stew** the beef? [boiled with vegetables in the same pot], or would you prefer it as a **casserole** ? [similar, but in the *oven*]

These lamb chops would be nice **barbecued**. [done over hot coals, usually outdoors]

Have you **seasoned** the stew? [added herbs/spices/salt/pepper]

E. Courses and dishes – a typical menu

Dinner

<i>Starters</i>	\$	<i>Fish</i>	\$
<i>Prawn cocktail</i>		<i>Dover sole</i>	
<i>Chilled melon</i>		<i>Grilled trout</i>	
<i>Garlic mushrooms</i>		<i>Cod in cheese sauce</i>	
<i>Main Courses</i>		<i>Children's Portions</i>	
<i>Meat</i>		<i>Burger 'n' beans</i>	
<i>Rump steak</i>		<i>Fish fingers 'n' chips</i>	
<i>Pork chops</i>		<i>Desserts</i>	
<i>Lamb casserole</i>		<i>Chocolate fudge cake</i>	
<i>Chicken Kiev</i>		<i>Ice cream (various)</i>	
		<i>Apple pie with cream</i>	
		<i>Tea, coffee</i>	

Prices include vegetables, chips or boiled potatoes

Snacks always available

Did you know?

Choosing a meal can be quite a problem sometimes because dishes are called unknown foreign names. Do not guess – ask the waiter to help you. Don't let the number of knives, forks and spoons confuse you. It is simple enough. Use them in the order in which they are laid.

4. VOCABULARY PRACTICE

Exercise 4.1. Study the text. Look up the words in a dictionary, transcribe and learn them.

diet, fatal, cuisine, intricate, actually, starving, sausage, marmalade, porridge, sandwich, course, approach, soup, steak, fillet, garnish, waffles, cocoa, sophisticated, Chinese, restaurant, inedible, groan, biscuit, calories, preserves.

Exercise 4.2. Give the English equivalents to the following, using the words and word-combinations from the text.

-живя в России, нельзя не придерживаться русской диеты

-для англичанина такая диета смерти подобна

- русская кухня не простая (замысловатая)
- бедные англичане обречены либо на континентальный, либо на английский завтрак
- с точки зрения русского человека континентальный завтрак означает на самом деле ничего не есть совсем
- выпить чашку кофе с булочкой
- месяц континентального завтрака для русского человека означал бы умереть голодной смертью
- для разнообразия можно позавтракать хлопьями с молоком или овсянкой
- русские на завтрак едят все, что угодно
- некоторые шутники даже предпочитают суп
- самый значительный прием пищи
- для русского человека это был бы бальзам на душу
- сердце русского человека переполняется радостью, когда время подходит к 3 часам дня
- русские едят обед из трех блюд
- к обеду могут подать суп
- но само слово “суп” может быть обманчиво
- британский суп – это похлебка, да и порция в три раза меньше, чем в России
- многие британцы предпочитают мясо
- ресторанчики быстрого питания “Fish and Chips” очень популярны своей едой на вынос
- более изысканная (изошренная) публика отправляется в разного рода рестораны
- где они куражатся, поглощая креветок, несъедобные овощи и горячие напитки
- стол снова ломится
- многие русские никогда в жизни не подсчитывали калорий
- они глубоко убеждены, что их пища здоровая
- некоторые хозяйки признают, что приготовление пищи отнимает довольно много времени
- традиционные русские пироги да блины
- но они не очень-то сетуют

Exercise 4. 3. To learn long list of words, it is sometimes helpful to divide them up into groups. Try dividing these vegetable names into groups, in any way you like, e.g. “vegetables which grow underground” (potatoes, carrots etc.). If possible, compare your answers with someone else’s. Use the **Additional Vocabulary (A)**.

aubergine, leek, cucumber, spinach, carrot, potato, cauliflower, green/red pepper, courgette, sweetcorn, lettuce, onion, rice, pea, cabbage, garlic, radish, bean, shallot, turnip, asparagus, beetroot, celery

Exercise 4. 4. Use the taste and flavour words to describe the following. Make use of the **Additional Vocabulary (B)**.

1. Indian curry
2. pizza
3. sea water
4. an unripe apple
5. a cup of tea with five spoonfuls of sugar
6. strong black coffee with no sugar
7. factory-made white bread

Exercise 4. 5. Sort these dishes out under the headings *starters*, *main courses* or *desserts*.

chicken casserole, coffee gateau, fresh fruit salad, sorbet, Irish stew, pate` and toast, prawn cocktail, rump steak, chocolate fudge cake, grilled trout, shrimps in garlic.

Exercise 4. 6. What might you say to a person / people with you in a restaurant if.....

Make use of the **Additional Vocabulary (C)**.

1. your chips had too much fat on them?
2. your dish had obviously been cooked too much/too long?
3. your piece of meat was absolutely perfectly cooked?
4. your dish seemed to have no flavour at all?

Exercise 4. 7. How do you like the following foods prepared? Use the words from **the Additional Vocabulary (D)** and look up other if necessary. What do you like to put on the foods from the list below?

a leg of chicken, a fillet of cod, eggs, prawns, potatoes, mushrooms, cheese, sausages

salt, pepper, vinegar, mustard, brown sauce, ketchup, salad-dressing, oil, mayonnaise, lemon juice

Exercise 4. 8.

1. Which are *fish* and which are usually called *seafood*?
prawns, sardines, squid, oysters, mackerel, mussels, hake, crab, plaice, trout, lobster, cod, sole, whiting.
2. What do we call the *meat* of these animals?
calf, deer, sheep, (two names), pig (three names).
3. Which of these fruit grow in your country/region? Are there others not listed here?
peach, plum, grapefruit, grape, nectarine, star-fruit, blackcurrant, raspberry, melon, lime, kiwi-fruit, mango.

Exercise 4.9. Put each of the following verbs into its correct place in the sentences .

to chew, to lick, to polish off, to swallow, to gnaw, to consume, to peck at, to gorge, to digest, to bolt.

1. The children have no appetite. They just their food. They hardly eat anything.
2. My mother always used to say to me. "Now make sure you meat carefully before you it."
3. Statistics show that we more fruit and meat than 10 years ago.
4. He has an enormous appetite. I've seen him four hamburgers and a pile of chips at a sitting.
5. As children we used to ourselves on ice-cream, chips and chocolate, and then feel very sick.
6. The starving prisoners were so desperate they would any meat bones they could find.
7. It's not good for your body to your food so quickly. Eat slowly so that you can it properly.
8. He was so hungry that when he'd finished his food, he began tothe plate!

Exercise 4. 10. Answer the following questions using words from the list at the top of Exercise 4.9.

1. How do people eat ice-cream cones?
2. How do hungry people eat?
3. How do very greedy people eat?
4. How do people eat if they are not very hungry?
5. How do dogs eat?
6. What is a good, healthy way to eat meat?
7. What is an unhealthy way to eat, and why?

Exercise 4. 11. Some meat is given a different name from the animal it comes from. What animals do the following meats come from?

pork	veal
beef	mutton
bacon	ham
venison	lamb

Exercise 4. 12. Match each verb on the left below with the food item on the right it is most often associated with.

- | | |
|-------------|-----------------|
| 1. to pluck | cheese |
| 2. to crack | an orange |
| 3. to grate | a chicken |
| 4. to knead | a nut |
| 5. to peel | a rabbit |
| 6. to skin | a joint of meat |

7. to slice	dough
8. to carve	a loaf
1. to mince	cream
2. to shell	meat
3. to toss	a hard-boiled egg
4. to whip	eggs
5. to stuff	a cake
6. to mash	a chicken
7. to beat	a pancake
8. to ice	potatoes

Exercise 4.13. Explain the difference between the words or phrases in each of the following pairs.

1. starving and parched
2. a snack and a square meal
3. stale and mouldy
4. puckish and ravenous
5. uneatable and inedible
6. a beer-bottle and a bottle of beer
7. a starter and a dessert
8. a restaurant and a café

Did You Know?

One man's meat is another man's poison.

5. ORAL PRACTICE

TEXT 1

A MEAL OR MURDER?

Exercise 1.1. What is the name for:

- somebody who doesn't eat meat?
- somebody who doesn't eat any animal products?
- somebody who eats meat?

Exercise 1.2. Read Text A and Text B. Do you agree with Kerry who thinks that "it is natural for humans to eat meat" or with Helen who feels "guilty after eating meat"? Give your reasons.

Text A

Helen's Point of View

Helen has been a vegetarian for a year and a half.

"It happened all of a sudden," she says, "I just couldn't eat meat any more. It made me feel sick. I suddenly thought of it as eating an animal, like a piece of

cow instead of a piece of beef. I did have a few meat meals during the first few weeks, but I felt so incredibly guilty and ashamed afterwards that I soon stopped. I wouldn't eat meat now if you paid me.

“When I told my mum I wanted to be a vegetarian, she went: “No, no, no”, but I talked to dad and he said I could. I got round them by telling them I'd probably be sick if they give me meat. Mum took me to the doctor who gave me loads of advice, I've felt fine ever since. I've got thinner, but that's O.K. by me. I gave up meat because I think it's wrong to kill animals.

“Chickens and turkeys are the worst – it's easier to imagine them as whole animals. I eat eggs and cheese, but we have our own chickens so the eggs are free-range. Some vegetarian foods annoy me, like when they are called vegetarian beef or something, because that's imitating meat which is nearly as bad as having the real thing. I don't find vegetarian food boring, though. School's no problem either because they always have a soya meal for vegetarians.

“I do get a bit of stick from my friends about my beliefs. They say: “I'll get you a pig's heart for Christmas.” But I can be a bit annoying sometimes because I'm always trying to convert them. I try to, but it's always difficult.

“I feel so strongly about vegetarianism and I'm convinced it's a healthier way of life.”

I feel proud because turning vegetarian is a big decision to make. You do feel so much better inside for doing it, though. To be honest, I don't know how people can't feel guilty tucking into a big, juicy steak.

Text B Kerry's Point of View

“A diet with meat in it is a lot more healthier than a vegetarian one”, says Kerry. “Vegetarians always look a bit skinny and I should imagine a lot of them miss out on their protein. I mean, you don't get much protein from vegetables and fruit, do you? And lots of them need to take vitamin tablets and things.

“I've never considered becoming a vegetarian. I love meat and I'll eat any kind – except possibly rabbit. That's because I see rabbits as pets, whereas a cow isn't, and my father brings a lot of rabbits home to chop up and eat and that puts me off a bit. I'd eat rabbit if it was already chopped up and came in a packet, but I don't like seeing animals killed.

“I think being a vegetarian is a bit half-hearted, to tell you the truth. A bit hypocritical. You should either be a complete vegan or a meat eater. Lot's of vegetarians wear leather and it seems to me as if they can't make up their minds. The only stand I make is not to wear fur. I'd never wear a fur jacket because certain animals are killed for their fur and nothing else. If you kill a cow, you eat the meat and wear the skin. That's O.K. because it's natural for humans to eat meat. Animals kill animals, and humans are animals – so they kill animals to stay alive.

“Vegetarians tend to learn all there is to know about vitamins and all that, but I don't really think about food that much. I just eat what my parents eat. I can understand people wanting to save animals, because I love animals myself,

but killing animals for meat doesn't strike me as being wrong. It's not as if the animals are tortured or anything – it's just one shot. That's it. Anyway, I don't see an animal on a plate when I have some meat. I don't think of it like that. I just like my meat that's all.”

Notes on the texts

Text A

to get round smb = to persuade smb

free-range = kept, produced in natural, non intensive conditions

stick (*разг*) = порка

to tuck into smth – есть с жадностью, впиваться зубами во что-либо

Text B

to miss out on smth = notice or regret absence of...

to put off - вызывать отвращение (e.g. it puts me off – это вызывает у меня отвращение)

to make a stand = to be against

Exercise 1.3. Find the following words or phrases in the texts. Try to work out from the context the most likely meaning of the words from the alternatives provided:

Text A

- a) it happened all of a sudden (without anyone noticing; quickly and unexpectedly)
- b) I do get a bit of stick from... (something to hit somebody with; unfriendly comments)
- c) I'm always trying to convert them (have a conversation with them; change what they believe in)
- d) ...and I'm convinced it's... (completely certain; not sure if)
- e) ...feel guilty tucking into a... (eating enthusiastically; refusing to eat)
- f) to get round somebody (to invite; to persuade somebody)

Text B

- a) ...miss out on their protein (something in food that builds up the body; lunch)
- b) ...is a bit half-hearted (not making much real effort; very sad)
- c) a bit hypocritical (too worried about their health; dishonest in their feelings)
- d) ...as if they can't make up their minds (invent something; reach a decision)
- e) ...the animals are tortured or anything (caused great pain and suffering; killed quickly)
- f) ...puts me off (makes me dislike something; is puzzling)
- g) stand (wish; opinion that you state firmly and publicly)

Exercise 1.4. Give the English equivalents to the following:

Text A

- 1) быть вегетарианцем
- 2) я просто не могла больше есть мясо

- 3) меня от этого тошнило
- 4) испытывать острое чувство вины и стыда
- 5) я бы сейчас не стала есть мясо, даже за деньги
- 6) убедить кого-либо
- 7) он дал мне массу советов
- 8) я немного похудела
- 9) перестать есть мясо
- 10) вегетарианская пища не кажется мне однообразной
- 11) друзья порой издеваются над моими убеждениями
- 12) я всегда стараюсь переубедить их
- 13) я убеждена, что это более здоровый образ жизни
- 14) стать вегетарианцем – это поступок
- 15) как можно не чувствовать себя виноватым
- 16) есть с жадностью, впиваться зубами

Text B

- 1) выглядеть худым, как щепка
- 2) им не хватает белка
- 3) принимать поливитамины и все такое
- 4) я никогда не собиралась стать вегетарианкой
- 5) я считаю кроликов домашними животными
- 6) разделать и съесть
- 7) нерешительный
- 8) лицемерный
- 9) абсолютный вегетарианец
- 10) принять решение
- 11) быть против
- 12) людям свойственно есть мясо
- 13) я не считаю, что убивать животных на мясо, неправильно
- 14) ведь животных же не мучат

Exercise 1.5. Complete these sentences:

Text A

- a) Helen became a vegetarian because...
- b) She persuaded her parents to agree by...
- c) She eats...
- d) She feels that being a vegetarian...

Text B

- a) Kerry thinks it's healthier to eat meat because...
- b) She won't eat rabbit, unless it's chopped up, because...
- c) She thinks vegetarians are hypocritical because a lot of them...
- d) She feels strongly about fur because...
- e) She is happy to eat meat because...

Exercise 1.6. Answer the following questions:

1. When did Helen give up eating meat and why?
2. What did her parents say and do?
3. What kind of animals does she think the worst to eat?
4. What kind of food does she eat?
5. How does she feel about being a vegetarian?
6. What is the difference between a vegetarian and a vegan?
7. Why does Kerry think that eating meat is healthier?
8. Does she eat all kinds of meat?
9. Does she wear fur?
10. How can she eat animals when she is an animal lover?

Exercise 1.7. Work in groups of three. Each person should take one of the roles below:

- a) You are a vegan. You strongly disagree with people eating meat, fish, eggs, cheese or milk.
- b) You are a vegetarian. You do not eat fish or meat but see nothing wrong in eating dairy products.
- c) You are a gourmet. You love good food, including meat, fish and dairy products.

Think about the things you can eat. Compare your diets and try to persuade each other of your point of view.

Exercise 1.8.

Some people who are keen on dieting do not cook at all. They say: “Why cook? Raw food is fine!” Read the text about raw food and say what you agree or disagree with. Use the phrases below to express your agreement, disagreement, surprise, approval, disapproval.

I agree.....

I disagree....

It's true....

It's unheard of

It sounds strange/unbelievable/absurd.....

It's common knowledge.....

WHY COOK? RAW FOOD IS FINE!

Cooking, we are told, came in by accident, when a man tried to rescue a pig from a fire. Having burnt his fingers and licked them to soothe the pain, he liked the taste and decided to burn more pigs, and so the idea of cooking came into being.

Now, when so much of our food is denatured, raw food therapy is coming to the fore, and besides being so much more healthful, can be very appetizing.

Grated raw carrot, swede, beetroot, turnips, etc..., should be eaten daily, and with some finely chopped green peppers; indeed anything from the greengrocer's will make a good meal with either meat or cheese.

Mushrooms too are a very good protein, equal in value to the most expensive "cut of the joint". Add to all this some garlic (a natural antibiotic), some raw green stuff such as lettuce, watercress, even dandelion or comfrey leaves and you have the basis of a really tasty and health-giving meal.

Any herbs can be sprinkled over the salad and a dressing of lemon juice and vegetable oil, with a little sea-salt if desired, and you will feel well fed and not stuffed, as one does with an ordinary cooked meal.

For a snack, why not try an apple with a piece of your favourite cheese, instead of the usual starchy bun or biscuit. In fact, it is worthwhile to cut out all the so-called foods, made from white flour and white sugar, especially if you are trying to slim.

White flour and white sugar should find no place in the diet, as they are completely devoid of any food value. Your children will not need to visit the dentist so often and there will be better health all round.

Many people are afraid of eating garlic because they think it will make them unattractive to their friends but if some raw green stuff is eaten with the raw garlic, then there will be no smell on the breath at all. Garlic will neutralize any body smell, which is very often the result of eating very highly seasoned and unhealthy foods, particularly the refined carbo-hydrates.

By eating raw food, one gets all the vitamins instead of pouring them down the drain with the cooking water. If you cook, then use the water for soup or gravy. Another thing will appeal to the busy person – there will be much less washing up!

a) Now try to make a list of rules for those who are keen on slimming.

Exercise 1. 9.

a) It's common knowledge that raw food diet is a way out for those who overeat. How do you think people get into the habit of overeating? Is it easy to give up this habit?

Herbert suffered from overeating. Now listen to the story "A Reward for Virtue" and say if he managed to give it up. (Tapescript 1.)

Comprehension Questions:

1. Why did Herbert decide to give up his bad habit?
2. What things did his list of forbidden things include?
3. What did he hide under his desk when his friend came to see him?
4. How did he explain the fact? Was he a strong-willed person?

b) Herbert's friend decided to describe his case to Dr Smith. What did he tell him?

- c) Dr. Smith made a list of recommendations for Herbert. What did he recommend?
- d) When Herbert read Dr. Smith's recommendations he didn't follow them but wrote the following article and sent it to the newspaper. Read the article and give your opinion of the ideas expressed there.

WE SHOULD ALL GROW FAT AND BE HAPPY!

What a miserable lot dieters are! You can always recognize them from the sour expression on their faces. They spend most of their time turning their noses up at food. They are forever consulting their calorie charts; gazing at themselves in mirrors; and leaping on to weighing-machines in the bathroom. They spend a lifetime fighting a losing battle against spreading hips, protruding tummies and double chins. Some wage all-out war on fat. Mere dieting is not enough. They exhaust themselves doing exercises, sweating in sauna baths, being pummeled and massaged by weird machines. Don't think it is only the middle-aged who go in for these fads either. Many of those bright young things you see are suffering from chronic malnutrition: they are living on nothing but air and water.

"Wonderfood is a complete food", the advertisement says. "Just dissolve a teaspoonful in water.....". A complete food it may be, but not quite so complete as juicy steak.....

What's all this self-inflicted torture for? It will be a great day when all the dieters in the world abandon their slimming courses; when they hold out plates and demand second helpings!

Exercise 1.10. You have received an order to make a film advertising raw food. What are your arguments for and against?

Exercise 1.11. Prepare the outline of the script "The way we eat, the way we feel".

TEXT 2. Read the dialogue in pairs.

VISIT TO DIETICIAN

Dr. Jones: Good morning, Mrs. Fat. Sit down, please.

Mrs. Fat: Good morning. Dr. Jones. Do you mind if I sit on the sofa?

Dr. Jones: No, not at all. You can take any seat you like. So you would like to lose weight, wouldn't you?

Mrs. Fat: Exactly. I've been overweight all my life and now I think it's time I started dieting.

Dr. Jones: Oh, yes. I see. You know... before I can recommend you a particular diet I must learn all about your eating habits. How many meals a day do you normally have?

Mrs. Fat: I usually have only three meals a day. I mean breakfast, lunch and dinner, but unfortunately I very often eat between meals.

Dr. Jones: What do you have for breakfast?

Mrs. Fat: A traditional English breakfast. I have a glass of orange juice, a bowl of cereal and bacon and eggs. And then I drink tea.

Dr. Jones: Do you take milk in your tea?

Mrs. Fat: I normally drink tea with cream, though I realise that I should have it with skimmed milk.

Dr. Jones: And what about lunch?

Mrs. Fat: Well, that depends. On some days I just have a couple of sandwiches for lunch, but sometimes I also have a bowl of soup and cakes or pies to follow.

Dr. Jones: What do you have for dinner and when do you have it?

Mrs. Fat: I normally have dinner at 8 p.m. I know it's a bit too late, it just happens so. What do I have? You know, I like to have a very substantial dinner – a starter, like a salad or assorted meat, followed by a main course such as beefsteak or fish and chips and then dessert and tea or coffee.

Dr. Jones: What do you have for dessert as a rule?

Mrs. Fat: Ice-cream or cakes, or both.

Dr. Jones: And what do you eat between meals?

Mrs. Fat: Peanuts, chocolate, popcorn, crisps and stuff. Sometimes I just like to nibble candies.

Dr. Jones: In fact, many people do the same and yet they have no problems with excess weight. Let me see... Do you fry one or two eggs with your bacon in the morning?

Mrs. Fat: I actually take eight eggs, but I share my breakfast with my toy-poodle dog.

Dr. Jones: I see. Here is my prescription: Don't change your diet. Change your dog. Replace it with a Labrador. Or keep both dogs and share all your meals with them. And here is the telephone number of a vet, who is a very good dog dietician, just in case your dogs might need a correction of their diet.

Exercise 2.1. Explain the meaning of the following words:

food, meal, dish, course, overweight, diet, breakfast, lunch, dinner, supper, snack.

Exercise 2.2. Give the English equivalents to the following, using the words and word combinations from Text 2.

-не возражаете, если я присяду на диван?

-итак, Вы хотите похудеть, не так ли?

-я всегда была полной

-самое время садиться на диету

-рекомендовать какой-либо рацион питания

-я должен знать все о Вашем режиме питания

-сколько раз в день Вы едите?

-к сожалению, я очень часто перекусываю

-тарелка каши

-Вы пьете чай с молоком?

-хотя я понимаю, что мне надо бы пить чай с обезжиренным молоком

- как сказать/по-разному/раз на раз не приходится
- я ем суп, а потом пирожки или пирожные
- просто так получается
- плотный обед
- для начала салат или какое-нибудь мясо в ассортименте
- затем горячее
- а что вы принимаете в пищу в промежутках?
- я люблю “поклевать” конфеток
- другие делают тоже самое, но у них нет проблем с избыточным весом
- делиться завтраком с кем-либо
- нуждаться в коррекции рациона питания

Exercise 2.3. Dramatize the dialogue between Mrs. Fat and Dr. Jones.

Exercise 2.4. Read and discuss the text.

What will people eat in future? Eating habits change from generation to generation. Before scientists learned about vitamins and other ingredients of food, people believed in eating large quantities of food and didn't pay attention to a balanced diet. A good eighteenth century meal consisted of as many as twenty courses. The Romans were famous for their great feasts and big appetites.

In the year 2100 people's eating habits may be just as surprising but in a very different sort of way. Probably there will be an end to food as we know it today. Meals as we know them may become the thing of the past. Food and vitamins will be taken in the form of capsules, tablets and pills. Maybe this idea is not very pleasant but it may be an answer to food shortages and world famine.

1. Do you agree that eating habits change from generation to generation?
2. What did people believe before scientists learned about vitamins?
3. What did a good eighteenth century meal consist of?
4. What were the Romans famous for?
5. What will probably happen by the year 2100?
6. Do you believe this will really happen?

Exercise 2.5. Translate into English:

1. Я завтракаю в восемь часов утра.
2. За завтраком я обычно съедаю бутерброд и выпиваю чашку чая.
3. Мой брат всегда ест яичницу с ветчиной на завтрак.
4. Что ты ешь в обед на второе?
5. Какой десерт нравится твоей маме?
6. Я никогда не перекусываю между завтраком, обедом и ужином.
7. Вы хотели бы похудеть?

8. У тебя нет лишнего веса и тебе не надо садиться на диету.
9. Я терпеть не могу рыбу с картошкой.
10. Мой друг постоянно ест жареный арахис или соленую воздушную кукурузу. Меня это раздражает.
11. – Что такое традиционный английский завтрак? – По-моему, это стакан сока, кукурузные хлопья с молоком, яичница с ветчиной и чай.
12. Я люблю плотно поесть в обед – закуску, суп, второе, десерт и выпить чашечку крепкого кофе.

TEXT 3

EXPECTING GUESTS

Mother: Jane, dear, the Browns are coming to visit us today and I should like to treat them to a really good dinner. Do help me. I'm so pressed for time.

Jane: Gladly, Mother. I have some time to spare, and you know I'm not so bad at cooking.

Mother: Then let's draw up the menu and see what provisions we'll need. What kind of soup do you think they would like?

Jane: I'm sure they'll find beet soup with sour-cream delicious.

Mother: Well, I don't object to that and you can cook it yourself: you really are very good at it.

Jane: Shall we have fish or meat for the second course?

Mother: If I am not mistaken Mrs Brown prefers fish to meat; as for her husband, he doesn't like fish at all. I suppose we'd better have fish and meat. The women can have stuffed fish with boiled potatoes while Dad and Mr Brown will have roast beef, Yorkshire puddings, roast potatoes, carrots, Worcester sauce and mustard.

Jane: Mother! And what about salad?

Mother: Goodness! Of course we must have some kind of appetizer. I quite forgot about it. Only let's have a nice salad of fresh vegetables – tomatoes, cucumbers, radish, green peas and lettuce – with mayonnaise, besides it can be made in no time.

Jane: Oh, and what wonderful fruit salad we can make of apples, pears, plums and cherries for dessert.

Mother: Remind me, darling, to ring Father up and tell him to come home early. On his way home he can drop in at one of the shops and buy a bottle of wine and some sweets.

Notes on the text

Yorkshire pudding – йоркширский пудинг (жидкое тесто, которое запекается под куском мяса на рашпере и впитывает стекающий сок и растопленный жир).

Worcester sauce – вустерский соус (пикантный соевый соус).

Exercise 3.1. Listen to the dialogue and find statements and special questions in it. Analyse them from the phonetic point of view. Read the sentences and explain the tunes.

Exercise 3.2. Look up the words and word-combinations in a dictionary, transcribe and learn them.

time to spare, to draw up a menu, provisions, delicious, Yorkshire pudding, Worcester sauce, appetizer, mayonnaise, dessert.

Exercise 3.3. Give the English equivalents to the following, using the words and word-combinations from Text 3.

- мне бы хотелось угостить их хорошим обедом
- у меня времени в обрез
- ты же знаешь, я неплохо готовлю
- давай-ка набросаем меню
- им наверняка понравится твой свекольник со сметаной
- я не против
- приготовь его сама, у тебя это хорошо получается
- а на второе будем мясо или рыбу готовить?
- предпочитать рыбу мясу
- фаршированная рыба с отварным картофелем
- нам нужно приготовить холодные закуски
- его, кстати, очень быстро готовить

Exercise 3.4. Answer these questions. Work with a group-mate:

1. Who did the mother and Jane expect on a visit?
2. What did the mother ask Jane about?
3. What were they going to cook for dinner?
4. Why did Jane want to cook fish?
5. Why did they decide at last to have both fish and meat?
6. Did the mother forget about salad?
7. They thought it was necessary to have some kind of a starter, didn't they?
8. They decided to make mixed salad with cheese, didn't they?
9. What did they plan to make for dessert?
10. The mother decided to drop in at a shop and buy some sweets, didn't she?
11. What do you think of the menu of their reception?

Exercise 3.5. Are the following statements true or false?

1. The mother would like to treat the Browns to a real fine dinner.
2. Jane was sure the guests would find beet soup to their taste.
3. The mother and Jane agreed to cook fried chickens for the second course.

4. The mother forgot about salad.
5. The mother thought that the guests would find mixed salad delicious.
6. Jane and the mother decided not to cook appetizers.
7. Jane was good at cooking beet soup.
8. Mrs. Brown preferred fish to meat. Her husband did not care for fish at all.
9. Jane and her mother decided to cook both fish and meat.
10. The mother asked Jane to buy some ice-cream for dessert.

Exercise 3.6. Read the following proverbs and say under what circumstances you would use them.

1. It's no use crying over spilt milk.
2. Too many cooks spoil the broth.
3. First come, first served.
4. The proof of the pudding is in the eating.
5. One man's meat is another man's poison.
6. Hunger is the best sauce.
7. Every cook praises his own broth.
8. Live not to eat, but eat to live.
9. Better an egg today than a hen tomorrow.
10. A watched pot never boils.
11. Eat at pleasure, drink with measure.
12. Hope is a good breakfast but a bad supper.
13. After dinner comes the reckoning.
14. You can't make an omelette without breaking eggs.
15. After dinner sit a while, after supper walk a mile.
16. Appetite comes with eating.
17. When the belly is full, the music goes better.
18. An apple a day keeps a doctor away.
19. An apple after every meal, then no more toothache will you feel.

Let the proverbs help you in your arguments. Introduce them by:

- 1 There's always a grain of truth in what people say.
- 2 People are right saying...
- 3 As the proverb/saying goes...
- 4 It just goes to show the truth of the phrase...

Exercise 3.7. These are 4x4 dialogues. Each situation is expressed by four dialogues arranged in parallel, so that any of A's first utterances may be followed by any of B's first utterances and so on. That means that with a 4x4 arrangements, you have many different variations of the same situation.

- a) Listen to the dialogues, practise and dramatize them.

AT LUNCH.

I

A You must have some more chicken.

B No, thanks. I'm supposed to be slimming.

A Can't I tempt you?

B Well, may be I could manage a very small piece.

II

A Would you like to finish up the omelette?

B No, really, thank you. I just couldn't eat any more.

A Come on now. Surely you can manage it.

B No, thank you, really. I must have put on pounds as it is.

III

A Another piece of meat pie?

B No, thanks, really. I'm on a diet.

A Please do. You've hardly eaten anything.

B It's delicious, but I don't think I ought to.

IV

A Do have the rest of the mashed potato.

B No, thank you. I've had too much already.

A Just take it to please me.

B OK, but only a small piece or I shan't have room for any pudding.

b) Listen to the dialogues, practise and dramatize them.

Tea is the number one drink in Britain and the average person has about four cups of tea a day. In times of disaster or tragedy "a nice cup of tea" is offered as a kind of universal cure.

TEA-TIME.

I

A Would you care for a cup of tea?

B Only if you are having one.

A Do you take milk and sugar?

B A dash of milk and two lumps, please.

II

A I expect you could do with a cup of tea, couldn't you?

B I'd rather have a cup of coffee, if you don't mind.

A Milk and sugar?

B A milky one without sugar, please.

III

A How about a nice cup of tea before you go?

B Yes, I'd love one.

A How do you like it?

B A strong one with three spoons for me, please.

IV

A Would you like a cup of tea?

B Only if it is not too much trouble.

A Do you like it with milk and sugar?

B Not too much milk and just half a spoonful, please.

Notes

a dash of milk: a very little milk

two lumps: two sugar cubes

Did You Know?

You are what you eat.

6. GRAMMAR PRACTICE

Error Correction

Exercise 6.1. Read the following text and look carefully at each line. Some of the lines are correct, and some contain an extra incorrect word which should not be there. If a line is correct, put a tick at the end of the line. If a line has a word that should not be there, circle the word.

Why don't we eat what we should?

- 1 According to the World Health Organization almost half our diet
- 2 should to consist of starchy food such as potatoes, pasta and
- 3 rice and we should eat five portions of a fresh fruit and
- 4 vegetables every day . Unfortunately, it will to take a long time
- 5 for the British diet to approach this ideal. People know what
- 6 they should eat, but they are not quite so good at when it comes
- 7 to going to the supermarket to buy food. In fact people usually
- 8 prefer to eating what they want rather than eating what they are
- 9 told. Perhaps this is why did the proportion of people
- 10 considered "obese" or fat doubled between 1980 and 1991.

Did You Know?

Half a loaf is better than no bread.

7. WRITING PRACTICE

Exercise 7.1. You have just found out that your best friend decided to become a vegetarian. Write him a letter sharing your ideas and opinion about his choice.

Exercise 7.2. Prepare a report.

- a) Prepare a report on a traditional meal that you have in your family. The meal can be for a holiday, an anniversary, or any time family members traditionally get together. Plan to speak for about 15 minutes.
- b) Present an oral report to your group. Give people a chance to ask you questions.
- c) Write a summary of the information you give in your report.

Did You Know?

The way to a man's heart is through his stomach.

8. LISTENING PRACTICE

FROM PASTA TO PINEAPPLES (Tapescript 2.)

Exercise 8.1. Get ready to listen.

Match the foods on the list with the clues below. Use each food only once.

chocolate; watermelon; pineapple; spaghetti; milk; olive; banana; ice cream

1. a white beverage
2. a sweet treat, often made with milk
3. a large fruit, red inside, with many seeds
4. a sweet fruit that is prickly on the outside
5. a food you eat with tomato or meat sauce
6. a small green or black food, used to make oil
7. a cold, sweet food that comes in many flavours
8. a long, yellow fruit that you have to peel

Exercise 8.2. Listen for meaning.

Listen to the information. Which of these topics did you hear about?

1. the origin of pasta
2. how to make spaghetti sauce
3. the kinds of milk that people drink
4. how people used watermelons in ancient Greece and Rome
5. how people used grapes in the past
6. when bananas first appeared in North America
7. the first person to taste a pineapple

8. how chocolate was first used

Notes on the text

a killer whale – a black-and-white whale that eats meat

tin foil – metal sheets that are as thin as paper, used for wrapping food.

a dime – a coin of the USA and Canada, worth one tenth of a dollar – 10 cents

prickly – covered with prickles

Exercise 8.3. Listen for details.

Listen to the information. While you listen, answer the questions.

1. What country do most people associate with spaghetti or pasta?
2. What is pasta made of?
3. Where did pasta originate?
4. What was pasta made of originally?
5. Where did people first begin to milk farm animals?
6. What is the only form of milk that many Chinese people consume today?
7. Name some animals from which people get milk to drink.
8. Which animal has the richest milk on earth?
9. Explain how the ancient Greeks and Romans used watermelons.
10. Name three ways olive oil was used in the Mediterranean region.
11. How were bananas sold at the Centennial Exposition in Philadelphia?
12. Who was the first person in Europe to bite into a pineapple?
13. What happened when he bit into the pineapple? Why?
14. What was the original name for chocolate?
15. How was chocolate served in Europe?
16. What order did the king issue about chocolate?
17. What were plates made of, long ago?
18. What was considered bad manners?

Did You Know?

Honey catches more flies than vinegar.

9. READING PRACTICE

PEANUT BUTTER: IT WON'T GROW UP

Exercise 9.1. Get ready to read.

Discuss these questions in a group.

1. What are some common foods that people bring to school or work for lunch?
2. What are some foods people take on a picnic or when they are camping out?
3. What kind of sandwiches do you think are the most popular in North America?

4. Do you ever eat peanut butter? How?

Exercise 9.2. Read quickly for general ideas.

Read the text quickly. Which of these is the main idea?

- a) where peanuts come from originally
- b) different ways in which peanut butter can be used
- c) cooking traditions around the world

Enough of this kid stuff. Now that peanut butter is 100 years old, let's face facts and stop beating around the bush. Isn't it time for peanut butter to grow up?

It is almost embarrassing to admit. But we North Americans are still serving most of our peanut butter with jelly when so many other parts of the world are using it subtly to enhance stews, thicken soups, or top grilled fish. Isn't it time to start thinking of peanut butter in terms of finesse and fine crystal?

"Beyond the cookie," commanded Ellen Brown, a food consultant, who, as part of peanut butter's 100th anniversary celebration, optimistically unveiled 30 new recipes recently at the International Association of Culinary Professionals in Atlanta in the hopes that a more sophisticated image will emerge.

Her creations include recipes for peanut-butter salad dressing, sauces, stews and soups.

There is disagreement about the origin of peanut butter. Some attribute its creation to a St. Louis physician whose identity is not known; others to a man named Joseph Lambert, who ran a nut business out of Battle Creek, Mich. But both are said to have emerged with their creations in the year 1890 and the process was patented seven years later. It became commercially available around the turn of the century.

George Washington Carver, who in 1925 published a paper at Tuskegee Institute titled "Bulletin No. 31, How to Grow the Peanut and 105 Ways of Preparing It for Human Consumption" is credited with being among the first to concoct the peanut-butter sandwich.

Now peanut butter is among North America's most popular foods, with annual sales of an estimated 800 million pounds a year, said Mitch Head, a spokesman for the Peanut Advisory Commission, a trade association based in Atlanta. An estimated 85 per cent of households have a jar stashed away in a cupboard, he said.

But to keep this in perspective, the peanut is believed to have been first cultivated 1,000 years ago in South America. It was eventually taken to Africa and Asia in the 16th century by explorers from Europe.

Today the peanut and peanut butter are prominently featured in many cuisines. In Thailand, for example, they are used in the preparation of sauces and noodle dishes. In Indonesia, they are the base for a dipping sauce served with chicken and pork dishes.

The peanut is served in soups and stews in African countries like Ghana – where it is combined with tomatoes, onions, eggplant and okra in a stew-like chicken preparation – and in Senegal, where it is combined with sweet potatoes

and cabbage. In the Szechuan province of China, it is commonly served in sauces that top noodles and cold chicken.

It is not that these more sophisticated uses of the peanut, which has long been appreciated as an inexpensive source of protein, never occurred to a North American. Indeed Evan Jones, the food historian and author of *American Food: The Gastronomic Story* (Vintage Books, 1981), said George Washington Carver tried valiantly to show North Americans the many subtle joys of the peanut.

But today the majority of us – 58 per cent – continue to prefer our peanut butter on bread, according to research done by CPC International, which manufactures Skippy brand peanut butter. Some 14 per cent prefer it on crackers, while another 10 per cent eat it out of the jar. It is not surprising then to discover that Dr. Peter McCann, a 37-year-old Manhattan surgeon, an otherwise sophisticated diner and exacting food aficionado, prefers his peanut butter on white bread with jelly so thick it leaks through the other side.

Interviews with peanut-butter lovers revealed that, like McCann, many share rather uninhibited childlike delight in the spread. Larry Zisman, for example, who is co-author with his wife, Honey, of the *The Great American Peanut Butter Book* (St. Martin's Press, 1985), said he, too, often eats his peanut butter on bread. His favorite combination, he said, is "putting some peanut butter in your mouth, adding chocolate chips and chewing them together." Frank Treadway, 61, of Fort Meyers, Fla., prefers it "with meat loaf, bacon, cheese and cold baked beans." Norma Carpenter, a 45-year-old Idaho homemaker, routinely eats peanut butter mixed with margarine on popcorn.

Other common ways of eating peanut butter are with apples, celery sticks and bacon, and combined with mayonnaise, pickles, pretzels, corn chips, chocolate pudding, grilled cheese, graham crackers, saltines and whole-wheat toast.

All this may simply mean that peanut butter has just not been around long enough. Maturity, after all, has as much to do with experience as age; not to mention the desire to grow up. Perhaps it should come as no surprise that one of North America's leading brands of peanut butter is called Peter Pan.

Exercise 9.3. Read carefully for details.

Work with a partner. Look in the text for the answers.

1. How is peanut butter most often used in North America?
2. What are some ways peanut butter is used in other parts of the world?
3. Why did Ellen Brown unveil 30 new peanut-butter recipes?
4. When was peanut butter patented?
5. How much peanut butter is sold in North America every year?
6. Where was the peanut first grown?
7. How is peanut butter used in Thailand?
8. Where is the peanut used with sweet potatoes and cabbage?
9. What did George Washington Carver try to show North Americans?
10. Name three ways North Americans prefer to eat peanut butter.
11. How does Dr. Peter McCann like to eat peanut butter?

12. How does Larry Zisman prefer to eat peanut butter?
13. Name some other ways peanut butter is eaten in North America.

Did You Know?

If you had lived in Rome in the third century, however, your cookies would not have tasted as good. At that time, the cookie was thin and hard, and not very sweet. It was similar to a piece of dry bread. Sweet and tasty cookies did not become popular until the 1700s.

Today's cookies are crisp or chewy, and may contain raisins, chocolate chips, or nuts.

10. PRACTICAL IDIOMS

Exercise 10.1. Read the following text and, together with a partner, work out approximate meanings for the underlined phrases.

Mavis decided to turn her talent for sewing into a money earner. She made ties, belts and bags of exquisite silk which sold, amongst her friends, like hot cakes. She was amazed how easy it was to make money. 'This is a piece of cake,' she thought. 'Soon I'll be the breadwinner of the family. Derek can give up his job and become my financial adviser.'

Things carried on like this for some months. Mavis found her new life very stimulating and was always full of beans, unlike Derek, who seemed to be getting quieter and quieter. One day they decided, or rather Mavis decided, that they should take pot luck and expand into dresses, trousers and jackets. Derek gave up his job to look after the money side of the business, but one problem arose which could not have been foreseen – due to a severe climatic disaster, silk production came to a standstill. This was food for thought. What now? Give up or try another material? Mavis decided to try cotton and, although the new line was not as successful as the silk goods, the company, according to Derek, still made good profits. Derek, who seemed to have found a renewed interest in life, egged Mavis on to invest and expand, which she did.

Then one day she was visited by the tax inspectors who pointed out one or two financial irregularities – irregularities which meant only one thing... Derek had been cooking the books and the company was not growing; it was, in fact, bankrupt.

1. to sell like hot cakes
2. a piece of cake
3. the breadwinner
4. to be full of beans
5. to take pot luck
6. food for thought
7. to egg someone on
8. to cook the books

Exercise 10. 2. Write a sentence illustrating the use of one of these idioms. Don't put the idiom in the sentence, use a synonymous expression instead. Then put a key word from the idiom in brackets after the sentence.

Pass this to your neighbour, who will rewrite the sentence using the idiom.
 Eg. *The new Fiat has been so well designed, I'm sure it will sell qickly. (cakes)*

Did You Know?

Eat to live, not live to eat.

11. REVISION

Exercise 11.1. Fill in the blanks. The first letter of each missing word has been given.

A vegetarian is someone who eats only (1) v....., bread, fruit, eggs etc. and doesn't eat (2) m..... . However, some do eat (3) f..... which I find strange. Others eat chicken but not (4) r..... meat. A vegan doesn't eat meat, fish, or any (5) d..... products such as eggs, milk and (6) c..... . They do eat fruit and (7) n..... . A (8) g..... knows a lot about food and enjoys good food and (9) w..... . A (10) c..... is someone who prepares and cooks food in a hotel or restaurant.

Exercise 11.2.Complete the chart below by adding the words in the list.

nectarine, satsuma, mackerel, coconut, mince meat, spinach, prawn, aubergine, thyme, trout, rosemary, fig, smoked salmon, cucumber, watermelon, pork, salmon, squid, mutton, shrimp, chives, beef, lobster, sardine, apple, lettuce, courgette, cabbage, liver, strawberry, cod, salami, mussel, plaice, basil, bacon, chicken, grape, parsley, mango, lamb, oregano, plum, cauliflower, chop, joint, sausage, octopus

vegetables	Fish	herbs	seafood	fruit	meat

Exercise 11.3. Complete the chart with the words from the list.

roast beef, prawn crackers, tapas, tiramisu, popcorn, samosas, houmous, hot dog, bocadillo, ciabatta, paella, moussaka, souvlaki, tortilla, curry, shepherd's

pie, kebab, chop suey, pumpkin pie, biryani, spring roll, spaghetti Bolognese, apple crumble and custard, hamburger, tagliatelli, onion bhaji, sweet and sour, fish and chips

Spain	Britain	Greece	China	Italy	India	USA

Exercise 11.4. Match the dishes (1- 8) with a set of ingredients (a-h).

- | | |
|------------------------|--|
| 1. shepherd's pie | a. mince meat, onion, tomato paste, red wine, pasta |
| 2. paella | b. apples, walnuts, celery or lettuce, mayonnaise |
| 3. pizza | c. mince meat, sliced aubergines, tomatoes, onions, cheese sauce |
| 4. moussaka | d. chicken, onion, spices, chilli, rice |
| 5. spaghetti Bolognese | e. bread dough, tomato, onion, cheese, anchovies, olives |
| 6. spring roll | f. mince meat, carrots, onions, gravy, mashed potato |
| 7. Waldorf salad | g. bean sprouts, chopped vegetables, pork, pancake, hot oil |
| 8. biryani | h. seafood, rice, chicken, onion, saffron |

Exercise 11.5. Put the correct form of the verbs in the list into the sentences.

bake, roast, barbecue, boil, casserole, grill, steam, fry

- It's best toan omelette in a deep pan.
- Potatoes are delicious if you them in their jackets.
- vegetables are healthier than boiled ones.
- meat tastes better if you cook it slowly in the oven.
- Put butter on trout before you it under a strong heat.
- Tough meat is easier to cook if youit in the oven with vegetables.
- Do you think the Britishtheir cabbage for far too long?
- I love the smell oflamb chops from next-door's garden.

Exercise 11.6. Complete the gaps with an appropriate word. You are given the first letter of the missing word.

Have you been to "Bar None"? We went yesterday and it was great. I'm glad we (1) b..... because the restaurant was full. I asked the waiter to

bring us a wine (2) m..... so that we could decide what to drink. For my (3) s..... I chose garlic mushrooms, and for my main (4) c..... I ordered a casserole with pork (5) c..... , sage and white wine. For (6) d..... I had crème caramel with ice-cream. I asked our waiter to bring the (7) b..... and I had to pay cash because they wouldn't take (8) c..... cards. I left the waiter quite a large (9) t..... as I was very pleased with the (10) s.....

Exercise 11.7. Match the food (1-10) with the words from the list. You may use words more than once.

minced, mashed, chopped, spiced, sliced, grated

- | | |
|------------|-----------|
| 1.meat | 6.curry |
| 2.onions | 7.bananas |
| 3.potatoes | 8.tomato |
| 4.cheese | 9.carrots |
| 5.bread | 10.apple |

Exercise 11.8. Underline the odd word out.

Example: water coke bread wine juice

- 1.meal food cuisine feast corkscrew
- 2.wine starter main course appetizer dessert
- 3.boil fry bake bowl grill
- 4.slice boil chop grate peel
- 5.salty savoury pan sweet bitter
- 6.dish meal bowl plate cup
- 7.courgette mushroom bean plum broccoli
- 8.bill tip receipt menu cheque

PART 2.

EATING OUT

1. TOPICAL VOCABULARY

Restaurants / Eating and Drinking

1. places to eat

restaurant – a place where you buy and eat a meal, which is usually brought to your table, especially a place that you go to with other people as a social event.

eg. Have you ever been to “La Porchett”? It is a really nice restaurant.

A new Japanese restaurant just opened on Upper Street.

café – a place where you can drink coffee or tea and sometimes alcoholic drinks, and eat cakes or small meals.

eg. We found a small café just off the main street.

canteen (Br E) **cafeteria** (Am E) – a place in a school, factory or company building where the students or workers can buy and eat meals.

fast food restaurant – a place where you can buy and eat small meals such as hamburgers that are ready to eat so that you do not have to wait for them.

eg. Fast food restaurants such as McDonald’s and Burger King can be found in almost every country in the world.

diner [ˈdaɪnə] (Am E) – a small restaurant where you can buy cheap meals.

eg. They stopped for breakfast at a roadside diner.

deli [ˈdeli] – a shop that sells cheese, salads, cooked meats etc, and where you can also buy small meals and sandwiches.

sandwich bar – a place where you can buy sandwiches and drinks that you can take away to eat and drink somewhere else.

takeaway (Br E) – a place that sells complete meals that you take away to eat at home, or one of the meals it sells.

eg. a Chinese takeaway

Shall we get a takeaway tonight?

2. places to drink

bar – a place where you can buy and drink alcoholic drinks.

eg. I met her in a bar in Manhattan.

pub – a place, especially in Britain or Ireland, where people meet their friends and drink alcoholic drinks.

wine bar – a fashionable, fairly expensive place that serves many different types of wine and small meals.

coffee shop – a small café where you drink coffee, tea, and other non-alcoholic drinks, and which also sells cakes, sandwiches etc.

microbrewery [ˈmaɪkrɜː,bruːəri] – a place in the US where you can buy meals and drink beer that is made by the bar’s owners.

eg. The number of microbreweries has increased dramatically in recent years.

3. when you go somewhere to eat and drink

eat out – to have a meal in a restaurant, not at home.

eg. I don’t feel like cooking tonight – let’s eat out.

go out to dinner/lunch = go out for a meal – to go to a restaurant and have a meal

eg. We went out to lunch as a celebration.

When was the last time we went out for a meal?

go out for a drink – to go to a bar, pub etc in order to meet your friends and drink alcoholic drinks.

eg. “What did you do at the weekend?” “Oh, nothing much – just went out for a drink on Friday.”

4. in a restaurant

bill (Br E) **check** (Am E) – a piece of paper with a list of what you have had and how much you must pay.

book a table (Br E) **make a reservation** (Am E) – to tell the restaurant that you want to eat there, so they do not give your table to somebody else.

dessert – the sweet part of your meal that you have after the main course.

house wine /house red / house white – ordinary, inexpensive wine that you can buy in a restaurant to eat with your meal.

I'll have..... - say this to tell the waiter or waitress that you want to eat.

main course – the biggest separate part of a meal.

menu - a list of all the meals that a restaurant serves.

to order – to tell the waiter or waitress what you want to eat or drink.

set menu (Br E) – a complete meal that you pay a fixed price for, instead of ordering and paying for the different parts separately.

starter (Br E) **appetizer** (Am E) – the part of a meal that you have before the main course.

table for two/three etc – say this to the waiter or waitress when you arrive, so that they know how many people are with you.

eg. We'd like a table for four, please.

tip – money that you give to the waiter or waitress, as a way of showing your thanks, in addition to the money you pay for your meal.

to leave a tip – to put a tip on the table when you leave.

waiter - a man who serves food and drinks at the tables in a restaurant.

waitress - a woman who serves food and drinks at the tables in a restaurant. (In American English, **waitperson** is sometimes used instead of **waiter** or **waitress**.)

wine list – a list of all the alcoholic drinks that a restaurant serves.

Corny Restaurant Jokes

Client: Waiter, there's a dead fly in my soup!

Waiter: Yes sir, it is the hot liquid that kills them.

Exercise 2.1. Answer the question before you read the text: What do you know about eating habits in the USA? Summarize your own experience, if any, or mention the source of your information (books, films, TV programs).

Exercise 2.2. Read the text. What is the quickest and cheapest way of getting a meal in the United States?

EATING OUT IN NEW YORK CITY

A wide variety of dining pleasures awaits a visitor to New York City, from luxuriating in the fanciest of French restaurants to grabbing a hot dog. With cuisines from every corner of the globe, New York City will feed you very well regardless of your budget.

The least costly alternatives are those used by many natives at lunch time: street vendors, fast food places and delis.

Street vendors' offerings – hot dogs for \$2.00 or less – are fast, inexpensive and very “New York”. Hot dogs (also called “franks” or “frankfurters”) are a kind of sausage placed inside a bun. They are often made from pork and can be steamed, boiled or grilled.

The fast food places, such as McDonald's and Burger King are much the same everywhere in the United States. They offer a pretty standard fare: hamburgers, French fries, and coke (Coca-Cola), at a pretty standard price. A meal will rarely exceed \$4.00 per person. Hamburgers are made from beef, not ham, and served in a round bun. They are often eaten with tomato, or lettuce, or onion, mustard, and ketchup. A hamburger with melted cheese is called a cheeseburger. There are also some other kind of burgers with other names, such as the jumbo burger (very big), mushroom burger, or bacon burger, depending on the extra ingredients added.

With so many people travelling in cars, fast food places can be found all along the highways. If you are in a hurry, you can drive round to a “drive through” window and pick up your food packed in a paper bag without leaving your car. Likewise, other fast food places may have “drive-in” facilities. A waiter will meet you in the restaurant's parking lot, take your order and deliver the food to your car, where you can eat in the relative comfort of the parking area.

Along highways and in town, “diners” give you a fine opportunity to have a quick snack. They are small-size restaurants, traditionally shaped like a railroad car.

Another option, the delis – short for delicatessen – offer sandwiches and assorted salads. Americans eat a lot of sandwiches, especially for lunch. They are made with two pieces of bread and a filling. Some common fillings are: tuna fish, eggs, ham, chicken, turkey, roast beef, cheese, and peanut butter and jelly. Some sandwiches are served hot, for example, a hot roast beef sandwich. Another special type is the “club sandwich” which is made with three pieces of bread and two fillings between them. One common sandwich is called a BLT, which means bacon, lettuce, and tomato. Although the bill in delis may

run as high as \$8.00 per person, their advantage is quick service, and of course, as the name implies, the food is delicious.

Another relatively inexpensive alternative is the gourmet take-out shop stocked with foods for home or picnic.

Some places call themselves “family restaurants”. This usually means home style cooking. The food is almost as reasonably priced as in delis or better cafeterias.

In a cafeteria you walk through a line, choose your food, put it on a tray, pay at the end of the line, and carry your food to a table.

Turning to foreign cuisine, New York City’s excellent and inexpensive offerings include pizza and a wide choice of Chinese and Mexican food. Pizza comes in two varieties – thin-crust “Neapolitan” and thick-crust “Sicilian” – and is served by the slice or by the pie. The best Chinese food, of course, is in China-town. To snatch a quick taste of Mexican cooking one may go to Taco Bell or Taco-time, where you will be offered tacos, marinated and broiled meat rolled in tortillas (flat bread made from wheat or corn), or chili, a spiced (“hot”) seasoned dish of beef, beans, chili peppers, and tomatoes.

Notes on the text

to await – if a situation, event etc **awaits** you, it is going to happen in the future.

to luxuriate in something – to relax and consciously enjoy something.

fancy (adj.) – fancy hotels, restaurants, cars etc are expensive and fashionable.

costly (adj.) – 1) too expensive and wasting a lot of money

2) some thing that is **costly** causes a lot of problems or trouble

native (n) – a person who was born in a particular place.

street vendor - someone who sells ice-creams, newspapers etc in the street.

frankfurter also **frank** (Am E) – a long reddish smoked sausage = hot dog.

fare (n) – the price you pay for.....

standard (adj.) – accepted as normal or usual.

to exceed –1) to be more than a number or amount, especially a fixed number.

2) to go beyond an official or legal limit.

likewise (adv.) – (formal) in the same way; similarly.

parking lot (Am E) **car park** (Br E) – an open area for cars to park in.

gourmet (adj.) [ˈguəmeɪ] – producing or connected with very good food or drink.

(n) – someone who knows a lot about food and wine and who enjoys good food and wine.

crust - the baked pastry on a pie.

taco [ˈtɑ:kʊ] – a type of Mexican food consisting of a flat circle made of corn flour folded and filled with beef, beans etc.

tortilla [to:ˈti:jə] – a piece of thin flat bread made from corn or wheat flour from Mexico.

chili / chilli – 1) a dish made with beans and usually meat cooked with chilies.

2) a small, thin type of pepper with a very strong, hot taste

3) a hot-tasting red powder made from this pepper and used in cooking.

Corny Restaurant Jokes

Client: Waiter, there's a dead fly in my soup!

Waiter: That's impossible. A dead fly can't swim.

3. VOCABULARY PRACTICE

Exercise 3.1. Answer the following questions on the text.

1. What new information about eating habits in the USA, if any, have you gathered?
2. Where can one have lunch in the USA?
3. What fast food chains are spread all over the USA? What do they offer?
4. What two kinds of fast food places can one discover while travelling in the USA by car? How are you served there?
5. What kind of food is one offered at delis?
6. What foreign dishes have become popular in the United States?

Exercise 3.2. Replace the words and expressions in italics with expressions from the text which have the same meaning.

1. A *rich choice* of dining pleasures awaits a visitor to New York City, from luxuriating in *the most exquisite* French restaurants to *snatching* a hot dog.
2. With cuisines *from all over the world*, New York City will feed you very well *whatever your budget may be*.
3. *The cheapest varieties* are those used by many natives at lunch time.
4. A meal at McDonald's *will seldom be over* \$4.00 per person.
5. There are some other kinds of burgers with other names, such as the *giant* burger.
6. Although the bill in delis may run high, their advantage is quick service, and the food is *extremely tasty*.
7. Another *comparatively cheap* alternative is the gourmet take out shops stocked with foods for home or picnic.
8. The food in family restaurants is almost as *inexpensive* as in delis or better cafeterias.
9. Pizza comes in two *kinds*: thin-crust "Neapolitan" and thick-crust "Sicilian".

Exercise 3.3. Say which drinks are good for health and which are not. Give your reasons.

Orange juice, milk, skimmed milk, tea, coffee, beer, brandy, cognac, Scotch whisky, Coca-Cola, Pepsi-Cola, apple juice, tomato juice, pineapple juice, gin, rum, vodka, champagne, port, dry sherry, sweet sherry, vermouth, ale.

Corny restaurant Jokes

Client: This restaurant must have a very clean kitchen.

Waiter: Thank you. Why do you say that?

Client: Everything tastes of soap.

4. GRAMMAR PRACTICE

Exercise 4.1. Read the text “Eating Out in New York City” once more and take turns telling your fellow students where they can get a meal in New York if they have only \$2; \$4; \$8; \$25, etc.

Model: If you have \$100, you can go to an expensive, first class restaurant.

Exercise 4.2. Working in pairs, ask and answer *what* and *where*-questions based on lists A and B.

Model: Where can you get a hot dog?

What can you get at a deli?

A. a hot dog

Chinese food

a hamburger

food for a picnic

fish and lobster

a cup of coffee

assorted salads

ice-cream

B. a gourmet take-out shop

a fast food place

a street vendor

an ice-cream parlor

a seafood restaurant

a deli

a Chinese restaurant

a cafeteria

Exercise 4.3. Use lists A and B above to ask and answer questions expressing condition.

Model: Where *will* you *go* if you *need* a loaf of bread? – If I *need* a loaf of bread, I *ll* go to the store. (Real Condition)

Where *would* you *go* if you *needed* a loaf of bread now? – If I *needed* a loaf of bread now, I *would* go to the store. (Unreal Condition)

Exercise 4.4. Change the verb forms in the sentences below to refer them to the past. Add appropriate time expressions.

Model: If we *went* to a fast food place now, we *would save* a lot of money. (Unreal Condition)

If we *had gone* to a fast food place last night, we *would have saved* a lot of money. (Unrealized Condition)

1. If I was short of time now, I would grab a hot dog.

2. If they were really hungry, they would order a jumbo burger.

3. If Jack had enough money, he would go to a better restaurant.

4. If she wanted Chinese food, she would find it in Chinatown.

5. I would pay the bill if I invited you to lunch.

6. Sue would eat faster, if the French fries were not so hot.
7. If I had only a couple of dollars to spare, I would buy something from a street vendor.
8. Jane and Bill would celebrate their wedding at the Metropol, if it wasn't so outrageously expensive.

Exercise 4.5. Complete these sentences using different types of conditional sentences.

1. I'll be glad to take you out to dinner if you
2. If we wanted some hot and spicy food, we
3. If the car hadn't broken, they
4. I would have ordered half the menu if
5. If I see a deli that is still open, I
6. We would have enjoyed the meal much better if
7. If you order now,
8. We would go to a take-out restaurant if
9. If we had chosen a family restaurant,
10. If the bill runs too high,

Exercise 4.6. Supply the missing questions using different types of conditional sentences.

1. A:?
B: I would go to a fancy French restaurant.
2. A:?
B: I'll gladly go with you, for I'm terribly short of cash.
3. A:?
B: I wouldn't have invited her to a deli on an occasion like that.
4. A:?
B: I'm so hungry I'll pay any price.
5. A:?
B: I'd prefer pizza, but I don't think they serve it here.
6. A:?
B: I would recommend a cheeseburger – it has less cholesterol.
7. A:?
B: I wouldn't have drunk even the tiniest glass of whisky before driving a car.
8. A:?
B: For a typically American snack I would go to McDonald's.

Exercise 4.7. Study the text to find sentences where the words *other* / *another* are used. Read the dialogues below and fill the blanks with the right words.

A. Choose between *another* and *the other*.

Note: *the other* – “the second of two”; followed by a noun in the singular: *the other hand/eye/shoe etc.*

Another “a different one, some other” or “one more”; followed by a noun in the singular: “*I don't like this cafeteria, let's go to another place.*”

“Would you like another cup of tea?”

1. WAITER: Anything else, sir?

CUSTOMER: I'd like to have helping of pudding.

2. CUSTOMER: Is Chablis the only wine you have?

WAITER: If you don't care for Chablis, sir, I'll bring youdry white wine.

3. CUSTOMER: Could you give us table, please, this one is too close to the door.

WAITER: Only two tables aren't taken. One is near the piano,is near the window.

4. RENSKY: I'm hungry. Is there a diner near here?

STENTON: Two. One is just around the corner,is two blocks down the road.

5. WAITER: I'd recommend Andyburgers.

CUSTOMER: Andy..... what?

WAITER: A-n-d – y –burger, justname for hamburgers.

6. SECRETARY: Here is an invitation to a cocktail party for you from Dr.Pickering.

STENTON: What,cocktail party in two days! I was already invited by Fred Nelson.

SECRETARY: Which one will you accept? Pickering's?

STENTON: No, I guess I'll acceptone.

B. Choose between *other*, *others* and *the others*.

Note: *other* – “different from those mentioned earlier”; followed by a noun in the singular or plural: “I'm sorry this place is closed, but there are other Indian restaurants in town.” – “O.k. Let's go and find some other place.”

others – “some of the rest”; not followed by a noun: “Some people like fast food, others don't.”

the others – “all the rest”; not followed by a noun: “We stayed at the table while the others went to the bar.”

1. A: Do you mind terribly if I smoke?

B.: No. I don't smoke myself, but I don't mindsmoking in my presence.

2. A: She believes in raw vegetables and herbs.

B: Oh! Does she never eat any food?

3. A: Are we all going to the restaurant together?

B: No. You and Fred and Molly will go in my car, will take a taxi.

4. A: How can you eat raw oysters?

B: Well, some people eat raw fish, prefer oysters on the shell.

5. A: Are we having lunch at the cafeteria today?

B: No. I have.....plans for today. It's a surprise!

6. A: Dinner is ready but I can't see anybody except Jim. Where are

B: Some people are in the library, are in the garden. I'm not sure about the rest.

C. Choose the right word from *other, another, the other, others, the others*.

1. A: What do people eat on a picnic?

B: Sandwiches, salads, barbecue and some things.

2. A: Could you give me sandwich? I'm starving.

B: Here is the last one, allare in Bob's car.

3. A: When McDonald's became very popular, fast food chains started up.

B: Oh yes, I've noticed kind called Wendy's and a number ofchains.

4. A: Would you likecup of coffee?

B: Thank you, no. May be a soft drink. What do they have here?

A: They have two brands, one is Coke,is Pepsi.

5. A: I'm going to a dinner party. Should I put onsuit?

B: Not necessarily. Some people do dress for dinner parties, but don't.

You could change the tie, if you haveone.

A: I'm afraid this is the only dark tie I have, allare too bright.

6. A: Shall we order Chinese food for Rensky?

B: Oh, no. He said he preferred American cuisine to anyfood.

A: What do you suggest, then? A rump steak?

B: No, I havesuggestion. Let's have turkey, pumpkin pie, and cranberry sauce.

Corny Restaurant Jokes

Client: Waiter, will my hamburger be long?

Waiter: No, sir, it will be round.

5. ORAL PRACTICE

a) Listen to the dialogues, practise and dramatize them.

With a Friend in a Coffee Bar

Many cafes in the U.K. are self-service, but sometimes you will be served at the table by a waiter or waitress.

I

A What would you like to drink?

B A black coffee for me, please.

A How about something to eat?

B Yes, I'd love a portion of that strawberry tart.

A Right. I'll see if I can catch the waitress's eye.

II

A What can I get you to drink?

B An iced Coke would go down well.

A Wouldn't you like some cake, too?

B Yes, I think I'll have a slice of chocolate sponge.

A Right. Sit down there and I'll bring it over.

III

A What are you going to have to drink?

B I'd like something cool.

A Would you care for some cake?

B Yes, I'll try a piece of cheese cake.

A It certainly looks tempting. I wouldn't mind some myself.

IV

A What do you want to drink?

B I feel like a cup of tea.

A Do you fancy something to eat?

B Yes, I'd rather like some of that fruit cake.

A That's a good idea. I think I'll join you.

b) Listen to the dialogues, practise and dramatize them.

In a Pub

The hours during which English pubs are allowed to open are strictly controlled by the law. Times vary in different parts of the country, but they are approximately from 11 a.m. to 2.30 p.m. and from 6 p.m. to 10.30 or 11 p.m. on weekdays, and from 12 noon to 2 p.m. and from 7.00 to 10.30 p.m. on Sundays. It is normal to buy one's own drinks at the bar, and the barman is not tipped unless he brings drinks to the table. Each order is paid for separately, and not at the end of the evening.

I

A What are you going to have?

B A half of bitter, please.

A Are you sure you won't have a scotch?

B Thanks very much, but I'm driving.

II

A What is it to be?

B The same again, please.

A Won't you make it a pint this time ?

B I'd better not, thank you all the same.

III

A What would you like to drink?

B Just a light ale for me, please.

A Won't you have a gin and tonic with me?

B That's very kind of you, but I don't think I will.

IV

A What can I get you?

B I'd like a larger, please.

A Wouldn't you care for something a little stronger?

B No, I think I'd better stick to halves, thanks.

Notes

a bitter_ - a light draught beer.

to stick to halves_ - to continue to drink half pints of beer.

c) Listen to the dialogues, practice and dramatize them.

In a Restaurant

There is a wide variety of international restaurants in the U.K.: Indian, Chinese and Italian restaurants are especially popular, but there are also many others. Apart from restaurants, there are also many take-aways, where you can buy cooked meal to take home.

I

A Can I take your order, sir?

B Yes, I'd like to try the steak, please.

A And to follow?

B Ice-cream, please.

II

A Have you decided on something, sir?

B Yes. Haddock and chips for me, please.

A How about the sweet?

B No sweet thanks. Just coffee.

III

A Have you chosen something, sir?

B Yes, I think I'll have the curry, please.

A What would you like afterwards?

B I'd like some fruit if you have any.

IV

- A May I take your order, sir?
B I'll just take a small salad, please.
A Do you want any sweet?
B Apple pie and custard would be nice.

DIALOGUE **IN A GREEK RESTAURANT**

Peter and Maria Almar are having a meal in a restaurant in Athens after their first day in the city.

Exercise 5.1. Listen to their conversation with the waiter and say what "dolmadakia" is.

Waiter: Are you ready to order now?

Peter: Yes, I think so. Could you tell us what "dolmadakia" is, please?

Waiter: It's vine leaves stuffed with meat and onions and served with lemon sauce.

Maria: It sounds delicious. I'll try that, please.

Waiter: And for the main course?

Maria: I'll have the chicken and rice with tomatoes.

Waiter: And for you, sir?

Peter: I'll have the fish and vegetable soup and then roast lamb with a salad, please.

Waiter: What dressing would you like on the salad?

Peter: French dressing, please.

Waiter: And would you like anything to drink?

Maria: I'd like some white wine. Is there a Greek wine you can recommend?

Waiter: Well, the Santa Helena is very nice.

Peter: Yes, a bottle of Santa Helena then, please.

Waiter: Thank you.

Waiter: Everything all right, sir?

Peter: Yes, thank you. That was very nice.

Waiter: Would you like a dessert?

Maria: Not for me, thank you.

Peter: No, thank you. Just two coffees. And could we have the bill, please?

Waiter: Yes, sir.

Exercise 5.2. Give the English equivalents to the following.

- виноградный лист, фаршированный мясом и луком
- это блюдо подают с лимонным соусом
- чем заправить ваш салат?
- не хотите ли вы что-нибудь выпить?
- будете заказывать десерт?
- можно принести нам счет?

Exercise 5.3. Reproduce the conversation . Work in groups of three.

Exercise 5.4. Make up a conversation “In a restaurant”, using the vocabulary of the dialogue “In a Greek Restaurant” and the substitutional dialogues above. Discuss the menu.

Exercise 5.5. Study the following.

a) If you are invited to a party, you should brush up your table manners. Can you answer the following questions?

1. What are the ABC of the table manners?
2. How must you sit at table?
3. When you cannot reach something on the table what must you do?
4. If the party is small when do you start eating?
5. If the party is large when do you start eating?
6. What words of the hostess are the signal to start eating?
7. Why mustn't you eat too fast/slowly?
8. How do you indicate that you have had enough?
9. When you do not wish a dish what do you say?
10. When you want some more what do you say?

b) Now you are given the text for silent reading. You should be ready to answer the same questions after you have read the text.

The ABC of the Table Manners

1. Do not attract undue attention to yourself in public.
2. When eating, take as much as you want, but eat as much as you take.
3. Do not eat too fast or too slowly, eat as you eat.
4. Take a little of every dish that is offered to you.
5. Sit straight and face the table, do not put your elbows on the table while eating.
6. Do not reach across the table – simply say: “Would you please pass the salt.” etc.
7. At a large party it is not necessary to wait for all. The hostess gives a signal to her guests by saying: “Start eating, please, your food will get cold.”
8. There is no rule about eating everything on your plate. To indicate that you have had enough, place knife and fork together, not criss-cross.
9. When refusing a dish or a helping simply say: “No, thank you.” When accepting – “Yes, please.”
10. Do not leave the spoon in your cup, when drinking tea or coffee.
11. Do not empty your glass too quickly – it will be promptly refilled.
12. English people do not wish each other “Good appetite”. They say “Enjoy your meal”.

c) Don't forget, that having received an invitation to a party, the host and hostess will expect you to:

1. Answer the invitation promptly.

2. Write or telephone to express your regret that you can't come.
3. Do not come before the time indicated on the invitation and don't be late .
Come on time.
4. Do not sit down until the hostess has done so.
5. Compliment the hostess on the party and food.
6. Thank the host and hostess when leaving the party.
7. Do not overstay.

d) Role Play. You have received an invitation to a party. Mr and Mrs Williams are giving the party. They want their foreign guests to see a typical English family. But they expect them to know some formulae of etiquette. What are they?

Student 1. You haven't met Mrs. Williams before. You don't like to compliment people. You may be late for the party and feel uncomfortable about it. Ask your friend, who knows Mrs. Williams what she expects her guests to do.

Use this: Must I.....?
 Will I have to?
 May I?
 Will she expect me to?
 Am I supposed to?

Student 2. You have met Mrs. Williams before. You know she is a teacher. She doesn't like compliments but she expects people to be punctual and polite. Answer your friend's questions about Mrs. Williams.

Use this: She will expect you to
 You must
 You needn't
 You'll have to
 You are expected to

e) If you are at a party, which do you think is more important, meeting and talking to people or food? Why? And now listen to the story and say what was more important for Mrs. Rumbold, food or talk? (Tapescript 3. "Food and Talk")

f) Checking Comprehension.

Choose the correct option.

1. The author asked questions because: a) he wanted to find out about Mrs. Rumbold.
 b) he wanted to know if she was going abroad.
 c) he wanted to be sociable.
2. Which word best describes Mrs. Rumbold?
 She was a) hungry

- b) polite
- c) talkative
- d) rude

g) Describe the party

- a) on behalf of the author
- b) on behalf of Mrs.Rumbold
- c) on behalf of the hostess

Corny Restaurant Jokes

Client: What on earth is this broth made from? Surely it isn't chicken broth!

Waiter: Well, sir, it is chicken broth in its infancy. It is made out of the water the eggs were boiled in.

6. LISTENING PRACTICE

Exercise 6.1. You are going to hear a conversation between two friends, one of whom is a professional cook and is telling the other how to make "Tunisian Brik `a l'oeuf". Listen and complete the friend's notes with a word or short phrase. (Tapescript 4.)

TUNISIAN BRIK `A LOEUF

1. _____ the onion.
2. Mix the onion with _____ and _____.
3. Add _____ and _____.
4. Put an egg in the _____ of the brik and put the _____ around the egg.
5. Prepare all this on the _____.
6. _____ the brik and place it in the _____.
7. Turn the temperature _____.
8. After _____ minutes, turn the brik over with a _____.
9. Serve with _____.

Exercise 6.2. Work in a group with other students and together decide on a particular dish that you know how to cook. Make a list of the ingredients you need and the instructions for how to cook it.

Exercise 6.3. Now work in pairs with a student from a different group. Explain to your partner what ingredients you need and how to cook your particular dish. Your partner should listen and make notes. By the end she/he should have a complete recipe and a clear idea of how to cook the dish.

Exercise 6.4. Listen to the conversation, practise and act it out. (Tapescript 5. Dinner.)

Corny Restaurant Jokes

Client: Waiter, there's a fly in my soup!

Waiter: Shh! Don't talk too loud – everyone will want it.

7. READING PRACTICE

TEXT

AMERICAN FOOD AND EATING HABITS

Exercise 7.1. Read the text. What would you call “a typical American dish”? What is the quickest way of getting something to eat?

Speaking about typical American food, well, we have a phrase “as American as apple pie”, so that is the first thing that comes to mind. I suppose that a hamburger is rather American and pancakes with maple syrup. Pumpkin pie, of course. Hot dogs, I guess, would be another American thing. We've had people from all over the world come into America throughout its history and so we've rather absorbed all the world's cooking. You know, pizza is a very American thing now. I am not positive, but I believe it really comes from Italy.

Now, for main dishes – especially for dinner – Americans eat a lot of red meat, but more and more people are eating fish and poultry. Beef is the most popular red meat, followed by pork, and, least popular, lamb. In general, Americans like thick steaks. There are three way to cook the meat: rare (not cooked very much), medium, and well-done (cooked a lot).

The favourite American vegetable is the potato. It is served in many ways, but the most common are: baked potato, mashed potato, and French fries. Corn, too, is a truly American vegetable. It is especially popular to eat the whole ear (cob) holding the ends with your fingers. This is called “corn on the cob”.

Eating out is popular in the USA. Some restaurants are open even for breakfast, many restaurants, especially the better ones, open at about 11.30 a.m., others are open twenty-four hours a day. It is often necessary to make a reservation. Otherwise the restaurant you choose may be filled up. By the way, do not expect to share the table with other parties. It just isn't done. If you want to ask for a bill, which is usually called the check, signal the waiter with a raised hand. If that doesn't work, you can say: “Excuse me, may we have the check, please.”

As the charge for service is not included in your restaurant check, everyone from waiters to porters anticipate tips. The amount you give should take into account the quality of service you receive. You should give 15 percent for good service, 20 percent for outstanding service and 10 percent for less than adequate service. Figure the tip on the total of the bill (excluding tax). Don't tip the headwaiter, though. Now, many restaurants post menus in the window so you can see the prices before you enter. If they do not, it is acceptable to enter the restaurant and ask for a menu before you sit down. If it is too expensive, it is OK to leave. If you do not eat all your food, you may ask for a “doggie bag”.

The waiter will put your uneaten food in a paper or plastic bag and you can take it home. You should not do it at an expensive first class restaurant, of course.

Exercise 7.2. Study the text and try to find answers to the following questions.

1. Why is it difficult to speak about typically American foods?
2. Why is it advisable to reserve a table in a restaurant?
3. What can be done if a portion of food you ordered is too large for you?
4. Do you know now who and how much you should tip?

Exercise 7.3. Do you know how the word “sandwich” came into English? Read the story. Answer the comprehension questions.

In 1762 there was a very famous English politician. Everybody knew about him because he enjoyed playing cards so much. One night he stayed at the card table for 24 hours, and he ate nothing but slices of bread with pieces of meat inside. His name? John Montague Sandwich. The English name for a sandwich comes from this man. John Montague is dead but the sandwich lives on.

Sandwiches were great favourites in Victorian England. It was the custom to “take” afternoon tea at about four o’clock, and many rich families ate sandwiches at this time. Cucumber sandwiches were very popular. The servants always cut the crusts off the bread, so the sandwiches were very small and delicate. Sandwiches are less elegant now and often much bigger. The American comic strip character Dagwood Bumpstead is famous for his “Dagwood” sandwiches which have up to ten slices of bread packed with different fillings all one on top of the other. The English eat millions of sandwiches every day. They are a “typical” meal because they are easy and quick to prepare. You can buy sandwiches if you don’t want to make them yourself. There are thousands of “sandwich bars” and cafes and even some restaurants that sell them.

1. Who was Lord Sandwich? Was he a famous writer?
2. What did he enjoy doing most? What did he eat while playing cards?
3. Were sandwiches great favourites in Victorian England? When did many rich families eat sandwiches? What kind of sandwiches were most popular?
4. Are sandwiches different nowadays? What is a “Dagwood” sandwich?
5. Why are sandwiches a typical “snack” meal in England?
6. Where can one buy sandwiches?
7. What about the Russian word “бутерброд”? How did it come into the Russian language?

Corny Restaurant Jokes

Client: Waiter, is this apple pie or peach pie? It tastes like glue.

Waiter: Well then, sir, it is peach pie. Our apple pie tastes like cardboard.

8.WRITING PRACTICE

Exercise 8.1. Describe any exotic cuisine or dish you tasted in a restaurant.

9. PRACTICAL IDIOMS.

Eating Out

Ana: I enjoy *going out* to lunch.

David: I, too. It's good to *eat out* and to *get away* from the ups and downs of work.

Ana: This restaurant is really a great place to take our time eating and relaxing during our lunch hour.

David: *Take off* your coat, Ana, and let me *hang it up*. Where would you like to *take a seat* (to sit down)?

Ana: At a table near the window.

David: Good idea. Oh, here's the menu. Do we need to *look it over*? We come here so often that we almost know it by heart.

Ana: You know what to order for me, David. You know, I really enjoy this restaurant. The service is *out of this world* and the food is truly *top-notch*.

David: Why don't we wait for our favorite waitress to *wait on* us? She's courteous, friendly, and takes great pains carrying out our orders.

Ana: Most definitely, and after this delicious meal, we'll be ready to *get back* to work.

Definitions

to go out: to go somewhere for enjoyment, to attend social functions

David and Ana are going out tonight. They are attending a social function.

to eat out: to eat in a restaurant, to go out to eat

Let's eat out. Let's eat in a restaurant.

to get away: to leave, to be free, to do something different

When can you get away from the office? When can you leave work?

to take off: to remove

He took off his hat when he entered the building. He removed his hat.

to hang up: to put upon a hanger or hook

She hangs up her jacket in the closet. She puts it on a hanger in the closet.

to take a seat (to sit down): to sit, to seat oneself, to sit upon a seat

Take a seat at the counter. Sit at the counter.

to look over: to read, to examine

They are looking over the menu. They are reading it.

out of this world: exceptionally good, extraordinary, fantastic, the best quality

The food is out of this world! It is exceptionally delicious!

top-notch: the best quality, extraordinary, fantastic

This is a top-notch restaurant. This is one of the best.

to wait for: to anticipate, to await, to expect

Whom are you waiting for? Whom are you expecting?

to wait on: to serve someone, to perform services for someone
The waitress waits on her customers. She serves them their food.

to get back: to return
Ana got back to work after lunch. She returned to work.

These idioms may be separated by the object. Each idiom may be said in two ways

to take off He took off his coat. He took his coat off.

to hang up She is hanging up her jacket. She is hanging her jacket up.

to look over Let's look over the menu. Let's look the menu over.

Exercise 9.1. Answer these questions from the dialogue orally.

1. Where do David and Ana go out to lunch?
2. Why do they enjoy eating out?
3. From what do they get away?
4. Where does Ana take off her coat?
5. Who hangs it up?
6. Where does Ana want to take a seat?
7. Do they need to look the menu over? Explain.
8. In what way is the service out of this world?
9. Why does Ana say that the food is top-notch?
10. Why do they wait for their favorite waitress?
11. How does the waitress wait on them?
12. How do David and Ana feel when it's time to get back to work?

Exercise 9.2. Write the idioms from the dialogue that correspond to the words in parentheses.

1. David and Ana enjoy (going somewhere) _____ to lunch.
2. It's good (to eat in a restaurant) _____ sometimes.
3. It's good (to be free) _____ from the ups and downs of work.
4. David tells Ana (to remove) _____ her coat.
5. He (puts on a hanger) _____ her coat.
6. Ana wants (to sit) _____ at a table near the window.
7. They don't need (to read) _____ the menu.
8. The service is (exceptionally good) _____ .
9. The food is (extraordinary) _____ .
10. They (await) _____ their favorite waitress.
11. The waitress (serves) _____ them exceptionally well.
12. David and Ana are ready (to return) _____ to work.

Exercise 9.3. Answer these questions orally.

1. How often do you get away from work at lunch time?
2. When do you go out to restaurants?
3. Why do you enjoy eating out?
4. Do you prefer to go out alone, or do you wait for your friends? Why?

5. Which restaurants have service that is out of this world?
6. What do you consider top-notch food?
7. Why do you take your hat and coat off in a restaurant?
8. Where do you hang them up?
9. Where do you usually take a seat? Why?
10. Do you always have to look the menu over before ordering? Explain.
11. Who waits on you in a restaurant?
12. Do you like to get back to work after eating out? Why?

Exercise 9.4. Match the idiom to its definition by writing the letter of the definition on the line next to the idiom number.

- | | |
|----------------------------|-------------------------------|
| 1. _____ to get back | a. fantastic |
| 2. _____ to eat out | b. to serve someone |
| 3. _____ to hang up | c. to sit |
| 4. _____ to wait on | d. to remove |
| 5. _____ out of this world | e. to return |
| 6. _____ to wait for | f. to eat in a restaurant |
| 7. _____ to go out | g. to put upon a hanger |
| 8. _____ to get away | h. to read |
| 9. _____ top-notch | i. to expect |
| 10. _____ to take off | j. to be free |
| 11. _____ to look over | k. extraordinary |
| 12. _____ to take a seat | l. to attend social functions |

Exercise 9.5. Respond to these statements orally.

1. Name one restaurant where the service is out of this world.
2. Name two places where you like to eat out during the week.
3. Name one place to buy top-notch food.
4. Name one place to hang a coat up.
5. Name one piece of clothing you take off when you arrive home.
6. Name two places to go out to on the weekend.
7. Name two places to take a seat at a restaurant.
8. Give two reasons why you enjoy getting back home after a day at work.

Exercise 9.6. Underline the words in parentheses that best correspond to the italicized idioms.

1. They serve *top-notch* Oriental food. They serve (excellent, mediocre, fair) Oriental food.
2. We *eat out* occasionally. We eat (at work, in the house, at a restaurant).
3. They like to *get away* from everyday chores. They like to (perform services, return to work, do something different).
4. The restaurant is *out of this world*. It is (fairly good, rather good, exceptionally good).

5. David is *waiting for* a seat near the window. He (is, anticipates, doesn't like) sitting near the window.
6. A waitress *waits on* customers in a restaurant. She (attends to, cooks for, samples the food of) her customers.
7. They *go out* often. They (sit in the yard, go to parties, stay home).
8. She *takes a seat* at the table. She (sits, stands, orders) at the table.
9. I *look over* the menu before ordering my meal. I (memorize, read, return) the menu.
10. Ana *took off* her coat when she entered. She (dressed herself in, continued wearing, removed) her coat.
11. He *got back* last night. He (left, returned, went somewhere) last night.
12. He is *hanging up* his vest and his jacket. He is (dropping them on the floor, wearing them, putting them on a coat hanger).

Exercise 9.7. Reread the dialogue. Tell the story in your own words using the idioms.

Exercise 9.8. Complete the second sentence by substituting idioms for the italicized words.

1. Did he *put* his sweater *on* a hanger? Did he _____ his sweater?
2. He *read* the menu before ordering. He _____ the menu before ordering.
3. The service is *exceptionally* good. The service is _____ .
4. Not all expensive restaurants are *the best*.
Not all expensive restaurants are _____ .
5. They wanted *to sit* at a corner table. They wanted _____ at a corner table.
6. He *removed* his hat before entering. He _____ his hat before entering.
7. She was *expecting* her friend. She was _____ her friend.
8. We enjoy *being free* from work for an hour at noon.
We enjoy _____ from work for an hour at noon.
9. We like *to go somewhere for enjoyment* every Saturday.
We like _____ every Saturday.
10. At what time did you *return*? At what time did you _____ ?
11. We *eat in a restaurant* every week. We _____ every week.
12. The waitress who *serves* them is very nice.
The waitress who _____ them is very nice.

Exercise 9.9. Tell the class why you like to eat out and about the service and food at your favourite restaurant. Use as many idioms as possible.

Exercise 9.10. Change these sentences to present time.

Example: They *will try* to get ahead. They *try* to get ahead.

1. He *went* out to lunch when he *finished* his work.

- He _____ out to lunch when he _____ his work.
2. The service *was* out of this world. The service _____ out of this world.
 3. Ana *will wait* for Kim at the restaurant. Ana _____ for Kim at the restaurant.
 4. I *ate* out when I *was* with my friends. I _____ out when I _____ with my friends.
 5. They *got* away when they *could*. They _____ away when they _____ .
 6. She *will hang* up her coat in the closet. She _____ up her coat in the closet.
 7. He *got* back late in the evening. He _____ back late in the evening.
 8. It *was* difficult to purchase top-notch food in that country.
It _____ difficult to purchase top-notch food in that country.
 9. He *took* off his hat, gloves, and coat when he *entered* the building.
He _____ off his hat, gloves, and coat when he _____ the building.
 10. We *had looked* over the menu before we *ordered*.
We _____ over the menu before we _____ .
 11. He *is going to take* a seat in the rear of the cafeteria.
He _____ a seat in the rear of the cafeteria.
 12. The waitress *waited* on him immediately. The waitress _____ on him immediately.

Exercise 9.11. Write sentences with the idioms given.

1. to get back
2. to wait for
3. to take a seat
4. to wait on
5. to eat out
6. out of this world
7. to get away
8. to go out

Exercise 9.12. Use these separable idioms in sentences. Say each sentence two ways.

1. to take off
2. to hang up
3. to look over
4. to give something all one's got
5. to carry out

Exercise 9.13. Circle the letter of the sentence that corresponds to the idiom used in the numbered sentence. The idioms are used in situations that are different from those in the lesson.

1. The man got back early Sunday morning.
 - a. He left early Sunday morning.
 - b. He didn't come early Sunday morning.
 - c. He returned early Sunday morning.
2. She is waiting for her friend.

- a. She is serving her friend.
 - b. She is expecting her friend.
 - c. She is writing to her friend.
3. He took the books off the table.
 - a. He returned the books to the table.
 - b. He removed the books from the table.
 - c. He left the books on the table.
 4. She took a seat at the theater.
 - a. She left for the theater.
 - b. She returned from the theater.
 - c. She sat down at the theater.
 5. The party was out of this world.
 - a. The party was marvelous.
 - b. The party was pleasant.
 - c. The party was nice.
 6. We like to go out with our friends.
 - a. We like to go to the movies with them.
 - b. We like to invite them to our home.
 - c. We like to go to work with them.
 7. The tennis player played a top-notch game.
 - a. The tennis player played an average game.
 - b. The tennis player played a good game.
 - c. The tennis player played a superior game.
 8. They looked over their bills.
 - a. They examined them.
 - b. They paid them.
 - c. They never received them.
 9. The nurse waited on the patient.
 - a. The nurse helped the patient.
 - b. The nurse expected the patient.
 - c. The nurse left the patient.
 10. They are hanging up the picture in the museum.
 - a. They are removing the picture from the wall.
 - b. They are putting the picture on the wall.
 - c. They are destroying the picture.
 11. The boy got away with the stolen apples.
 - a. He escaped with the apples.
 - b. He was caught with the apples.
 - c. He bought the apples.
 12. When they were vacationing in South America, they ate out daily.
 - a. They ate in their hotel room.
 - b. They ate in restaurants.
 - c. They ate in the parks and picnic areas.
-

Corny Restaurant Jokes

Client: It says on the menu that there is a choice of greens.

Waiter: There is. Broccoli.

Client: But that's no choice.

Waiter: Yes, it is. Take it or leave it.

10. REVISION

Exercise 10.1. Translate the following sentences into English.

1. Мы слышали много положительных отзывов об этом ресторане.
 2. Это был маленький семейный ресторанчик, где нас очень хорошо приняли и сервис был отличный.
 3. Владелец ресторана управляет кухней сам, а его жена обслуживает посетителей.
 4. Выбор блюд в меню был довольно разнообразен. Овощи подавали маленькими порциями, и на мой вкус их переготовили.
 5. Хлеб был свежий, поскольку его пекут прямо здесь.
 6. Меню ограничивалось множеством гамбургеров, к которым подавали щедрую порцию картофеля-фри.
 7. Такого типа ресторан явно предназначен для молодежи, которая куда-нибудь спешит.
 8. Это быстрый и эффективный способ питания. Я вошел, поел и вышел за десять минут.
 9. Фруктовый салат был очень вкусный. Только от его вида у меня слюнки потекли, а потом я заказал вторую порцию.
 10. Не следует приходить в гости раньше времени, указанного в приглашении, или опаздывать. Приходите вовремя.
 11. Я, пожалуй, закажу обед из трех блюд и плотно поем.
 12. Уходя из гостей, не забудьте поблагодарить хозяйку за теплый прием и хороший стол, а главное – не задерживайтесь в гостях.
-

Corny Restaurant Jokes

Client: Are waiters tipped?

Waiter: Of course.

Client: Good, then tip me. I have been waiting for service for twenty minutes.

TAPESCRIPTS

Tapescrpt 1

REWARD FOR VIRTUE.

My friend Herbert has always been fat, but things got so bad recently that he decided to go on a diet. He began his diet a week ago. First of all, he wrote out a long list of all the foods which were forbidden. The list included most of the

things Herbert loves: butter, potatoes, rice, beer, milk, chocolate, and sweets. Yesterday I paid him a visit. I rang the bell and was not surprised to see that Herbert was still as fat as ever. He led me into his room and hurriedly hid a large parcel under his desk. It was obvious that he was very embarrassed. When I asked him what he was doing, he smiled guiltily and then put the parcel on the desk. He explained that his diet was so strict that he had to reward himself occasionally. Then he showed me the contents of the parcel. It contained five large bars of chocolate and three large bars of sweets.

Tapescript 2

FROM PASTA TO PINEAPPLES.

What are your favourite foods? Do you love to bite into a juicy peach or pear? Do you crave pasta for lunch? Is chocolate your passion? No matter what your taste, you may be surprised at the origins of some of your favourite foods.

When you think of spaghetti or macaroni you probably think of Italy. Spaghetti and macaroni are both kinds of pasta made of wheat. Pasta comes in over 100 different shapes. In fact the names of the different kinds of pasta are Italian words that tell us about their shapes. But did you know that pasta was first prepared in China at least 3000 years ago? Did you know that this wonderful food was first made from rice and bean flour?

What about milk? Milk is a staple in the diets of many people. Most children and many adults in the Western world enjoy it as a drink. The milking of farm animals began in China where drinking milk was a symbol of wealth. In fact a favourite dish of Chinese nobility was a frozen paste made from rice and milk. This was the beginning of ice-cream. Strangely enough, it is the only form of milk that many Chinese people still consume today.

The milk we buy in supermarkets nowadays comes from cows. But people have consumed the milk of animals such as buffalo, pigs, goats and even reindeer. The richest milk on earth will not be found in a supermarket, however. It is the milk of a killer whale, which has more than 5 times as much fat as cow's milk.

Do you like to eat fruit? People have enjoyed the sweet juicy taste of apples, pears and oranges for centuries. In fact, the remains of apples have been found in Asia dating back to 6500 BC.

Did you know that watermelons were very popular with the ancient Greeks and Romans? They didn't eat the watermelons, though. They hollowed out the fruit and dried the shells in the sun. They used the watermelon shells in a very strange way: they used them to protect their heads. They thought that watermelon shells made good hats.

You probably don't think of olives as fruit, but in fact they are. One of the most favourite foods of the Mediterranean, olives were a favourite main dish for a meal. The oil from olives was very important as well. It was used as a medicine and to clean the body. The Egyptians found olive oil very useful when they were building the pyramids. They found it difficult to move the giant

blocks of stone they used to build the pyramids until someone thought of using olive oil to make the block slide.

Perhaps the banana is your favourite fruit? Did you know that the banana is not really a fruit at all? It is an herb. Bananas first made their appearance 4000 years ago. They reached North America in 1516 and they were an item of curiosity in the Centennial Exposition in Philadelphia in 1875. At the fair they were wrapped in tin foil and sold for a dime a piece.

The inside of a pineapple is sweet and juicy. But the outside is rough and prickly. You should be happy that you were not the one to discover it. According to legend, the first person in Europe to try the pineapple was King Louis the Fourteenth of France. One day King Louis' gardener brought in a pineapple to taste, but King Louis, well-known for his greed and impatience, couldn't wait for his chef to cut and peel the fruit. King Louis grabbed the unpeeled pineapple from his gardener's hands and bit into it. Needless to say, he cut his royal lips badly. After that no one was allowed to grow pineapples in France for many years.

Is chocolate your passion? Well, the chocolate that we know and love today did not exist for thousands of years. It was first tasted as a bitter drink. In fact, the original name for chocolate was "bitter water". When chocolate reached Europe, it was served as a beverage mixed with sugar. It became known as cocoa and it created a sensation in the Royal Court of Spain. In fact, it was so popular that the King issued an order: nobody was to give out the information about the new drink under penalty of death.

Then there is the matter of how to serve your food. Today we use plates made of china or plastic. But long ago, before people had plates, they had a custom that may seem strange to us. Bakers made flat round loaves of bread which were sliced in half to make two plate-like disks. People used these plates to serve their dinners. It was considered very bad manners to eat your plate, though.

Tapescript 3

FOOD AND TALK

Last week at a dinner party, the hostess asked me to sit next to Mrs. Rumbold. Mrs. Rumbold was a large, unsmiling lady in a tight black dress. She did not even look up when I took my seat beside her. Her eyes were fixed on the plate and in a short time she was busy eating. I tried to make conversation.

"A new play is coming to the Globe soon" - I said. "Will you be seeing it?"

"No." - she answered.

"Will you be spending your holidays abroad this year?" - I asked.

"No." - she answered.

"Will you be staying in England?" - I asked.

"No." - she answered.

In despair, I asked her, whether she was enjoying her dinner.

“Young man,” – she answered – “if you ate more and talked less, we would both enjoy our dinner.”

Tapescript 4

TUNISIAN ‘BRIK `A L’OEUF’

A: So, tell me. How do you make this “brik `a l’oeuf”?

B: Well, first of all, you need to buy this special pastry. It’s very thin, “filo pastry”, I think it is called.

A: Does it come in special packets?

B: Yes, and it comes in sort of circles..... and in between each layer there’s greaseproof paper. So, you take each very fine, thin sheet of pastry out, and then.....

A: What other ingredients do you need before you start making it?

B: Oh,.....umm....., onion, parsley, an egg for each brik and, that’s right, as well as that, tuna fish.

A: Right. Do you normally serve the brik as a starter or as a main course?

B: A starter usually. So, first of all you must chop the onion up into tiny little pieces. And having done that, you mix it with the tinned tuna fish, and you.....

A: Do you include the parsley at this stage?

B: Yeah – and you cut up quite a lot of parsley, and you mix all that up together and then sprinkle salt and pepper on, and then you..... oh, so you leave a hole in the middle.....

A: Oh, you mean you cut a hole?

B: No, no,..... What I mean is you do not put anything in the middle of the brik..... You leave a space in fact, you put your mixture of tuna, onion and so on around the outside of the brik, and then crack an egg into the space in the middle.

A: Do you prepare all this in the frying pan?

B: No, no, on the kitchen table. Then you fold over the top of the brik, so now you’ve got a semi- circle. And after this you lift the brik up very carefully by its ends.

A: OK, got that.

B: So you then put it in this boiling hot fat and with a spatula you hold down

A: So, hang on, you didn’t mention that before. The frying pan you put oil in it before, and you’ve got it boiling.

B: Well, you’ve got it hot, yes not burning but hot.

A: OK, and then you put the brik, folded over, into the frying pan.

B: Right, and with the spatula you sort of seal down the edges.

A: So, you press down the edges.

B: Right And then you just leave it to fry for a bit.

A: On a high temperature?

B: Well, it is on a high temperature when you put it in, but then you turn the heat down because otherwise the oil will spit out, you know. So, then you turn the heat down. And now you wait until it is brown and it does that pretty quickly. And then you get a wooden spoon or spatula and you turn it over.

A: So how long about do you do each side for?

B: Oh, I don't know, about well, probably five minutes in all.

A: So, a couple of minutes each side.

B: Yeah.

A: And is there anything else you should add to it or spices you should put on it or anything?

B: Well, I don't know really. A lemon. You serve it with lemon. I'm not sure if that's real, genuine Tunisian brik, though.

Tapescript 5

DINNER

Waiter: Here are your drinks. What would you like for dinner?

Mr. Hunt: We would like two steaks.

Waiter: Would you like any vegetables?

Mr. Hunt: Yes, some peas and some roast potatoes.

Susan: I'd like some chips, please.

Waiter: Would you like anything to start with?

Mr. Hunt: Yes, melon for us.

Mrs. Hunt: I don't want melon. I'd prefer a prawn cocktail.

Waiter: And you, Miss?

Susan: I'd like grapefruit first and then roast beef and Yorkshire pudding. Have you got any cauliflower?

Waiter: I'm sorry, we haven't got any cauliflower.

Susan: Oh! I want some carrots. I don't want any potatoes.

Waiter: And you, Miss?

Sheila: The same, please.

Waiter: What would you like?

Simon: A lobster and some new potatoes, a salad and some French beans.

Mr. Hunt: Do you want anything to start with, Simon?

Simon: Yes, some tomato juice.

Waiter: Would you like any wine?

Mr. Hunt: Yes, we would. We'd like some red wine. Do you like red wine, Sheila?

Sheila: Yes!

Mr. Hunt: Simon, what would you like?

Simon: Red wine.

Mr. Hunt: A glass of milk for him, please.

Waiter: Does the young lady want milk too?

Daughter: No, I'd like red wine.

Mr. Hunt: Red wine for her.

Corny Restaurant Jokes

Client: Waiter, is there egg custard on the menu?

Waiter: Not now, sir, I've wiped it off.

SUPPLEMENT

VOCABULARY PRACTICE

Exercise 1. Make sentences by connecting each person on the left below with the correct phrase on the right.

- | | |
|--------------------------|--|
| 1. A teetotaler | serves people in a pub. |
| 2. A secret drinker | runs a pub. |
| 3. A social drinker | has a drink from time to time. |
| 4. An occasional drinker | only drinks with other people, e.g. at parties. |
| 5. An alcoholic | doesn't want other people to know he drinks. |
| 6. A drunkard | drinks a lot. |
| 7. A "wino" | is often drunk. |
| 8. A heavy drinker | never drinks alcohol. |
| 9. A publican | produces beer in large quantities. |
| 10. A barman | is addicted to alcohol. |
| 11. A brewer | is a poor person, often homeless, who drinks anything, anywhere. |

Exercise 2. The dangers of alcoholism are very real. Put the people in the above exercise (on the left) in order of the danger they are in from alcoholism, with those in greatest danger at the top. Then draw a line between those you think are safe from alcoholism and those who might become, or already are, in danger from this disease.

Exercise 3. Match each drink on the left below with its description on the right.

- | | |
|-----------------------------|--|
| 1. squash | a last (alcoholic) drink before going to bed |
| 2. a cocktail | a non-alcoholic fruit drink |
| 3. a nightcap | a mixture of beer and lemonade (or a similar drink) |
| 4. one for the road
etc. | a mixture of wine or spirits and hot water, sugar, lemon |
| 5. a shandy | a refreshing non-alcoholic drink, e.g. squash, Coca-Cola |
| 6. punch | a single drink of spirits |
| 7. a soft drink | a mixed alcoholic drink |
| 8. a short | a last drink before driving |

Exercise 4. From the list of drinks on the left above, choose one or more which would be a good drink for.....

..... a children's party.

..... an adults' party.

- a formal reception.
- someone who is going to drive.
- a last drink of the evening.
- a hot day.
- someone who is nervous before an important occasion.
- someone who is trying to give up alcohol.

Exercise 5. Put each of the following words into its correct place in the sentences.

sip, drop, intoxicated, pub crawl, stagger, vineyard, toast, booze, cheers, breathalyzer, corkscrew, hangover.

1. Let's open another bottle of wine. Where is the
2. We went on a last night. This morning I've got a terrible
3. Wine is made from grapes, which are grown in a
4. Here is a to John and Elizabeth.
5. Don't drink it all at once. Just it.
6. When British people drink, they often say, ".....".
7. The police stopped the driver and gave him a test.
8. I don't want much, please, just a
9. A slang word for alcoholic drink is ".....".
10. A formal word for "drunk" is ".....".
11. He couldn't walk properly,. He could only

Exercise 6. Briefly describe, as a warning of the possible dangers of alcohol, an evening in which some people start drinking and end up in a police cell. Use at least six of the words at the top of the exercise above.

Exercise 7. Explain the difference in each of the following pairs.

1. sober and drunk
2. tipsy and drunk
3. still orange and fizzy orange
4. draught beer and bottled beer
5. "on the wagon" and teetotal
6. vintage wine and "plonk"
7. a pub and an off-licence
8. neat whisky and whisky "on the rocks"
9. "Dutch courage" and "to go Dutch"

LISTENING ACTIVITY

Exercise 1. Listen to a doctor talking about foods and how they affect your moods.

We all feel happy to be alive in the summer, but it may not only be the warmer weather that makes us feel like this. Although we think we choose what

to eat because it tastes or looks good, in fact we make unconscious choices based on the way food makes us feel. Summer foods like seafood and salads are full of chemicals that put us in a good mood.

One chemical that is found in high protein foods is serotonin. It makes you feel calm and relaxed. It can also be found in coffee and tea, ginger and honey, but the best source is spinach which also contains folic acid in large quantities. A deficiency in folic acid can cause depression, sleeplessness, forgetfulness and irritability.

Fish has traditionally been considered an ideal brain food because it contains high levels of the mineral selenium, which can also affect how you feel. A lack of selenium in your diet can produce tiredness and depression. Apart from fish, sunflower seeds, oysters, cereals, grapes and chicken are good sources.

If you want a food that will cheer you up instantly then chilies are the answer. They can have a dramatic effect on your mood. When you eat a dish containing chilies, your body reacts because it is encountering something that is almost like a poison. This leads to the release of the body's natural pain killers, giving a sense of well-being. But the experience can become addictive, sometimes causing people to search out stronger and stronger chilies. A slower acting but longer lasting antidepressant called DMAE can be found in anchovies and sardines. DMAE also heightens intelligence and makes it easier to learn. So if you've got an important exam coming up, make sure you eat all these foods that keep you feeling good and thinking clearly.

Exercise 2. Complete the following notes:

Typical summer foods: (1).....

Effect: good mood

Contain chemicals such as:

Serotonin

Effect: Makes you feel (2).....

Found in (3)....., ginger and (4).....

Best source: spinach

Folic Acid

Deficiency causes (5)....., sleeplessness, forgetfulness, irritability

Selenium

Deficiency causes (6).....

Found in (7)....., sunflower seeds, oysters, cereals, grapes and (5).....

DMAE

Found in: anchovies and sardines

Effect: Improves (9).....and ability to (10).....

READING PRACTICE

FORTUNE COOKIES DEBUT IN CHINA

Exercise 1. Get ready to read.

Discuss these questions in a group.

1. What are some symbols of good luck?
2. Do you ever cross your fingers, or carry a lucky charm, to ensure good luck?
3. What are some ways that people try to predict the future?
4. Do you know anyone who has had his or her fortune told? What happened?

Exercise 2. Read quickly for general ideas.

HONG KONG – An old saying pokes fun at the eating habits of the southern Chinese: Whatever flies in the sky, whatever crawls on the ground, whatever swims in the sea, the Cantonese will eat it all. There is an exception, however, that may seem strange to North Americans. Very few Cantonese or Chinese elsewhere in Hong Kong, Taiwan or China have a taste for fortune cookies.

At Chinese restaurants across North America, fortune cookies usually go hand-in-hand with a Chinese meal. But many Chinese on the other side of the Pacific have never heard of fortune cookies, let alone eaten one.

Cater to foreigners

A year and a half ago, Nancy C. Anderson, a Chinese woman married to an American, tried to change this by introducing the cookie to Hong Kong. Now she imports fortune cookies made in California and sells them in Hong Kong to fancy delicatessens that cater to foreigners and young Chinese professionals. "Europeans and Americans here have this idea that fortune cookies come from China," says Anderson, 42, who was born in Shanghai. "They can't imagine they were made in the United States," she said.

Anderson advertises her product as "Genuine American Fortune Cookies." "Fortune cookies?" said a teacher in Beijing who lived in the United States for eight years. "Oh yes, I've seen them in the States."

The fortune cookie may have originally been created by Chinese immigrants in the United States, a makeshift rendition of a food or custom dear to them at home. Even Chinese restaurant owners in New York are puzzled by the origins of the fortune cookie, although they do say the cookie was a Chinese-American invention.

One version of the cookies' origin traces the notion of treats bearing messages back to the Yuan Dynasty in the 12th century. During the revolts against the Mongols, who had invaded and ruled China, rebel monks had devised a way to pass details about the rebellions to the peasants. So they slipped messages into mooncakes, a sweet holiday dessert, and sold them to the people.

Message-bearing cakes were also used in ancient Chinese parlour games.

Players used to write wise and witty sayings on scraps of paper that were then inserted into twisted cakes. Anderson suspects Chinese immigrants remembered this bit of history when they settled in the United States.

Many of them were Buddhists, accustomed to going to temples to pray and have their fortunes told. Early Chinese immigrants had no temples for prayers and fortune-telling, Anderson said. So perhaps they baked mooncakes with fortunes in them and sold them in their restaurants, she said.

Another story traces the invention to George Jung, who founded the Hong Kong Noodle Co. in 1916 in Los Angeles. In her book, *Madame Chu 's Chinese Cooking School*, Grace Zia Chu says that perhaps Jung created the fortune cookies to cheer people up after the First World War. But she also adds that Jung may have invented fortune cookies to amuse dinner guests while they waited for their orders.

Importing the cookie has forced Anderson and her Japanese suppliers in America to make a few changes in the way a fortune cookie is sold. Her cookies are individually wrapped in clear cellophane to protect against humidity and dirt during the long ocean voyage. To North Americans who are used to seeing a bunch of fortune cookies on a plate at the end of dinner, this may seem a little awkward, like single-wrapped Oreos.

Reverse habit

The Chinese also take a different approach to the cookie, trying to pluck out the fortune without letting the cookie crumble. Anderson then explained to them that it is proper to break the cookie to get the fortune. "The Chinese eat the cookie first and then look at the piece of paper," said Anderson. "Most Americans look at the fortune first."

In test marketing, Anderson was snubbed by many Chinese who had been to the United States and were used to receiving the cookies free after a Chinese meal. So Anderson has tried to sell to young Chinese professionals, who tend to read English and believe the cookie has a foreign cachet.

Her cookies have also been distributed by the Hong Kong government in a campaign against drugs. The messages had a fortune on one side and an anti-drug slogan on the other.

(by Sheryl WuDunn, *New York Times*)

Exercise 3. Read carefully for details.

Work with a partner. Look in the text for the answers.

1. What have other Chinese sometimes said about the people of southern China?
2. When do people in North America eat fortune cookies?
3. Who is Nancy Anderson and what is her business?
4. Who eats fortune cookies in Hong Kong?
5. How did the teacher in Beijing know about fortune cookies?
6. Name two situations in which "message-bearing cakes" were used historically in China.

7. What connection is there between Buddhist traditions and fortune cookies?
8. Explain the two theories Madame Chu has about George Jung and fortune cookies.
9. What change has Anderson made in her fortune cookies?
10. Why would Americans find this change strange?
11. Compare Chinese and American ways of eating the cookies.
12. Why do many Hong Kong Chinese not like to buy Anderson's cookies?
13. In what way has the Hong Kong government used fortune cookies?

Exercise 4. Review Vocabulary.

Match the columns to find words or expressions that have the same meaning.

1	poke fun at	several
2	hand-in-hand	together
3	cater to	the idea
4	puzzled	clever
5	the notion	confused
6	devise	laugh at
7	witty	was ignored
8	a bunch	supply
9	to pluck out	invent
1	was snubbed	to remove
0		

ADDITIONAL TEXTS

FAST FOOD

Nashville Superburger Bar,
Leicester Square,
London

Open: 7 days a week, 24 hours a day.

A new American fast-food chain has just opened its first restaurant in Britain. Because of the success of McDonald's and Kentucky Fried Chicken, I was interested to see if Nashville had anything new to offer. The restaurant was so brightly-lit that I wished I had brought my sun-glasses. Once I'd got used to the light I rather liked the place. The place was so spotlessly clean - almost antiseptic! Although there was a long queue, service was incredibly fast. The menu was limited to a variety of hamburgers and prices were very reasonable. I had the "Giant Superburger" which was served with a generous helping of French fries. Although the burger itself was rather tasteless, there was a large selection of spices and saucers on every table and the French fries were the best I've ever tasted. This kind of restaurant is obviously meant for young people in a hurry. I was amazed to see that many of the customers preferred to eat standing up even though there were seats available. Most of the customers were under 25 and alone. Everybody seemed to be drinking milk-shakes and although I'm not very fond of them I felt I should have one. Although it is a quick and efficient

way of taking nourishment, you wouldn't choose "The Nashville" for a quiet and romantic evening with a friend. Although I wasn't in a hurry I was in, fed and out in ten minutes. It reminded me very much of a motorway filling station.

(by Rebecca Mitchell)

EATING OUT

The Old Mill, The Quay,
Wardleton, Sussex
Open: Tuesday – Sunday
7 – 11.30 p.m.

This week we decided to look at a small family-run restaurant in the village of Wardleton. "The Old Mill" is newly opened and overlooks the river and the green meadows beyond it and we had heard several favourable comments about it. Because we had been advised to book early, we managed to get a nice table with a view of the quay. We were made very welcome and the service was excellent because it is a small family business. The proprietor runs the kitchen himself and his wife showed us to our table in the corner.

Although the choice of items on the menu was very extensive, it was rather traditional. A long menu always worries me, because a large menu always means a huge freezer! We started with fish and although it was fresh, it was spoilt by the number of herbs. For my main course I chose the pepper steak, which was the specialty of the day. I thought it was almost perfect because the chef had chosen excellent meat and it was cooked just long enough.

My wife ordered the roast lamb, and although the quality of the meat was good, she thought it was a little underdone. Though the vegetables were fresh, they came in very small portions and were rather overcooked for our taste. However, the bread was fresh because it had been baked on the premises. I have always complained about the difficulty of finding any restaurant which serves fresh fruit salad. Luckily, this one did. Even though it must have been very time-consuming to prepare, it was a delight to see, and I had a second helping.

As usual I chose house wine, as this is often the best way to judge a restaurant's wine list. It was quite satisfactory and reasonably priced. The bill, including coffee and brandy, was acceptable for that kind of restaurant, but it did not include service.

TABLE MANNERS

Good table manners avoid ugliness. All rules of table manners are made to avoid ugliness. To let anyone see what you have in your mouth is offensive, so is to make a noise and to make a mess is disgusting. On the other hand there are a number of things in table etiquette that are merely unreasonable and silly.

Fingers or forks? All juicy or soft fruit or cake is best eaten with a fork. If you are able to eat a peach or ripe pear with your fingers and not smear your face, let the juice run down, or make sucking noises, you are one in a thousand who may continue to do so. But if you cannot eat something – no matter what it

is – without getting it all over your fingers, you must use a fork, and when necessary, a spoon or knife also.

Elbows are never put on the table while one is eating. Don't encircle a plate with the left arm while eating with the right hand. Don't push back your plate when finished. It remains exactly where it is until whoever is waiting on you removes it. Don't lean back and announce "I'm through." The fact that you have put your fork or spoon down shows that you have finished.

Don't even put liquid into your mouth if it is already filled with food.

AT TABLE

Jane: It's good to be in a company like this, I admit.

Ann: Let me help you to some salad, Jane.

Jane: Please, do. It looks so inviting. That's quite enough, thank you.

Ann: Some soup, Jane?

Jane: Why, yes. I think I could manage a plateful.

Ann: How do you find the salad?

Jane: Awfully nice. I have never tasted such a lovely salad; will you tell me how you make it?

Ann: I'm glad you've enjoyed it and it is very nice of you to say so. It's quite easy to make. I'll write down the ingredients and the directions for mixing.

Jane: Thank you very much. Don't you think it's lovely, Fred?

Fred: Yes, it is, indeed. Kindly pass me the salt, Ann, will you?

Ann: Here you are. Some more bread, Fred?

Fred: Yes, please. What comes next, Annie?

Ann: Chops with roast potatoes and vegetables.

Fred: And what follows that?

Ann: Would you like to make a guess?

Fred: Ice-cream, I suppose.

Ann: There you are wrong, Fred, it's coffee.

Jane: Coffee. It's just to my taste.

Ann: I'm happy that I've suited your taste, Jane. Do you take milk in your coffee?

Jane: Yes, I like it milky.

Fred: Well, Jane, what about fruit?

Jane: I'd be delighted.

FOOD

A: Listen to this: would you eat what you eat if you knew what the thing you ate had last eaten?

B: Pardon? What on earth are you talking about?

A: It is the article in the paper, talking about what we eat. It says many of the incidents of food poisoning in humans are a result of diseased food fed to animals.

B: Oh, I'm with you now. I agree, it's horrifying. Soon it won't be safe to eat anything.

A: Right. First it was eggs and chicken, now it's beef. Personally, I'm thinking of becoming a vegetarian.

B: That's no answer. Think of all the chemicals they spray on fruit and veg. I honestly believe we've got to be more radical than that.

A: You mean stop eating altogether?

B: No, what I'm trying to say is that we, the consumers, are going to have to think again about what we eat. Mass production of food leads to lower prices, but also all these health-care problems too.

A: On the other hand, are we willing to pay more for food produced more naturally and in smaller quantities?

B: Exactly. In the end, it is a question of money.

A: It seems to me that the government will have to consider more subsidies to keep the price of food down.

B: Quite. Have an apple.

A: No, thanks, not after that discussion.

A CUP OF TEA

Mrs. Smith: How nice of you, Mrs. Brown, to drop in. I'm so glad to see you. Jane and I are just having a cup of tea. Do join us.

Mrs. Brown: Thank you ever so much. I've been doing some shopping, as you can see, and I'm a bit thirsty. I'd enjoy a cup with you.

Mrs. Smith: Jane, lay the table for Mrs. Brown and bring some fresh buns and rolls from the pantry. I haven't any cake to offer you today, Mrs. Brown, but I can treat you to a wide choice of jams, I've made this year. I'm especially fond of strawberry and black currant, while Jane prefers cherry. We always have several jars of raspberry jam in the house in case of colds. It is a good remedy, you know. Strong tea or weak, Mrs. Brown?

Mrs. Brown: Weak tea, please. What tasty buns you have here! Are they from the baker's?

Mrs. Smith: Jane did the baking today. She rather likes cooking.

Mrs. Brown: Would you mind telling me how to make such buns?

Mrs. Smith: Most willingly. All you need is a few cups of flour, some shortening (fat), a little yeast, four egg-yolks, a glass of milk and sugar. You knead the dough stiff, and then cut it up into tiny buns. When the dough has risen, you bake the buns in a hot oven for 20-25 minutes. It's rather quick work and not much trouble. Served with tea, they are delicious. Help yourself to some more, Mrs. Brown.

Mrs. Brown: They are simply wonderful with strawberry jam. I must have another.

Mrs. Smith: Won't you have another cup of tea?

Mrs. Brown: I've had quite enough, thank you.

SERVICE, PLEASE

Mike: Mum, I'm in a terrible hurry. Can I have my lunch right away? We are going to Sheldon for a game of golf. The boys are picking me up at one o'clock, and I've promised to be ready on time. Gosh, it's twenty to one already! Is that clock right?

Mum: No, it's ten minutes fast. It's not quite half past twelve yet. But it doesn't make any difference – I've just put our lunch in the oven and it won't be ready for more than half an hour.

Mike: Mmm! It smells marvelous! Is it ham and egg pie? I can't wait for that now though. Put some by for me and I'll have it this evening. What can I have straight away? I'm starving.

Mum: I can make you a mushroom omelette in five minutes or you can have what is left of this pork pie. It looks a bit stale, though – try a bit first.

Mike: It doesn't taste too bad. I'll have this with some cheese and tomatoes. It's not much of a lunch but at least I'll be ready in time.

Mum: I'm used to your racing in and out and expecting a meal within five minutes, but this is not a restaurant with a 24 hour service and I'm not a magician. You just have to take pot luck, if you can't make your arrangements in advance and give me some warning of your movements.

Mike: Well, it is a rotten restaurant and I'm going to complain to the manager. If I die of food poisoning, they'll put you in prison for years.

GUESTS FOR SUPPER

Rod and Paul have invited Barbara and Sue, Paul's girlfriend, to supper. They are in the kitchen getting supper ready.

Paul: What have we got in the fridge, Rod?

Rod: Nothing much. We've got some ham, eggs, cheese.....

Paul: Have we got any potatoes?

Rod: I think so. Yes, we have. And we've got some onions too.

Paul: Well, why don't we have some ham and a Danish potato salad? I copied down the recipe from the radio yesterday.

A few minutes later.

Rod: Let's see now. Cut the potatoes into small cubes.....

Paul: Yes, but don't cut them yet. Wait until they are cool. Where is the big red plastic bowl?

Rod: On the bottom shelf in the cupboard under the sink.

Paul: What's Barbara like, by the way?

Rod: Barbara? Well, she's in her mid-twenties. She's very lively. She has got a good sense of humour. I think you'll like her. What about Sue?

Paul: Oh, Sue is very easy-going and friendly.

Rod: Could you get me the mayonnaise from the cupboard?

Paul: Yes, sure. Which cupboard is it in?

Rod: It's in the small one beside the cooker.

Paul: There's no mayonnaise here.

Rod: Oh, isn't there? Oh, no! The recipe says parsley and lemon. I know we haven't got (*Doorbell rings.*) They are here!

Barbara: Hello! Here we are! You're Paul, are you? What's the matter? You both look miserable!

Paul: We're making a potato salad and...

Rod: we haven't got any mayonnaise, or parsley or lemon!

Sue: Well, that's all right. I'm on a diet.

Barbara: And I hate potato salad. So, that's fine! Here: I've got some wine. Let's have a glass now.

AT A RESTAURANT

John: This is the place where I usually eat lunch.

George: It looks like a good restaurant.

John: It is very good. They always have good roast beef here. Good steak, too.

George: I've been eating in the office for the last few weeks. I've been bringing sandwiches. I tried the cafeteria around the corner yesterday, but it is always crowded.

John: Well, this is a lot more pleasant. And it doesn't even cost too much. About a dollar and a half for lunch.

Waiter: Are you ready to order?

George: What's good?

John: I always order the special. It's never bad and it is always inexpensive.

George: Have you ever tried the chef's salad?

John: No, I don't like salads very much.

George: I eat them sometimes, but I'll take the special today. What is it? I haven't seen the menu yet.

Waiter: It's club steak, Sir, with French fries and green peas.

George: All right. That's sounds good.

Waiter: Would you like your steak rare, medium or well-done?

George: Rare.

John: And I'll have the same. But make mine medium, please.

Waiter: What would you like to drink?

George: Coffee, please.

John: I'll have coffee, too. Waiter: With or after?

George: After.

John: I'll take mine with.

MR. MILES DINES AT A RESTAURANT

- May I take your order, Sir?

- I haven't seen a menu yet. May I have one, please?

- I'm sorry. I thought that the hostess who seated you had given you a menu.
(*Waiter hands menu to customer.*) Here is one, Sir.

- *(Mr. Miles looking at menu)* There are so many different dishes listed that it is hard to decide.
- The a la carte dishes are on the left. The regular dinners are on the right-hand page.
- I'll have the regular dinner. I'm pretty hungry. With the regular dinner I get appetizer, soup, and so forth. Isn't that the idea?
- Yes, Sir. The regular dinner includes appetizer, soup, salad, choice of desserts, tea or coffee.
- Is there any particular dish you would recommend?
- The roast beef is very good tonight. We also have several good chicken dishes, if you like chicken. We have roast chicken with dressing, Southern- fried chicken, chicken livers in casserole.....
- I'm not very fond of chicken.
- How about fish? Fish is one of the specialties of the house. We have filet of sole, flounder, baked shad, halibut au gratin.
- What is this minute steak that is on the menu?
- It's a small steak cooked over a grill. Of course, it is not a porterhouse or tenderloin steak. But it's steak. I believe it must be a cut of round steak. It's pounded flat with something heavy in order to make it tender.
- I think I'll try that. For vegetables, give me French-fried potatoes and stewed corn.
- How do you want your steak - rare, medium, or well-done?
- Well-done, please. What salad do I get with the dinner?
- You have a choice of lettuce and tomato or cucumber and beets. You also have a choice of appetizer and soup. What appetizer would you like to have?
- What appetizers have you?
- The appetizers are there at the top of the page. You can have shrimp cocktail, fresh fruit cocktail, tomato juice, clam juice, antipasto.....
- I'll have the fruit cocktail. I'll also have the cream of mushroom soup and the lettuce and tomato salad.
- What kind of dressing would you like on your salad: French, Russian, mayonnaise?
- French dressing, please! That steak won't take long to prepare, will it? I'm pretty hungry.
- It will be ready as soon as you finish your appetizer and soup.
- *(Waiter brings appetizer, soup. Later serves salad, steak, etc. Returns at conclusion of meal.)* Are you ready to order dessert, Sir? How did you find your steak?
- Oh, it was not difficult. I just moved aside one of the French-fried potatoes and there it was hiding underneath.
- You mean it was rather small. I warned you that it wasn't a porterhouse or sirloin steak.
- It really wasn't half-bad. I was only kidding.
- But why didn't you call me over and say something about it? I could have taken it back to the kitchen and brought you something else.

- The fact that I was so hungry probably made it seem smaller than it really was.
What do you have for dessert?
- We have pie, chocolate pudding, rice pudding, ice-cream, French pastry, chocolate layer cake.....
- What kind of pie do you have?
- Apple, peach, pineapple, custard, pumpkin, mince.....
- I'll have peach pie a la mode and coffee.
- Here is your check, Sir. You can pay the cashier on your way out.

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Supplement

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MEALS

Учебное пособие

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специальности <<Английский язык и литература>>