

**9
Grade**

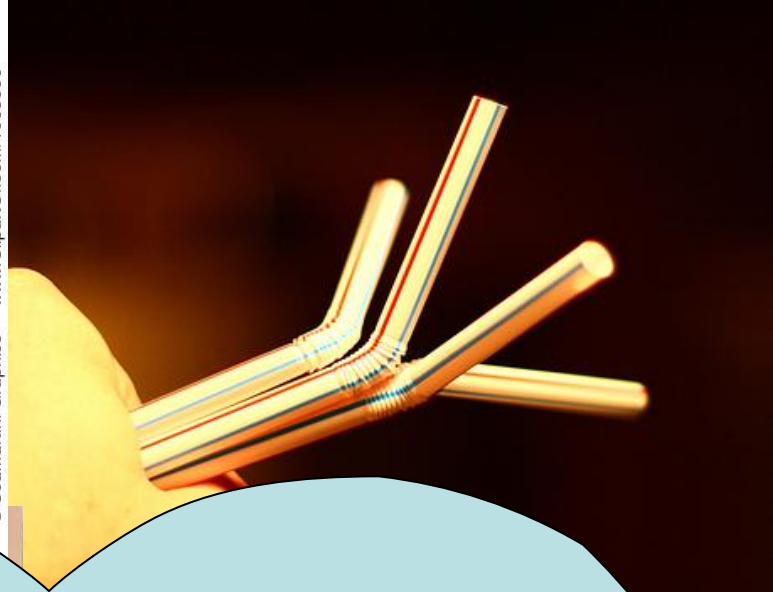
Tasty English



**Student's
book**



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Meals

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Cuisines of
different
countries



1. Listen & repeat.

Favorite meals, holiday meals, healthy meals, unhealthy meals, children meals, school meals, Russian meals, English meals.

Unit 1: English Meals

NON-FINITE FORMS OF THE VERB Неличные формы глагола

К неличным формам глагола относятся:

1. **Инфинитив** (The Infinitive). “**To be** or **not to be**, that is the question”.
2. **Герундий** (The Gerund). “The best part of **living** is **loving** and **giving**”.
3. **Причастие** (The Participle). “**Lost** time is never found again”.

Compare:

Инфинитив

Alison likes **to dance**. Элисон любит **танцевать**.

Герундий

Alison likes **dancing**. Элисон любит **читать/ чтение**.

Reading is her hobby. **Чтение**- ее любимое занятие.

Причастие

The girl **reading** a book in the library is Alison.- Девочка, **читающая** книгу в библиотеке,-Элисон.



2. Work in pairs & answer the questions below.

- Do you like eating & cooking?
- Is cooking your hobby?
- What is your hobby?
- Did you like the recipe given you last week?
- Why is it important to know meals of foreign countries?
- Which cuisine do you prefer?



Voice ↓	Tense →	Simple	Continuous	Perfect
Active		To spill	To be spilling	To have spilled
Passive		To be spilled	-	To have been spilled

e.g. *I am glad to try the soup of the day.*
Я рад попробовать блюдо дня.

I am glad to have tried the soup of the day.
Я рад, что попробовал блюдо дня.



3. Complete the sentences choosing the right infinitive.

To make, to look, to try, to make, to come

- 1) I want you *to try* peanut and jelly sandwiches.
- 2) I will show you how *to make* a good coffee.
- 3) I'd like you *to come* for dinner.
- 4) This salad is easy *to make*.
- 5) I want *to look* at the menu.

4. Work in groups. Who wants to tell us about English breakfast (dinner, lunch, favorite English meals)? Make groups according to your reports. Tell your partners about ...and answer three questions asked by them.



Unit 1: English Meals

5. Read the text. Answer the questions & continue the text.

English Meals

The English proverb says: every cook praises his own broth. One can not say English cookery is bad, but there is not a lot of variety in it in comparison with European cuisine. The English are very particular about their meals. The usual meals in England are breakfast, lunch, tea and dinner.

Breakfast time is between seven and nine a.m. A traditional English breakfast is a very big meal. It consists of juice, porridge, a rasher or two of bacon and eggs, toast, butter, jam or marmalade, tea or coffee. Marmalade is made from oranges and jam is made from other fruit. Many people like to begin with porridge with milk or cream and sugar, but no good Scotsman ever puts sugar on it, because Scotland is the home of porridge. For a change you can have sausages, tomatoes, mushrooms, cold ham or perhaps fish.

But nowadays in spite of the fact that the English strictly keep to their meals many people just have cereal with milk and sugar or toast with jam or honey. The two substantial meals of the day are lunch and dinner. Lunch is usually taken at one o'clock. For many people lunch is a quick meal. Office workers usually go to a cafe at this time. They take fish, poultry or cold meat (beef, mutton, veal and ham), boiled or fried potatoes and all sorts of salad. They may have a mutton chop or steak and chips, followed by biscuits and a cup of coffee. Some people like a glass of light beer with lunch. Pubs also serve good, cheap food. School children can have a hot meal at school. Some of them just bring a snack from home.

Questions:

1. What are the usual meals in England?
2. What time do they have breakfast?
3. What is a traditional English breakfast?
4. What are the two substantial meals of the day?
5. When is lunch usually taken?



Герундий (Gerund)

	Active	Passive
Simple Perfect	eating having eaten	being eaten having being eaten



Unit 2: Healthy Eating

Герундий- неличная форма глагола, имеющая грамматические особенности как глагола, так и существительного и всегда выражающая действие как процесс. Герундий в предложении может быть:

1) подлежащим:

Cooking is my hobby. Готовка- мое любимое занятие.

2) дополнением:

I'm fond of cooking. Я увлекаюсь готовкой. И другими членами предложения.

1. Complete the sentences & reproduce them.

1. The modern bad habits are ...
2. ... is really a good way to live.
3. Our town life today gives us little opportunities for ...
4. Doctors always advice us to eat ...
5. ... makes people healthy and keeps them fit.
6. If you want to keep fit you must ...
7. ... dangerous for our health.
8. A healthy way of life includes ...

Healthy diet, physical inactivity, obesity, sport, drinking alcohol, taking drugs, healthy eating, personal hygiene, bad habits.

Some tips about healthy eating

- ❖ Eat **less** sugar and more fruit and vegetables.
- ❖ Don't eat **much** salt.
- ❖ Try to eat **more** fibre, it is low fat.
- ❖ Eat **less** high fat food and more fibre.

2. Listen to the text & write down the names of foods.

Unit 2: Healthy Eating

3. Read the short texts about healthy food & answer the question “why are they so important?” (Use gerund)



1. Food gives us energy, makes us grow and helps to stay healthy. We need to eat something from all the food groups every day. Fruit and vegetables, cereals and grains, fats and sugar, meat and protein and **dairy** (молочные продукты).

2. Fruit and vegetables give us lots of vitamins and minerals and help us grow and stay healthy. We should eat five portions of fruit and vegetables every day. A portion is one piece of fruit, a **serving** (блюдо) of vegetables or a glass of juice.



3. Cereals and grains are things like bread, rice, potatoes and noodles. These foods give us the energy we need. Half of what we eat every day should come from this group.

4. Make up your own guide to healthy eating. You should write about food which is useful and you should write some sentences with “Don’t...” You can write it on a sheet of paper or you can make a leaflet with your advice.



Причастие(The participle)

Unit 3: Good manners

Таблица. Формы причастий

	Present Participle		Past Participle
	Active	Passive	
Simple	Changing 1)изменяющий (ся) (- вший) (ся) 2) изменяя(сь)	Being changed 1) изменяющийся, Изменяемый, который изменяется 2) будучи измененным	Changed 1) изменяемый, измененный 2) когда (его) изменили, так как (его) изменили
Perfect	Having changed Изменив(шись)	Having been changed Когда (его) изменили, после того, как (его) изменили	

Money spent on the brain is
never spent in vain.

Proverb



Study the vocabulary.

On time – вовремя

Impolite- невежливый

Ahead- впереди

Polite- вежливый

To unfold- разворачивать

Grace- молитва(перед едой)

To bow your head- склонить голову

To remain- оставаться

Rude- грубый

To take part in- принимать участие в

To chew- жевать

Compliment-похвала, хвалить

Afterwards- позже, потом

To wipe- вытирать

To lick- лизать

*Between bite- пока вы
перезжевываете пищу*

Elbow- локоть

Straw- соломинка

Unit 3: Good manners

1. *Table Manners are very important if you eat in a restaurant or at home. See a fragment from the film and say if the film star really has a problem.*

2. ANSWER THE QUESTIONS.

- Does the film star really have a problem?*
- What problem does she have?*
- And you? Do you know any table manners?*

3. Read the basic table manners and think of your own.



- ### Basic Table Manners
1. Sit up straight.
 2. Don't speak with your mouth full of food.
 3. Chew quietly, and try not to slurp.
 4. Keep bites small.
 5. Eat at a leisurely pace.
 6. Don't wave utensils in the air.
 7. Keep your elbows off the table.
 8. Don't Reach.
 9. Don't forget please and thank you.
 10. Excuse yourself when leaving the table.
 11. Compliment the Cook.
 12. Wipe your mouth before drinking.

4. **Work in pairs. Create a dialogue & act it out.**

5. Read the text “When invited to an American home...”

When invited to an American home... here are a few tips to help you know how to behave at an American dinner. First of all, you should always arrive on time. Even 15 minutes late is impolite! If you are going to be late, call your host or hostess ahead of time. It is always nice to bring your host or hostess something such as flowers, but it is not necessary. When in the dining room, don't take a seat until host or hostess shows you where to seat. Unfold the napkin that is beside your plate, and put it on your lap. Bowls of food are usually passed from person to person around the table. People serve themselves. Before eating, someone may say grace, or prayers. During grace you should bow your head and remain silent. You can start eating when the host or hostess does. In America it is considered rude to begin eating before everyone has been served. Take part in conversation, but don't talk with your mouth full. If someone asks you a question while your mouth is full, finish chewing before you answer the question. Do not reach in front of someone for a dish, the salt, or the pepper. Simply say, “Please pass the salt.” Always compliment the cook by saying, “The meal is delicious/wonderful!” When dinner is over, help clear the dishes off the table. When you are leaving, thank your host or hostess. “Thank you for a nice evening. I enjoyed it very much.” Americans often send a thank-you note afterward.

Unit 3: Good manners

6. Are these statements true or false?

- 1) Punctuality is not important in the United States.
- 2) You can sit anywhere you'd like at the dinner table.
- 3) You can start eating when your host or hostess does.
- 4) You should be quiet during grace.
- 5) You should help clear the dishes off the table.
- 6) If you want salt or pepper, you should reach quietly for it, even it is in front of someone else.
- 7) You should unfold your napkin and put it in your lap.
- 8) It's nice to compliment the cook.
- 9) It's okay to talk with your mouth full.
- 10) When you are leaving, you should thank the host and hostess.



7. Make a report about table manners in your family.

This is the information about food in different countries. It is rather interesting and amusing. You can learn many new things. Read it & choose the best one for you.

CUISINES OF DIFFERENT COUNTRIES

Italian

Italian cuisine is among the finest expression of their culture. It's ultimate trademark is that they cook food with its best and freshest ingredients. This is the reason why Italian food varies in different regions since they depend on the place's prevalent product. Typical Italian dishes are composed of pasta with all kinds of sauce such as tomato sauce, fish or white sauce, etc. During Christmas they have ravioli in brodo and a fruit cake called panetonne. At Easter they serve a dove-shaped cake called Colombia. These are proofs that they are inclined in pastries and baking. Traditionally, midday meal, which usually happens at around 1pm to 3pm and last for a couple of hours, is the most important meal of the day. It is a three to five course meal that starts with antipasto which is mainly a small serving of pasta. Then, it is followed by the main course which can be meat, poultry or fish and a contorno which is a serving of vegetables. It ends with a dolce or dessert. Most Italians prefer water and wines.



Chinese

Chinese cuisine varies in every region but most Chinese dishes are cooked with less meat and more vegetables and are cooked in a short period of time. They also serve the dish mostly in small servings and bite sized portions. Dim Sum which means small snack is often practiced. Beijing is known for its Beijing Duck, Cantonese for its steamed boiled and stir-fried foods, while Sichuan is noted for its spicy food such as Gongbao chicken. They have 3 varieties of noodles that are made from egg, wheat or rice flour and two types of noodle dish called lo mian and chow mian. Soup and tea has been a part of the



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Arabian

Arabian cuisine mainly used lamb and chicken because pork is highly prohibited. They extensively use dairy products especially yogurt called labneh. Herbs, spices and greens are also mixed in their food. They have three basic meals on regular days: breakfast lunch and dinner. Breakfast is often a quick meal of bread and dairy products, lunch is considered the main meal, while dinner is the lightest meal. During Ramadan, there are two classification of meals and consumption of sweets and fresh fruits are served between these two meals. Futuur or fast-breaking is taken at dusk when fasting is over, while Sahur is the meal eaten just before dawn when the fasting must begin. Hot drinks such as coffee and tea are preferred than cold drinks.



CUISINES OF DIFFERENT COUNTRIES



American

We cannot really define what is the trademark of American cuisine. They have been influenced and accepted a lot of dishes from other countries. They love almost everything may it be Italian or French, Chinese and even southeast Asian dishes. They eat hotdogs, pizzas, pasta, tacos and pie. They eat most kinds of poultry, fruits and vegetables. They love to drink beer and sodas.

There is really a huge variety of cooking across different places, and they are definitely all worth tasting.