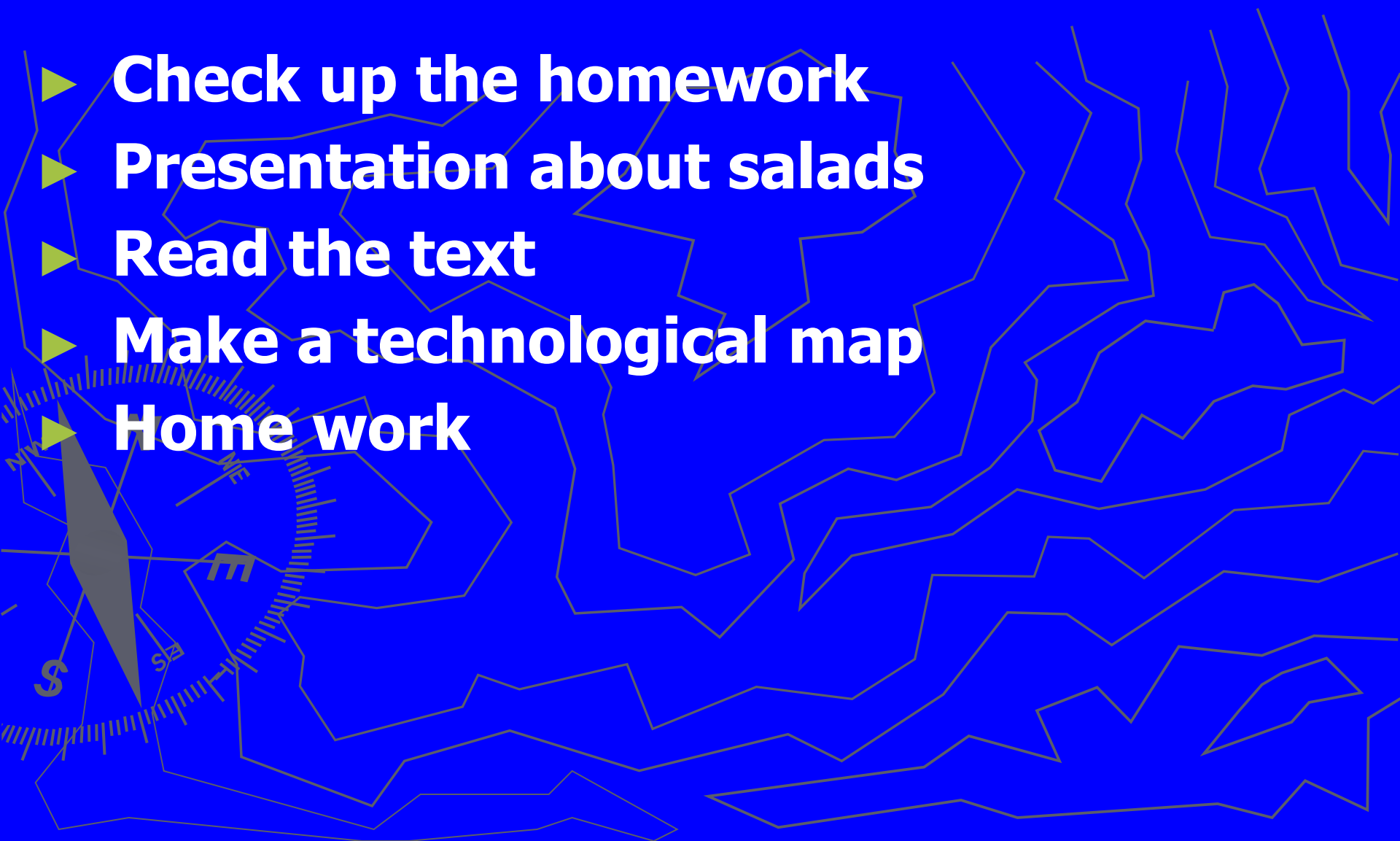


SALADS



Plan:

- ▶ **Check up the homework**
- ▶ **Presentation about salads**
- ▶ **Read the text**
- ▶ **Make a technological map**
- ▶ **Home work**



Glossary for the lesson

- **a mixture of** – смесь чего-либо
- **Is (are) served** – быть поданным
- **Is (are) composed** – создавать
- **build up on** - формировать
- **Contain**- содержать
- **Include** –включать
- **Consist (s) of ...** – состоит из ...
- **Dressing**- заправка
- **Dress** – заправлять
- **Stimulate** - стимулировать
- **Appetite** - аппетит
- **Substantial meal** – плотная еда
- **Nourishing** – питательный
- **Attractive** - привлекательны
й
- **Delicious** - вкусный

What is “salad”?

- ▣ **Salad is a mixture of cold foods, usually including vegetables and/or fruits, often with a dressing, sometime nuts**
- ▣ **Salad is often served as an appetizer before a large meal.**



Where does the word "salad" come?

- The word "salad" comes from the french "salade" of the same meaning.



Ingredients of salads

- ▣ **Vegetables in a salad include cucumbers, paprika (sweet pepper), mushrooms; spring, red and brown onion, avocado, carrots, celery, and radishes.**
- ▶ **Other ingredients such as tomatoes, olive, hard boiled eggs, artichokes, boiled potatoes, rice, sweetcorn, beans, peas, cheese, meat (e.g. bacon, chicken), or fish (e.g. cod, salmon, shrimps,) are sometimes added to salads.**

Salads as an appetizer

- **Salads as an appetizer are light and tasty**
- **Salads are served before meal, because they are stimulate the appetite**
- **Usual ingredients for salads are vegetables (tomatoes, cucumbers, onions, greens, lettuce) and fruits (apples, pears, kiwis, peaches, pine-apples)**



Salads as a side dish

- ▣ **Salads as a side dish is usually served to the main course and make the substantial meal more attractive and delicious.**
- ▣ **The ingredients are vegetables (cucumbers, tomatoes, cabbage)**



Salads as an entree

- ▣ **Entree salads may contain chicken, either grilled or fried, on top of the salad, or seafood (shrimps, mussels)**
- ▣ **Examples : Caesar salad, Greek salad and Michigan salad**



Salads as a desserts

- ▣ **Salads as a desserts are very tasty. Usually these are fruit salads for different tastes.**
- ▣ **Ingredients for the fruit salads are quite different: fruits (pine-apple, apples, pears, peaces) and berries (strawberry, grapes, bilberry, cloudberry)**



Guess what are the salads?

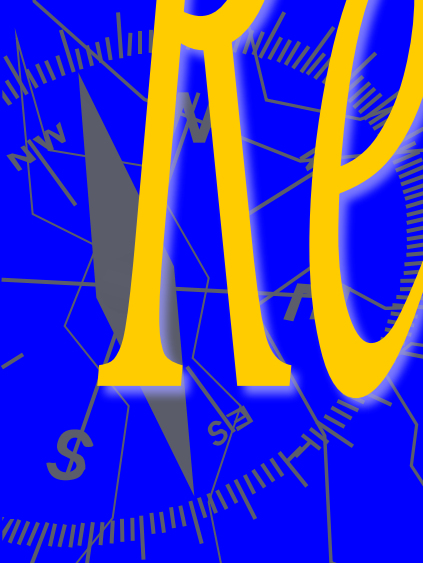


Dressings

- **Traditional dressing for the salads is mayonnaise. This is the mixture of vegetable oil, egg yolk, vinegar and seasonings.**
- **French dressing is the mixture of oil, vinegar and seasonings.**
- **Sometimes salads dress with sunflower oil, olive oil.**



Read the text



Vocabulary

- **Mix salad**
- **Vinaigrette (Russian salad)**
- **Meat salad**
- **Fish salad**
- **Can fish salad**
- **Crab salad**
- **Tomato salad with garlic**
- **Salad from green peas**
- **Shrimps salad with rice**
- **Shrimps salad with cheese**
- **Mix salad with mushrooms**
- **Mix salad with ham**
- **Cherry salad with cottage cheese**
- **Salad from rice, meat and oranges**
- **Beetroot salad with prunes and radish**
- **Fish salad with sour-cream**
- **Chicken salad with eggs**
- **Salad from carrot and sorrel**
- **Salad from radish with apples and carrots**
- **Cabbage salad with cherry**
- **Salad with lobsters, avocado and mango**

Oral practise

At first we revise some material. There are some words which are very useful for you.

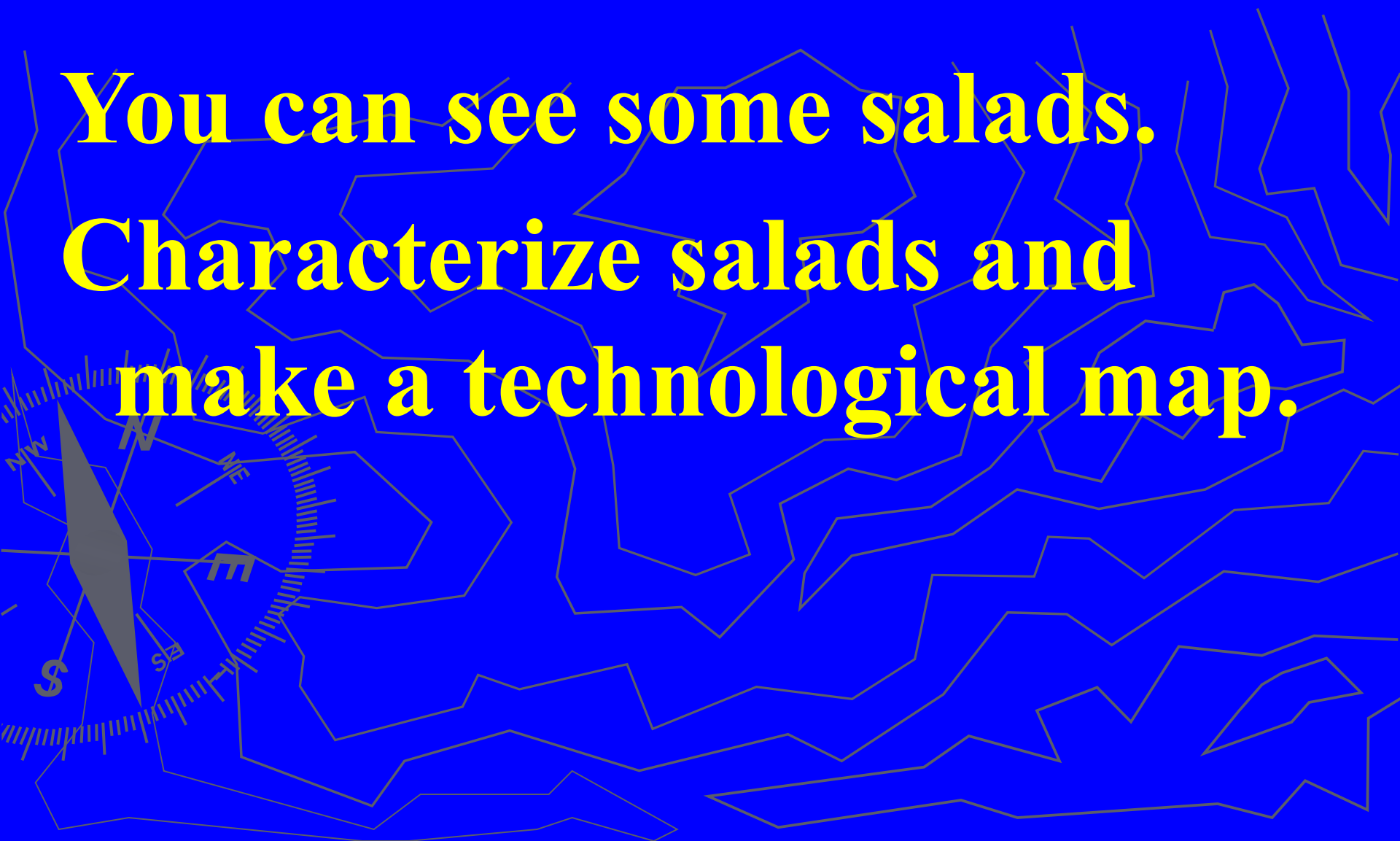


Some useful words:

- **Add** - добавлять
- **Mix** - смешивать
- **Cut** – резать, нарезать
- **Include** – включать
- **Consists of** – состоять из
- **Boil** – варить
- **Boiled** - отварной
- **Stew** - тушить
- **Stewed** – тушеный
- **Slice** – резать ломтиками
- **Sliced** – нарезанный ломтиками
- **Wash** - мыть
- **Decorate** -украшать
- **Stuffed** - фаршировать
- **Put** -класть
- **Fry** -жарить
- **Fried**- обжаренный
- **Dress** - заправлять
- **Dressed**-заправленный
- **Season** - заправлять
- **Seasoned with** – заправленный чем-либо
- **sunflower oil** - подсолнечное
- **olive oil** – оливковое масло
- **Mayonnaise** - майонез
- **Vinegar** -уксус

Make a technological map.

**You can see some salads.
Characterize salads and
make a technological map.**



For example:

