

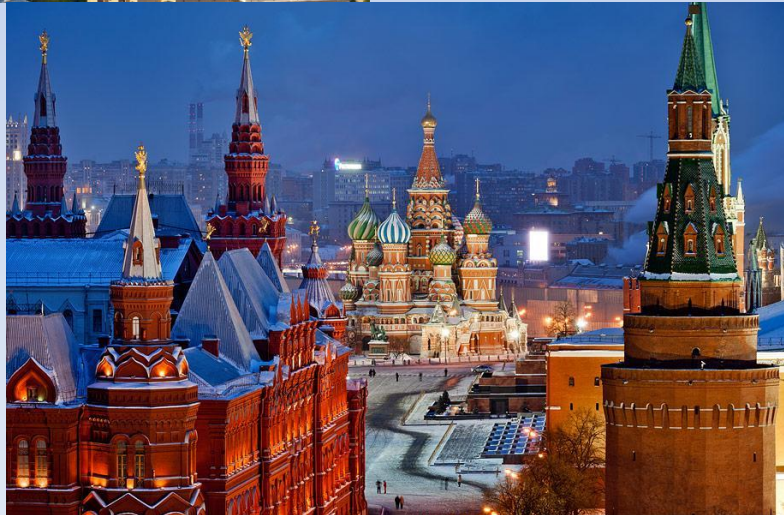
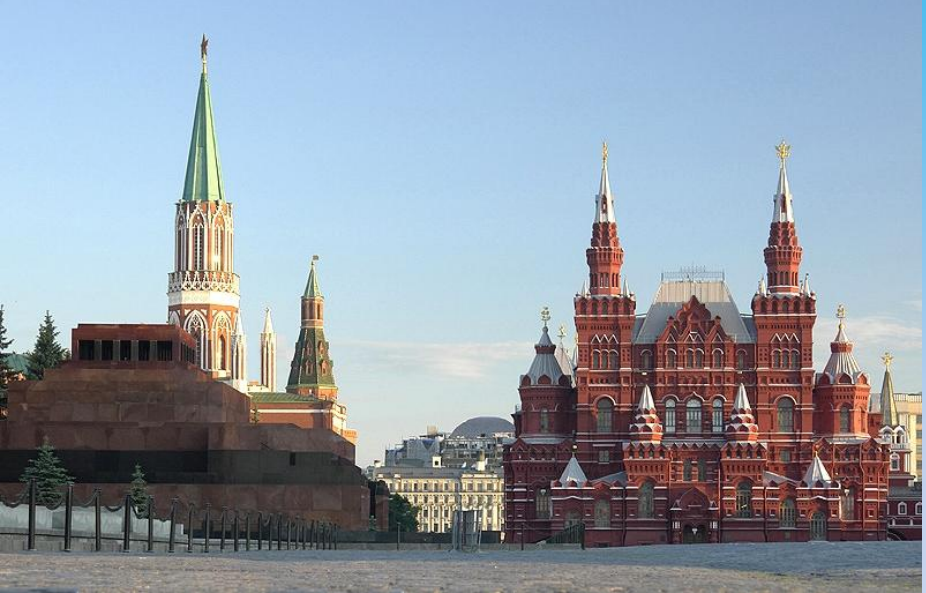


Welcome to Russia!

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Form: 10A

My project is about Russia.

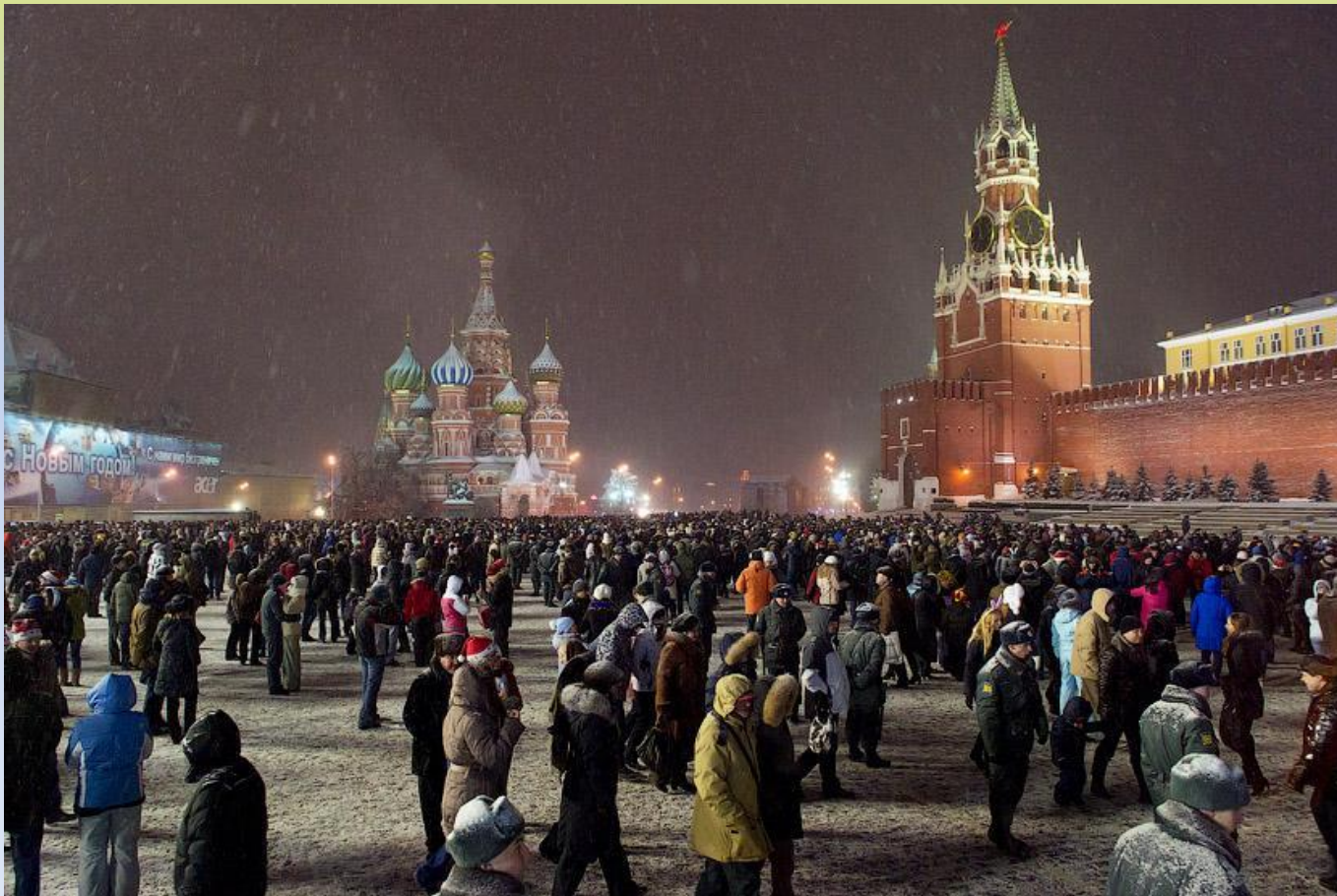
The purposes of my project are: to tell about Russia, to describe geographical peculiarities and peoples lifestyles.



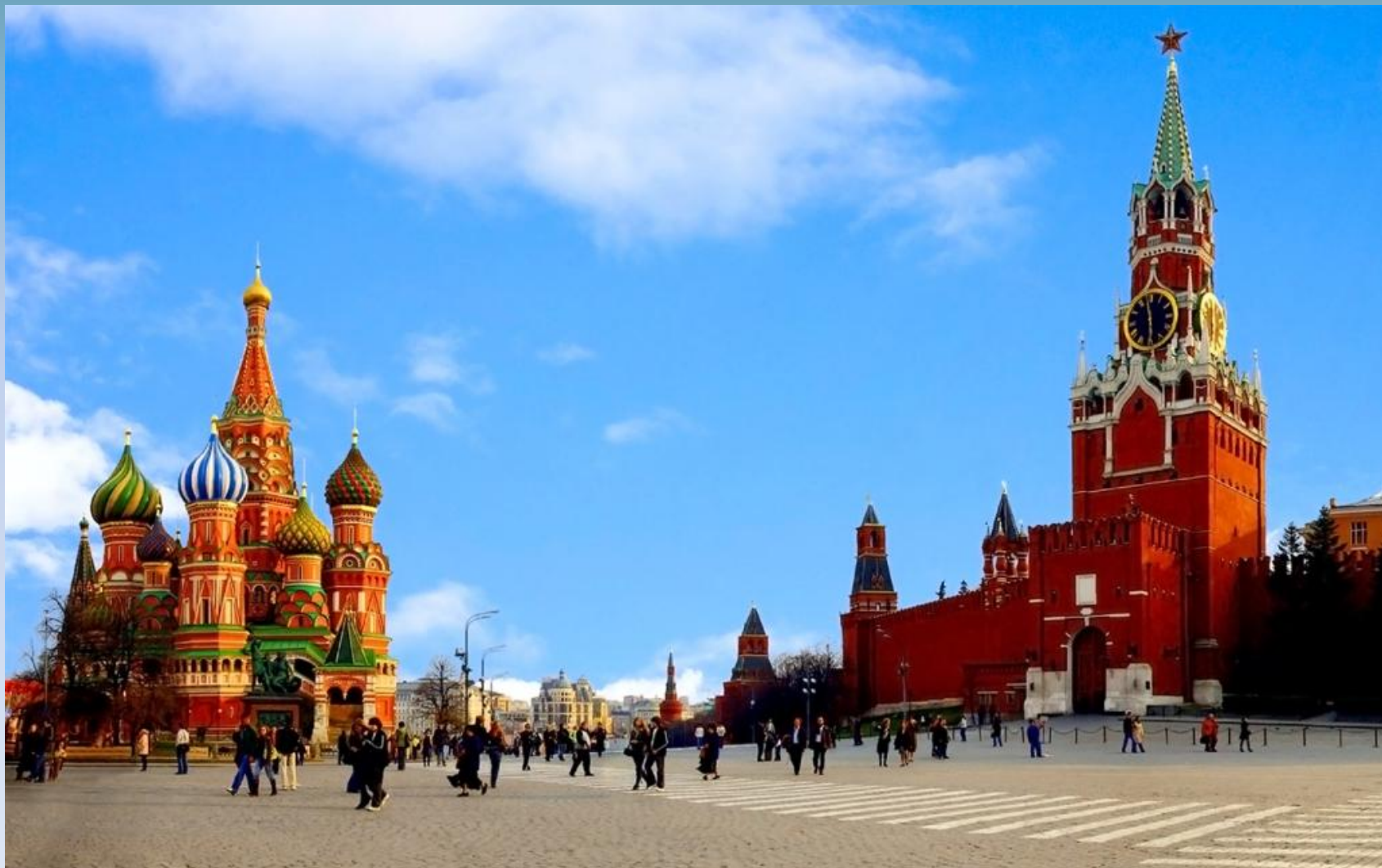
Russia is my country. The Russian Federation, or Russia is the largest country in the world. Its vast territory lies in the eastern part of Europe and the northern part of Asia.



The current population of Russia is about 143 million people. The capital of the Russian Federation is Moscow, with a population of about 11 million people. Its political, economic and cultural centre. Moscow is one of the largest cities in the world. Moscow is one of the oldest and the most interesting cities in the world.



The heart of Moscow is Red Square. And the heart of Red Square is the Kremlin. The first wooden Kremlin was built by Prince Yurii Dolgorykii



WEATHER IN RUSSIA

Everyone knows that there are four seasons in a year: spring, summer, autumn and winter.



When winter comes, we are spend more time at home, because its cold outside. Ponds, lakes, rivers and streams are frozen. The trees are bare, because bitter winds have stripped them of all leaves.



Winter in Russia is very cold , so you can easily get sick. But how to cope with such cold weather conditions?

- Buy warm clothes
- Never forget to wear a hat
- Drink hot tea with lemon every time when you back home
- Eat more fruits , because it gives you vitamins



People`s activities

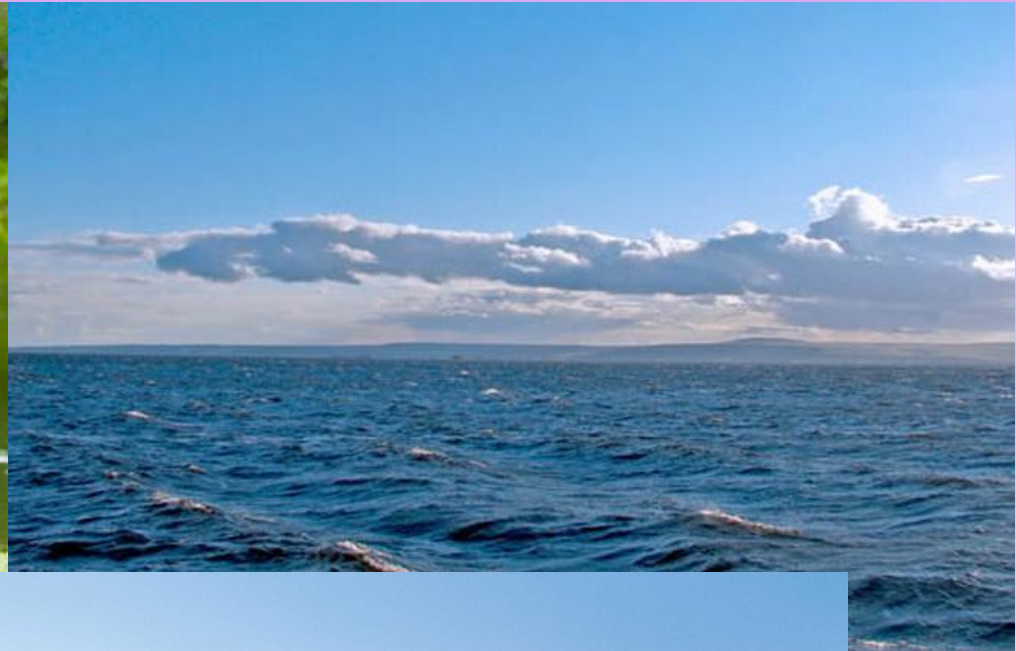
People`s activities depends on physical geography. So in northern regions cattle-breeding is widespread. For example reindeer breeding and dog breeding in Siberia



But in Moscow winter sport is very popular. People go for skiing to the forest. Also there are several sport parks, where you can ride on a snowboard, on ski or on sledge .



In spring nature awakens from her long winter sleep. The weather gets gradually warmer. The fields and meadows are covered with fresh green grass. When summer comes the weather gets warmer and sometimes its very hot. People enjoy bright summer days if they are in the country or at the seaside. They go bathing and swimming, and fishing and boating.



Russian cuisine

To my mind, delicious food is one of the greatest pleasures in Russian life. Traditional foods of Russian cuisine have some common ingredients, such as potatoes, wheat and rye bread, dairy products like butter, cottage cheese, cheese and sour cream; meat (most commonly pork and beef) and grain crops. The most popular traditional Russian dishes are **borsch**, **rassolnik** (meat or fish soup with pickled cucumbers), **okroshka** (cold kvass soup with chopped vegetables and meat), **pancakes**, **meat, fish and vegetable pies**, **variety of porridges**, **pelmeny** and others.



Pancakes is a traditional Russian dish. Pancakes may be served with sweet or savory filling or with butter, sour cream, caviar or fresh fruit.



Pelmeny is a traditional Russian cuisine dish. Pelmeny are especially tasty with sour cream or mayonnaise, and also with ground black pepper and grated cheese, parsley and butter.

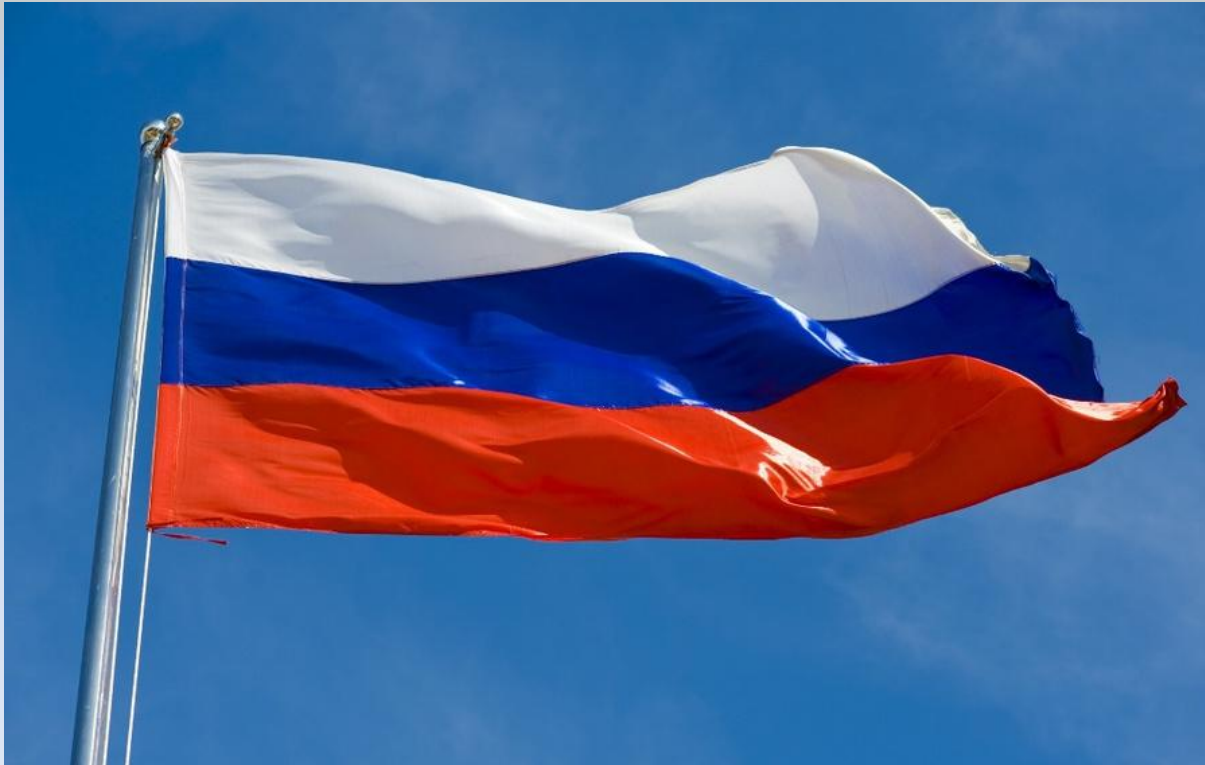


Russian dishes are easy to cook and they do not demand much skill and special ingredients, they do not need exotic equipment and tool and everybody who knows how to hold a cooking knife and how to peel potatoes can cook delicious Russian dishes.



Russian symbols

One Russian symbol is the Russian national flag. This flag has three wide stripes on it. The stripes are white, blue and red. The upper stripe is white, the middle stripe is blue and the red stripe is at the bottom. These colours have always been symbolic in Russia: white – noble and sincere, blue – honest and devoted – devoted to friends, family and to the country. The red colour has always meant love and bravery.



Another symbol of Russia which all Russian people know and love is the birch tree. You can find these trees everywhere. People sing beautiful songs with poetic words about birch trees.



People in Russia

Russian people have always loved their country. People in Russia are sociable, hospitable, cheerful and friendly!



**Russians are believed to be
hospitable, generous and
our country is known as
surprising and interesting!!!**