

- Панченко Лариса Сергеевна – преподаватель иностранного языка
- Методическая тема: «Роль самостоятельной работы на уроках иностранного языка»
 - тема **«Учебно – методическая литература при изучении иностранного языка»**

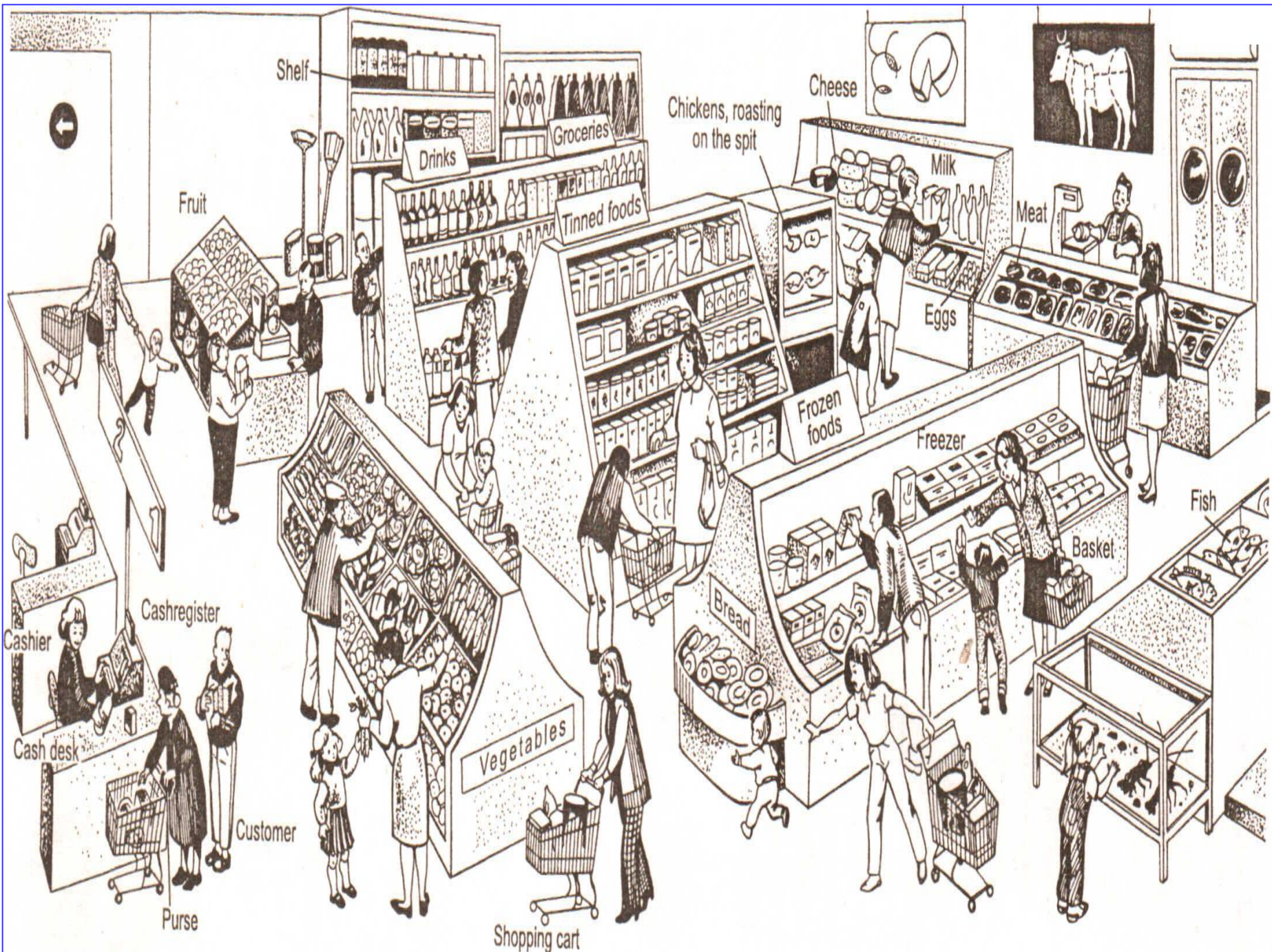
- Изучение английского языка ориентировано на углубление знаний учащихся по конкретным профессиям и предусматривает знакомство с профессиональной лексикой.

SHOPPING (ПОКУПКИ)



At the Supermarket

- There are many kinds of shops catering for needs of the population. You can go shopping to small food stores: the grocery store, liquor store, store of dairy products, butcher's, bakery, greengrocer's, fish monger's, confectionery, candy store. But I prefer to shops in large stores - supermarkets. Supermarkets sell more than just food. Many sell items for the car, household goods, cosmetics and cigarettes. Some even sell books, medicines and flowers. A large modern supermarket has been opened recently not far from my block of flats and *most* often I go shopping there. I *am* its regular customer now. When you come into the supermarket, you have to take a food basket or a shopping cart to put all the products you buy. All the necessary foodstuffs can be bought here: meat, fish, milk, grocery, baked *items*, sweets, cooked sausages, smoked foods, vegetables and fruit.

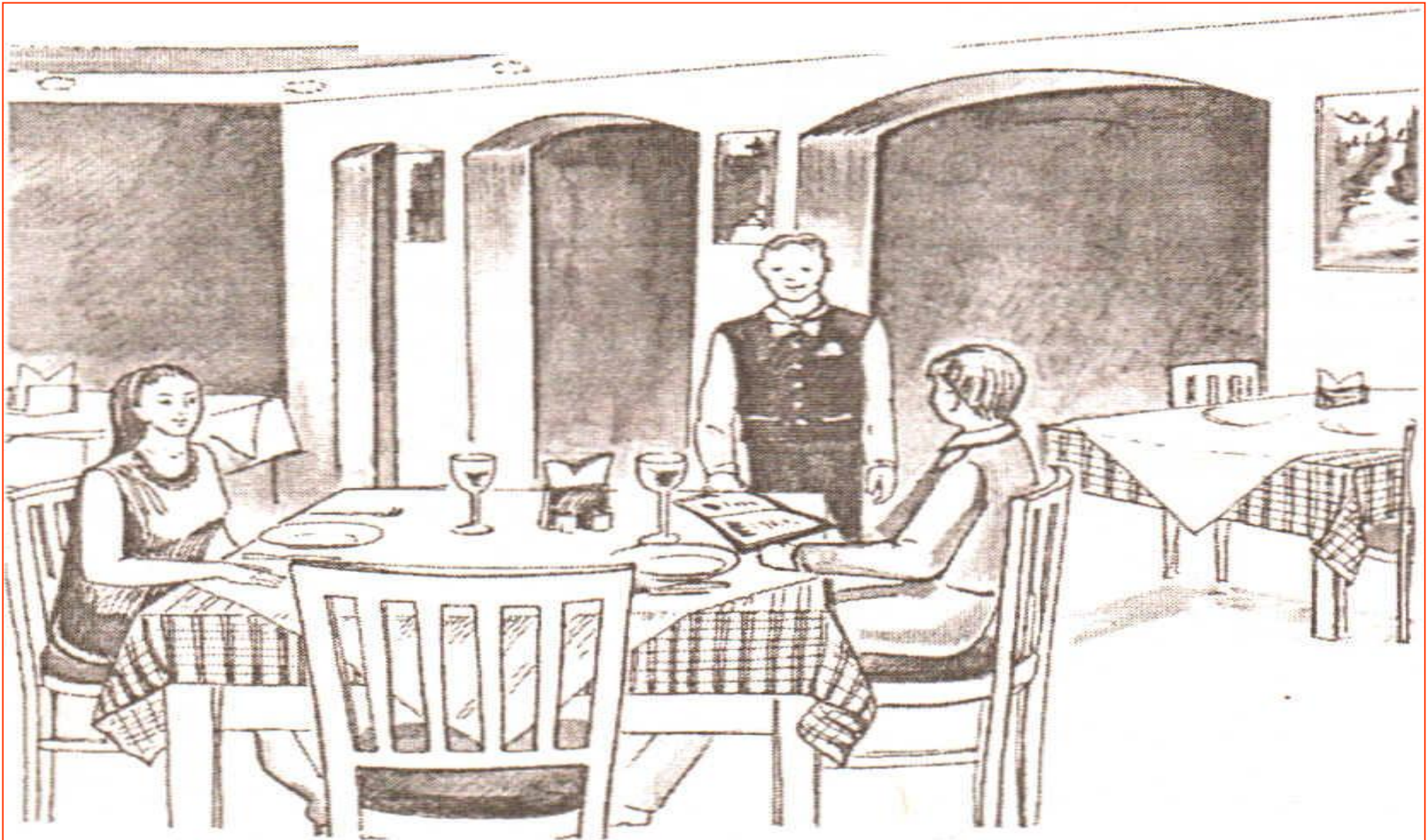


In the meat aisle the customers can buy beef, pork, mutton, veal, poultry and game. There is always a rich choice of fish there: live carp, pike, bream and heat fish.

There is much fresh-frozen fish: perch, cod, plaice and some other like pike-perch and sturgeon. There is herring, kipper and much tinned fish too. In the grocery aisle you can see all kinds of cereals: oatmeal, semolina, rice, buckwheat, millet, pearl barley. You can buy cooking soda, spices, flour, pea, potato flour, salt, oil, macaroni, vermicelli, noodles and some other products. Everything is sold in ready packets. You go to the dairy counter to buy milk products. There is always a wide choice of them: milk in bottles and packets, cream, kefir sour cream, cheese, curds, cottage cheese, cream cheese, many kinds of yogurt, mayonnaise, margarine and butter. Most often eggs are sold in the dairy department too. At the bread counter you take loaves of brown (rye) or white (wheat) bread, rusks, rolls and buns. There is a big choice of items in the confectionery: sugar, granulated sugar, caramel, sweets, chocolates, bars of chocolate, biscuits, pastry, jam puffs, fancy cakes, tarts, fruit cakes, wafers, marmalade and also tea, coffee, cocoa. Next to it is the delicatessen counter (deli) which offers you all kinds of sausages: boiled, half-smoked and smoked, liver paste, ham, lean boiled pork with spices (*buzherina*), tinned beef and pork. The green grocery and fruit aisles look very attracting. Here you can buy fresh, tinned and dried vegetables, fruit and greens. Juicy pears, apples, plums, grapes, oranges, tangerines, bananas, lemons and pineapples are sold in every season. In spring and summer the shop has great variety of berries: strawberries, cherries, raspberries, black and red currants, gooseberries. In autumn and winter - red bilberries and cranberries and all year round you can have fruit and berry jams. After buying all the necessary products, you come up to the cashier's desk to pay the money. Sometimes there are a lot of customers in the shop and you have to get in line, but most often it doesn't take much time. If you are a smart shopper, you compare prices, pick out foodstuffs, always look at the date on the labels of perishable foods, check the change and look for bargains. As the

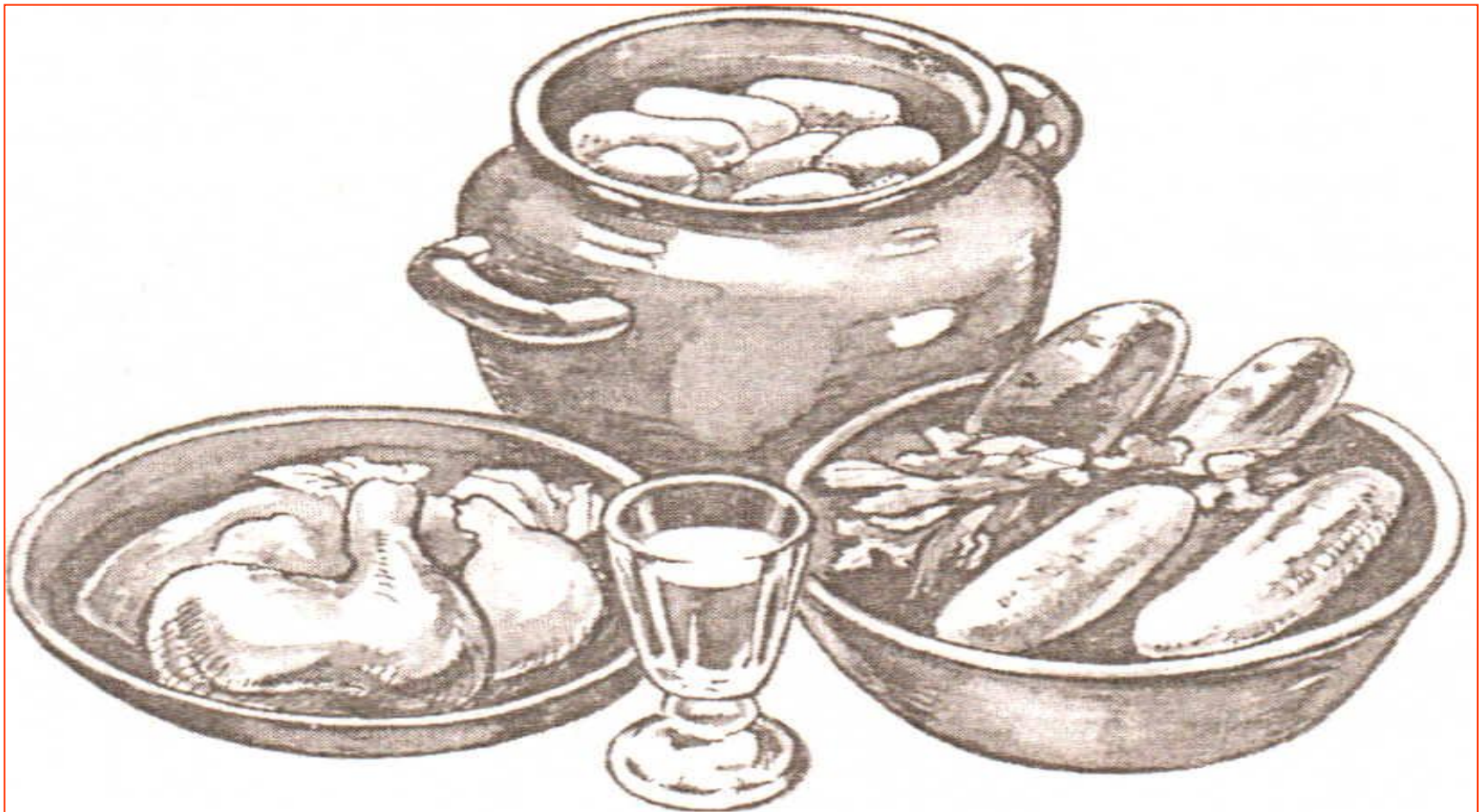
English say, "A penny saved is a penny earned."

AT THE RESTAURANT (B ПЕCТOПAHE)



- If you are in a hurry, you can have a snack in a bar. There are many kinds of bars in Moscow: snack bars, express bars, milk bars, beer bars. Besides, if you are hungry but have too little time for eating, you can take a quick bite in a cafe "Russian Bistro" or "Russian Bliny". But if you seek the gastronomical experience of your life, you should go somewhere else. There are hundreds of restaurants in Moscow to satisfy everyone's taste - from traditional Russian food to the finest of French wines and delicacies of the Far East. The Russian people have always been gourmets. Moscow famous restaurants were reborn in our time. One can again visit "Yar" or "Metropol". Many new restaurants keep the old traditions of the Russian cuisine and hospitality. Each restaurant has its specialties of the house. In European, American and oriental restaurants of Moscow you can order international dishes although each restaurant as a rule specializes in one of the national cuisines. The French cuisine has had the leading role in Moscow homes and restaurants since Peter the Great's times. In today's Moscow you can find a classical choice of French dishes at the art restaurant "Nostalgie". The restaurant has a vast wine list and a sommelier to help you make the right choice. Italian cuisine in Moscow is one of the most popular. Speaking about Italian cuisine, it is impossible not to mention the beloved pasta and the internationally popular pizza. Best Moscow restaurants, "Pizza Express" for example, offer you a great choice of pasta with different sauces as well as many pizzas - *Neapolitana*, *4 Seasons*, *Margarita*, which became Muscovites' favourites. North America cuisine is also very popular in Moscow. The main food for modern Americans and Canadians is vegetables and fruit salads. Steak-house restaurants are proud of meat dishes. The leading dish here is American steak. If you are interested in the culinary arts of Indochina, you have to visit popular Chinese, Japanese or Korean restaurants. The people of Indochina eat practically every kind of food, but in the culinary art they don't use European dairy products. They almost never use salt but they use soya sauce, rice wine, sesame oil and starch diluted in water as dressings. It is impossible to describe all the variety of delicious dishes of different countries. Our advice is to visit these restaurants and taste everything yourself.

RUSSIAN CUISINE (РУССКАЯ КУХНЯ)

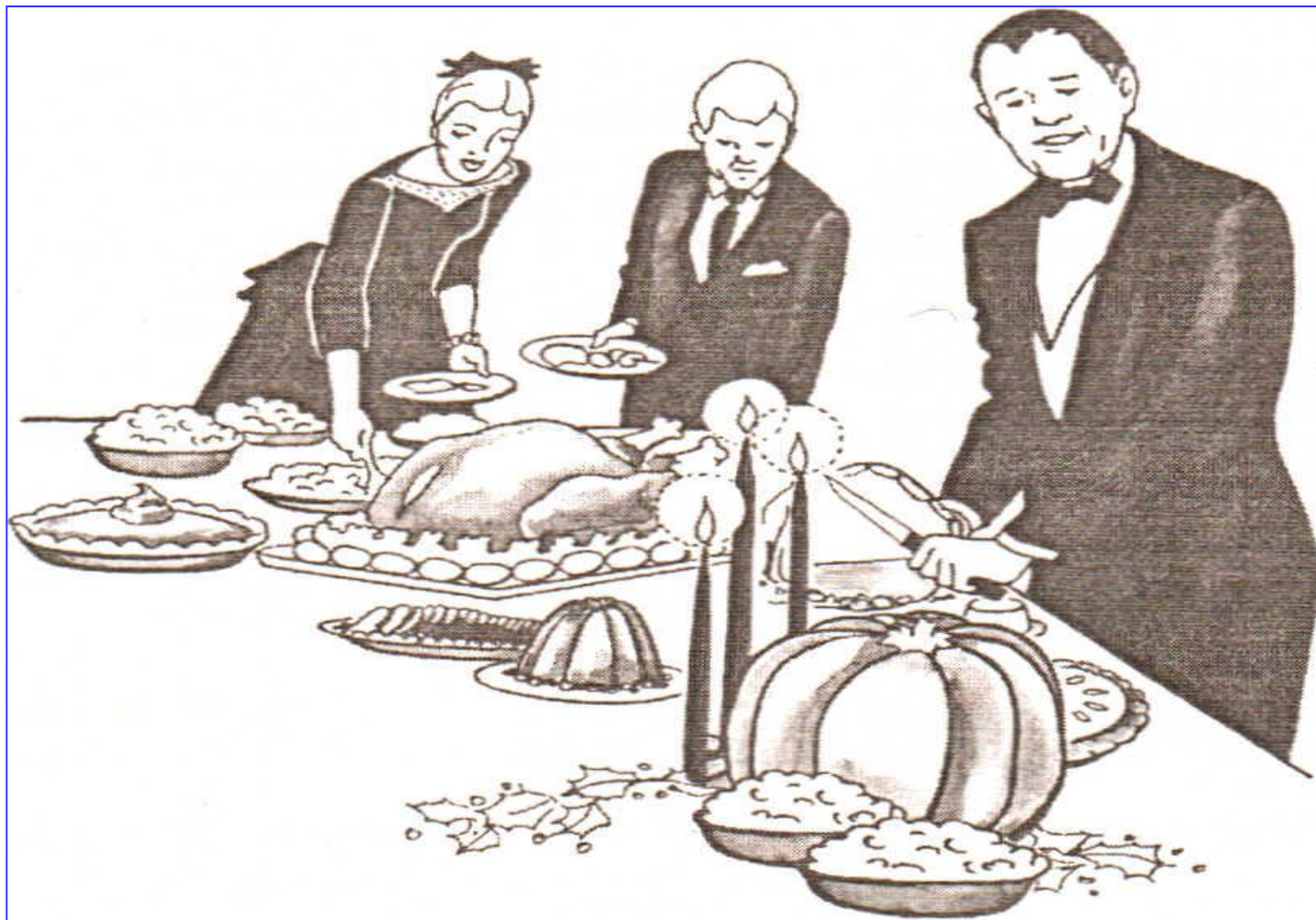


Russian Cuisine

- Russian cuisine is rich and varied. There is a big choice of appetize soups, hot and dessert dishes .. Soup *makes* an important part of a Russian *meal*. The traditional Russian soups are *shchee* (fresh cabbage *meat shchee*, sauerkraut *shchee*, *shchee Petrovsskie* cooked from pike-perch and fresh cabbage), *borshch*, *rassolnik* (kidney and salted *cucumber* soup), *meat* and fish *solyanka*, *ukha*, mushroom soup and soup season - *okroshka* and cold beetroot soup. No two recipes are the same for *borshch* and *shchee*. Many ways of cutting and cooking meat *came from* France, that is why they have French terms: *antrekot*, *eskalop*, *file*. Roast suckling pig is a classic festive dish on the Russian table. The traditional method was to roast the pig on a baking tray in the oven. it was cooked with the head left on, basted frequently with oil or butter and served with buckwheat and sometimes with a hot sauce. Alexander Grigoryevich Stroganoff gave his name at the end of the 19th century to a dish-beef Stroganoff . Stroganoff lived in Odessa and had a very good cook who was either french.

- Pelmeni* is another specialty of Russian cookery, which has its history. Under the Mongol yoke *pelmeni* became established in Siberia and the Urals and gradually spread on all the territory of Russia. Nowadays there is a great number of recipes and varieties of them. Traditional mixture of beef, pork and elk is used to make minced meat. It is interesting that the whole ceremony of making *pelmeni* exists in the villages of Siberia. There is a local tradition there that the families gather at the table once or twice a month in winter and spend the whole afternoon to make a vast batch of *pelmeni*. The women make the dough and chop the meat, the men do the folding. The traditional form is ear-shaped, but they come in all shapes from square to triangles. Then the *pelmeni* are deep frozen and kept in sacks, bags or buckets in cold pantries. Russian cooking makes greater and more varied use of mushrooms than any other cuisine in the world. They are eaten raw, dressed with herbs, cooked into soups and pies, baked with cream. A popular winter delicacy is pickled or salted mushrooms, which are eaten as hors d'oeuvres. The great Russian fish are fresh water fish, headed by the celebrated *sterlet* from the river Volga. They include several varieties of sturgeon and over a dozen different salmon. Of the extensive salmon family *forel* (trout) - *sig* - is still known to some people as "the Tsar's fish". They are served hot and cold, smoked, in aspic or stuffed, fried, marinated and like. And, of course, soft, pressed and red caviar is the hit of every festive table. The English word "porridge" is no good for translating *kasha*, which covers almost all ways of cooking all grains in water, milk, stock and cream. There is a large variety of consistencies from dry (like rice) to a thick puree. The simplest and traditional way to serve Russian *kasha* is plenty of good butter. As the saying goes: "You can't spoil *kasha* with butter". - There is a large variety of poultry and game dishes in Russian cuisine: roast chicken, roast duck and goose stuffed with apples and sauerkraut, roast partridge, hazel grouse, woodcock, black cock, pheasant and quail. They are juicy and tender dishes. A large variety of milk products are used in Russian cooking: a sort of dry, granulated cream cheese called *tvorog*, thick sour cream called *smetana* and several types of sour-milk products of the yogurt type. *Smetana* can be used with almost anything: we can dress soups, meat dishes, strawberries and apples sliced up with it. It is also used on pancakes and drunk by the glassful with or without sugar. *Smetana* is also an almost universal flavouring sauce. *Smetana* is made from cream and contains 2,5 % of protein, 20-40 % of fat, lactic acid. *Kefir* is a dietary beverage made from cow's milk, yeast and lactic acid bacteria. *Ryazhenka* is a sour milk product made from baked milk.

SERVICE (ОБСЛУЖИВАНИЕ)



Menu Planning

- The *menu* is a listing of the items the food service establishment has for sale. The menu is an important component of food service operations. Without a menu the customers will not know what their choice is for dishes to order. The menu creates an image of the establishment. It should be in harmony with the type of the food service establishment. For example, fast-food or quick-service restaurants offer a limited number of menu items but they sell these items in large quantities. Their customers are served at a sales counter, that is why separate menus are not needed. Customers are familiar with the standardized menu and do not need its description. Fastfood restaurants simply post names and prices of their products near the sales counters. On the other hand, a big restaurant would have an altogether different menu. First, the number of menu items would be much greater. The traditional table-service restaurant might have a menu as large as a book with detailed descriptions of its wide range of dishes.

MY PROFESSION IS A COOK (МОЯ ПРОФЕССИЯ - ПОВАР)



My Profession Is a Cook

- 1 study at the Cooking Department of the Moscow College of Technologies and Design, so I will be a cooking and catering professional: a cook or a technologist. Every school year we do practice work for 2-3 *months*. This year our group has done their practice at the Golden Palace restaurant. This is a large restaurant, which is open 24 hours a day since it is the restaurant by the casino with the same name. There are three departments within the *main shop* there - a cold shop, a hot shop and a pastry-cook's shop. Salads, snacks, sandwiches, cuts of cold meat and fish and desserts are made in the cold shop. Soups, hot meat and fish dishes and sauces are prepared in the hot shop. In the pastry-cook's shop they make tarts, patties, fancy cakes, etc. The kitchen staff begin their work at 7 o'clock. We, student cooks had to come to the restaurant at 10 o'clock. Each of us was told to go to one of the shops. There we got a programme for the working day.

HEALTHY FOOD (ЗДОРОВОЕ ПИТАНИЕ)



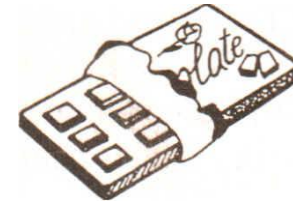
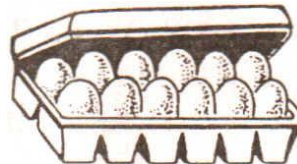
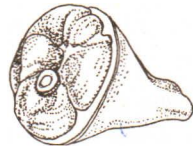
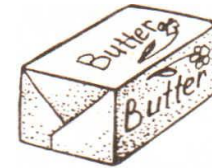
Eating for Good Health

- More and more people today are choosing to take greater responsibility for their own health. We now recognize that we can influence our health by making an improvement in lifestyle - a better diet, more exercise and reduced stress. Your health and general wellbeing is very much determined by what you eat and how even a minor change in your diet can help to strengthen your resistance to many illnesses. It seems *almost* absurd to state that you need food to live. The body has a built-in alarm signal - hunger - to tell you when your supply of food, the "fuel for the body", is low. That's why you are never in serious danger of forgetting to eat. This alarm signal is also choosy and at times asks for specific supplies, for example, sweet things when your body sugar is low or water when you are thirsty. What many people fail to recognize is that their bodies have more than just one signal. Tiredness, aches and pains, stress, even chronic disease - all these can be indications of a diet that is lacking nutrition.

Тест 1

Подберите подписи к рисункам из словосочетаний, данных в рамке:
a bar of, a bottle of, a tin of, a packet of, a loaf of, a joint of, a dozen of, a jar of, half a pound

of, a tube of, a box of



Menu Card

Starters- Herring with onion.

Assorted fish/ Assorted meat/

Salads- Cucumber/ Crab/ salad fish

Side dishes- Fried potatoes

Mashed potatoes/ Boiled rice /Stewed vegetables and tomato salad

Soups- mushroom soup/ Onion soup/ Pea soup/beef tea and patties

Main courses- Lamb chop/Roast beef /Boiled sturgeon/fried salmon

Specialties- Roast duck and apples/ Baked carp with mushrooms

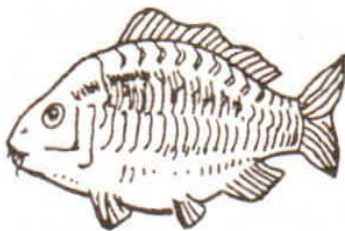
Beverages- Mineral water/ Coca-Cola

Тест 2

Подберите к каждому слову рисунок и укажите его номер:

- sausage
- carp
- sweets
- pike
- soup
- herring

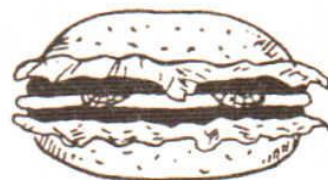
- pepper
- eel
- hamburger
- radish
- cauliflower



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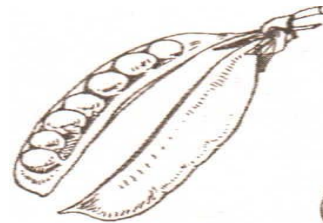
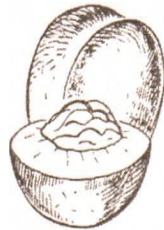
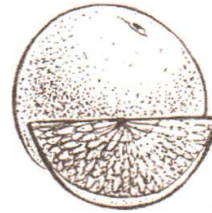
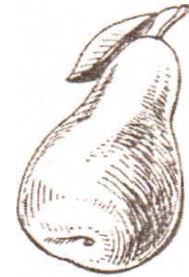
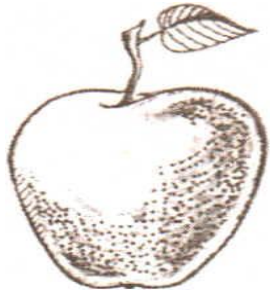
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Тест1.

Подберите к каждому слову рисунок и укажите его номер:

- Pear
- Cherry
- Cabbage
- Orange
- Plums
- Pineapple

- Peas
- Peach
- Potatoes
- Onion
- Apple
- Cucumber



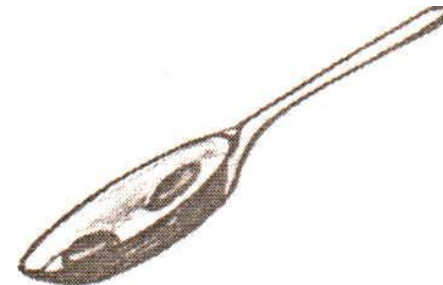
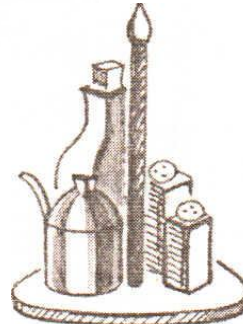
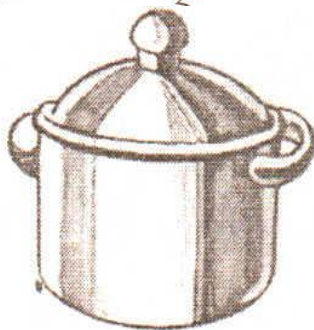
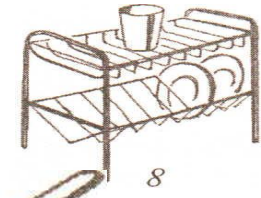
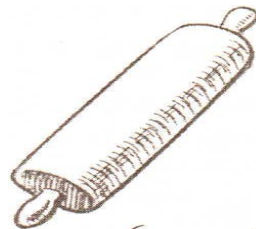
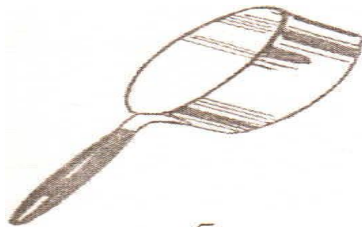
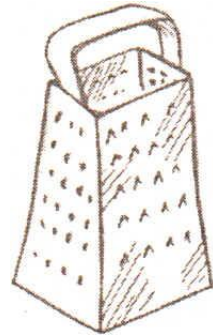
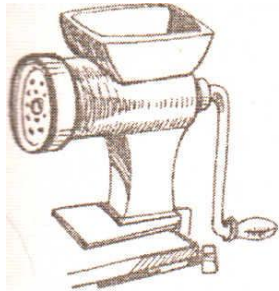
Тест 3. Переведите данные глаголы, составьте предложения.

pouring
peeling
sprinkling
boiling
dipping
chopping
grating
spreading
grilling
mincing
dicing
slicing

roasting
frying
draining
barbecueing

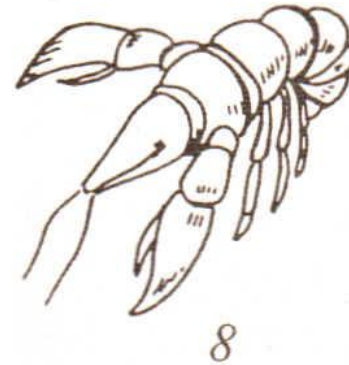
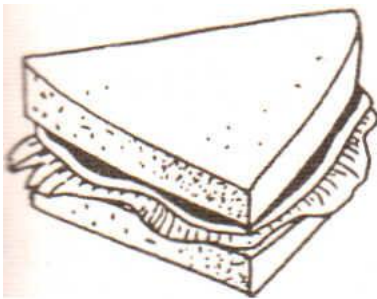
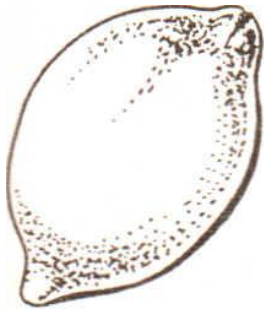
Тест 4.

Подберите к каждому рисунку слово.



Тест 5.

Подберите к каждому рисунку слово.



Тест6.

Переведите на английский язык слова и составьте 10 предложений.

cheese

fish

spagetti

sausages

ice-cream

vegetables

wine

bananas

a cup of tea

bread

lemon

toasts