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ЕДА = FOOD

Методические указания
к практическим занятиям по дисциплине
«Практический курс английского языка»
для студентов 2 курса
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Еда = Food: методические указания к практическим занятиям по дисциплине «Практический курс английского языка» для студентов 2 курса направления 6.020303 «Филология» специальности 7.030507 «Перевод» дневной формы обучения / Сост. В.Н. Иванова, Е.Н.Трошихина. – Севастополь: Изд-во СевНТУ, 2012 г. – 44 с.

Цель методических указаний – развитие и совершенствование навыков чтения и понимания литературы на английском языке, передачи текста; ведение беседы на английском языке в пределах рассматриваемых тем.

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TEXT 1

Read the text, paying attention to the new vocabulary

FOOD IN AMERICA

Food is much more than a mere means of subsistence. It is filled with cultural, psychological, emotional, and even religious significance. It defines shared identities and embodies religious and group traditions. In Europe in the 17th and 18th centuries, food served as a class marker. A distinctive court tradition of **haute** cuisine and elaborate table manners arose, distinguishing the social elite from the **hoi polloi**. During the 19th centuries, food became a defining symbol of national identity. It is a remarkable fact that many dishes that we associate with particular countries- such as the tomato-based Italian spaghetti sauce or the American hamburger--are 19th or even 20th century inventions.

The European discovery of the New World represented a momentous turning point in the history of food. Foods previously unknown in Europe and Africa, such as tomatoes, potatoes, corn, yams, **cassava**, **manioc**, and a vast variety of beans migrated eastward, while other sources of food, unknown in the Americas--including pigs, sheep, and cattle--moved westward. Sugar, coffee, and chocolate grown in the New World became the basis for the world's first truly multinational consumer-oriented industries.

Until the late 19th century, the history of food in America was a story of fairly distinct regional traditions that **stemmed** largely from England. The country's earliest English, Scottish, and Irish Protestant migrants tended to cling strongly to older food traditions.

Before the Civil War, there were two major food traditions in the United States, each with English roots. These included a New England tradition that associated plain cooking with religious **piety**. Hostile toward fancy or highly seasoned foods, which they regarded as a form of sensual indulgence, New Englanders adopted an **austere diet** stressing boiled and baked meats, boiled vegetables, and baked breads and pies.

A Southern tradition, with its high seasonings and emphasis on frying and **simmering**, was an **amalgam** of African, English, French, Spanish, and Indian food ways.

One unique feature of the American diet from an early period was the abundance of meat and distilled liquor. Abundant and fertile lands allowed settlers to raise corn and feed it to **livestock** as **fodder**, and convert much of the rest into whiskey. By the early nineteenth century, adult men were drinking more than 7 **gallons** of pure alcohol a year.

One of the first major forces for dietary change came from German immigrants, whose distinctive emphasis on beer, marinated meats, sour flavors, **wursts**, and pastries was gradually assimilated into the mainstream American diet in the form of barbeque, **cole slaw**, hot dogs, **donuts**, and hamburger.

An even greater engine of change came from industrialization. Beginning in the late nineteenth century, food began to be mass produced, mass marketed, and standardized. Factories processed, preserved, canned, and packaged a wide variety of foods. Processed cereals, which were originally promoted as one of the first health foods, quickly became a defining feature of the American breakfast. During the 1920s, a new industrial technique--freezing--emerged, as did some of the earliest cafeterias and chains of lunch counters and fast food establishments.

During the early twentieth century, food became a major cultural battleground. The influx of large numbers of immigrants from Southern and Eastern Europe Progressive Era brought new foods to the United States. Settlement house workers, and food **nutritionists**, and domestic scientists tried to "Americanize" immigrant diets and teach immigrant wives and mothers "American" ways of cooking and shopping. Meanwhile, **muckraking** journalists and reformers raised questions about the health, purity, and wholesomeness of food, leading to the passage of the first federal laws banning unsafe food additives and **mandating** meat inspection.

Since World War II, and especially since the 1970s, shifts in eating patterns have greatly accelerated. World War II played a key role in making the American diet more cosmopolitan. Overseas service introduced soldiers to a variety of foreign

cuisines, while population movements at home exposed to a wider variety of American foodways. The post-war expansion of international trade also made American diets more diverse, making fresh fruits and vegetables available year round.

Today, food tends to play a less distinctive role in defining ethnic or religious identity. Americans, regardless of religion or region, eat bagels, curry, egg rolls, and salsa--and a Thanksgiving turkey. Still, food has become--as it was for European aristocrats--a class marker. For the wealthier segments of the population, dining often involves fine wines and artistically prepared foods made up of expensive ingredients. Less likely to eat German or even French cuisine, wealthier Americans have become more likely to dine on foods influenced by Asian or Latin American cooking.

Food also has assumed a heightened political significance. The decision to adopt a vegetarian diet or to eat only natural foods has become a conscious way to express resistance to corporate foods.

haute – высокая кухня, кулинария как искусство

hoi polloi – массы, простонародье

cassava – маниок

manioc – маниока, тапиока

stem – произойти, пойти от

piety – набожность, благочестие

austere diet – строгая диета

simmering – медленное кипение

amalgam – смесь

livestock – домашний скот

fodder – фураж, корм

gallon – 4.54 л(англ.), 3.78 л(амер.)

wurst – большая сосиска, колбаса

cole slaw – капустный салат

donut – американский пончик

nutritionist – диетолог

muckrake – публично разоблачать злоупотребления должностных лиц

mandate – установить мандат

I. Answer the questions:

1. With what significance is the food filled with?
2. What represented a turning point in the history of food?
3. What foods were unknown in Europe and Africa?
4. What were two main food traditions in US?
5. What was the main feature of the American diet from an early period?
6. What was the greatest engine for dietary change?
7. Who brought the new foods to the US?
8. What is the role of food nowadays?
9. What is the food political significance about?
10. How do you think, is American food an interesting topic for discussion? Why?

II. Translate the sentences:

1. A distinctive court tradition of haute cuisine and elaborate table manners arose, distinguishing the social elite from the hoi polloi.
2. The European discovery of the New World represented a momentous turning point in the history of food.
3. Until the late 19th century, the history of food in America was a story of fairly distinct regional traditions that stemmed largely from England.
4. New Englanders adopted an austere diet stressing boiled and baked meats, boiled vegetables, and baked breads and pies.
5. Abundant and fertile lands allowed settlers to raise corn and feed it to livestock as fodder, and convert much of the rest into whiskey.
6. Settlement house workers, and food nutritionists, and domestic scientists tried to "Americanize" immigrant diets and teach immigrant wives and mothers "American" ways of cooking and shopping.
7. The decision to adopt a vegetarian diet or to eat only natural foods has become a conscious way to express resistance to corporate foods.

III. Read and translate words and word combinations:

religious significance, class marker, hoi polloi, represented a momentous turning point, world's first truly multinational consumer, stemmed from England, religious piety, austere diet stressing boiled and baked meats, emphasis on frying and simmering, feed to livestock as fodder, cafeterias and chains of lunch counters, muckraking journalists, defining ethnic or religious identity, conscious way to express resistance to corporate foods.

TEXT 2

Read the text, paying attention to the new vocabulary

THERE IS NO 'AMERICAN CUISINE'?

“There is no ‘American cuisine’?” inquired Nero Wolfe. “Have you eaten Maryland **terrapiin stewed** with butter and chicken broth and **Bourbon**?”

The late 17th and early 18th century produced the modern intellectual concepts we call the **Enlightenment**, notably in political theory, mathematics, science and theology.

The colonies were also a first in the culture of food. Unlike societies where cuisine was primarily a product of native **horticulture** and **husbandry** (cassava, yams and goat in sub-Saharan Africa; oats, **barley** and mutton in Scotland; **legumes**, corn and dog in Central America), the colonies imported grains and beans, fruit trees and berries, sugar cane and beets, honeybees, chickens and dairy and meat animals.

These they supplemented with local foods like chestnuts, corn, game and eels, and ultimately Latin America's **cornucopia** (potatoes, tomatoes, sweet potatoes, peppers). By the turn of the 19th century — a generation before Darwin — farmers were genetically modifying on a large scale, selectively breeding plants and animals to flourish in the Ohio Valley, a **verdant** watershed encompassing 14 states, with the richest soil yet known to agriculture. Thus, the nation became a flourishing source of agricultural wealth long before industrial raw materials such as cotton, coal and iron were viable exports.

The fact that there was no single state, but a group of independent royal English charters, allowed diversity in diet from the start. A mid-day dinner in rural Pennsylvania would be very different from that on a Carolina plantation, or from street food in **The Bowery**.

To the initial presence of British, Dutch, French and Spanish food, successive waves of immigration added culinary influences from Germany, Ireland, Scandinavia and Italy. Meanwhile, the underground but pervasive influence of slavery played its role in the South. Following the **annexation** of Texas, Mexican border states developed their own regional cuisine. Jews brought Baltic and Slavic influences to the urban Northeast, and **coolie laborers** in California added Chinese. By the early years of the 20th century, the United States was repository to a staggering legacy of foods.

But that legacy was not a literal one. The differences that evolved over time and distance were substantial. There were also critical differences in ingredients, preparation, and indeed, differences of life and culture. There is no such thing as “**chop suey**” in China, “chili” in Mexico or “french fries” in France, and a Chicago-style deep-dish pizza would be considered an embarrassment in Naples. American food forged a unique path, ignoring the entreaties and scoffs of purists, collecting — like a magpie — shiny bits of metal and pieces of string, seemingly random things. But in the end, it is not random. It is a kind of genius. It is its own thing.

terrapiñ – черепаший мясо

stew – тушить

Bourbon– Бурбон, сорт виски

Enlightenment – Просвещение (философское течение)

Horticulture – садоводство, огородничество

Husbandry – земледелие

Barley – ячмень

Legumes – бобы, стручковые растения

Cornucopia – рог изобилия

Verdant – зеленеющий, зеленый

The Bowery – улица бедняков и бродяг в Нью Йорке

Annexation – присоединение

coolie laborers – чернорабочие (Индия, Китай)

chop suey – Чоп-суи (китайское блюдо из мяса и овощей)

I. Answer the questions:

1. When did the Enlightenment appear?
2. What products did the colonies import?
3. What products represented native horticulture and husbandry?
4. What does “cornucopia” mean?
5. What were the new culinary influences?
6. Who brought Baltic and Slavic influences to the urban Northeast?
7. Who are coolie laborers?
8. What were the critical differences in?

II. Translate the sentences:

1. “Have you eaten Maryland terrapin stewed with butter and chicken broth and Bourbon?”
2. The late 17th and early 18th century produced the modern intellectual concepts we call the Enlightenment, notably in political theory, mathematics, science and theology.
3. These they supplemented with local foods like chestnuts, corn, game and eels, and ultimately Latin America’s cornucopia (potatoes, tomatoes, sweet potatoes, peppers, peanuts).
4. Thus, the nation became a flourishing source of agricultural wealth long before industrial raw materials such as cotton, coal and iron were viable exports.
5. A mid-day dinner in rural Pennsylvania would be very different from that on a Carolina plantation, or from street food in The Bowery.
6. By the early years of the 20th century, the United States was repository to a staggering legacy of foods.
7. There were also critical differences in ingredients, preparation, and indeed, differences of life and culture.

8. American food forged a unique path, ignoring the entreaties and scoffs of purists, collecting — like a magpie — shiny bits of metal and pieces of string, seemingly random things.

III. Read and translate words and word combinations:

American cuisine, terrapin stewed with butter and chicken broth and Bourbon, native horticulture and husbandry, chickens and dairy and meat animals, Latin America's cornucopia, selectively breeding plants and animals, flourishing source of agricultural wealth, pervasive influence of slavery, annexation of Texas, critical differences, forged a unique path, it is not random, kind of genius.

TEXT 3

Read the text, paying attention to the new vocabulary

AMERICAN CHINESE CUISINE

American Chinese cuisine refers to the style of food served by many Chinese restaurants in the United States. This type of cooking typically caters to Western tastes, and differs significantly from the cuisine of China.

In the nineteenth century, Chinese **restaurateurs** developed American Chinese cuisine when they modified their food to suit a more Western palate. First catering to railroad workers, restaurants were established in towns where Chinese food was completely unknown. These restaurant workers adapted to using local ingredients and catered to their customers' tastes. Dishes on the menu were often given numbers, and often a roll and butter was offered on the side.

In the process, chefs invented dishes such as General Tso's Chicken. As a result, they developed a style of Chinese food not found in China. Restaurants (along with Chinese laundries) provided an ethnic niche for small businesses at a time when Chinese were excluded from most jobs in the wage economy by racial discrimination or lack of language fluency.

American Chinese food typically treats vegetables as **garnish** while cuisines of China emphasize vegetables. This can be seen in the use of carrots and tomatoes.

Native Chinese cuisine makes frequent use of Asian leafy vegetables like **bok choy** and **kai-lan** and puts a greater emphasis on fresh meat and seafood. As a result, American Chinese food is usually less **pungent** than authentic cuisine. American Chinese food tends to be cooked very quickly with a great deal of oil and salt. Many dishes are quickly and easily prepared, and require inexpensive ingredients. Stir-frying, pan-frying, and deep-frying tend to be the most common cooking techniques which are all easily done using a **wok**. The food also has a reputation for high levels of **MSG** to enhance the flavor. The symptoms of a so-called Chinese restaurant syndrome or "Chinese food syndrome" have been attributed to a glutamate sensitivity, but carefully controlled scientific studies have not demonstrated such negative effects of glutamate. Market forces and customer demand have encouraged many restaurants to offer "MSG Free" or "No MSG" menus.



American Chinese cuisine often uses ingredients not native and very rarely used in China. Among Chinese speakers, however, it is typically understood that one is referring to the leafy vegetable unless otherwise specified. This is also the case with the words for carrot (*lo bac*) or (*hung lo bac* *hung* meaning red) and onion (*chung*). *Lo bac*, in Cantonese, refers to the **daikon**, a large, blandly flavored white radish. The

orange western carrot is known in some areas of China as "foreign Daikon" (or more properly *hung lo bac* in Cantonese, *hung* meaning "red"). When the word for onion, *chung*, is used, it is understood that one is referring to "green onions" (otherwise known to Westerners as *scallions* or *spring onions*). The many-layered onion common to American citizens is called *yeung chung*. This translates as "western onion". These names make it evident that the American broccoli, carrot, and onion are not indigenous to China and therefore are less common in the cuisines of China. Since tomatoes are New World plants, they are also fairly new to China and Chinese cuisine. Tomato-based sauces can be found in some American Chinese dishes such as the "beef and tomato". Hence, if a dish contains significant amounts of any of these ingredients, it has most likely been Westernized. Even more divergent are American stir-fry dishes inspired by Chinese food, that may contain brown rice instead of white, with grated cheese; milk products are almost always absent from traditional Chinese food.

Most American Chinese establishments cater to non-Chinese customers with menus written in English or containing pictures. If separate Chinese-language menus are available, they typically feature delicacies like liver, chicken feet or other exotic meat dishes that might deter Western customers. In New York's Chinatown, the restaurants were known for having a "phantom" menu with food preferred by ethnic Chinese, but believed to be disliked by non-Chinese Americans.

Restaurateur – владелец ресторана

garnish – гарнир

bok choy – китайская капуста

kai-lan – китайская брокколи

pungent – острый

wok – котелок с выпуклым днищем

MSG – глутамат натрия(пищевая добавка)

daikon – дайкон, японская редька

I. Answer the questions:

1. Is American Chinese cuisine the same as the one in China?

2. Where first Chises caterings established in the towns where the Chinese food was known?
3. What was being offered on the side?
4. How did it happen that Chinese people started to open Chinese laundries and restaurants?
5. What does American Chinese food typically treat?
6. Does it take long to cook Chinese dishes?
7. What are the most common cooking techniques?
8. What does "Chinese food syndrome" mean?
9. How are carrots and onions in American Chinese cuisine called?
10. Why in New York's Chinatown the restaurants were known for having a "phantom" menu?

II. Translate the sentences:

1. This type of cooking typically caters to Western tastes, and differs significantly from the cuisine of China.
2. Restaurants (along with Chinese laundries) provided an ethnic niche for small businesses at a time when Chinese were excluded from most jobs in the wage economy by racial discrimination or lack of language fluency.
3. Native Chinese cuisine makes frequent use of Asian leafy vegetables like bok choy and kai-lan and puts a greater emphasis on fresh meat and seafood.
4. The food also has a reputation for high levels of MSG to enhance the flavor.
5. Market forces and customer demand have encouraged many restaurants to offer "MSG Free" or "No MSG" menus.
6. Among Chinese speakers, however, it is typically understood that one is referring to the leafy vegetable unless otherwise specified.
7. Even more divergent are American stir-fry dishes inspired by Chinese food, that may contain brown rice instead of white, with grated cheese; milk products are almost always absent from traditional Chinese food.

8. If separate Chinese-language menus are available, they typically feature delicacies like liver, chicken feet or other exotic meat dishes that might deter Western customers.

III. Read and translate words and word combinations:

Customers' tastes, on the side, provided an ethnic niche for small businesses, racial discrimination, vegetables as garnish, leafy vegetables, with a great deal of oil and salt, using a wok, to enhance the flavor, many-layered onion, non-Chinese customers, delicacies like liver, chicken feet or other exotic meat dishes, "phantom" menu, believed to be disliked by non-Chinese Americans.

TEXT 4

Read the text, paying attention to the new vocabulary

SPANISH CUISINE

Spanish cuisine consists of a variety of dishes, which stem from differences in geography, culture and climate. It is heavily influenced by seafood available from the waters that surround the country, and reflects the country's deep maritime roots. Spain's extensive history with many cultural influences has led to an **array** of unique cuisines with literally thousands of recipes and flavors. It is also renowned for its health benefits and fresh ingredients. The first introduction of a product to the ancient Iberia was that of wheat. Wheat was thought to be brought by Iberians from the south of the peninsula. It was perhaps brought from Aquitaine in the north of the peninsula, due to the difficulty of transporting from the south. In time, the wheat of Iberia came to be considered to be the best in the Roman Empire, and became one of the main commodities of foreign trade. The Romans' early approval of the wheat led to the spread of wheat from Spain to Greece and Egypt and eastern parts of Russia.

There were two major kinds of diet in the peninsula. One was found in the northwest part of the peninsula, with more animal fats that correspond to the husbandry of the North. The other could be considered the precursor of the Mediterranean diet and was found in the southerly parts of the peninsula.

As early as Roman times one can say that, with the exception of products later imported from the Americas, many modern foods were consumed, although mostly by the aristocracy, not the middle class. Cooking references from that era discuss the eating habits in Rome, where foods from all of the Empire's provinces were brought. So, for an example, it is known that thousands of **amphorae** of olive oil were sent to Rome from Spain. Nonetheless, and especially in the Celtic areas, consumption of animal products (from lamb, beef, etc.) was more common than consumption of vegetables.

Already in that era, cabbages were well known and appreciated, and considered a panacea for various ailments. Other popular vegetables of that time were thistles (such as artichokes) and onions.

In Roman Spain the hams of Pomeipolis (Pamplona) had great prestige. The export of pork products became the basis of a strong local economy.

It is almost certain that **lentils** were already consumed in Roman Spain, because they formed a **staple food** for the army and because they are easy to preserve and transport. Fava beans were known from antiquity and were considered sacred by the Romans. In the Saturnalia, the later December festival in honor of Saturn, **fava beans** were used to choose the king of the festival. This custom is believed to be the source of the present day custom of hiding an object in the *roscón de reyes* (similar to the **sixpence** traditional in a Christmas pudding); until quite recently, that object was a fava bean. **Garbanzos** were also popular, primarily among the poorer classes.

Viticulture already was known and practiced by the Romans, but it seemed as well the fact that it was the Greeks who extended the vine across the Mediterranean region. This includes those wines that were most popular in the Empire.

In this era the wealthy typically ate while lying on a couch (a custom acquired from the Greeks) and using their hands, because forks were not used for eating. Tablecloths were introduced in the 1st century. They came to use two plates, one flat (*platina* or *patella*) and the other deep (*catinus*), which they held with the left hand. That hand could not be used for many other things while eating, given that they ate with their left arms while reclining in bed, so that only the right hand was free. They



used spoons, which, like today, had different sizes, depending on what they were used for. The first spoons were made from **clam shells** (hence, the name *cuchara*), with silver handles.

The mode of flavoring and cooking was quite distinct from what is found in modern times.



Among the multitude of recipes that make up the varied cuisines of Spain, a few can be considered common to all or almost all of Spain's regions, even though some of them have an origin known and associated with specific places. Examples include most importantly potato omelette ("tortilla de patata", "tortilla española" or just "tortilla"), paella, various **stews**, migas, sausages (such as embutidos, chorizo, and morcilla), jamón serrano, and cheeses.

There are also many dishes based on beans (chickpeas, lentils, green beans); soups, with many regional variations; and bread, that has numerous forms, with distinct varieties in each region. The regional variations are less pronounced in Spanish desserts and cakes: flan, custard, rice pudding (arroz con leche), torrijas, and churros are some of the most representative examples.

Array – мацца

amphorae – амфора (Лат.)

lentil – чечевица

staple food – основные продукты питания

fava beans – конские бобы

sixpence – шестипенсовик

Garbanzo – нут, турецкий горох

clam shells – раковины моллюска

stews – блюдо из тушёного мяса или рыбы

migas – поджаренные в масле кусочки хлеба

arroz con leche – молочная рисовая каша

torrijas – гренки из хлеба, пропитанного вином (молоком) и облитые яйцами, мёдом (сахаром, сиропом)

churros – чурро (крендельки, поджариваемые в масле)

I. Answer the questions:

1. What is Spanish food influenced by?
2. What is it renowned for?
3. What was the first introduction of a product to the ancient Iberia?
4. What were two major kinds of diet in the peninsula?
5. What product had great prestige in Roman Spain?
6. What product formed staple food for the army?
7. Was viticulture known and practiced by the Romans?
8. What were the eating habits of Romans?
9. What recipes are considered to be common to all or almost all of Spain's regions?
10. What other recipes of Spanish cuisine do you know?

II. Translate the sentences:

1. Spanish cuisine consists of a variety of dishes, which stem from differences in geography, culture and climate.
2. Spain's extensive history with many cultural influences has led to an array of unique cuisines with literally thousands of recipes and flavors.

3. In time, the wheat of Iberia came to be considered to be the best in the Roman Empire, and became one of the main commodities of foreign trade.
4. As early as Roman times one can say that, with the exception of products later imported from the Americas, many modern foods were consumed, although mostly by the aristocracy, not the middle class.
5. Already in that era, cabbages were well known and appreciated, and considered a panacea for various ailments.
6. It is almost certain that lentils were already consumed in Roman Spain, because they formed a staple food for the army and because they are easy to preserve and transport.
7. Viticulture already was known and practiced by the Romans, but it seemed as well the fact that it was the Greeks who extended the vine across the Mediterranean region.
8. The regional variations are less pronounced in Spanish desserts and cakes: flan, custard, rice pudding (arroz con leche), torrijas, churros, and madeleines are some of the most representative examples.

III. Read and translate words and word combinations:

seafood available from the waters that surround the country, array of unique cuisines, health benefits, be considered the precursor, amphorae of olive oil, consumption of animal products, panacea for various ailments, great prestige, formed a staple food for the army, the wealthy, reclining in bed, made from clam shells, among the multitude of recipes, the most representative examples.

TEXT 5

Read the text, paying attention to the new vocabulary

AFRICAN AMERICAN INFLUENCE ON FOOD

The African American food popular known as soul food consists of a rich culinary delight of different types of meat combined with vegetables, eaten as soup or

along with some other items. The style of cooking soul food thus derives from traditional African cooking.

Contrary to popular belief, Soul food did not begin with the slave trade, but represents well established style of cooking by Africans in Africa, several thousands of years before the ugly emergence of slave trade.

Instead of using hydrogenated vegetable oil, and pork **trotters**, the traditional African food is cooked in liquid vegetable oil and smoked bush meat or fresh fish, thus truly healthy and nutritious, unlike the early African-American soul food discouraged for being unhealthy.

The typical soul food would be from any of the following meat today:

- Beef
- Pork
- Rabbit
- Seafood

And vegetables would include **okro**, black eyed peas, tomatoes, peaches, broccoli, watermelon, eggplant, **sesame seed**, **sorghum**, and collard green. All these are no doubt very healthy food items.

Even though **collard green** is not typically a component of traditional African food, it is very common in most African –American foods and food recipes today. Collard green is a very good source of magnesium, vitamin BA, B6, and C.

The popularity continues on today in Southern cooking, black and white. The wonderfully sweet and juicy watermelon has helped fight summer's heat for generations. Thick cuts of eggplant provided the texture of meat to stews. Okra, either thickening the West African inspired gumbo, or deep-fried, is a constant companion. Gumbo is the West African word for okra-the stew like dish that now bears that name is typical of slave cookery. Long-simmering stews that didn't require many tools or careful watching, but did depend on an assortment of vegetables, bits of meat, and rice. Legends about the luckiness of black-eyed peas eaten on New Year's Day continue on-my local grocer has a sale on black-eyed peas and collard greens every New Year.



A common, and understandable myth has grown up around the yam, or sweet potato. Although Africans may well have brought yams to America, they would not have grown-to this day, very few places in the US produce a 'true yam' and that only recently. However, upon seeing the orange-fleshed sweet potato, the slaves referred to it as a 'yam' since it was fairly similar in look. As a result, we in the US use the terms interchangeably, although they refer to different species of vegetable. In a time when potatoes were still somewhat mistrusted, the African confidence in cooking and eating this new variety must have seemed like a rarity. Sweet potato pie is still a holiday favorite, and sweet potatoes (ideally baked in ash) are a treat anytime. Sweet potatoes are frequent components of Afro-Caribbean's and African American food recipes. They (sweet potatoes) are now known to be protective against diabetes, and help to lower resistance to insulin in those who are already diabetic.

In the last half of this century, 'soul food' restaurants have become popular, especially in Northern cities, where African-Americans moved in order to escape the Jim Crow South. Although the greater opportunities of the North were appreciated and reveled in, with no desire to move back, homesickness took the form of food nostalgia. Restaurants formed where the traditional favorites could be enjoyed-giving

a taste of home far further away than just south of the Mason-Dixon, but all the way to the Home Continent. In the whole, African American food when well prepared will provide not only an enjoyable meal, but also a healthy one.

Pork trotters – свиные ножки

Okro – бамия, окра, гомбо

sesame seed – кунжут

sorghum – сорго (хлебный злак)

collard green – листовая капуста

I. Answer the questions:

1. How is African American food called?
2. Is it connected with African slavery?
3. What makes the traditional African food be healthy and nutritious?
4. What vegetables are the most common in African American cuisine?
5. What green stuff is a very good source of magnesium, vitamin BA, B6, and C?
6. What was helping generations to fight summer's heat?
7. Why has a common myth around the yam grown up?
8. Have 'soul food' restaurants become popular recently?
9. Is African food healthy? Why?
10. Would you like to try African American food? Why?

II. Translate the sentences:

1. The African American food popular known as soul food consists of a rich culinary delight of different types of meat combined with vegetables, eaten as soup or along with some other items.
2. Instead of using hydrogenated vegetable oil, and pork trotters, the traditional African food is cooked in liquid vegetable oil and smoked bush meat or fresh fish, thus truly healthy and nutritious, unlike the early African-American soul food discouraged for being unhealthy.
3. And vegetables would include okro, black eyed peas, tomatoes, peaches, broccoli, watermelon, eggplant, sesame seed, sorghum, and collard green.

4. Okra, either thickening the West African inspired gumbo, or deep-fried, is a constant companion.
5. Long-simmering stews that didn't require many tools or careful watching, but did depend on an assortment of vegetables, bits of meat, and rice.
6. Although Africans may well have brought yams to America, they would not have grown-to this day, very few places in the US produce a 'true yam' and that only recently.
7. They (sweet potatoes) are now known to be protective against diabetes, and help to lower resistance to insulin in those who are already diabetic.
8. Restaurants formed where the traditional favorites could be enjoyed-giving a taste of home far further away than just south of the Mason-Dixon, but all the way to the Home Continent.

III. Read and translate words and word combinations:

culinary delight, derives from traditional African cooking, contrary to popular belief, pork trotters, healthy and nutritious, good source of, long-simmering stews, common, and understandable myth, mistrusted, frequent components, homesickness, enjoyable meal.

TEXT 6

Read the text, paying attention to the new vocabulary

FAST FOOD HISTORY IN AMERICA

Most people think the McDonald brothers of California started the fast-food craze in America, but in reality, it was the White Castle hamburger chain that actually started fast food history in America. J. Walter Anderson opened the first White Castle in 1916 in Wichita, Kansas, and people liked the cheap hamburgers, fries, and colas he offered. However, fast-food really didn't become common in America until after World War II, when Americans first began to fall in love with their cars, and had leisure time and more money to spend on eating out.

The McDonald Brothers

The real heroes of fast food history in America are Richard and Maurice McDonald, the two brothers who created the first McDonald's restaurant in 1948 in San Bernardino, California. They wanted their restaurant to be more efficient and cost-effective, so they designed a simple menu in a small building without any tables, so people took their food and ate in their cars. By 1953, the brothers had decided to franchise their idea, and two franchises opened in Downey, California and Phoenix, Arizona.

Copycats

As the McDonald's became more successful, others began to take notice and copy their example to make their own fast food history in America. Keith Cramer started an operation in Florida that would turn into Burger King, and Ray Kroc, a blender salesman, was so impressed with McDonald's that he asked the brothers if he could sell their franchises. He opened his own McDonald's in Des Plaines, Illinois in 1954, and eventually he bought out the brothers and became the owner of the corporation. Kroc was the driving force behind the food chain's fantastic growth throughout America in the late 50s and early 60s. Wendy's was created by Dave Thomas in Columbus, Ohio, where the first restaurant opened in 1962.

More Newcomers

As fast food caught on, and more people decided they liked dining in their cars; more fast food shops sprang up around the country. Jack-in-the-Box began in San Diego, California in 1951, and by 1960 it had spread out of California into other areas. Troy Smith opened the first SONIC Drive-In in 1954 in Shawnee, Oklahoma, Dunkin' Donuts first opened in Quincy, Massachusetts in 1950, and the first Taco Bell opened in 1962 in Downey, California. All of these operations based their business at least loosely on the McDonald's operation and then modified it to work with their specialty foods.

Today's History

Today, fast food chains have spread all around the world, and have spread American culture right along with them. There are many more popular chains, like Carl's Jr., Arby's, Domino's and Dairy Queen, indicating that fast food isn't always

about hamburgers. In fact, pizza, Chinese food, and just about any type of food imaginable are now available for take-out at fast-food chains across the globe. Fast food history in America is really the foundation of fast food as we know it today, and that history has made millionaires out of many of the people who first stated the fast food concept.

Tell the group about the history of the American fast food. Enumerate all the fast food shops.

Do you like eating fast food? Why?

TEXT 7

8 PACKAGED FOODS WITH HIDDEN SATURATED FATS

You may be shocked to learn that many brands of the following foods—including some unlikely suspects—contain small amounts of saturated fat from tropical oils. Manufacturers add these fats to foods to improve the taste, taste and **shelf life** of a wide range of products. (To make matters worse, these oils are often partially hydrogenated, which make them even more unhealthy.)

1. No-stir “all-natural” peanut butter. Peanut butter is a fantastic food. And buying all-natural varieties helps you avoid high-fructose corn syrup and other unwanted ingredients. Yet not all all-natural peanut butters are created equal. If the label reads “**no-stir**,” be very suspicious—and turn the jar around to inspect the **fine print**. Chances are, the ingredients list includes palm oil, which some manufacturers add to prevent the peanut oil from separating from the peanut butter.

2. Breakfast cereal and breakfast bars. Choosing the wrong breakfast cereal can start your day off with a major dose of bad **carbs**. But even if you’ve switched to **granola** or a whole-grain brand of cereal, beware: Some healthy-seeming varieties contain added tropical oils. For instance, one popular oat cereal serves up a surprising—and completely avoidable—3 grams of saturated fat per bowl. The same is often true of breakfast bars, including some varieties that are marketed as healthy choices for people **on the go**. There are plenty of good breakfast cereals and energy

bars to choose from that contain zero grams of saturated fat; make sure yours is one of them.

3. Candy, cookies, and cakes. Here's a little-known fact: Some candy bars are worse for you than others. That's because some contain tropical oils that **ratchet up** the saturated fat content. Consider: Some candy bars have more saturated fat (up to 11 grams) than a cheeseburger (9 grams), due in large measure to added palm oil and palm **kernel oil**. It's not as though you should never eat candy again; in fact, a little dark chocolate now and then is good for your heart. But don't buy sweets of any kind with added tropical oils.

4. Chips, crackers, and other salty snacks. Palm oil stands up well to heat, so manufacturers often use it to fry potato chips and bake crackers. Bagel crisps may be cooked with palm oil, too, as are those addictive wasabi peas that have become so popular recently—toss back a few handfuls and you could tack a few grams of saturated fat onto your daily total. Chips, crackers, and other salty snacks are high-calorie treats, so you'll want to choose healthier foods for **between-meal munching**. But when you do indulge a taste for salty snacks, look for varieties cooked in a healthier fat, such as **canola oil**.

5. Instant noodles. They're a budget-friendly meal you can whip up in a minute, but do you realize that a single cup of instant noodles can pack more saturated fat than a medium-size order of French fries? There's little else to recommend about quick noodles, nutrition-wise—they're usually high in sodium and **brimming with** unpronounceable chemicals, too. Bottom line: Don't buy instant noodles. If you can boil water, you can make regular noodles instead.

6. Microwave popcorn. Popcorn is an ideal healthy snack—unless it's popped with palm oil. Microwave popcorn may be convenient, but many brands contain saturated fat from this **ubiquitous** tropical oil. Buy real popping corn and pop it in an air-popper to keep it light, airy, and low-fat.

7. Pancake mix. What are tropical oils doing in your pancake mix? Adding 2 grams of saturated fat per serving, even before you've topped the stack with a pat of butter. Don't buy pancake mix. If you like **flapjacks**, make them from scratch with flour

(mix in some whole-wheat with the white), baking powder, eggs, sugar, milk, and salt.

8. Powdered coffee creamer. Nondairy doesn't mean nonfat. This stuff often contains coconut oil. True, it's only 0.5 gram of saturated fat per cup (250 mL). But if you have a few cups a day, seven days a week—you get the idea. Fat-free milk is a much better choice if you like your coffee a lighter shade.

shelf life – срок хранения

no-stir – не размешанное

fine print – мелкий шрифт

granola – смесь плющенного овса с добавками коричневого сахара, изюма, кокосов и орехов
carbs – карбонаты

on the go – на ногах

ratchet up – увеличивать, расширять

kernel oil – косточковое пальмовое масло

snack – легкая закуска, перекус

between-meal munching – перекус

canola oil – масло канола

brimming with – быть в избытке, быть наполненным до краев

ubiquitous – повсеместный, вездесущий

flapjack – блин, лепешка, бисквитный пирог

Enumerate all the packaged foods with hidden saturated fats.

Express your opinion: which ones are the most dangerous? Do you buy them often? Why?

PROVERBS AND SAYINGS

Give Russian equivalents to the following proverbs:

1. **A hungry man is an angry man**

A person who does not get what he wants or needs is a frustrated person and will be easily provoked to rage.

2. **Eat to live, but do not live to eat**

Man was created for a divine purpose and he has a destiny with his Creator - he was not born just to enjoy food.

3. **Don't put all your eggs in one basket**

One should not risk everything he has in a single venture.

4. **It's no use crying over spilt milk**

It is pointless to feel remorseful over a thing lost that can never be found or a mistake done that can never be corrected or rectified.

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

No two persons are alike - everyone has his own preferences, likes and dislikes.

6. **Too many cooks spoil the broth**

Too many people doing the same thing at the same time will not be successful.

7. **A watched pot never boils**

If you watch or wait for something to get done or to happen it seems to take forever.

8. **Jump from the frying pan into the fire**

To go from a bad position to a worse one.

9. **You can't have your cake and eat it**

You must choose between two things as it is impossible to have both at the same time

10. **An apple a day keeps the doctor away**

It means that apples are so nutritious they keep you in the peak of health.

11. **Life is just a bowl of cherries**

Life is full of happiness and pleasure

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

Most men love to eat so feed your husband well and he will always love you.

Explain in English the meaning of the following proverbs. Give Russian equivalents:

1. A black plum is as sweet as a white.
2. However high a bird may soar, it seeks its food on earth.
3. Truth is bitter food.
4. A hound's food is in its legs.
5. Good talk saves the food.

6. Prayer is food for the soul.

Read and translate.

1. Apple-pie order. If something is **in apple-pie order**, it is very well organized or in perfect order.

"They made sure the house was in apple-pie order before their parents arrived back home."

2. Go bananas. If someone becomes very emotional and starts behaving in a crazy way, they **go bananas**.

"If you announce that you're going to drop out of school, your parents will go bananas!"

3. Take the bread out of somebody's mouth. If you **take the bread out of somebody's mouth**, you take away their means of earning a living.

"The decision to ban street vendors took the bread out of the mouths of many people."

4. That takes the biscuit! This expression refers to something very irritating or annoying.

"After waiting for an hour, we were told that there were no seats left. That really **took the biscuit**!"

5. Butter someone up. When **butter someone up**, you flatter them or you are very nice to them, especially if you want to obtain something.

"He was so keen to get the job that he spent his time buttering up the boss."

6. A piece of cake. To refer to something as **a piece of cake** means that you consider it to be very easy.

"The English test was a piece of cake!"

7. Champagne taste on a beer budget. Someone who likes expensive things that they cannot afford has **champagne taste on a beer budget**.

Eva borrows money to buy expensive designer clothes-champagne taste on a beer budget!

8. Big cheese. This expression refers to a person who has a lot of power and influence in an organization.

"Tom's father is a **big cheese** in the oil industry."

9. Get a second bite/ two bites at the cherry. This expression means that you get a second opportunity to do or try something.

"He was eliminated in the semi-finals but he'll get a **second bite at the cherry** next year."

10. That's the way the cookie crumbles! The expression '**that's the way the cookie crumbles**' means 'that is the way things are and nothing can be done about it' - that's life! I don't have his support anymore. But that's the way the cookie crumbles!"

11. Sharp cookie. Someone who is not easily deceived or fooled is a **sharp cookie**.

"You can't fool my grandmother. She's a sharp cookie!"

12. Tough cookie. A person who is a **tough cookie** is one who is self-confident and ambitious and will do what is necessary to achieve what they want.

"I'm not worried about Jason's future. He's a tough cookie!"

13. Old chestnut. A story, a joke or an idea that has been repeated so often that it has lost its novelty is referred to as **an old chestnut**.

"The story about his boat capsizing has become an old chestnut!"

14. Egg someone on. If you **egg somebody on**, you urge or strongly encourage them to do something.

"She didn't really want to learn to drive but her children kept egging her on."

15. A bad egg(apple). To refer to someone as a **bad egg(apple)** means that they cannot be trusted.

"I don't want my son to be friends with Bobby Smith. Bobby's a bad egg(apple)."

16. Play gooseberry. If you **play gooseberry**, you join or accompany two people who have a romantic relationship and want to be alone.

"They invited me to join them but I didn't want to play gooseberry."

17. Grab a bite to eat. If you **grab a bite to eat**, you get something to eat quickly.

"We should have time to grab a bite to eat before the show."

18. Icing on the cake. If something is referred to as **icing on the cake**, it is an extra benefit that makes a good situation even better.

"Good news! I get the job ... and the icing on the cake is that I get a company car too."

19. Money for jam. A very easy way of earning money is called **money for jam**.

"All you've got to do is hand out brochures. It's money for jam!"

20. Milk of human kindness. Someone who has, or is full of, the **milk of human kindness**, is naturally kind and compassionate to others.

"She's a wonderful person - full of the milk of human kindness."

21. Go nuts. To say that a person has **gone nuts** means that they have become completely foolish, eccentric or mad.

22. Olive branch. If a person or organization **holds out an olive branch** to another, they show that they want to end a disagreement and make peace.

"The protesters finally accepted the olive branch extended to them."

23. Pie in the sky. If an idea, wish or promise is "**pie in the sky**", it is completely unrealistic or unlikely to be achieved.

"The promise of low-cost housing for everyone turned out to be pie in the sky."

24. Hot potato. To refer to a subject as a **hot potato** means that it is a very sensitive and controversial matter which is difficult to deal with. The second meaning: be a hot potato- be pretty, beautiful, handsome.

1. "The new Prime Minister hasn't been confronted with any hot potatoes yet." 2. Did you see the girl that passed by a minute ago? Let me tell you, she is a hot potato!"

25. In a pickle. If you are **in a pickle**, you are in a difficult situation and need help.

"My car won't start and the trains are on strike today - I'm in a real pickle!"

26. Eat humble pie. If you **eat humble pie**, you have to admit that you were wrong and apologize.

"After openly criticizing Bill's work, Fred had to eat humble pie when Bill was elected 'salesman of the year'!"

27. Pie-eyed. Someone who is **pie-eyed** is completely drunk.

"He had never taken an alcoholic drink so after one beer he was **pie-eyed**."

28. Mouse potato. This term refers to a person who spends a lot of time in front of the computer.

"My son and his friends are all **mouse potatoes** - constantly glued to the computer!"

29. Small potatoes. Something that is **small potatoes** is considered unimportant or insignificant.

"Her first publication was considered small potatoes but her new book has lead to a change of opinion."

30. The proof of the pudding is in the eating. This expression means that something new can only be judged after it has been tested.

"I'm going to try out my new DVD player. The proof of the pudding is in the eating as we all know!"

31. Take something with a grain of salt. To say that certain information should be **taken with a grain of salt** means that you doubt the accuracy of the information.

"I heard that the tuition fees are going to be reduced, but that should be taken with a grain of salt."

32. Worth one's salt. This expression is used to say that a person who does their job well would or would not do certain things.

"Any inspector **worth his salt** would have checked the papers carefully."

33. Square meal. When people talk about a **square meal**, they mean a substantial and satisfying meal.

"I don't need a fancy restaurant, just a place where I can get a square meal."

34. Make your mouth water. Food can **make your mouth water** when it looks and smells extremely good.

"That delicious smell from the kitchen is making my mouth water."

35. Spill the beans. If you **spill the beans**, you reveal a secret or talk about something private.

"Come on! Spill the beans! What did he say?"

36. The apple of your eye. If somebody is the apple of your eye, this means that you like them very much.

"My grandson is **the apple of my eye**".

Make up stories using 10 of the given above phrases.

TESTS

I. FOOD IN AMERICA

1. In what century did food serve as a class marker:
 - a) 17
 - b) 18
 - c) 19
2. What does "hoi polloi" mean:
 - a) Высшие слои общества
 - b) Простанородье
 - c) Рабочий класс
3. What were the foods, previously unknown in Europe and Africa?
 - a) Tomatoes, potatoes
 - b) Carrots, cucumbers
 - c) Corn, carrots
4. By what country the history of food in America was being stemmed?
 - a) France
 - b) Germany
 - c) England
5. What were two main food traditions in USA?
 - a) New England and Southern tradition
 - b) New England and Western tradition
 - c) French and Southern tradition

6. Where one of the first major forces for dietary change came from?
- a) French immigrants
 - b) England immigrants
 - c) German immigrants
7. What became a defining feature of the American breakfast beginning in the late nineteenth century?
- a) Processed cereals
 - b) Sandwiches
 - c) Omlettes
8. Who tried to "Americanize" immigrant diets?
- a) Domestic scientists
 - b) Nutritionists
 - c) Regular Americans
9. What even played a key role in making the American diet more cosmopolitan?
- a) Immigration
 - b) World War I
 - c) World War II
10. What foods have wealthy Americans become more likely to dine on?
- a) German and French cuisine
 - b) Asian and Latin American cuisine
 - c) British cuisine

II. THERE IS NO 'AMERICAN CUISINE'?

1. When did the Enlightenment take place?
- a) 17th and 18th century
 - b) Early 18 century
 - c) 17th and early 18th century
2. What did the colonies import?
- a) Grains and beans
 - b) Chickens and dairy

c) Vegetables

3. What does “cornucopia” mean?

a) Плодородные земли

b) Рог изобилия

c) Хороший урожай

4. What does “chop suey” mean?

a) рис с овощами

b) китайская лапша с морепродуктами

c) китайское блюдо из мяса и овощей

5. What did Latin America’s cornucopia include?

a) Tomatoes

b) Tomatoes

c) Grains

6. Where does the richest soil yet known to agriculture situate?

a) Ohio Valley

b) Temberly Valley

c) Berley Valley

7. Who are the coolie laborers?

a) Каторжники

b) Чернорабочие

c) Рабочие заводов

III. AMERICAN CHINESE CUISINE

1. When did the Chinese restaurateurs develop American Chinese cuisine?

a) 17th century

b) 18th century

c) 19th century

2. What usually was offered on the side of the main dish in first Chinese restaurants:

a) Roll and butter

b) Soy sauce

c) Cup of broth

3. With a great deal of what does American Chinese food tend to be cooked?
 - a) Oil
 - b) Salt
 - c) Soy sauce
4. What are the most common cooking techniques in the American Chinese cuisine?
 - a) Stir-frying
 - b) Boling
 - c) pan-frying
5. What does "Chinese food syndrome" mean?
 - a) Spicy food
 - b) Glutamate sensitivity
 - c) Use of raw fish
6. Whas is daikon?
 - a) Small red carrot
 - b) Small beet
 - c) Large white radish
7. What does "chung" mean?
 - a) Chopped onion
 - b) Plain onion
 - c) Green onion
8. What does "phantom" menu mean?
 - a) Poisoned food
 - b) Rarely met dishes
 - c) Food preferred by ethnic Chinese only

IV. SPANISH CUISINE

1. What is Spanish food influenced by?
 - a) Climate
 - b) Seafood
 - c) Soil
2. What is it renowned for?

- a) Variety
 - b) Health benefits
 - c) Fresh ingredients
3. What was the first introduction of a product to the ancient Iberia?
- a) Beans
 - b) Wheat
 - c) Lentil
4. What product had great prestige in Roman Spain?
- a) Torrijas
 - b) Fava beans
 - c) Hams
5. What product formed staple food for the army?
- a) Beans
 - b) Lentils
 - c) Garbanzos
6. What is “churros”?
- a) Ветчина, поджариваемая в масле
 - b) Крендельки, поджариваемые в масле
 - c) Гренки из хлеба
7. What recipes are considered to be common to all or almost all of Spain's regions?
- a) Fried vegetables
 - b) Migas
 - c) Omelette

V. AFRICAN AMERICAN INFLUENCE ON FOOD

1. What is traditional African food cooked in?
- a) Liquid vegetable oil
 - b) Smoked bush meat or fresh fish
 - c) Spicy sauces
2. What green stuff is a very good source of magnesium, vitamin BA, B6, and C?
- a) Collard green

- b) Green onion
 - c) Parsley
3. What was helping generations to fight summer's heat?
- a) Melon
 - b) Watermelon
 - c) Apples
4. What is “sorghum”?
- a) Хлебный злак
 - b) Специя
 - c) Зелень
5. The typical meats is soul food made of?
- a) Rabbit
 - b) Pork
 - c) Chicken
6. What vegetable provided the texture of meat to stews?
- a) Collard green
 - b) Carrot
 - c) Eggplant
7. What did long-simmering stews depend on?
- a) Assortment of vegetables
 - b) Sauce
 - c) Bits of meat

VI. FAST FOOD HISTORY IN AMERICA

1. What hamburger chain did start fast food history in America?
- a) McDonald
 - b) White Castle
 - c) Wendy's
2. When did it happen?
- a) 1916
 - b) 1917

c) 1918

3. When was the first McDonald's restaurant created?

a) 1948

b) 1946

c) 1950

4. What burger chain did Keith Cramer create?

a) Burger King

b) White Castle

c) Papaya's

5. When did the food chain's fantastic growth throughout America take place?

a) The late 50s and early 60s

b) Middle of 50s

c) Late 50s

6. When was the first Wendy's restaurant opened ?

a) 1962

b) 1963

c) 1967

7. When was the first Dunkin' Donuts opened?

a) 1956

b) 1950

c) 1954

VII. 8 PACKAGED FOODS WITH HIDDEN SATURATED FATS

1. What do the manufacturers add fats to foods for?

a) Shelf life

b) Taste

c) Form

2. What do some manufacturers add to prevent the peanut oil from separating from the peanut butter?

a) Palm oil

- b) Preservatives
 - c) Tropical oils
3. How much of saturated fat does one popular oat cereal serves up?
- a) 3 grams
 - b) 5 grams
 - c) 6 grams
4. What do manufacturers often use palm oil for?
- a) Fry potato chips
 - b) Bake muffins
 - c) Bake crackers
5. What are the instant noodles high in?
- a) Tropical oils
 - b) Chemicals
 - c) Sodium
6. What do nondairy products contain?
- a) Coconut oil
 - b) Tropical oil
 - c) Palm oil

KEYS

I.

- 1. a, b
- 2. b
- 3. a
- 4. c
- 5. a
- 6. c
- 7. a
- 8. a, b
- 9. c

10. b

II.

1. c

2. a, b

3. b

4. c

5. a. b

6. a

7. b

III.

1. c

2. a

3. a, b

4. a, b

5. b

6. c

7. c

8.c

IV.

1. a, b

2. b, c

3. b

4. c

5. b

6. b

7. b, c

V.

1. a, b

2. a

3. b

42

4. a

5. a, b

6. c

7. a, b

VI.

1. b

2. a

3. a

4. a

5. a

6. a

7. b

VII.

1. a, b

2. b

3. b

4. a, c

5. b, c

7. a

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Заказ № _____ от « ____ » _____ 20 ____ . Тираж _____ экз.

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