

8th form

Module 2

FOOD AND SHOPPING

school canteen	школьная столовая
head for	направляться
basically	в основном
nourishing	насыщенный, питательный
healthy	здоровый
appealing	привлекательный
nursery school	детский сад
establish	основывать, создавать
regulation	регулирование
chopsticks	палочки для еды
a fussy eater	разборчивый в еде
influence	влияние, воздействие
run out of	заканчиваться
inspire	вдохновлять
scrambled	смешанный
poached	в мешочек (о сваренном яйце)
boil	варить
fry	жарить
fried	жареный
roast	зажаренный, запеченный

pickle	мариновать
mashed potatoes	толченый картофель
steam	на пару
grill	гриль
frozen	замороженный
junk food	вредная еда
fast food	еда быстрого приготовления
balanced diet	сбалансированная диета
poor diet	неправильное питание
put on/gain weight	набирать вес
lose weight	терять вес
sauce	соус
raw	сырой
undercooked	недоваренный
overcooked	переваренный
be allergic to	быть подверженным аллергии
for my liking	на мой вкус
be on a diet	быть на диете
care for	заботится о
sour	кислый

It's lunchtime at school and you're heading for the canteen, but what will you have to eat? Will you have a sandwich and an apple, or maybe a hot meal? Things are a little different in Japan. Children open their lunchboxes to find rice shaped like footballs, eggs that look like rabbits or flower-shaped carrots all packed up in an obento!

An *obento*, or *bento*, is one of the oldest food traditions in Japan. **Basically**, it is lunch served in a box. *Obento* boxes have been part of the Japanese society since the 5th century when people used to take a packed lunch with them to work. *Bentos* have become very popular since then and you can buy them almost anywhere nowadays at theatres, airports and even at train stations.

An obento usually consists of four parts rice, three parts meat or fish (fried or grilled), two parts vegetables (pickled¹, boiled or steamed) and one part fruit. It should be **nourishing** and healthy, but it must be **appealing** too. You often see food shaped like flowers, animals and sometimes even cartoon characters! Mothers **take great pride** in creating 'school-bentos' for their children.

Nursery schools have established regulations for an obento. Food should be easy to eat with chopsticks or the fingers, portions should be small and it should be pleasing to the eye. It should also include food that the child would not normally eat so that they won't become a **fussy** eater.

The Japanese have always looked upon the mother as one of the main influences of a child's success. Taking time to prepare their children's food shows their love for them.

And what happens if a Japanese mum runs out of ideas? There are almost 400 magazines available to get inspired.

¹ food like vegetables kept in vinegar or salt water



1. Время обеда в школе
2. Направляться в столовую
3. Старейшая традиция
4. Обед подаётся в коробках
5. Японское общество
6. Состоять из 4 частей
7. Питательная и здоровая еда
8. Привлекательная пища
9. Начальная школа
10. Устанавливать правила
11. Легко есть палочками
12. Приятная для глаз
13. Разборчивый в еде
14. Главное влияние
15. Успех ребенка

Translate into ...

I (don't) eat ...

because

I like ...

I'm (not) fond of ...

I prefer

I hate ...

I don't care for ...

1. **scrambled eggs**
 2. **mashed potatoes**
 3. **pickled vegetables**
 4. **grilled chicken**
 5. **roast meat**
roast beef
1. **steamed rice**
 2. **fried fish**
 3. **baked bread**

Food collocations

□ **green**

□ **fruit salad**

□ **side**

□ **frozen**

□ **junk food**

□ **fast**

□ **four-course**

□ **home-cooked meal**

□ **light**

□ **balanced**

□ **poor diet**

□ **healthy**

□ **rich**

□ **creamy sauce**

□ **spicy**

□ **raw**

□ **undercooked vegetables / meat**

□ **overcooked**

2 Circle the odd word out.

- 1 **sauce:** creamy – fried – spicy – rich
- 2 **diet:** appealing – healthy – poor – balanced
- 3 **salad:** side – green – end – fruit
- 4 **meat:** undercooked – raw – overcooked – rich
- 5 **weight:** miss – gain – put on – lose
- 6 **chocolate:** white – dark – heavy – milk
- 7 **food:** frozen – quick – junk – fast
- 8 **meal:** four-course – light – easy – home-cooked

4 Fill in: *appealing, nourishing, lunchtime, packed, nursery, portions, basically.*

- 1 This restaurant serves very small
I'm always hungry after I leave here!
- 2 Babies drink a lot of milk as it's very
for them and helps them to grow up strong and healthy.
- 3 Patty likes sharing her food with the other little children at the school.
- 4 Traditional Spanish tortilla, which is
a thick potato omelette, is very popular in Spain.
- 5 Could we meet at?
- 6 Not only should obentos be nourishing and healthy, they should also look
- 7 Peter doesn't like the food that they serve at his school canteen so he always brings a lunch from home.

3 Match the words in the columns and then use the phrases in the correct form to complete the sentences below.

1		fussy	a	pride in
2		head	b	tradition
3		take	c	eater
4		food	d	for

- 1 As Jenny
..... the school canteen to have her lunch, she remembered she had some crisps and some biscuits in her bag.
- 2 Liam
..... his cooking. He thinks he's one of the best cooks in the city!
- 3 A lot of young children don't like many types of food. They are
- 4 Sushi is one of the oldest
..... in Japan.

- 1) - Куда ты идешь? – Я направляюсь в школьную столовую пообедать. Пойдешь со мной?
- 2) Раньше я часто ел фаст фуд, сейчас я предпочитаю много овощей и фруктов.
- 3) Еда должна быть не только питательной и полезной, но и приятной на вид.
- 4) Моя мама гордится своими пирогами. Они, действительно, самые лучшие в мире.
- 5) Когда у меня заканчиваются идеи и я не знаю что приготовить, я черпаю вдохновение из бабушкиной кулинарной книги (recipe/cookery book).
- 6) Не стоит быть таким привередливым в еде. Нужно есть разнообразные продукты маленькими порциями (in small portions).
- 7) Эти рецепты доступны для скачивания. Просто зайти на сайт «Вдохновись и приготовь».

Places for shopping:



Department store



Shopping mall



Bazaar



Flea market



Car boot sale

3 a In which of the shops below would you hear the following?

newsagent's	bakery
florist's	jeweller's
shoe shop	chemist's
hair dresser's	butcher's
post office	clothes shop
fishmonger's	optician's

- 1 "Do you have this in an extra large?"
- 2 "Just a wash and blow-dry, please."
- 3 "A kilo of steak, please."
- 4 "These are fresh from the oven."
- 5 "I've come to pick up my prescription."
- 6 "I take a size five, narrow"
- 7 "Are you long or short-sighted?"
- 8 "I need to send this first class."
- 9 "A dozen of those pink ones, please."
- 10 "They were caught fresh this morning."
- 11 "Is this the July issue?"
- 12 "Do you prefer gold or silver?"

Where can you buy the following?



2b Shopping

□ do the shopping

□ go shopping


□ buy / purchase ... at the ...

oneself / on my own

▪ *a (smart) buyer / a purchaser / a customer*

□ to sell

▪ *a seller / shop assistant / cashier / salesman*

5  Read and complete the dialogue. There is one extra sentence. Compare with your partner. Listen and check.



Amy: What nice sunglasses! Are they new?

Jenny: 1)

Amy: They really suit you. Where did you get them?

Jenny: 2)

Amy: Whereabouts is it exactly?

Jenny: 3)

Amy: Were they very expensive?

Jenny: 4)

Amy: That's a bargain. I think I'll go and have a look myself on Saturday. We can go together if you like.

Jenny: 5)

Amy: OK! See you there.

- A At Stacey's in the town centre.
- B In Crimpson Street, opposite the bakery.
- C Great. 10:30 at the bus station.
- D No. I would never shop there.
- E No, not at all. They were only £ 2.
- F Yes, I bought them a couple of days ago. I'm glad you like them.

Listening



 You will hear a radio advertisement for a flea

Say it right



 Choose the correct response.

Различие между Present Perfect и Present Perfect Continuous

Present Perfect	Present Perfect Continuous
Завершенные действия в настоящем, важен результат действия	Действие, которое началось в прошлом и длится до настоящего момента
I have called my mother, she will come soon.	I have been calling my mother <u>for all day</u> .
Я позвонил маме, и она скоро придет.	Я звоню маме весь день

Present Perfect	Present Perfect Continuous
have/has +V -ed/ V3ф.	have/has +been +Ving
haven't/hasn't +V -ed/ V3ф.	haven't/hasn't +been+Ving
Have/has...V -ed/ V3ф. ?	Have/has... been +Ving ?

СИГНАЛЬНЫЕ СЛОВА

PRESENT PERFECT

Already, just, yet, ever, never, recently, lately, it's first(second, third) time when I.....

PRESENT PERFECT CONTINUOUS

Since, for, how long?

VS

HAS GONE TO

= уехал и еще не
вернулся



- Mr. Smith has gone to Berlin. He won't be back for a month.
- John has gone to visit his friend and hasn't come back yet.

HAS BEEN TO

= съездил и вернулся
обратно



- We've never been to Moscow, but my friend Terry has already been there.
- My mother has been to London.

HAS BEEN IN

= уехал и живет
там



- Kate has been in Paris for 5 months now, learning French.
- My friends and I have been in Poland for a year.

Exercise 1. Составьте предложения в the Present Perfect Continuous Tense.

I/to read/this book/for three days.

We/to play volleyball/ for twenty minutes.

She/to clean/the flat/for more than an hour.

Peter/to swim/for half an hour.

Anna/to speak/on the phone/for an hour now.

You/to wait/for a bus/for ten minutes only.

Nelly and Mary/to do the shopping/since early morning.

It/to snow/since last night.

Jack and his friend/ to ride bikes/for three hours now.

The teacher/to explain/ a grammar rule/since the beginning of the lesson.

Present Perfect Simple VS Present Perfect Continuous

I. Put the verbs in brackets into Present Perfect Simple or Present Perfect Continuous

1. Don't walk in here. I(**just/clean**) the floor.
2. Jane is hungry. She(**not /eat**) anything for six hours.
3. She is tired. She(**study**) for four hours.
4. I don't want to see that film again. I(**see**) it twice already.
5. Sandy(**teach**) English for 10 years.
6. Chris(**not/do**) the washing up yet.
7. He(**walk**) all the morning.
8. They.....(**play**) in the garden for two hours.

Выражение значения количества

	Много +	Много ?, -	Несколько/ немного	Очень мало
Countable nouns (исчисляемые существительные)	a lot of... lots of ...	many	a few	very few
Uncountable nouns (неисчисляемые существительные)	a lot of... lots of	much	a little	very little

существительные

(N только од число и V в од

Продукты питания	cheese, meat, bread, rice, salt, sugar
Жидкости	water, milk, coffee, juice, lemonade, blood
Материалы	iron, gold, glass, ice
Газы	oxygen, air, smoke
Учебные предметы, науки, языки	History, Physics, Literature, English, Russian, German
Игры	chess, tennis, billiards, darts, soccer
Явления природы	weather, rain, snow, darkness
Названия болезней	Flu,
Абстрактные существительные	Advice, behaviour, business, education, homework, housework, information, knowledge, news, peace, progress, shopping, traffic, work
Собирательные существительные	Baggage, furniture, hair, money, rubbish, time

Существительные, имеющие только множественное число (согласуются с глаголом во мн. числе)

Парные существительные	trousers, jeans, pajamas, tights, scissors, glasses, binoculars
Имеют только грамматическую форму мн. числа	arms, clothes, congratulations, people, police, stairs, surroundings, wages

Существительные, которые могут иметь и ед. и множественное число

Групповые существительные:

- army, family, jury, government, press,
public, team, staff

1. You have received a letter from your English-speaking pen friend, Ann.

...My friend has decided to become a model and has just gone on a diet. I told her that it could be dangerous but she wouldn't listen. Besides, she is a vegetarian, so there are not many products she can let herself eat now...

...Why do people become vegetarians? What do you do to keep fit? What food do you try to avoid? ...

1. You are going to give a talk about national food in Russia. You will have to start in 1,5 minutes and speak for not more than 2 minutes (10-12 sentences). Remember to say:
 - what national food is popular in Russia;
 - what Russian food can be really specific for foreigners;
 - what the traditional dishes in your family are;
 - what your attitude to national food is.