

TRADITIONAL UKRAINIAN FOOD



Tounge-twister

Yankee Doodle went to town

Riding on a pony

He put a feather in his cap

And called it macaroni

Yankee Doodle, doodle-do

Yankee Doodle dandy

All the ladies think he is sweet

As sweet as sugar candy

Pampushky (small baked breads, often buttered and topped with garlic and dill)



Пампушки (невеликий печений хліб, часто з маслом і покритий зверху часником і кріпом)



Holubtsi (cabbage rolls stuffed with rice and minced meat)



Голубці (капуста з рисом і м'ясним фаршем)



Best-known Ukrainian dishes:

Salo (salted pork fat with, or without garlic and pepper)



Відомі українські страви:

Сало (шпик, або без часнику і перцю)



Borshch (cabbage and beets based soup, usually with pork or beef meat, served with sour-cream)



Борщ (капусти і буряка на основі супу, як правило, з свинини або яловичини, подаються зі сметаною)



Syrnyky (fried cheese pancakes, usually served with sour cream, honey, or jam)



Сирники (смажені млинці з сиру, подаються зі сметаною, медом, або варенням)



Holodets' or studen' (meat (beef, or pork) aspic, prepared with garlic, onion, bay leaf and black pepper)



Холодець «або студень» (з яловичини або свинини, приготовлений з часником, цибулею, лавровим листом і чорним перцем)



Varenyky (large stuffed dumplings, can be stuffed with potatoes, cottage cheese, curds, meat, berries, etc.)



Вареники (великі пельмені, фаршировані картоплею, сиром, твердим сиром, м'ясом, ягодами і т.д.)



Nalysnyky (very thin pancakes)



Налисники (дуже тонкі млинці)



VOCABULARY

- diversity [daɪ'vɜ:sɪtɪ] — різноманітність
- flavour ['fleɪvə] — присмак, приправа
- dish [dɪʃ] — страва
- prune [pru:n] — чорнослив
- dumplings [dʌmpəlɪŋz] — галушки
- millet ['mɪlɪt] — просо, пшоно
- chowder ['tʃaʊdə] — юшка зі свинини, овочів тощо
- blue-berry ['blu:bɜrɪ] — чорниці
- cheese pancakes [tʃi:z 'ræŋkeɪks] — сирники
- fritter ['fɪtə] — оладки
- to fill [fɪl] by smth. — заповнювати (чим-небудь)
- recipe ['resɪpɪ] — рецепт



UKRAINIAN FOOD

Ukrainian cuisine is closely linked to the customs, culture, and way of life of the Ukrainian people. It is famous for its diversity and flavours.

The most popular Ukrainian dish is borsch. This thick and delicious soup is prepared with a variety of ingredients including meat, mushrooms, beans, and even prunes.

Mushroom soups, bean and pea soups, soups with dumplings and thick millet chowders are also popular.

"Holubtsi", or stuffed cabbage, is another favourite dish, as are "varenyky" filled with potatoes, meat, cheese, or berries such as blue-berries or cherries.

Ukrainians like dairy products. Some samples: cheese pancakes and "riazhanka" (fermented baked milk). There are no holidays without pies, "pampushky" (type of fritters), "baba" (a tall cylindrical cake) and honey cakes.

Ukrainian sausage is delicious. It is preserved in a special way — in porcelain vessels filled by melted fat.

Of course, every region of Ukraine has its own recipes and traditions.

QUESTIONS

- *1. What is Ukrainian cuisine famous for?*
- *2. What is the most popular Ukrainian dish ?*
- *3. What are the other popular Ukrainian dishes?*
- *4. What products do Ukrainians like ?*
- *5. What is your favourite Ukrainian dish ?*
- *6. What Ukrainian dishes do you like to cook?*

• Task 1. Match the words.

1) food a) омлет

2) sausage b) смачний

3) tasty c) гриби

4) mushrooms d) їжа

5) omelet e) апельсиновий сік

6) orange juice f) ковбаса



- **How many words can you find in this chain of letters? Well, there are 7 words there. Can you find them?**

Eatjuiceorangepotatoberrylunchpepper

- Drinktomatosuppercucumbersaltsausagepl
ate

- Task 3. “Jumble sentences”

People, live, cannot, food, without.

- Animals, live, fish, birds, cannot, without, food.

- Bread, sugar, cheese, you, give, energy.

- Meat, fish, milk, you, help, to grow.

- Vegetables, eggs, your, bones, make, teeth, strong.

- Fruit, vegetables, got, have, a lot of, vitamins.



- Task 4 Explanation: I offer you to play a funny game. It is a game of questions. You must be honest when you answer the questions. If your answer is never- your mark will be 1; if you say sometimes- 2; often- 3; always- 4. Here you are the questions:
 1. Do you shout “Mum, I don’t want to eat my breakfast?”
 2. Do you wash your hands badly and then wipe off the dirt on the clean towel?
 3. Do you say of a new dish “I don’t like that”, before you have tasted it?
 4. Do you forget to say “please” when you ask for something and “ thank you” when you get it?
 5. Do you forget to say “Bon Appetite” to your parents, friends, brothers or sisters at a meal-time?
 6. Do you forget to wash up your plate after the meal?
 7. Do you say “I don’t want any meat and vegetables, I am not hungry”, and then ask for 2 pieces of cake?
 8. Do you buy food in the street and eat it there when you know that your hands are dirty?
 9. Do you help your mother to cook dishes?
 10. Do you eat late at night or when all the members of your family don’t see you?

- The results

If your score is 0-11: you are perfect if you didn't lie. There are only a few such people in the world;

If your score is 12-21: you are a polite child:

If your score is 22-30: sometimes it is dangerous to stay with you;

If your score is 31-40: people who surround you are in danger. I am sorry for your parents and for you too.