



Food

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gimnazia №3
Teacher: Sherem
et. T.V.

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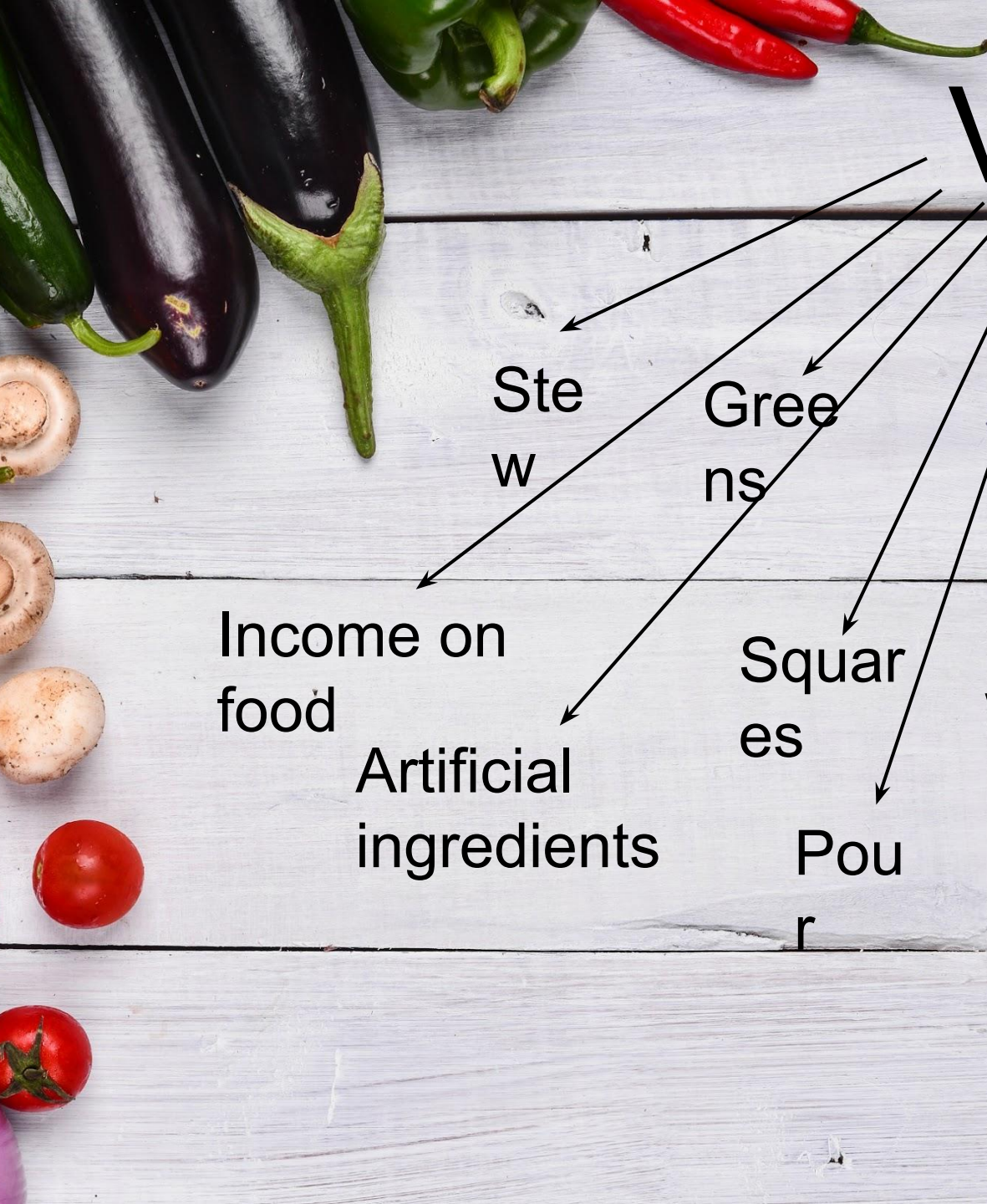
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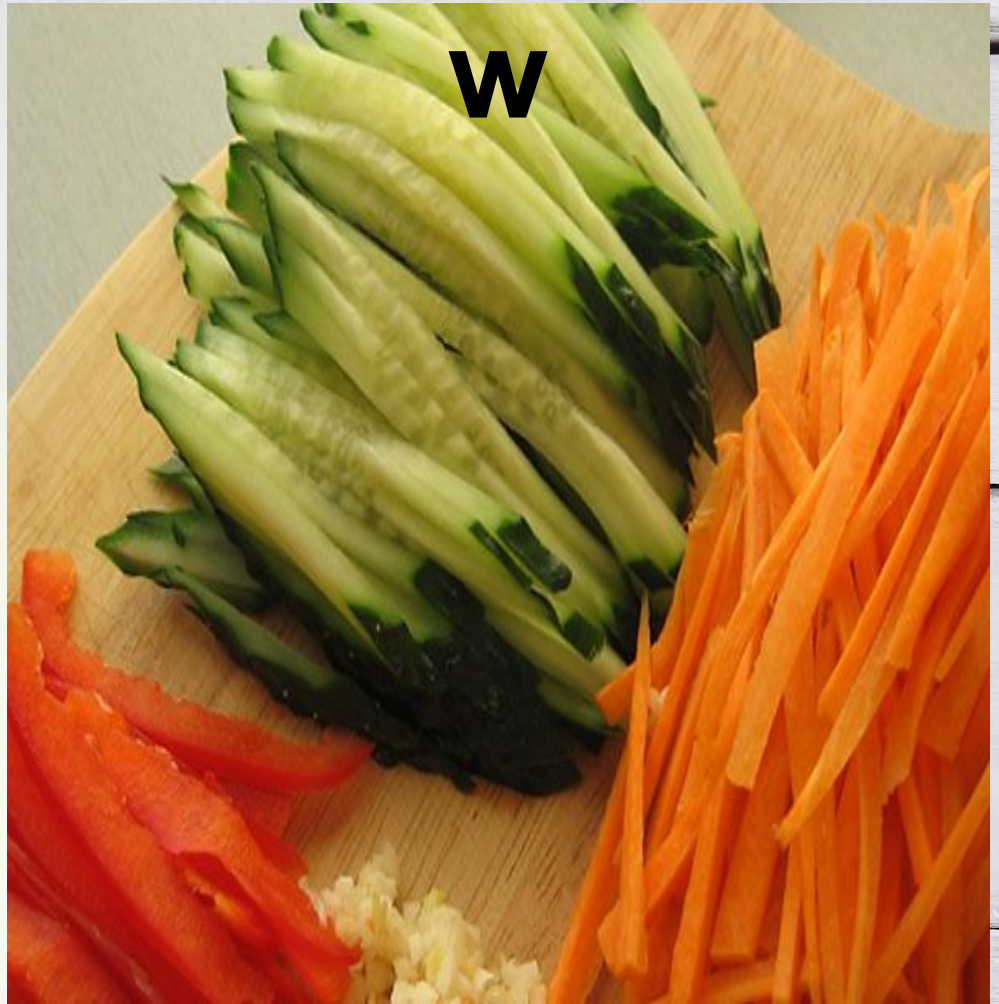
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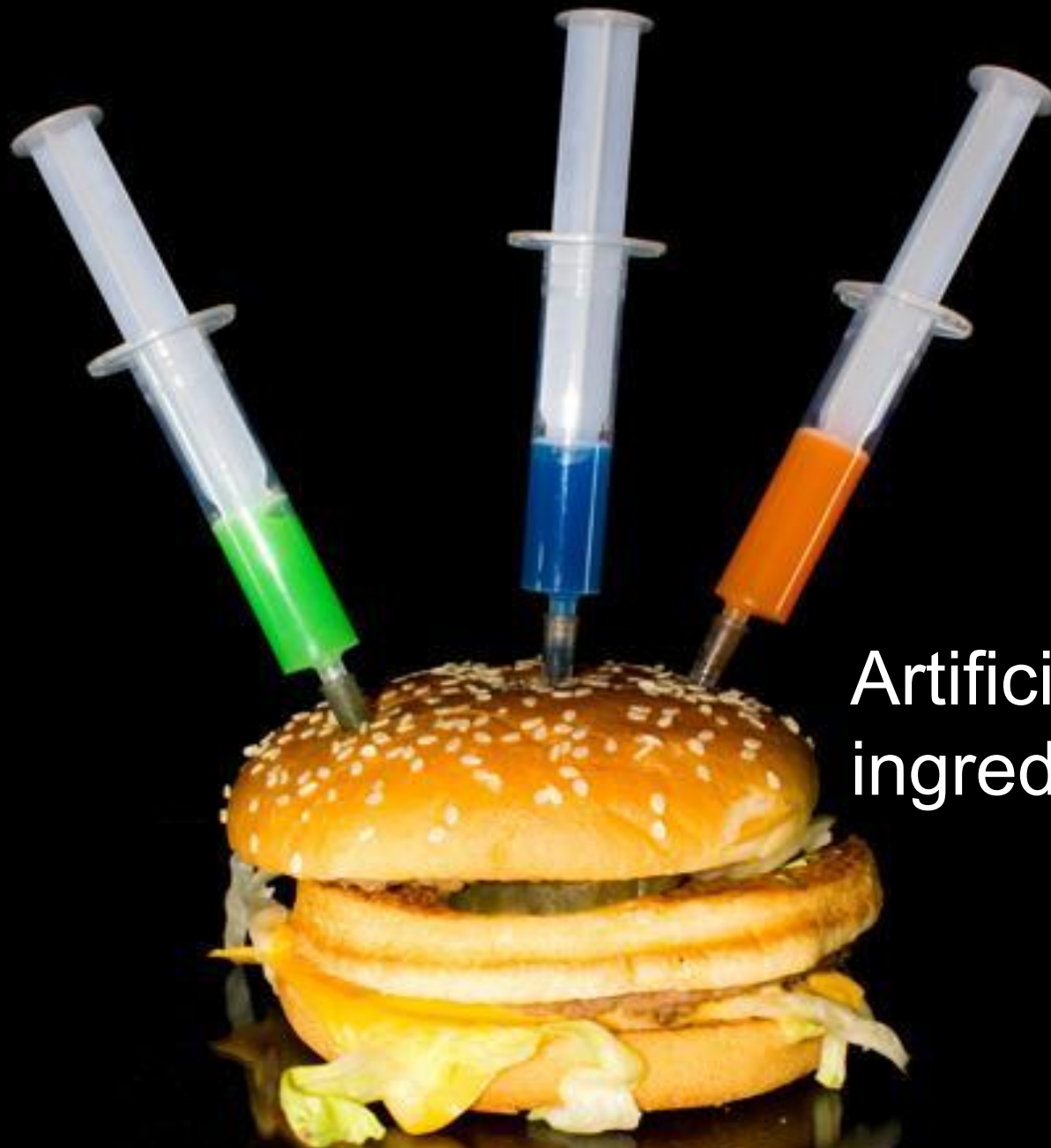
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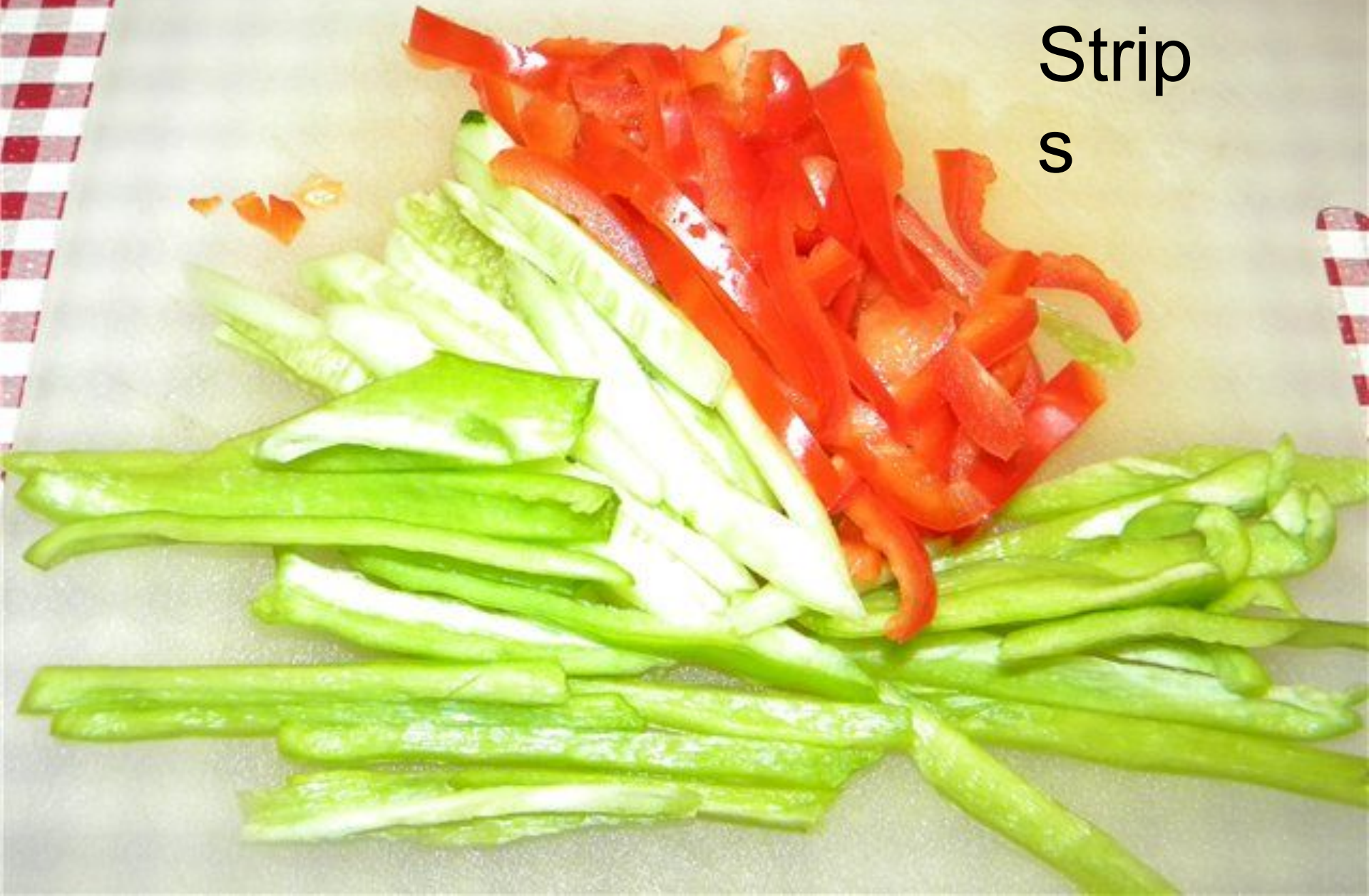
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Spinach

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Golden Cherry
Tomatoes

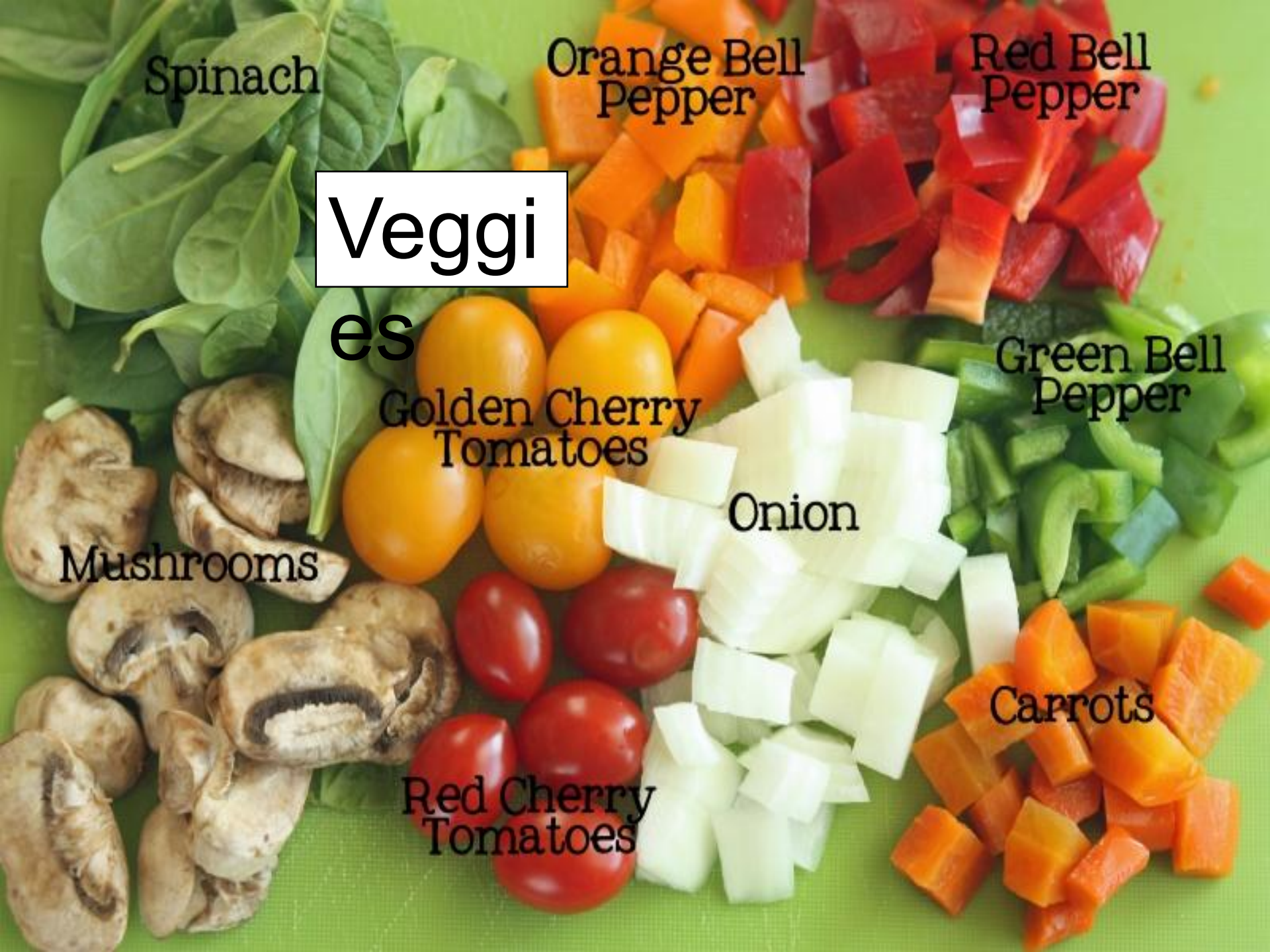
Green Bell
Pepper

Mushrooms

Onion

Carrots

Red Cherry
Tomatoes





The

Food is the basis of our life, because human body cannot exist without it. Every day we eat and we have to spend a significant part of our income on food, if we want to have a diverse and

text




Nowadays fast food restaurants open everywhere – from big megalopolises to small towns. They have their advantages and disadvantages. On the one hand, McDonalds, KFC and Subway help us save our money and time, but, on the other hand, they don't offer us healthy meals. Hamburgers, cheeseburgers, fries, muffins and milk cocktails are tasty, but not very good for our





If we want to live long, we should pay attention to what we eat. A healthy diet usually includes a lot of fruit and vegetables, regular portions of fish or white meat, grains, nuts and a few liters of water per day. It is better to choose products without artificial ingredients and with minimal quantity of sugar.





Ukrainian cuisine has a long history and is rather popular not only in Ukraine but also in other Slavic countries. One of the most popular dishes is borscht. There are about 30 varieties of Ukrainian borscht soup and the dish often includes meat. Breads and wheat products are very important to Ukrainian cuisine. Paska is a traditional rich Easter bread. Uzvar is



UKRAINIAN BORSCHT



Ingredients

- nts:* 500 g of meat (pork or beef)
- ✓ 2-3 potatoes
 - ✓ 1 beet
 - ✓ 2 onions
 - ✓ 2 carrots
 - ✓ 2 tbsp of tomato paste
 - ✓ 2-3 tomatoes
 - ✓ 1 red or green pepper
 - ✓ 1/4 of cabbage
 - ✓ some greens
 - ✓ a small piece of pork fat
 - ✓ a glove of garlic
 - ✓ some salt

Wash the meat, cut it into small pieces. Pour some cold water into a pot, salt and cook the meat until it is almost ready. Cut the potatoes into squares and put it in the meat bullion. Cut the beet into strips and fry it with some oil. Cut the onion and the carrots into squares and add them to the beet. Fry until everything is golden-brown. Add some tomato paste and grated tomatoes (without the skin) to fry as well. After a little bit add a cup of bullion. Cut the pepper into squares and add them as well.

Stew everything for about 10 minutes. Now back to the bullion. Cut the cabbage into straws and put it in the bullion. After the bullion is boiling, add the mix of fried veggies and tomato paste. Add a lot of greens as well. Cook everything for about 5 minutes and then add a small piece of pork fat (I didn't add any pork fat but the borscht was still amazing) and a squeezed glove of garlic. The borscht is ready.

Bon appétit!



Green cises

a) Fill in the world:

1. _____ some cold water into a pot, salt and cook the meat until it is almost ready.

2. _____ everything for about 10 minutes.

3. After the bullion is boiling, add the mix of fried _____ and tomato paste.

4. It is better to choose products without _____ and with minimal quantity of sugar.

5. Cut the potatoes into _____ and put it in the meat bullion.

a) veggies

b) artificial ingredients

c) squares

d) Pour

e) Stew

b) Translate the sentences.

1. Якщо ми хочемо прожити довге життя, нам потрібно стежити за тим, що ми їмо.
If we want to live long, we should pay attention to what

2. Сьогодні ресторани шведського харчування відкриті повсюди - від великого мегаполісу до маленького міста.
Swedish restaurants open everywhere - from big megalopolises to

3. Життя основа нашого життя тому що людський організм не може існувати без неї.
Life is the basis of our life, because human body cannot exist without it.

4. Українська кухня має багату історію і завжди популярна не тільки в Україні, але також в інших слов'янських країнах.
Ukrainian cuisine has a long history and is rather popular not only in Ukraine but also in other Slavic countries.



Answer the questions

1. Is fast food can be the good food?

2. What kind of food do you prefer?

3. What kind of food includes healthy diet?

4. What the dish is the most popular in Ukraine?

5. What the advantages of the fast food restaurants?



The end