

# VON DER KUNST, RICHTIG ZU ESSEN

«Ты – то, что ты ешь»

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Проект подготовили учащиеся 7, 10-11х классов МОУ  
«СОШ № 19» г. Энгельса под руководством учителей  
иностранного языка  
Малюк Н.С. и Елагиной Л.В.

Man ist, was man isst — so sagte einmal der Philosoph Ludwig Feuerbach. Das ist richtig, und darum ist es sehr wichtig, zu wissen, wann, wieviel und was der Mensch essen soll. Eine richtige Ernährung hilft dem Menschen, gesund zu bleiben. Eine falsche Ernährung führt oft zu schweren Krankheiten.



- Essen – есть
- richtige Ernährung – правильное питание

Morgens muß man gut und genügend essen. Abends soll man nicht viel essen, sonst schläft man schlecht. Man soll täglich 3- 4 Mal und immer zur gleichen Zeit essen. Beim Essen darf man nicht eilen, man soll immer in Ruhe essen. Man darf auch beim Essen nicht lesen. Die Speisen dürfen nicht zu kalt und nicht zu heiß sein.



- **täglich 3—4 Mal – ежедневно 3-4 раза**
- **zur gleichen Zeit – в одно и то же время**
- **nicht eilen – не торопиться**
- **nicht heiß – не горячий**

Der Mensch soll nicht zu viel essen. Es gibt Mütter, die ihren Kindern zu viel zu essen geben. Diese Kinder werden sehr dick, aber das heißt nicht, daß sie gesund sind. Ihr Körper kann einfach nicht alles verarbeiten, was er bekommt. Der griechische Philosoph Sokrates sagte: „Einige Menschen leben, um zu essen. Ich esse, um zu leben.“



- **Dick – толстый**
- **«Einige Menschen leben, um zu essen. Ich esse, um zu leben.» - «Некоторые люди живут, чтобы есть. Я ем, чтобы жить» Сократ**

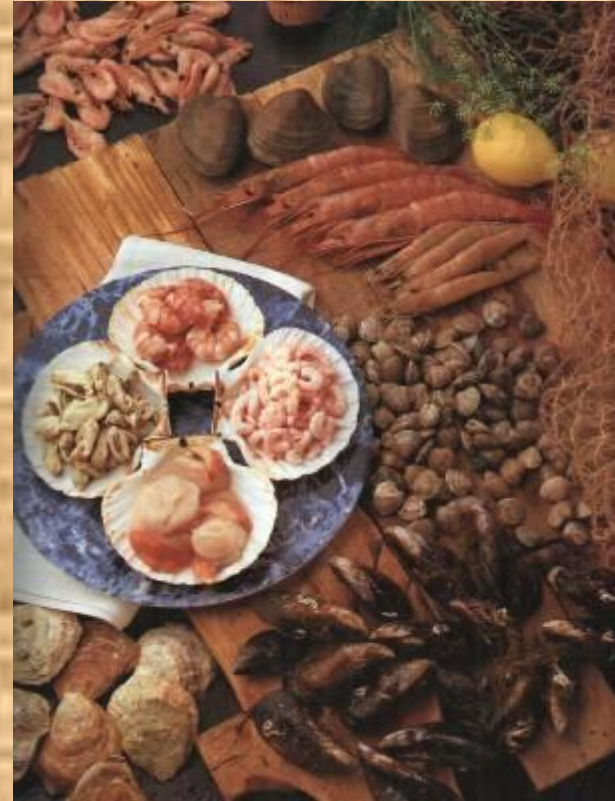
# Was soll man essen, um gesund zu bleiben?

Ein arbeitender Mensch braucht täglich 2000 bis 4000 Kalorien. Diese Kalorien kann man in Brot, Gemüse, Fleisch, Obst und anderen Lebensmitteln finden.



- **2000 - 4000 Kalorien – 2000 – 4000 калорий**
- **Brot – хлеб**
- **Gemüse – овощи**
- **Fleisch – мясо**
- **Obst – фрукты**

Dabei ist es aber auch wichtig, daß man täglich eine bestimmte Menge Eiweiß, Fett und Kohlenhydrate erhält. Außerdem dürfen in unserer Nahrung die nötigen Vitamine und Mineralien nicht fehlen.



- **Kohlenhydrate – углеводы**
- **Eiweiß – белки**
- **Fett - жиры**
- **Vitamine und Mineralien – витамины и минералы**

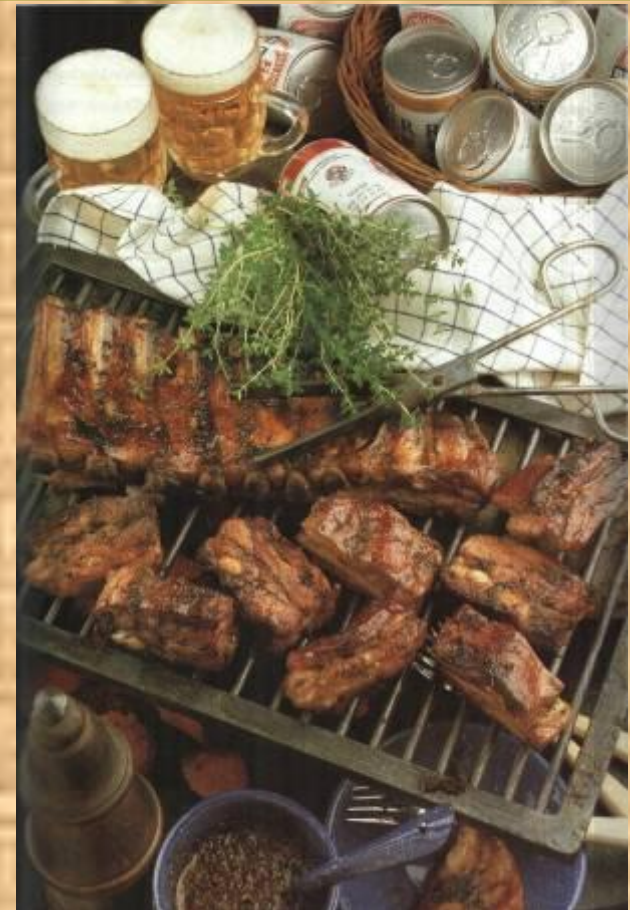
Der Mensch muß aber nicht nur essen, sondern auch trinken. Er braucht täglich etwa zweieinhalb Liter Flüssigkeit. Dabei darf man nicht vergessen, daß in allen Lebensmitteln mehr oder weniger Flüssigkeit enthalten ist.



**Trinken – пить**

**2,5 Liter Flüssigkeit – 2,5 л жидкости**

In vielen Ländern gibt es spezielle Institute für Ernährung, zum Beispiel in Moskau, in Sofia und auch in Potsdam. Diese Institute beschäftigen sich mit Ernährungsproblemen. Sie veröffentlichen auch Bücher über gesunde Ernährung. Es erscheinen unter ihrer Leitung Kochbücher mit guten und interessanten Rezepten. Dadurch kann jeder die Kunst erlernen, richtig zu essen.



**Institute für Ernährung – институт**

**питания**

**gesunde Ernährung - здоровое питание**

**Kochbücher – кулинарные книги**



# THE HOT DOG

- People of different countries have their own favourite food. You already know some things about traditional Russian and English dishes. Here are some facts about a thing that has become popular all over the world.

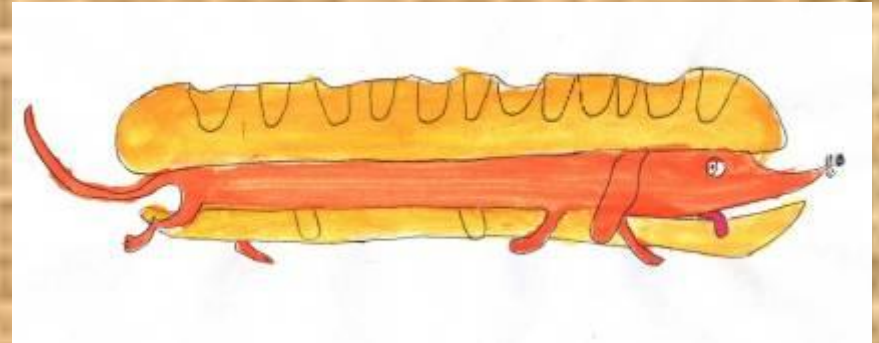


**Dish – блюдо**

- Look at the picture.  
What do you see in it?  
What kind of dog is it? Have you ever eaten hot dogs? Do you like them?
- Hot dogs came to Russia from America.  
But its home country is Germany.



- In its home country people called this food frankfurter, after Frankfurt, a German city. Frankfurters first appeared in the United States in 1860. Americans called frankfurters «dachshund sausages». A dachshund is a dog from Germany with a very long body and short legs. "Dachshund sausage" was a good name for the frankfurter.



**Frankfurter –**

**сосиска (амер.)**

**Dachshund – такса**

**Sausages – сосиска**

• Dachshund sausages first became popular in New York, especially at baseball games. Their sellers kept them warm in hot-water tanks. As they walked up and down the rows of people, they shouted «Get your dachshund sausages! Get your dachshund sausages!» People bought the sausages and put them on buns special kind of bread.



**Especially - особенно**  
**Tank – специальный резервуар для жидкости**  
**Row - ряд**

- One day in 1906 a newspaper cartoonist Tad Dorgan went to see a baseball game. When he saw the men selling the dachshund sausages, he got an idea for a cartoon! The next day at the newspaper office he drew a bun with a dachshund in it — not a dachshund sausage, but a dachshund. Dorgan didn't know how to spell dachshund. So, under the cartoon, he wrote "Get your hot dogs!"



- The cartoon was a sensation, and so was the new name. If you go to a baseball game today, you can still see sellers walking around with hotwater tanks. As they walk up and down the rows they shout: "Get your hot dogs here! Get your hot dogs!"



# Chewing Gum

- Chewing gum came about as a result of a failure. A substitute for rubber was being sought. At first, the sap of the South American sapodilla tree, called chicle, was thought to be suitable. But it proved to be not elastic enough.



**Chewing gum – жвачка**

**Sap – сок растения**

- Then Adams - part of the investigating team - remembered that the South American Mayan people chewed sickle and thought that, flavoured, it might be sold in America. It did.



**Sickle – лист**

**Supplies - распространители**



- During World War II American soldiers were sent supplies of chewing gum. This helped to increase its world-wide popularity.



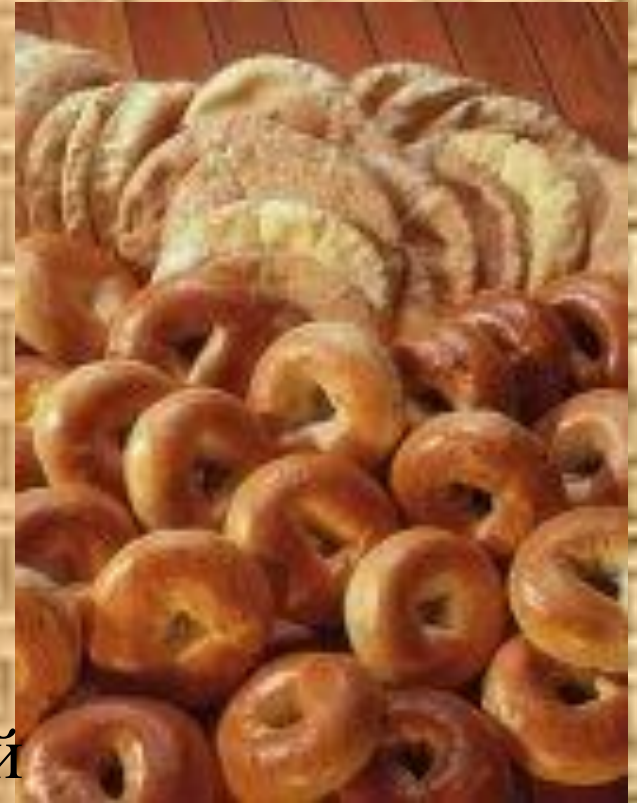
**Taste - вкус**

- Nowadays, chewing gum ingredients are listed as "gum base, sugar, syrup and softeners"; the base is largely synthetic.
- But it doesn't taste too bad.



# Bagels Baked Fresh All Day

- Bagels are made from flour, water, salt, yeast, and a little bit of sugar. You can add any other ingredients you'd like, such as raisins or blueberries. Bagels are boiled and then baked in an oven. The perfect bagel is crispy on the outside and chewy on the inside.



*bagel* - булочка с разной начинкой

*flour* – мука

*yeast* – дрожжи

*blueberry* - черника

- Bagels are very good for you. They are fat and cholesterol free. They are very high in carbohydrates, which give you energy. You need carbohydrates if you play sports. But the best thing about bagels is that they taste good!



**cholesterol free – без  
холестерина**

- Bagels were brought to the United States by Jewish immigrants and were eaten mainly in Manhattan, New York. But when the Jewish immigrants began moving to other parts of the United States, they took the bagel with them. Now the bagel is very popular among Americans all over the country.



# Breakfast

- All people in the world have breakfast, and most people eat and drink the same things for breakfast. They may eat different things for all the other meals in the day, but at breakfast time, most people have the same things to eat and drink - Tea or Coffee, Bread and Butter, Fruit.



**at breakfast time - во время завтрака**

- Some people eat meat for breakfast. English people usually eat meat at breakfast time, but England is a cold country. It is bad to eat meat for breakfast in a hot country.
- It is bad to eat too much meat; if you eat meat for breakfast, you eat meat three times a day; and that is bad in a hot country. It is also bad to eat meat and drink tea at the same time, for tea makes meat hard so that the stomach cannot deal with it.



**at breakfast time - во время завтрака**

- The best breakfast is Tea or Coffee, Bread and Butter, Fruit. That is the usual breakfast of most people in the world.

**Tea – чай**

**Coffee - кофе**

**Bread – хлеб**

**Butter - масло**

**Fruit - фрукты**





# How Tea Was First Drunk in Britain

- By the time tea was first introduced into this country (1660), coffee had already been drunk for several years.
- By 1750 tea had become the most popular beverage for all types and classes of people — even though a pound of tea cost a skilled worker perhaps a third of his weekly wage!

# Tea ware

- Early tea cups had no handles, because they were originally imported from China. Chinese cups didn't (and still don't) have handles.
- As tea drinking grew in popularity, it led to a demand for more and more tea ware. This resulted in the rapid growth of the English pottery and porcelain industry, which not long after became world famous for its products.



# The Tea Break

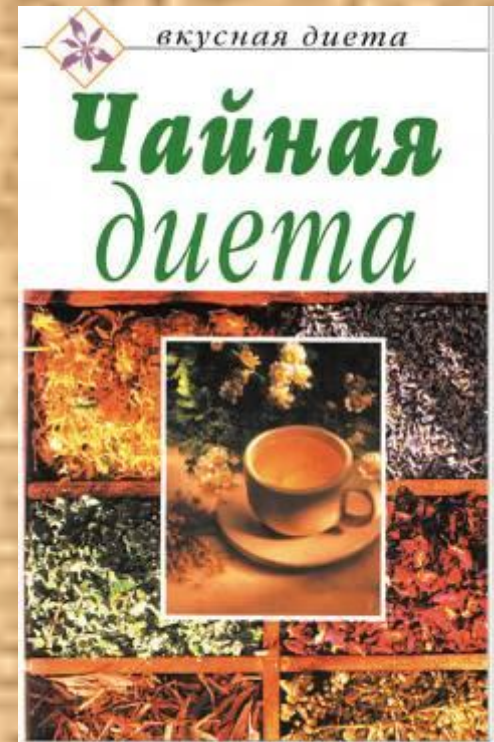
Nowadays, tea drinking is no longer a proper, formal, "social" occasion. We don't dress up to "go out to tea" anymore. But one tea ceremony is still very important in Britain — the Tea Break! Millions of people in factories and offices look forward to their tea breaks in the morning and afternoon.



# Nutrition and health

## Dieting

- Since tea is a natural product, it helps the body to work and contains no calories, it can be an ideal drink for people on a special diet. Tea with lemon - a calorie free combination - is recommended in most diet sheets for slimmers.



**Slimmer - тот, кто находится на диете**

# Calorie comparisons

No calories —  
A cup of tea without milk  
but with lemon



10 calories —  
A cup of tea with milk



90 calories —  
A glass of milk



120 calories —  
A can of cola or  
carbonated drink

**Carbonated drink - газированный  
напиток**

**Cola - кока-кола**

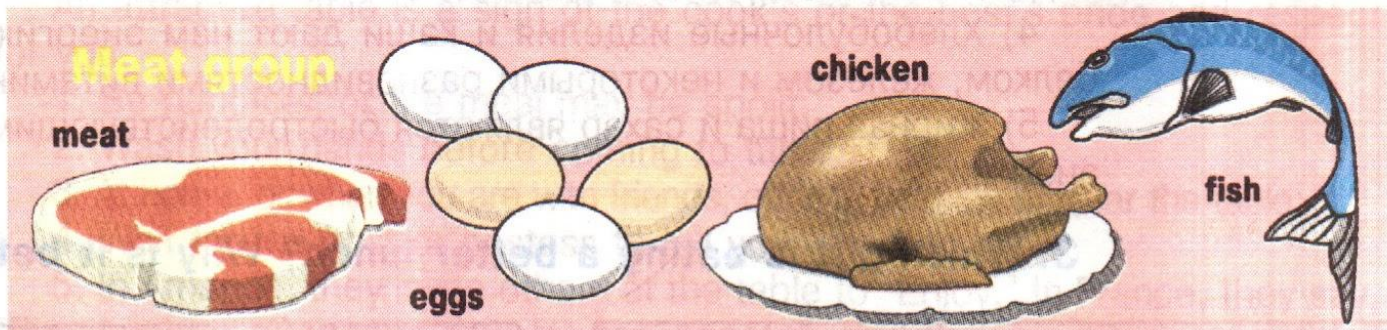
# HEALTHY TYPES OF FOOD

Eating the proper foods is important to stay healthy.

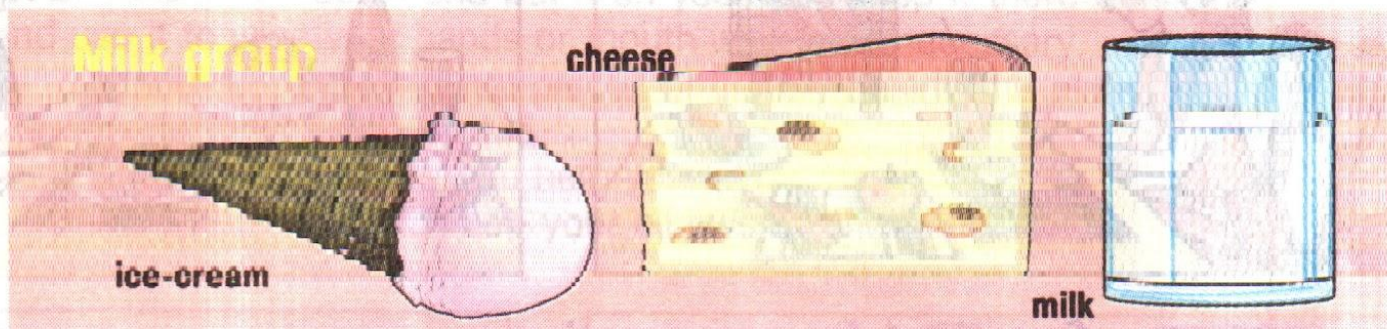
## 1. What are the five basic types of food a person should eat?

Answer:

Meat; Dairy; Fruits/ Vegetables; Bread/ Cereal; Fats/ Sugar.

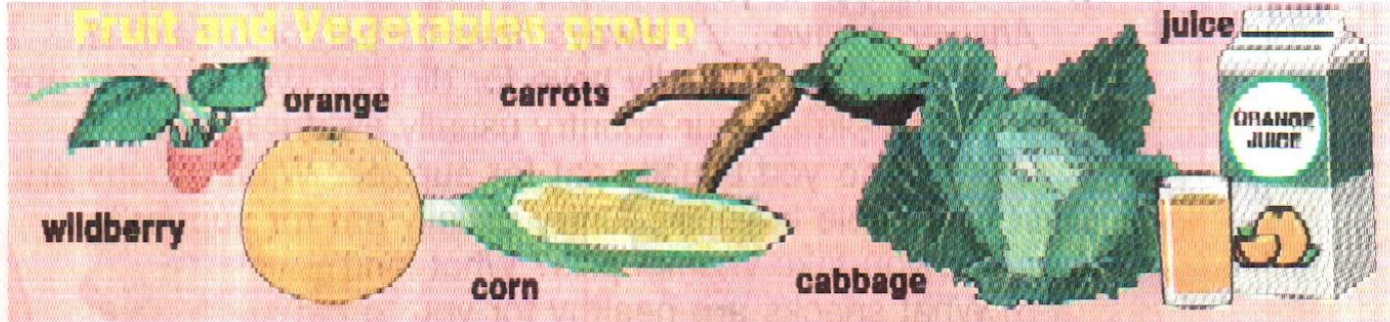


Meat — helps you have a strong and healthy body by providing protein.



Dairy — builds strong teeth and bones by providing calcium.

## Fruit and Vegetables group



Fruits / Vegetables — help you have healthy gums, good eyesight etc. by providing Vitamins A and C.

## Bread—cereal group



Bread / Cereal — Gives you energy by providing protein, iron, and several B vitamins.

## Fats and sugar



Fats / Sugars — Fast sources of energy.



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