



Meals and Cooking



Hello!

My name is Fluffy and I
absolutely love food!
So my friends and me
want to tell you something
about it.

When we cook, we

- boil,
- roast,
- fry or stew our food.

**How do you think
what verbs in bold mean?**





We **boil** in a cooking pot
eggs, meat, chicken, fish,
milk, water and
vegetables.

We fry in a pan
eggs, fish, meat and vegetables.



We stew in
multicooker fish,
meat, vegetables.



**We roast
meat or chicken.**

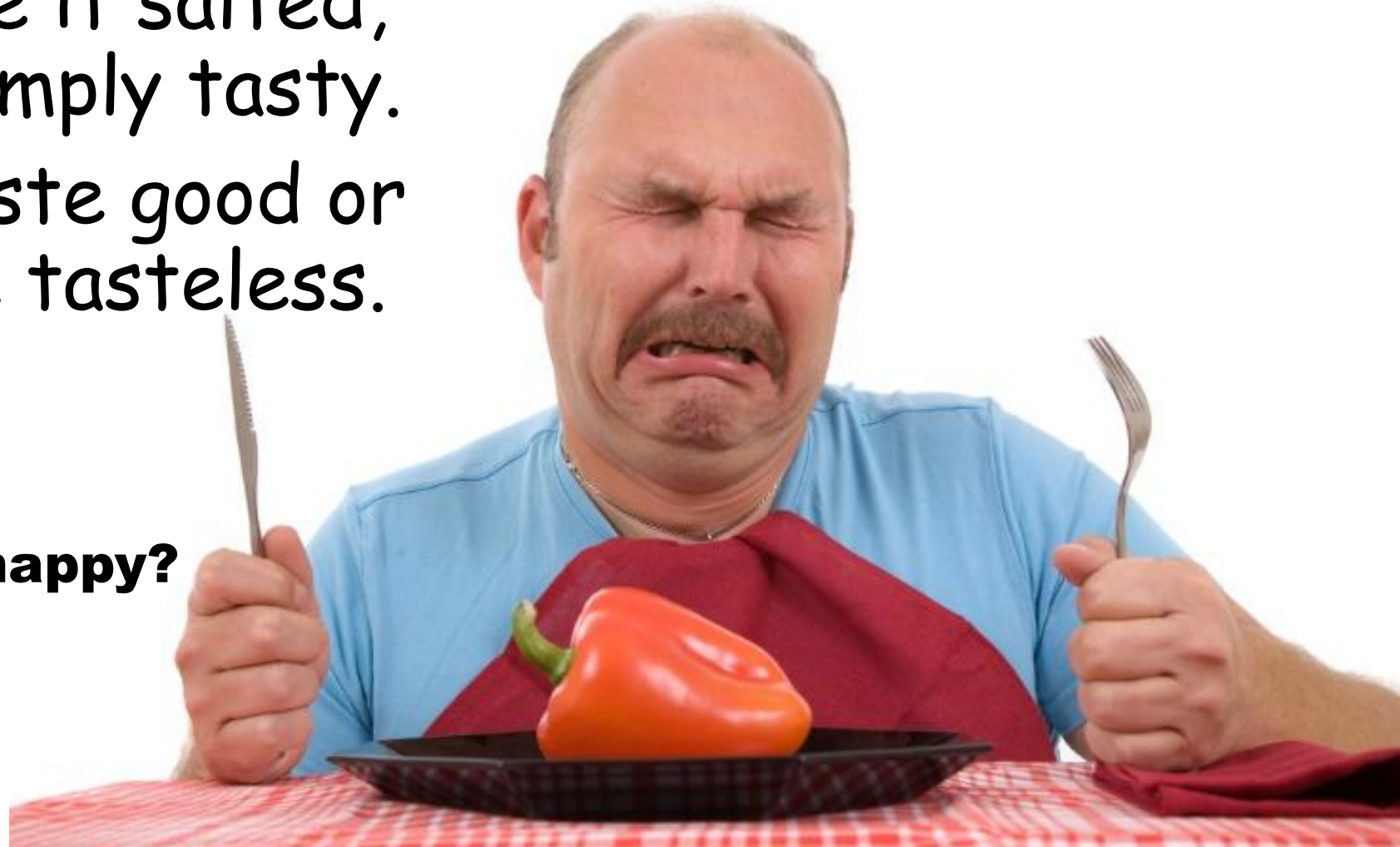


To make tea
To make coffee



We put salt, sugar, pepper, vinegar and mustard into our food to make it salted, sweet, sour or simply tasty. Our food may taste good or bad or it may be tasteless.

How do you think why the man is so unhappy?

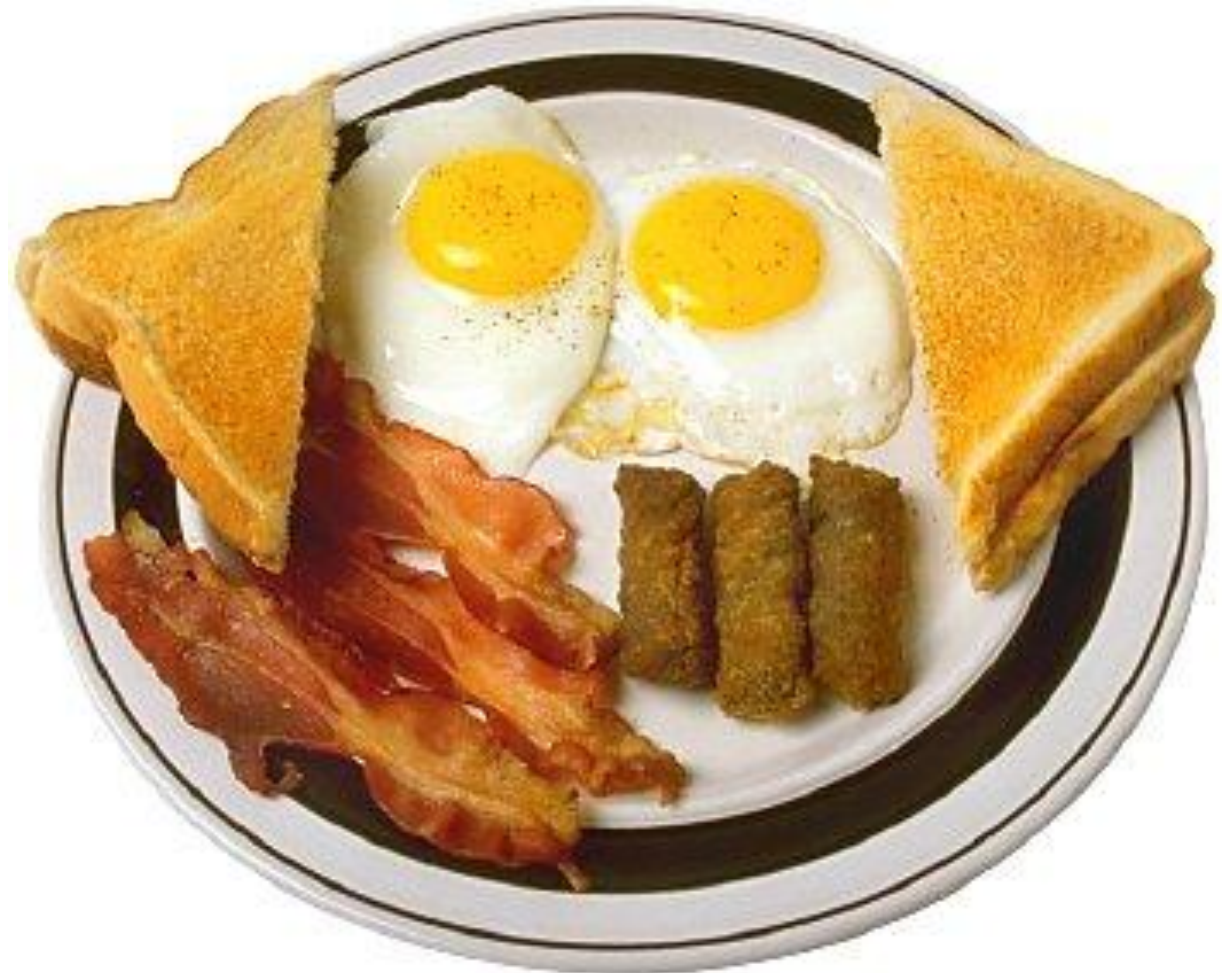


English breakfast

The usual meals in England are breakfast, lunch, tea and dinner.

For breakfast English people mostly have **porridge** or **corn-flakes** with milk or cream and sugar, bacon and eggs, marmalade with buttered toast and tea or coffee.

For a change they can have a boiled egg, cold ham, or fish.



English lunch

English people generally have lunch about one o'clock.

At lunch time in a London restaurant one usually finds a **mutton chop**, or steak and chips, or cold meat or fish with potatoes and salad, then a pudding or fruit to follow.



Tea traditions

Afternoon tea can hardly be called a meal.

It is a substantial meal only in **well-to-do** families.

It is between five and six o'clock. It is rather a sociable sort of thing, as friends often come in then for a chat while they have their cup of tea, cake or biscuit.



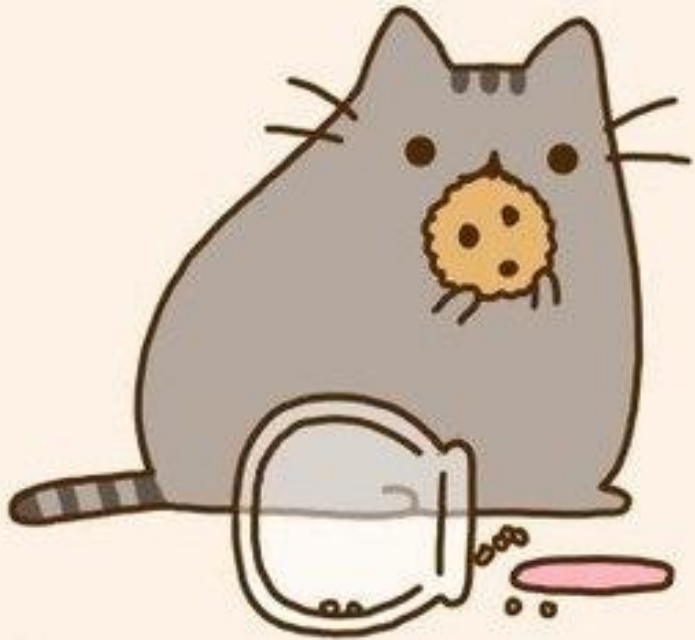
English dinner

In some houses dinner is the biggest meal of the day.

But in great many English homes, the midday meal is the chief one of the day, and in the evening there is usually a much simpler supper — an omelette, or sausages, sometimes bacon and eggs and sometimes just bread and cheese, a cup of coffee or cocoa and fruit.



1. What do people in your country eat for breakfast, lunch and dinner?
2. Are national food traditions in your country similar to English tradition? (common and distinctive features).
3. Write about food traditions in your country/family/any other country.



A spoon - ложка

A fork - вилка

A knife - нож

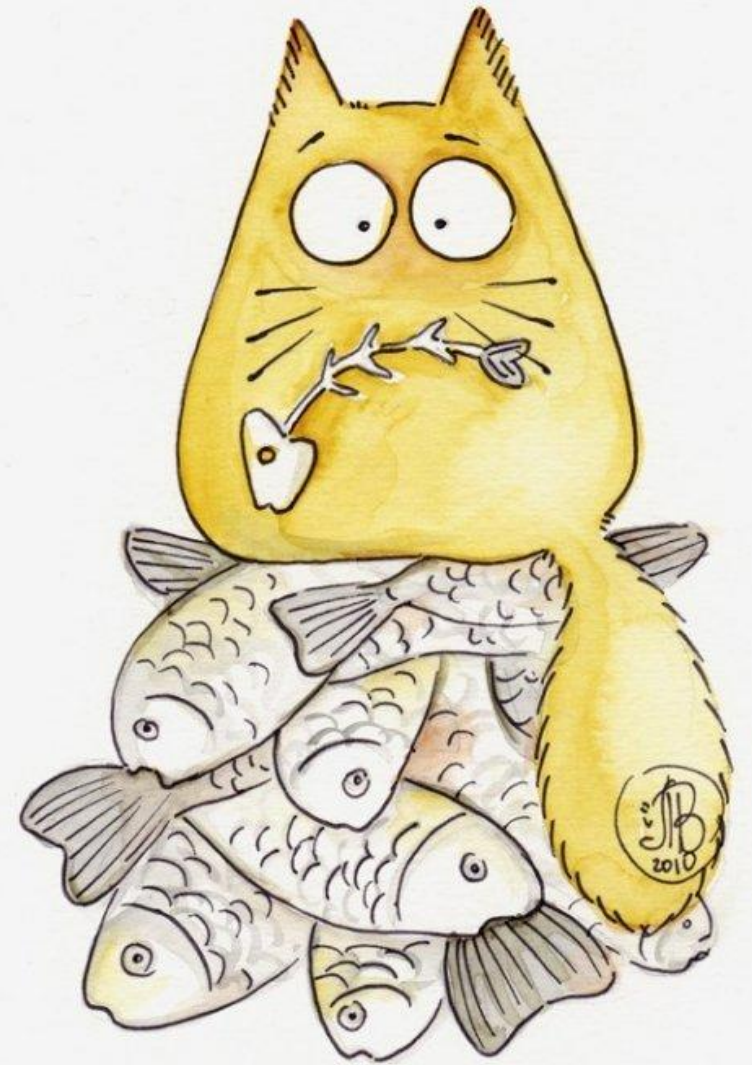
A dish - блюдо/тарелка

A plate - тарелка

A table - стол

A chair - стул/кресло

A glass - стакан



Recipes



Devonshire Honey Cake

1. Is it look tasty?
2. Have you ever tried Devonshire honey cake or something like that?
3. Do you want to try it or cook eat yourself?
4. In which country do people eat Devonshire honey cake



Hi!

I'm glad too see
you again!

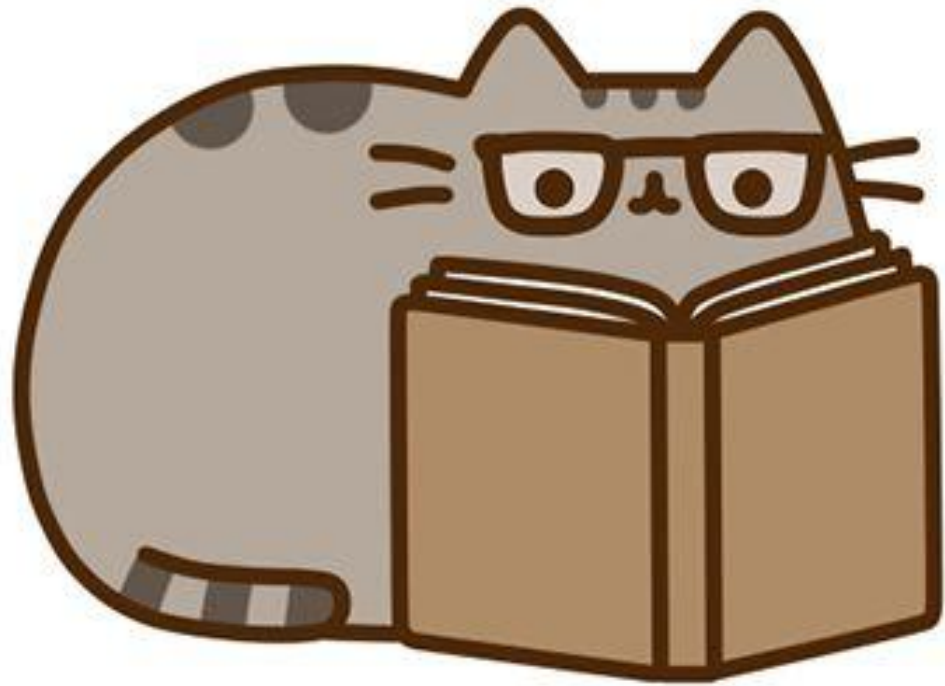
And today I want
to tell you how to
cook my favorite
dish!



Breakfast Pepperoni Pizza

Chopped - нарубленный;
a crust - корочка;
shredded cheese -
тертый сыр;
slices pepperoni - острая
копченая колбаса
пеперони;
a baking sheet - лист
для выпечки.





Ingredients

2 eggs

1 green onion, chopped

2 teaspoons water

1 teaspoon butter

1 prebaked mini pizza crust

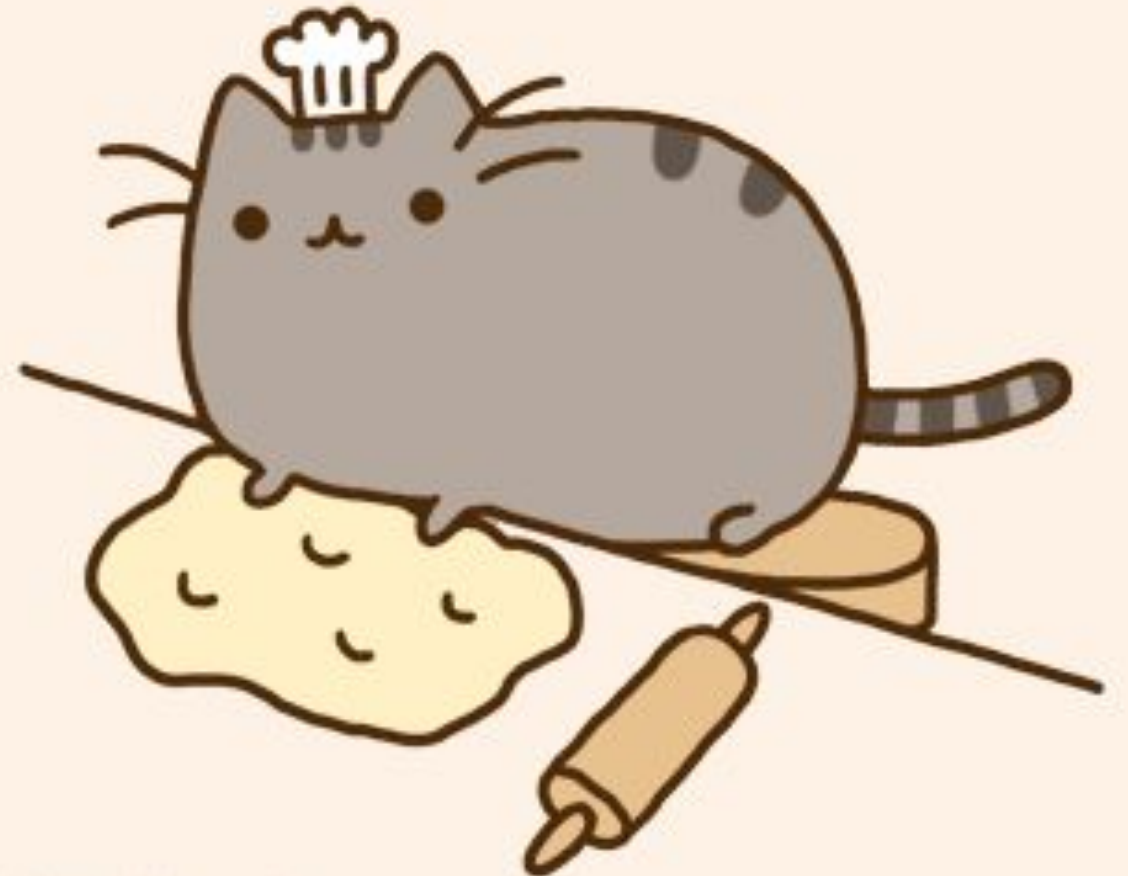
1/3 cup shredded cheese

1/4 cup pizza sauce

12 slices pepperoni

Method

1. In a small bowl, beat the eggs, onion and water. In a small pan, heat butter until it's hot. Add egg mixture; cook and stir over medium heat.
2. Place the crust on a baking sheet. Add about 2 tablespoons cheese and about 2 tablespoons pizza sauce. Then put egg mixture. Add pepperoni on over the top.

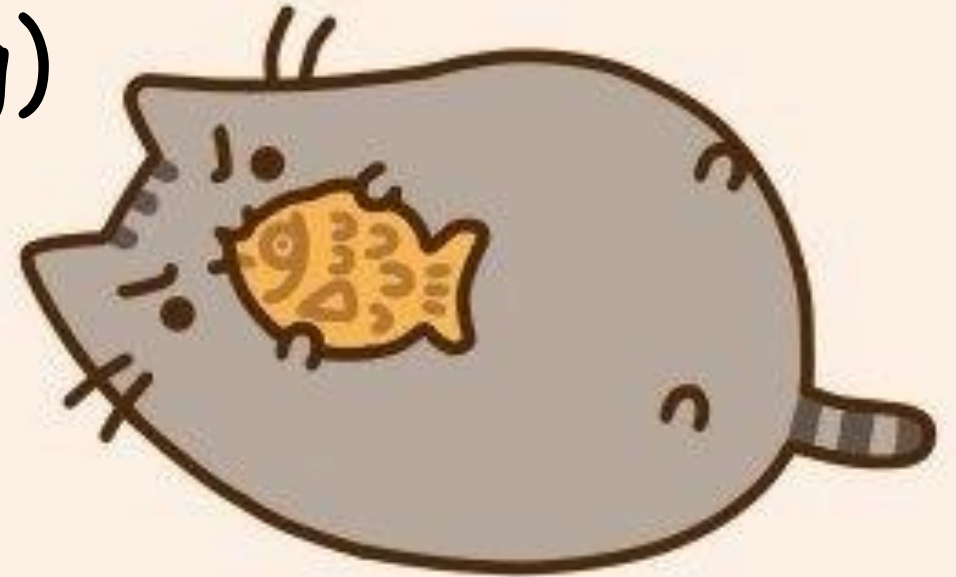


Bake about 10-12
minutes.
Let it stand for 5
minutes before
serving.

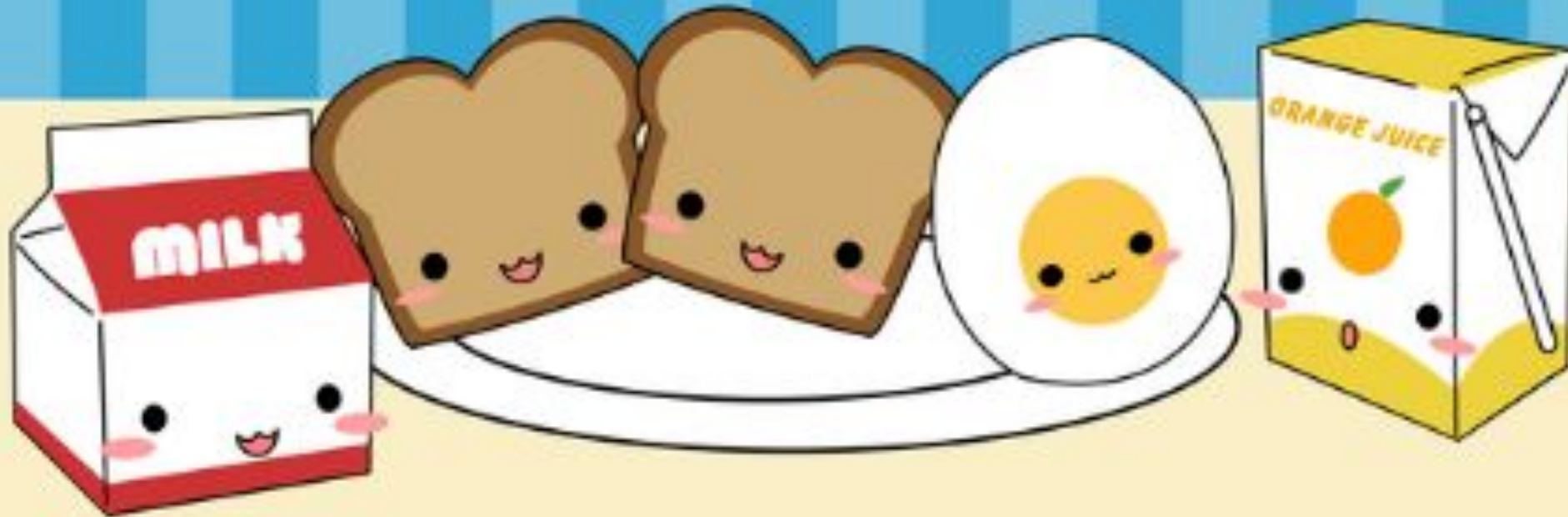


Write the recipe of your favorite dish using next instructions:

1. Name of dish
2. Ingredients
3. Number of persons (serving)
4. Total time cooking
5. Method.
6. Use Imperative Mood.



Happy Breakfast



Breakfast

- * What is breakfast?
- * Why is breakfast important?
- * Some breakfast ideas
- * Brain food
- * What some children say

What is breakfast?

The word breakfast is really two words, '**break**' and '**fast**'.

'Fast' is when you don't eat food all night, because you are sleeping.

So, breakfast is when you break your fast by eating.

Your **stomach** will be very happy about it and your body will be able to use the food to get the energy to send you off to school!

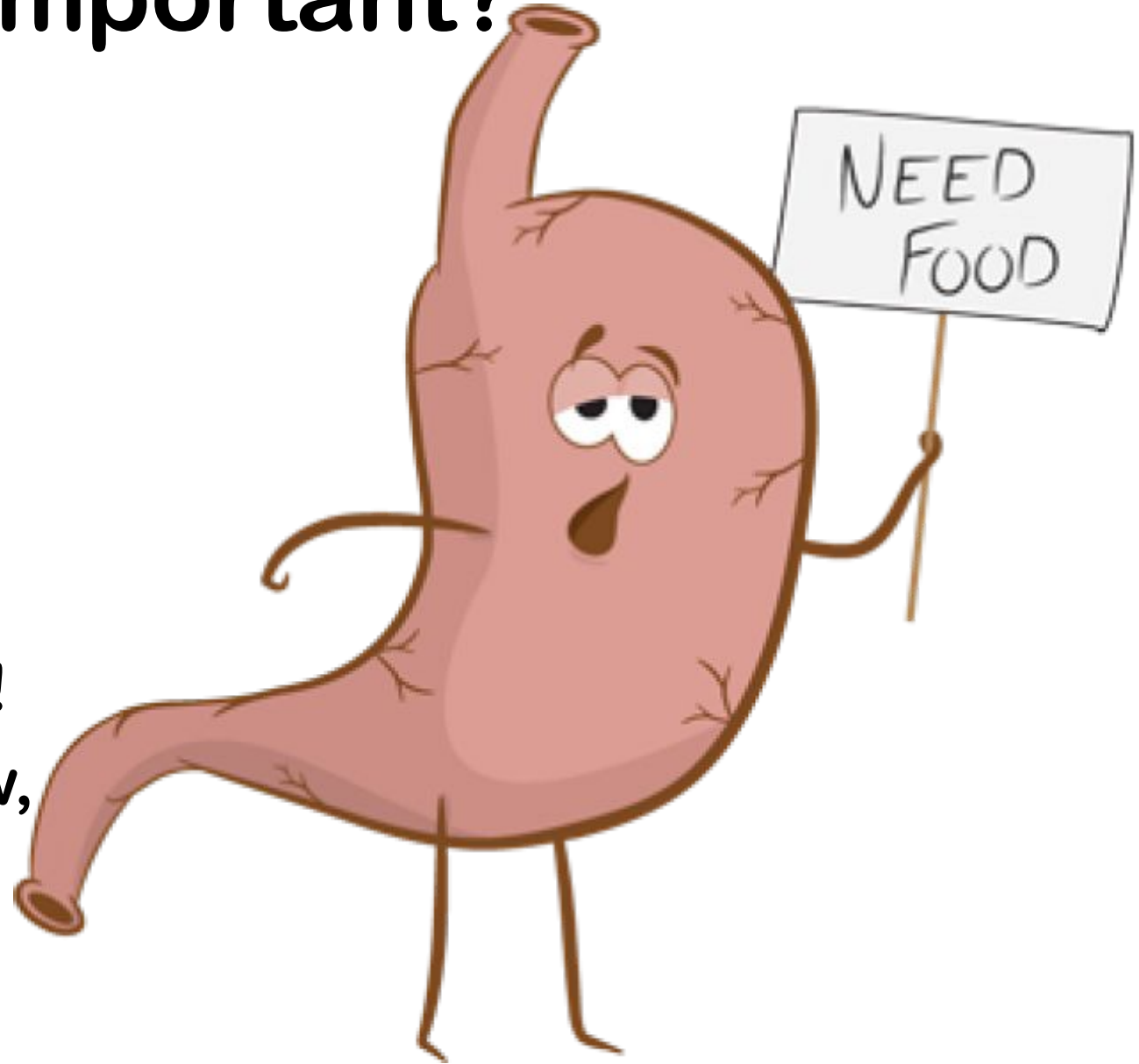


Why is breakfast important?

What you eat is turned into energy by your body.

If you don't eat when you get up, your energy is low, you can't think or work well and your stomach is letting you know that it is waiting for food!

When your energy level are low, you can't think about school lessons (Maths or English).



Some breakfast ideas

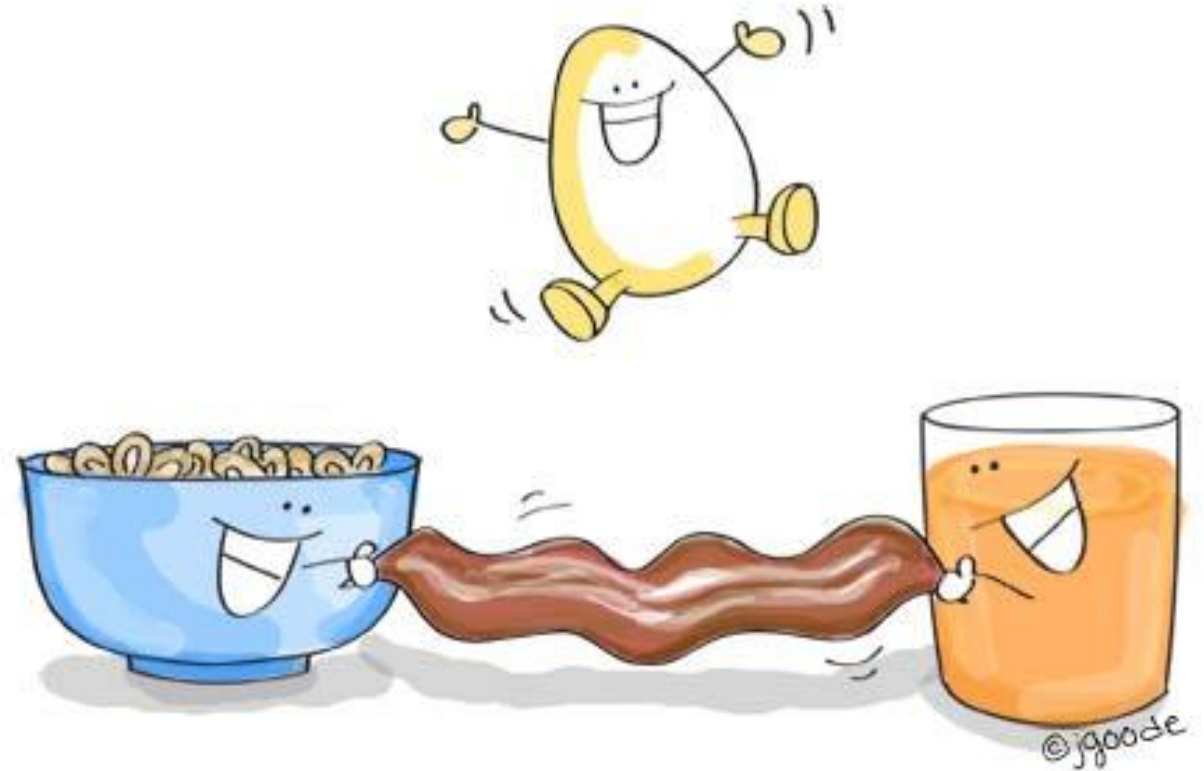
Who makes breakfast in your house? Mum, Dad, older brothers or sisters, or do you do it yourself? Anyway, it is important **to drink** and to eat something in the morning.

***Toasts**, **porridge** and **eggs** will give you energy for school activities.

***Milk** and other milk products are good for growing bodies and healthy bones.

*Using a blender to blend fruit and milk into a **smoothie** can give you a quick, easy meal with lots of goodness.

***Cut** up fresh fruit and eat it with yoghurt, and a piece of toast.



Match the words with pictures below

A stomach

to brake

to drink

to eat

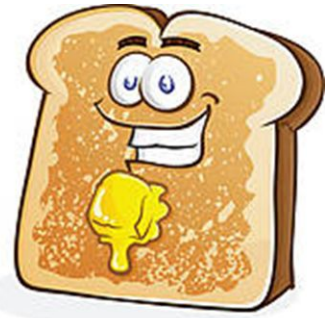
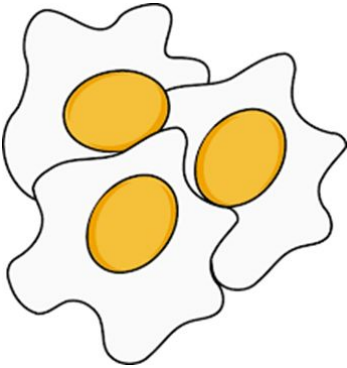
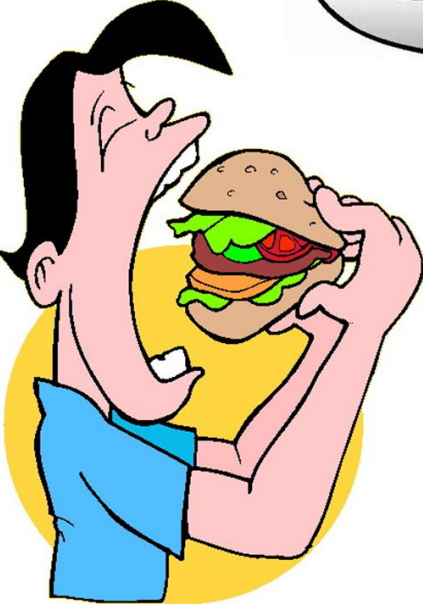
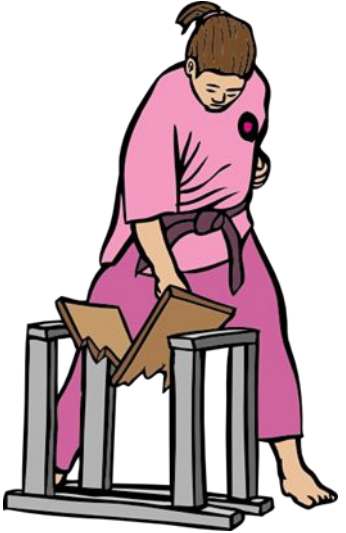
eggs

a

toast to cut

porridge

milk



Make list of food which you eat for breakfast using next words and phrases:

Usually / sometimes / always / seldom / never

I eat/drink

I like

I don't like



Some kids just cannot eat before they get to school.

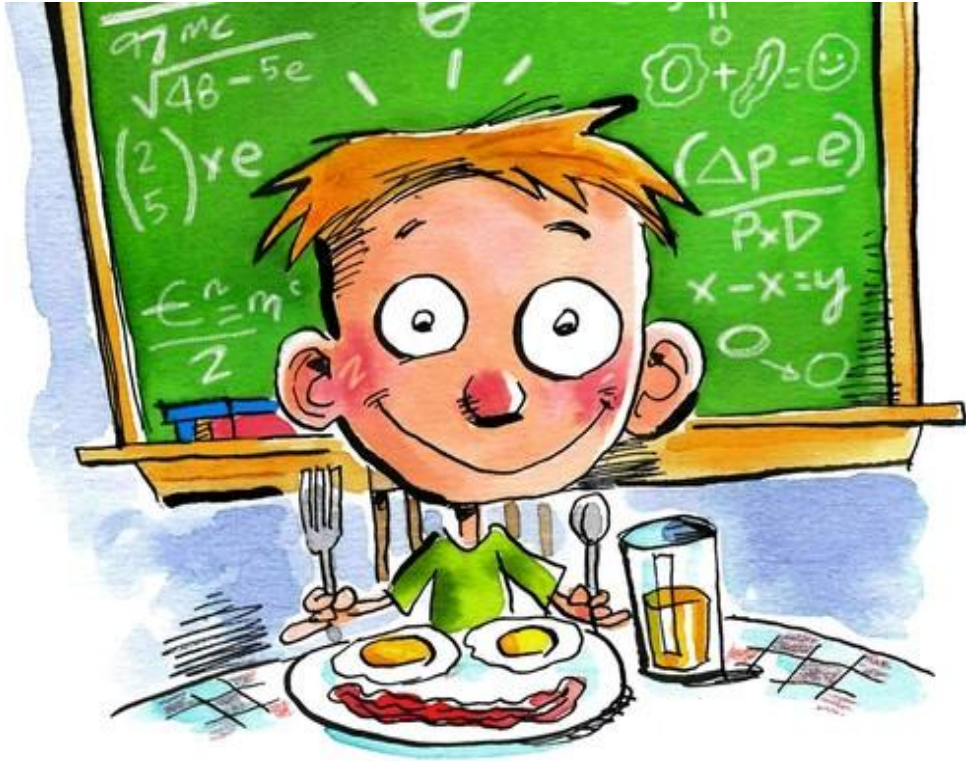
There can be lots of reasons, so some schools have a breakfast program where you can get something from the **canteen** before school.

Some schools have a '**Brain** food' program where each class takes a break after a lesson to eat something. During this break kids eat healthy food such as **nuts**, fruit, **vegetables** or yoghurt.

This food helps children to think faster.



What some children say



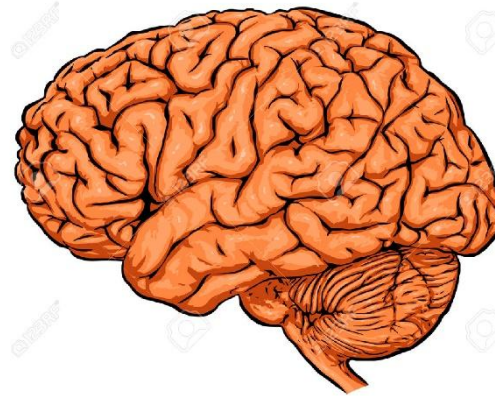
"At my school we can eat fruit and vegetables whenever we want." **Derryth**

"In our family every person make breakfast oneself. I can do scrambled eggs on toast now." **Kara**

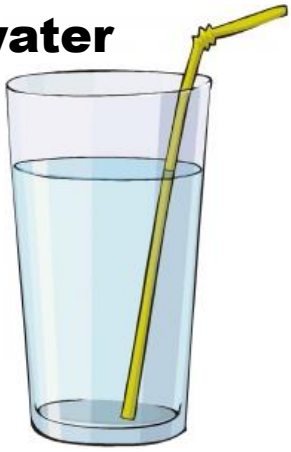
"We have a big breakfast on Sunday because it's the only day when the whole family is there. I like that." **Jacinta**

Match the words with pictures below

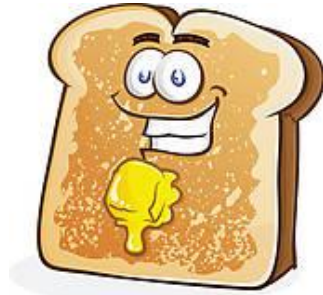
An yogurt a canteen a brain nuts fruits vegetables



water



toast



jam



tea



orange juice

milk



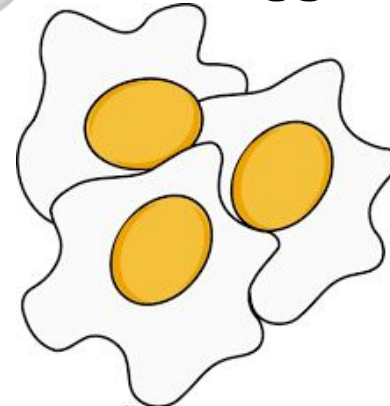
yogurt



coffee



eggs



butter



corn flakes

biscuits



sugar



Funny Stories



Duck

A duck walks into a feed store and asks, "Got any duck feed?"

The clerk tells him, "No, we don't have a market for it so we don't carry it."

The duck says, "Okay," and leaves.

The next day, the duck again walks in to the feed store and asks, "Got any duck feed?"

Again the clerk says no and the duck leaves.

Next day, the duck once again walks in, and asks, "Got any duck feed?"

The clerk says, "I've told you twice, we don't have duck feed, we've never had duck feed and we never will have duck feed. If you ask me again, I'll nail your feet to the floor." The duck leaves.

The next day, the duck walks in and asks, "Got any nails?"

"No."

"Got any duck feed?"



Mental Patient

John and David were both patients in a Mental Hospital.

One day, while they were walking, they passed the hospital swimming pool and John suddenly dove into the deep end.

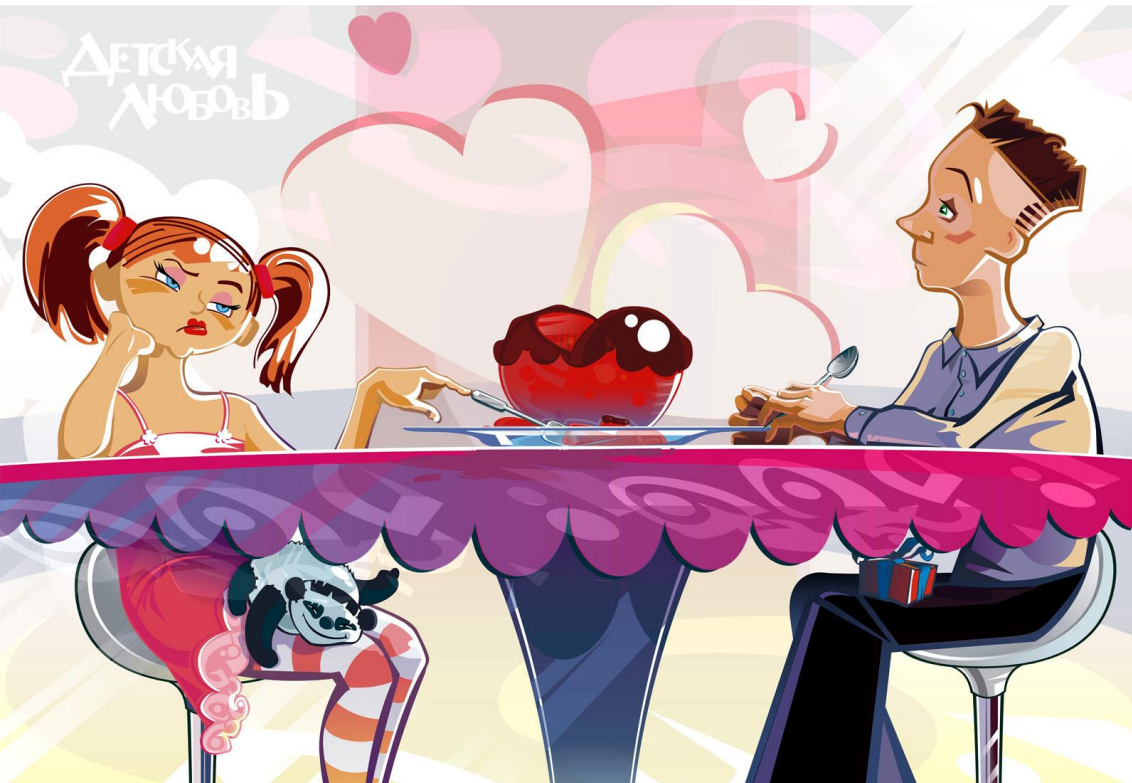
He sank to the bottom and stayed there. David promptly jumped in and saved him, swimming to the bottom of the pool and pulling John out.

The medical director came to know of David's heroic act. He immediately ordered that David be discharged from the hospital as he now considered him to be OK. The doctor said, "David, we have good news and bad news for you! The good news is that we are going to discharge you because you have regained your sanity. Since you were able to jump in and save another patient, you must be mentally stable. The bad news is that the patient that you saved hung himself in the bathroom and died after all."

David replied, "Doctor, John didn't hang himself. I hung him there to dry."



Bad Date Joke



“Hi Sarah, listen I only have a minute. I’m about to get picked up for a blind date, can you call me in a half hour just in case it’s going bad? Yes? Ok great! We’ll speak.”

Raquel gave herself a quick spray of perfume, checked herself out one more time in the mirror, and headed outside to wait for the guy. Sure enough after twenty minutes Raquel was discreetly checking her watch. After ten more long minutes her phone finally buzzed.

Raquel listened for a few seconds, grimly pursed her lips, and turned to her date, “I feel terrible, but my Grandmother is terribly sick, and I must go home now .”

“No problem!” Said her date with a big grin, “in a few more minutes my dog was going to get run over!”



Crocodile

TEACHER: Glenn, how do you spell 'crocodile?'

GLENN: K-R-O-K-O-D-I-A-L'

TEACHER: No, that's wrong.

GLENN: Maybe it is wrong, but you asked me how I spell it.



One famous composer was once invited to dinner. The dinner was delicious: the guests were served big juicy pieces of mutton, pork and lamb.

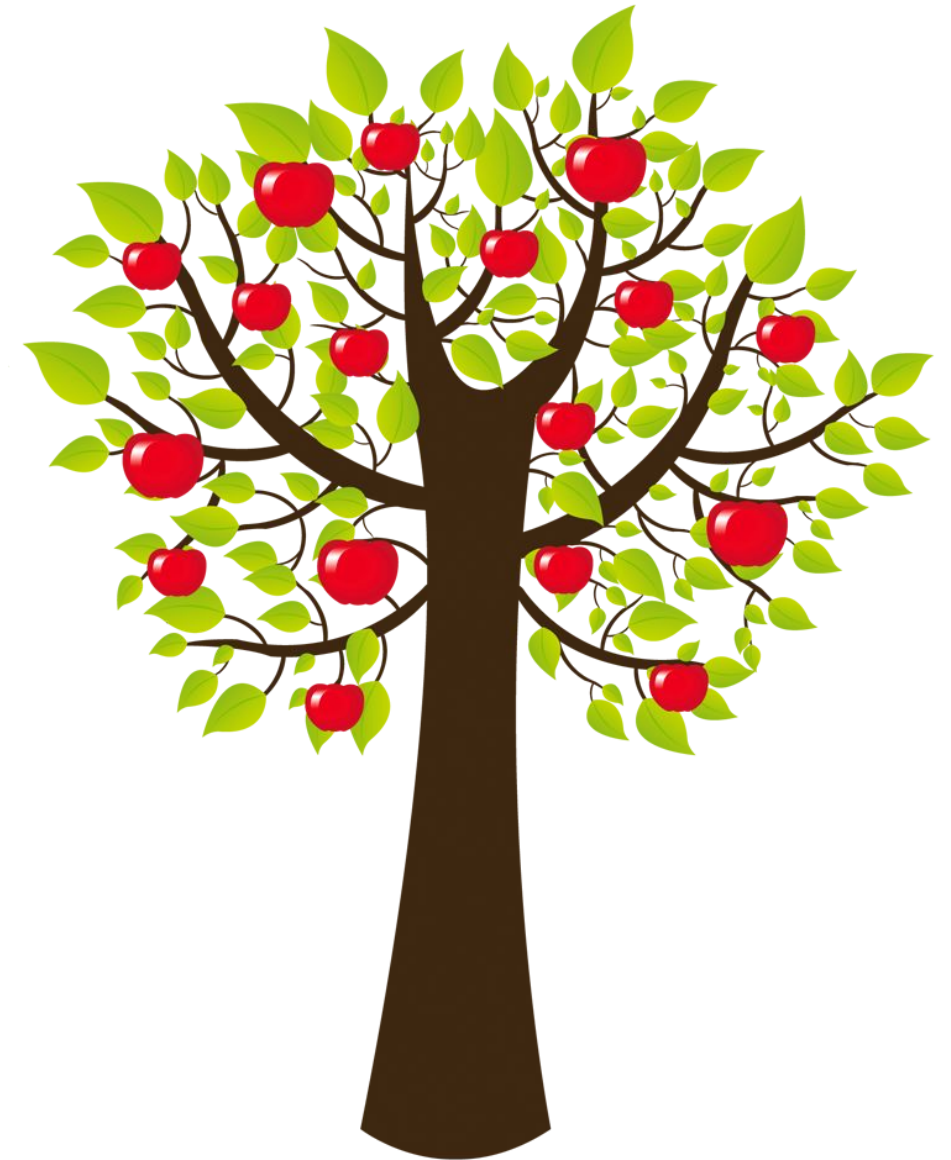
After the meal the host's daughter played some pieces by Beethoven, Mozart and Brahms.

When the concert was over the girl's mother came to the composer and asked: "Maestro, which piece did you like most of all?" "The piece of lamb," was the answer.



Two men, who are in the country for holidays, are walking in an orchard. They see that there are a lot of apples on all trees. Only on one tree there are no apples at all. A small country boy is sitting near that tree.

They call him: “Come here, boy. Do you know why there are no apples on this tree?” “Of course I do,” answers the boy, “because it’s an oak-tree.”



Horror Stories



What's in the basement?



Mommy told me never to go into the basement, but I wanted to see what was making that noise. It kind of sounded like a puppy, and I wanted to see the puppy, so I opened the basement door and tiptoed down a bit. I didn't see a puppy, and then Mommy yanked me out of the basement and yelled at me. Mommy had never yelled at me before, and it made me sad and I cried.

Then Mommy told me never to go into the basement again, and she gave me a cookie. That made me feel better, so I didn't ask her why the boy in the basement was making noises like a puppy, or why he had no hands or feet.

All I saw was red

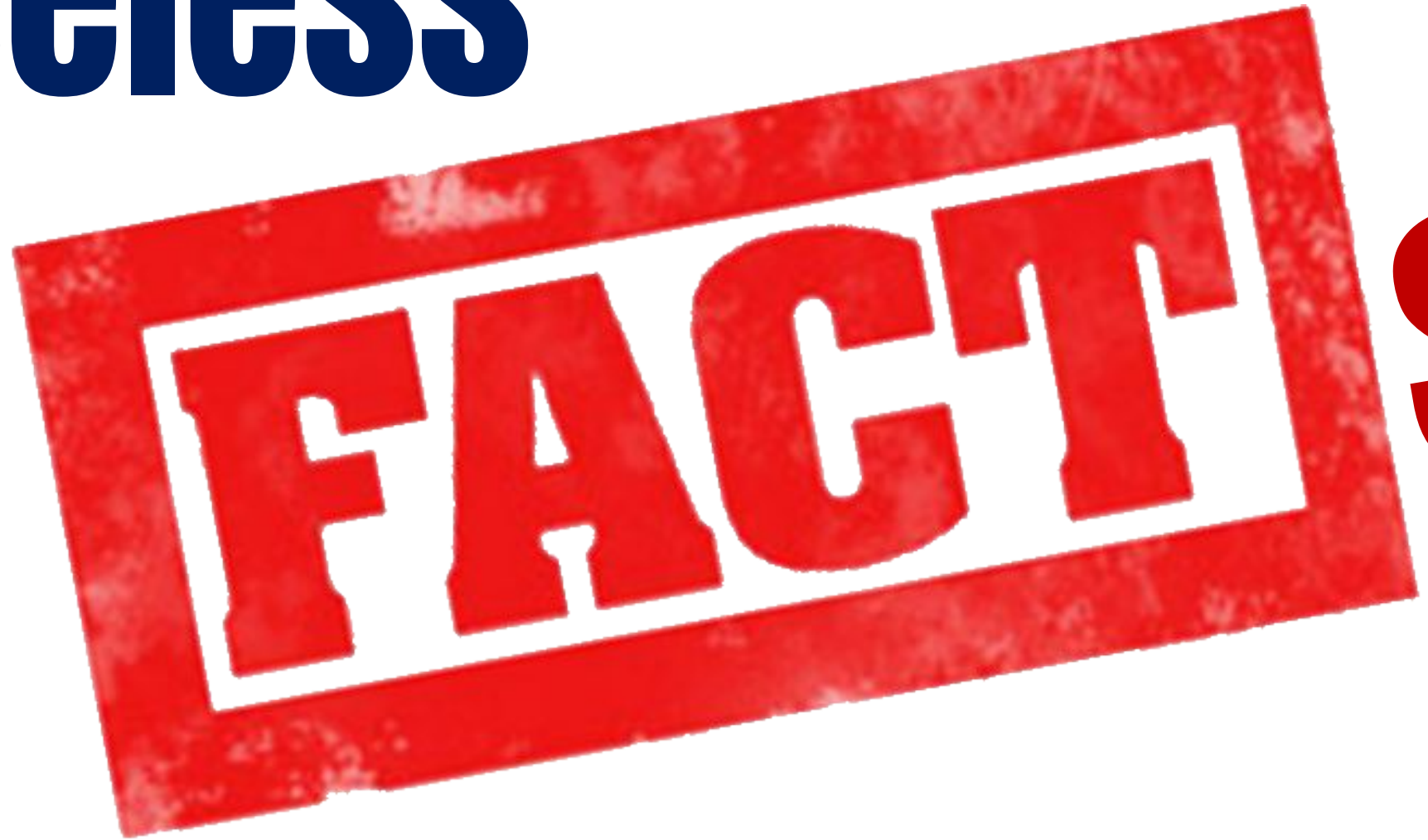


I checked into a small hotel. It was late and I was tired. I told the woman at desk that I wanted a room. She gave me the key and said, "One more thing - there is one room without a number on your floor and it is always locked. Don't even peek in there." I took the key, went into my room and tried to sleep.

Night came and I heard trickling of water. I could not sleep, so I opened my door and went into the hall. The sound was coming from the room with no number. I pounded on the door. No response. I looked into the keyhole and saw nothing except red. Water was still trickling. I went down to the front desk to complain.

"By the way who is in that room?" She looked at me and told me the story. There was woman in there. She was murdered by her husband. Her skin was all white, except for her eyes, which were red.

Useless



S

**A hedgehog's heart
beats 300 times a
minute on average.**





Between 25% and 33% of the population sneeze when exposed to light.

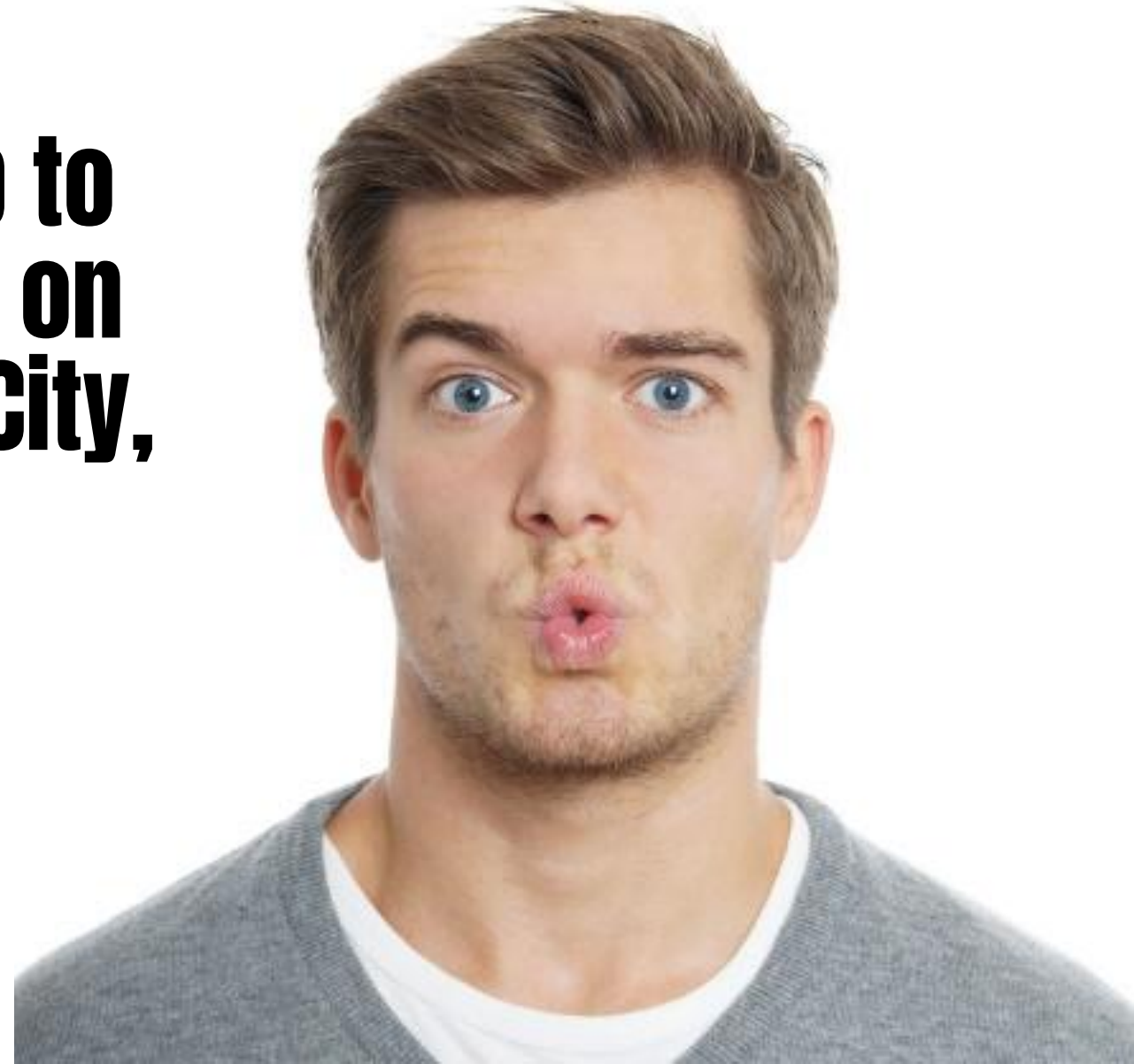
**The most common name in
world is Muhammad.**





**Mount Olympus Mons on Mars
is three times the size of
Mount Everest.**

**You can be fined up to
\$1,000 for whistling on
Sunday in Salt Lake City,
Utah.**



In space, astronauts are unable to cry, because there is no gravity and the tears won't flow.



**There are more plastic
flamingos in the U.S that there
are real ones.**



During its lifetime an oyster changes its sex from male to female and back several times.



Choose one of the following topics and write your own story/facts:

- 1) Funny story
- 2) Horror story
- 3) Facts (6-7)



Colors



Hello! My name is Marquis!
I am WHITE. And it is my favorite
color.
I like to eat WHITE milk, play with
WHITE thread and catch WHITE
mouse.
And I absolutely like WHITE snow!



**I am Bagira and I like
BLACK color.**

**I wear BLACK fur and
hunt in the BLACK
night**



**Dragon has RED skin
and RED fire.**



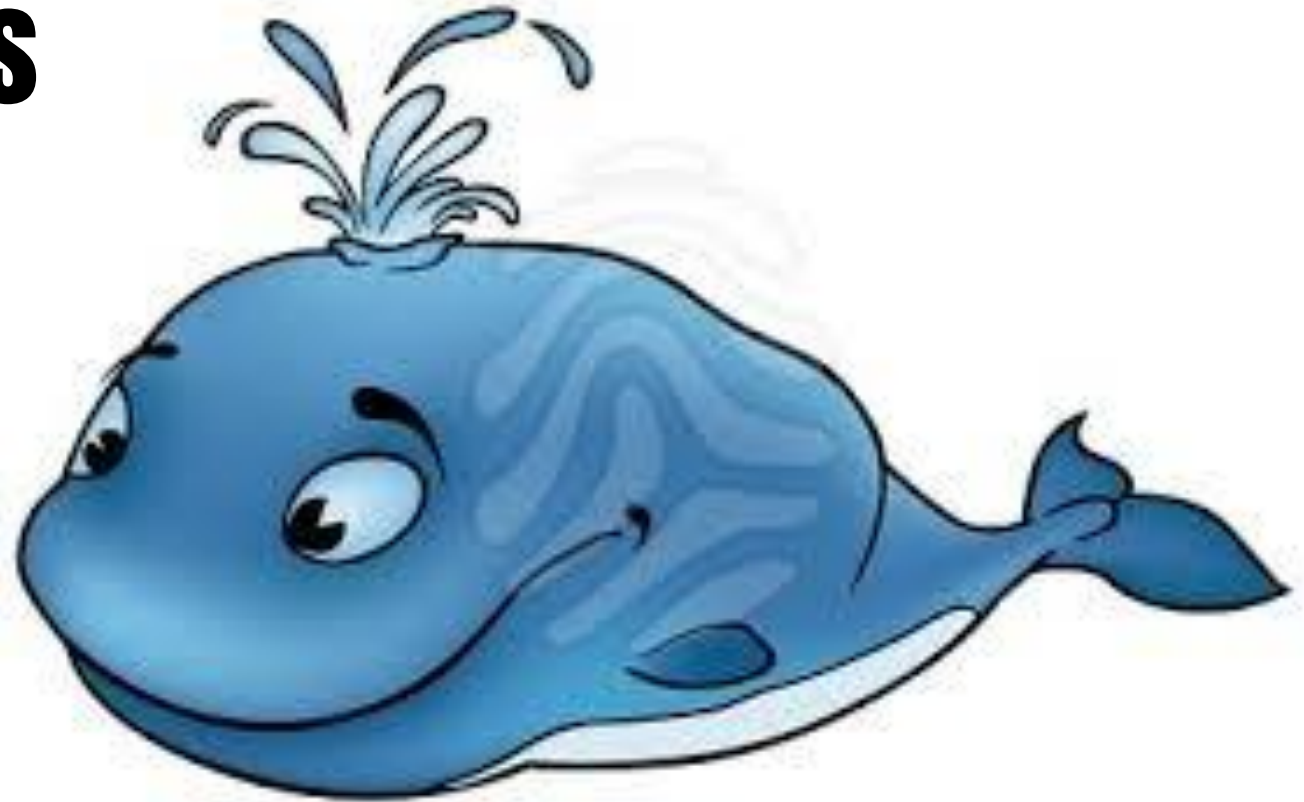
YELLOW sun loves **YELLOW**
flowers and **YELLOW**
bananas.





GREEN grasshopper
lives in **GREEN** grass
and eats **GREEN**
cucumbers.

BLUE whale lives in the
BLUE sea and likes
BLUE seaweed.



The **BROWN** bear loves
BROWN CHOCOLATE.
His friend is **BROWN**
OWL.



ORANGE fox doesn't like
eat **ORANGE** fruits.
She eats **ORANGE**
animals and birds.



A photograph of two pink flamingos standing on a sandy beach. The flamingo on the left is facing left, and the one on the right is facing right. They are both looking towards the ocean. The background features a clear blue sky with a few wispy clouds, a turquoise ocean, and a line of dark rocks in the distance. The overall scene is bright and sunny, suggesting a sunset or sunrise.

PINK flamingos love
PINK sundown.

**This is snails.
They are PURPLE.
And they like eating PURPLE grape.**



Milk, thread, mouse, snow are

Fur, night are

Skin, fire are

Sun, flowers, bananas are

Grasshopper, grace, cucumber are

Whale, sea, seaweed are

Bear, chocolate, owl are

Fox, fruits are

Flamingos, sundown are

Snails, grape are



Origins of the Days of the Week



Have you ever wondered, "Why is a week seven days long?"

How about where the names of each weekday come from?

The seven-day week **originates** from the calendar of the Babylonians, which in turn is based on a Sumerian calendar dated to 21st-century B.C.

Seven days **corresponds** to the time it takes for a moon to transition between each phase: full, **waning** half, new and **waxing** half.

Because the moon cycle is 29.53 days long, the Babylonians would **insert** one or two days into the final week of each month.



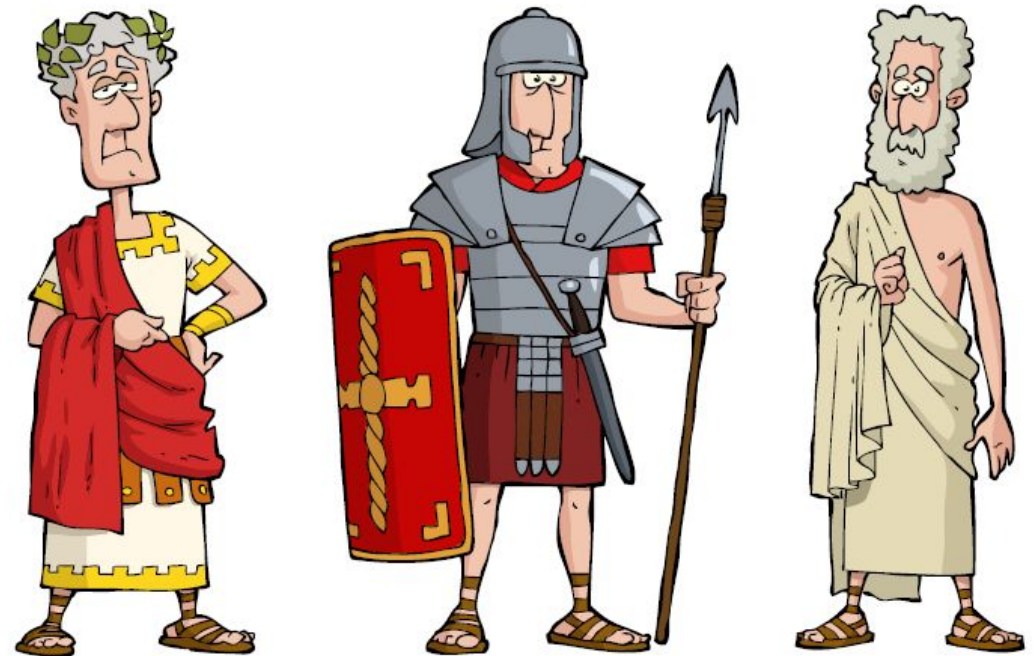
Jewish tradition also observes a seven-day week.

The Romans also inherited this system from Babylonian tradition, though they didn't begin using it until the instatement of the Julian Calendar in the first-century B.C.



The Romans named the days of the week after their gods and corresponded to the five known planets plus the sun and moon (which the Romans also considered planets).

To this day, all Romance languages (most familiarly Spanish, French, and Italian) still bear the mark of Roman day names, the exception being Sunday, which now translates to "Lord's Day" and Saturday, which translates to "Sabbath."



Monday



Monday likewise comes from Old English “Mōnandæg,” named after Máni, the Norse personification of the moon.

Tuesday

Tuesday comes from Old English "Tīwesdæg," after Tiw, or Tyr, a one-handed Norse god of dueling. He is equated with Mars, the Roman war god.



Wednesday

Wednesday is "Wōden's day." Wōden, or Odin, was the ruler of the Norse gods' realm and associated with wisdom, magic, victory and death.

The Romans connected Wōden to Mercury because they were both guides of souls after death. "Wednesday" comes from Old English "Wōdnesdæg."





Thursday

Thursday, "Thor's day," gets its English name after the hammer-wielding Norse god of thunder, strength and protection.

The Roman god Jupiter, as well as being the king of gods, was the god of the sky and thunder. "Thursday" comes from Old English "Þūnresdæg."

Friday

Friday is named after the wife of Odin. Some scholars say her name was Frigg; others say it was Freya; other scholars say Frigg and Freya were two separate goddesses.

Whatever her name, she was often associated with Venus, the Roman goddess of love, beauty and fertility. "Friday" comes from Old English "Frīgedæg."



Saturday



As for Saturday, Germanic and Norse traditions didn't assign any of their gods to this day of the week. They retained the Roman name instead.

The English word "Saturday" comes from the Anglo-Saxon word "Sæturnesdæg," which translates to "Saturn's day."



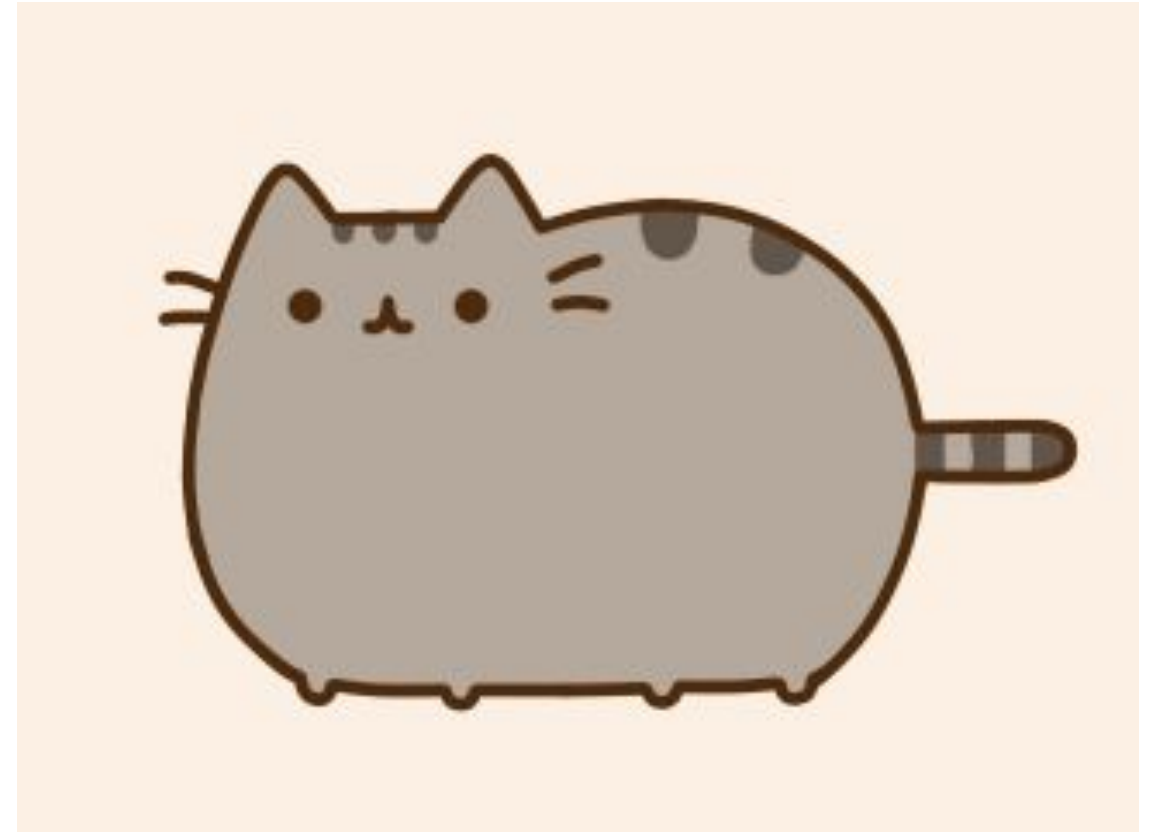
Sunday

Sunday comes from Old English "Sunnandæg," which is derived from a Germanic interpretation of the Latin dies solis, "sun's day." Germanic and Norse mythology personify the sun as a goddess named Sunna or Sól.

Hello! It's me again!

**And today I'm going to tell you
about my everyday duties.**

**Actually, it's not duties, because
I do nothing. But, by the way,
there is something especial
about every day...**



Monday

On Monday I usually seat by the phone and communicate with my friends.

We discuss important issues. For example, what we can eat for lunch or what movie better watch in the evening.



Tuesday

**On Tuesday I get rid of
uninvited guests in my
house. But it's useless!
They are coming every
Tuesday again!**



Wednesday

**On Wednesday I
enjoy my life, walk
among trees and
listen to birds
singing.**



On Thursday I always take a sunbath. It's good for my fluffy fur and mood!

Thursday



Friday

**On Friday I buy a lot of
ice-cream and eat it all
day!**



Expectation

Pusheen.com

Saturday

In the end of week I feel myself so tired! That's why I do nothing on Saturday but eating pudding.



UNIQLO + Pusheen

I ♡
my mom



Pusheen.Tumblr

Sunday

**On Sunday I visit my
mommy and we spend
time together.**

I love my mom!

And you?

And what do you do every day?

Write your own list of every day's duties for:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



A futuristic cityscape at sunset. The sky is filled with orange and yellow clouds, and the sun is low on the horizon, casting a warm glow over the scene. In the foreground, there are several tall, dark skyscrapers with glowing windows. A large, dome-shaped structure is visible in the middle ground. The overall atmosphere is one of a advanced, high-tech urban environment.

WHAT WILL LIFE BE LIKE IN 2035?

1. HOW DO YOU THINK HOW OUR LIFE WILL CHANGE IN THE FUTURE?
2. WHICH NEW TECHNOLOGIES WILL APPEAR? WHAT WILL BE WITH FOOD, LOVE AND WORK?
3. WHAT THINGS WILL BE OVER?

GRASSHOPPER NUGGETS, AMBULANCE DRONES AND SELF-DRIVING CARS...
HOW DIFFERENT MIGHT LIFE BE 20 YEARS FROM NOW?
TECHNOLOGY EXPERT DEAN EVANS INVESTIGATES.

Back in 1995 we were in the early days of the internet, we worked in cubicles and our computers were chunky and powered by Windows 95. There were no touch screen phones or flat screen TVs; people laughed at the idea of reading electronic books.

So, what will our world really be like 20 years from now? The world in 2035 will probably be much like it is today, but smarter and more automatic. Some innovations we might not notice, while others will change our lives forever.



THE FUTURE OF FOOD

What it won't be like: The scene in "Willy Wonka & the Chocolate Factory", where Violet Beauregarde has a three-course roast dinner in a stick of chewing gum.



What it could be like: Google's Ray Kurzweil says: 'The next major food revolution will be vertical agriculture in which we grow food in vertical buildings rather than horizontal land: hydroponic plants for fruits and vegetables and in-vitro cloned meat.'

If that doesn't work, we could be eating insects in 2035. Already popular in parts of Asia, insects are protein-rich, low in fat and a good source of calcium. Hey, don't knock a roasted grasshopper until you try it.

THE FUTURE OF LOVE

What it won't be like: The movie *"Her"*, where Joaquin Phoenix falls in love with an artificial intelligence operating system that has Scarlett Johansson's voice.

What it could be like: We are becoming more independent and less constrained by the old social norms. This will have an impact on the relationships we form, with fewer people choosing traditional marriage, a rise in official (and unofficial) civil partnerships, and more people remaining single for longer, if not forever.



THE FUTURE OF WORK

What it won't be like: The film "Metropolis", where battalions of sullen workers are machines which work ten-hour shifts.

What it could be like: Automation is likely to make some jobs redundant: taxi drivers replaced by self-driving cars; receptionists replaced by robots.

Obviously, there will also be new jobs created: the computer engineer/mechanic who fixes the self-driving taxis; bioengineers; space tour guides; and vertical farmers.

Those of us who work probably won't do so in a traditional office either. We're already seeing a shift in the definition of work: it's now a task you perform, not a place you go to. Productivity is no longer measured by sitting at a desk.



THE FUTURE OF HEALTH

What it won't be like: Any episode of "Star Trek" where Bones uses a tricorder, diagnoses the illness and then cures it with a hypo-spray.

What it could be like: Prevention will become the focus as we gain greater control of our health information, using self-monitoring biosensors and smart watches to continuously gather fitness data.

People will be able to take action early, changing lifestyle habits or taking designer drugs tailored to their individual DNA.



THE FUTURE OF TECHNOLOGY

What it won't be like: The film "Elysium", where the super-rich have abandoned earth to live on a luxury space station.

What it could be like: Technology will get smaller, smarter and cheaper. In fact, it will get so small, smart and cheap that we'll be able to put computers and sensors into almost anything – fridges will tell us when we've run out of milk, bins will tell the council when they're full, televisions will notice when we've stopped watching and turn themselves off to save power.

We're on the road to the internet of things where everything is connected, not only to the internet but also to one another.

HOME TASK

1. CHOOSE ONE OF THESE TOPICS: **FOOD**, **HEALTH**, **LOVE**, **TECHNOLOGIES**, **WORK**.
2. WRITE ESSAY ABOUT OUR FUTURE LIFE.

Agreement and disagreement



So do I / Neither do I

I am a doctor. - **So am I.**

I am not a doctor. - **Neither am I.**



Express your **agreement**

I often **drink** orange juice.

He never **liked** Mary.

I **have** a big car.

My father **hasn't** finished his work yet.

I **will** go to Barbados next summer!

My brother **can't** ski.

I **was** sleeping at 9 o'clock.



Me too/Me neither

love Angelina Jolie. - **Me too!**

I haven't been to Spain. - **Me neither.**



Agreement

I agree with you 100 percent.

I couldn't agree with you more.

I agree entirely. / I totally agree. / I completely agree.

That's so true.

That's for sure.

You're absolutely right.

I think you're right

Absolutely / Exactly

That's exactly how I feel.

I'm afraid I agree with James.

I have to side with Matt on this one.

No doubt about it.

I suppose so./I guess so.

You have a point there.

I was just going to say that.



Disagreement



I don't think so.

No way.

I'm afraid I disagree.

I can't agree with you.

I totally disagree. / I don't agree at all.

I beg to differ.

I don't share your opinion.

I'd say the exact opposite.

Not necessarily.

That's not always true. / That's not always the case.

No, I'm not so sure about that.

I think we're going to have to agree to disagree.

I couldn't agree with you less.