



# **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.





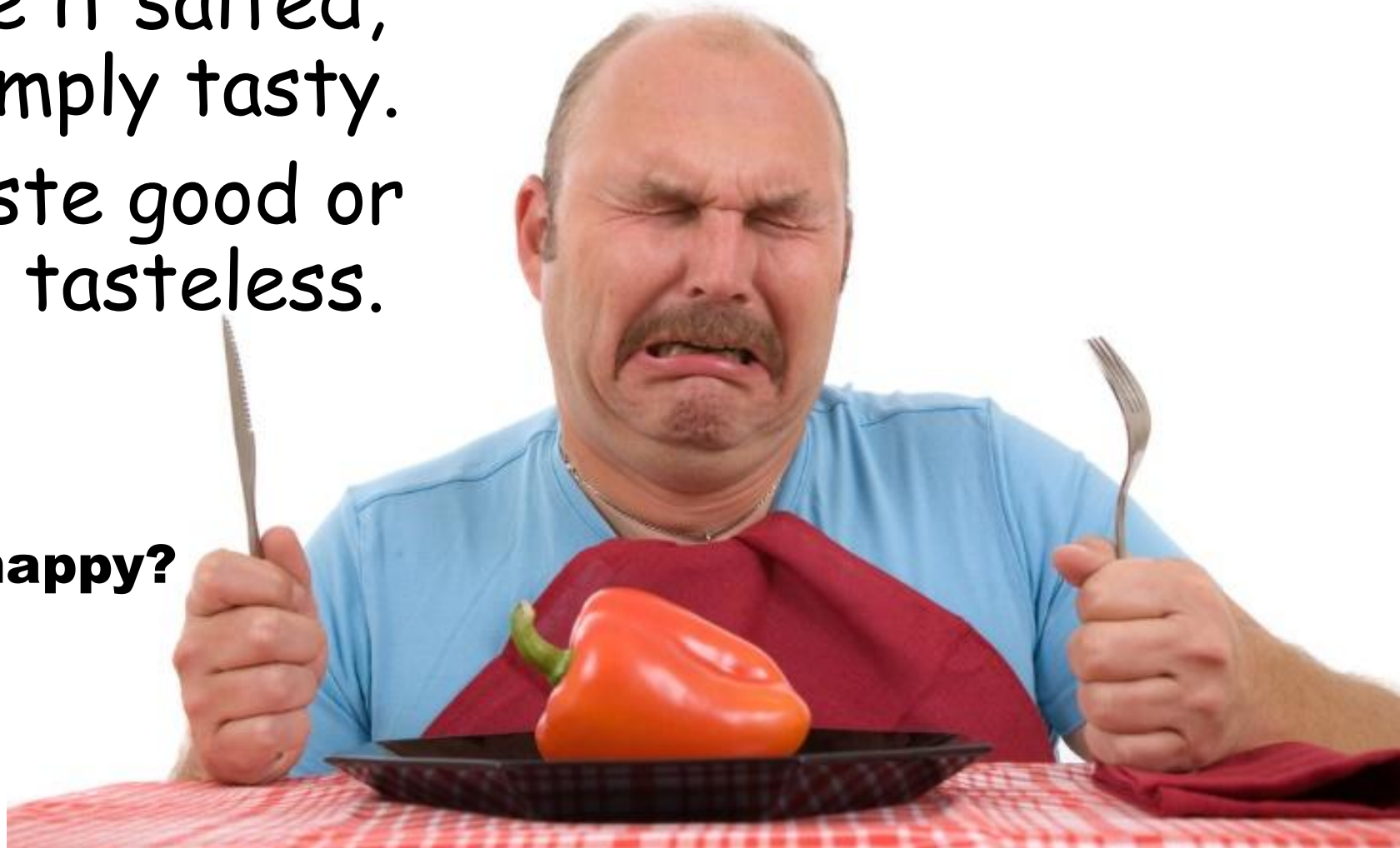
To make tea  
To make coffee





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?**

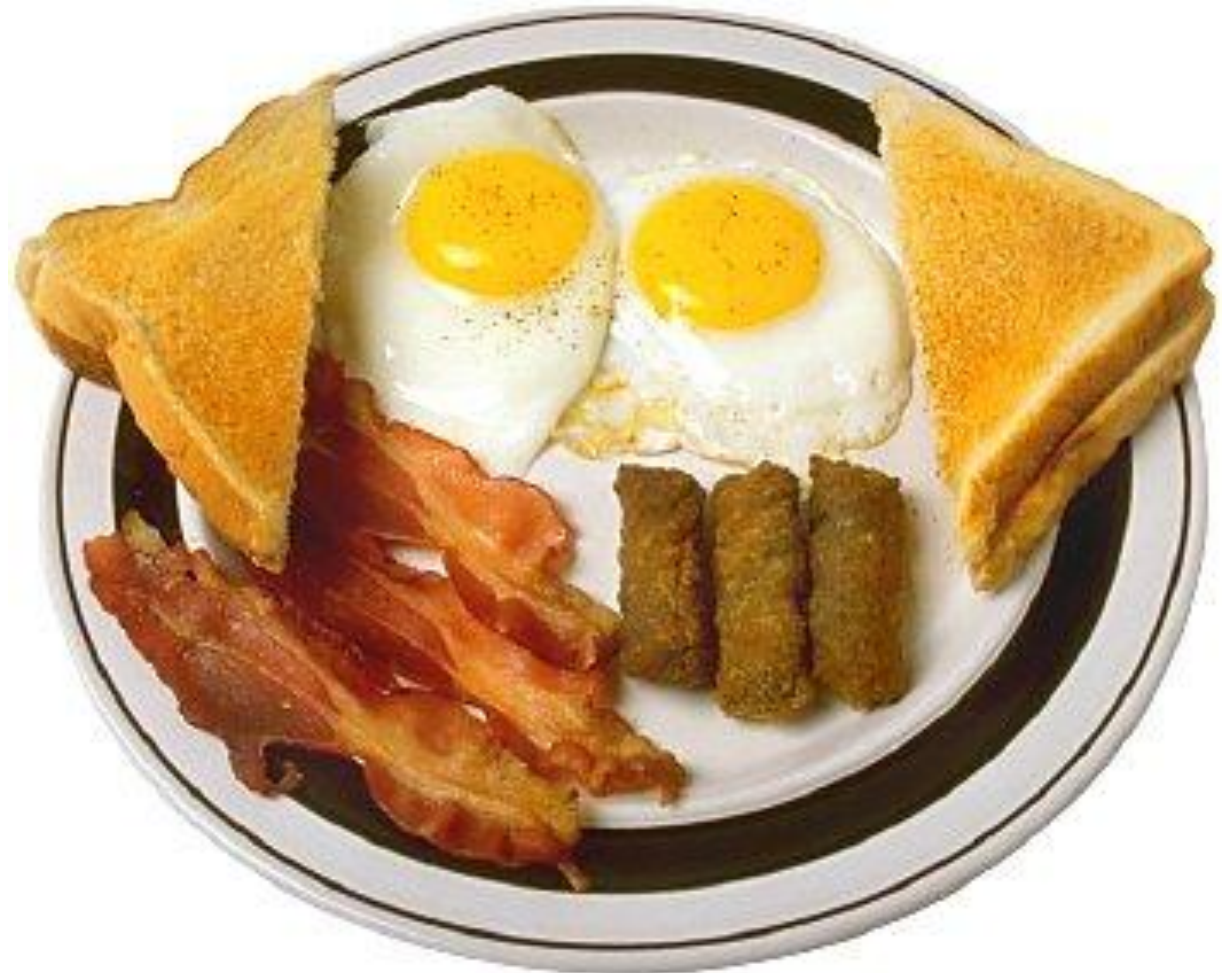


# English breakfast

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.





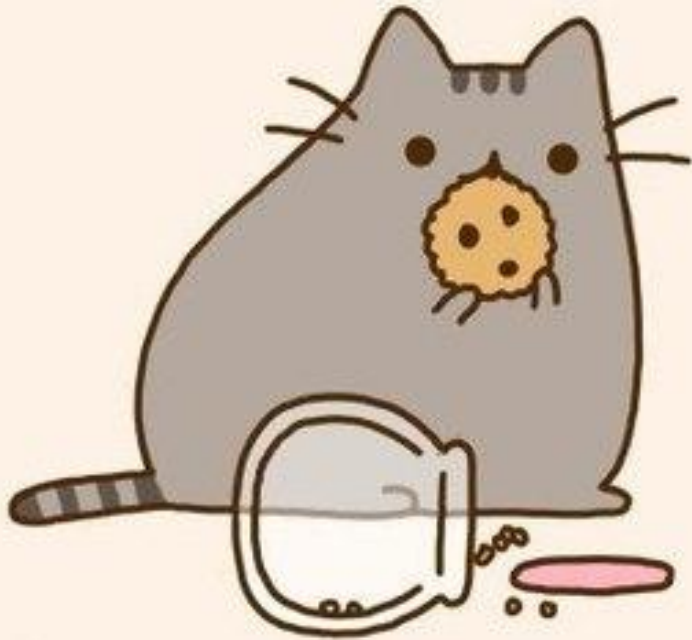
# English dinner

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

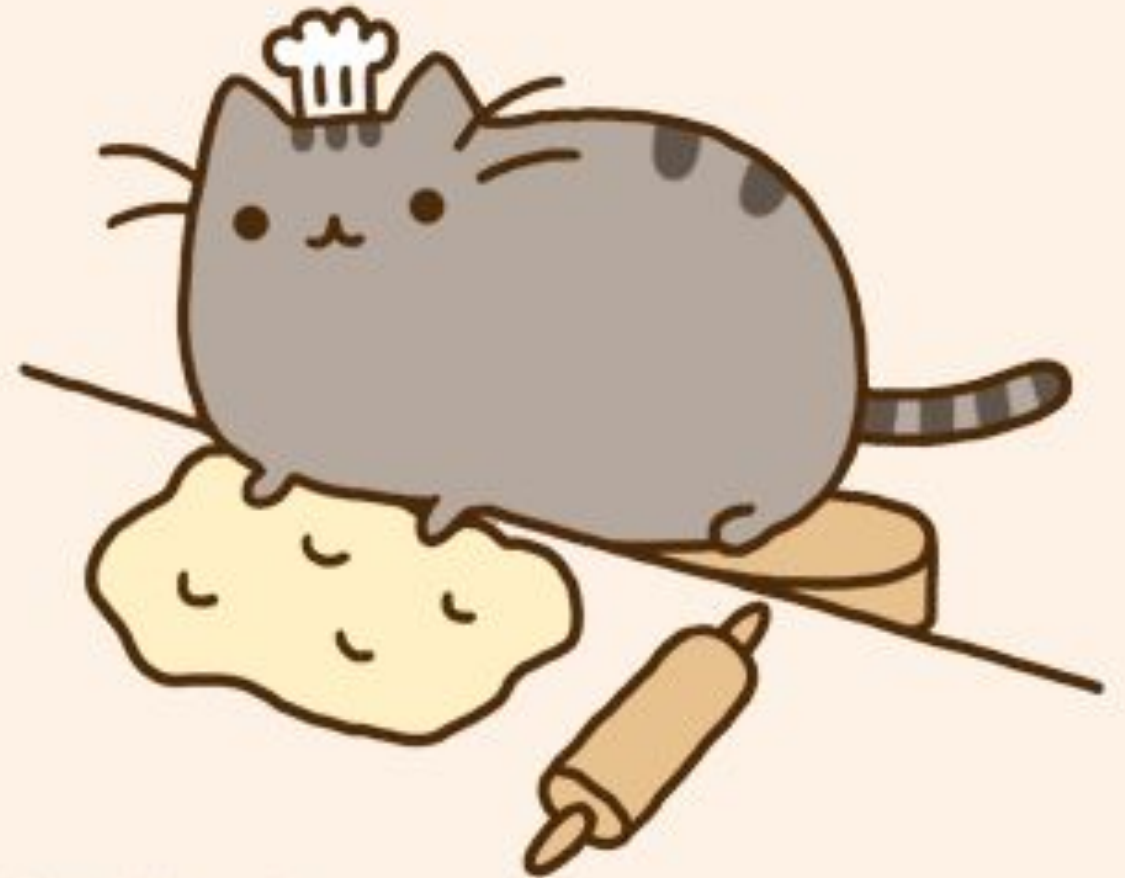
1/4 cup pizza sauce

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.



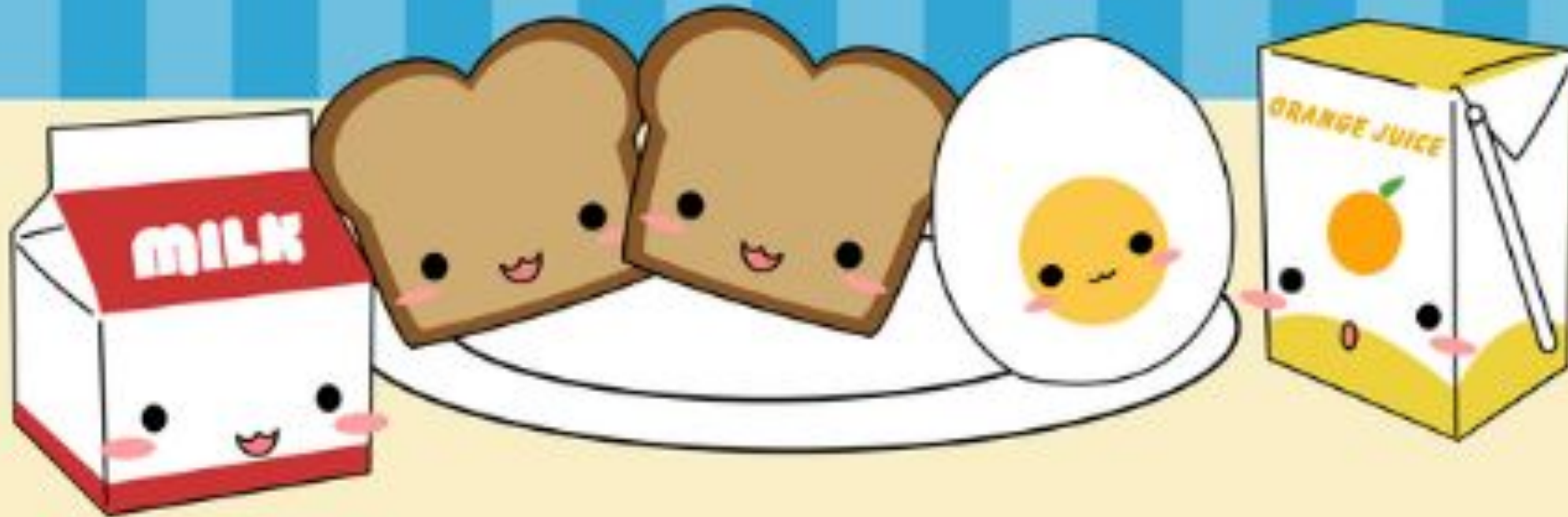


# **Write the recipe of your favorite dish using next instructions:**

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



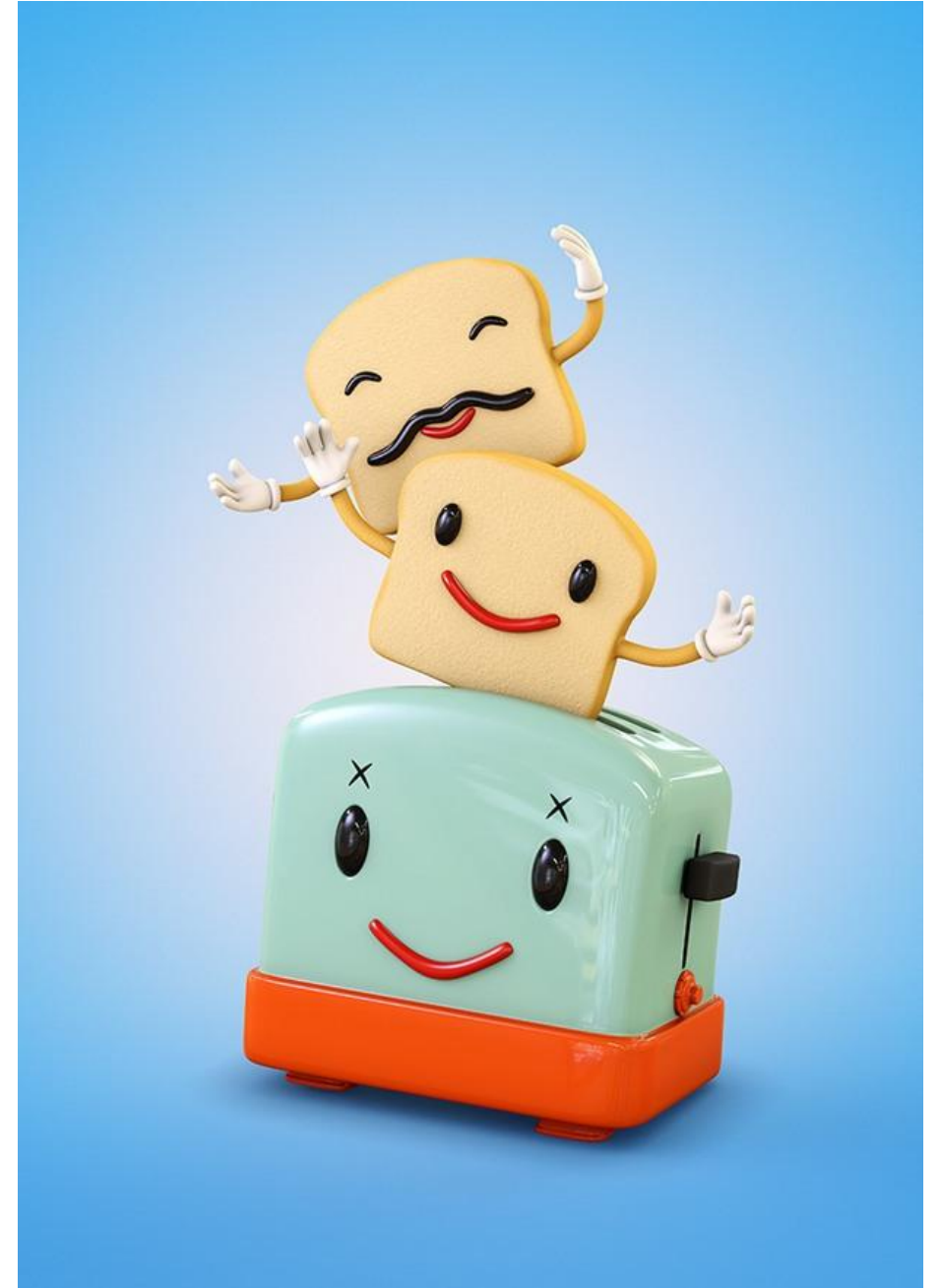
# What is breakfast?

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!

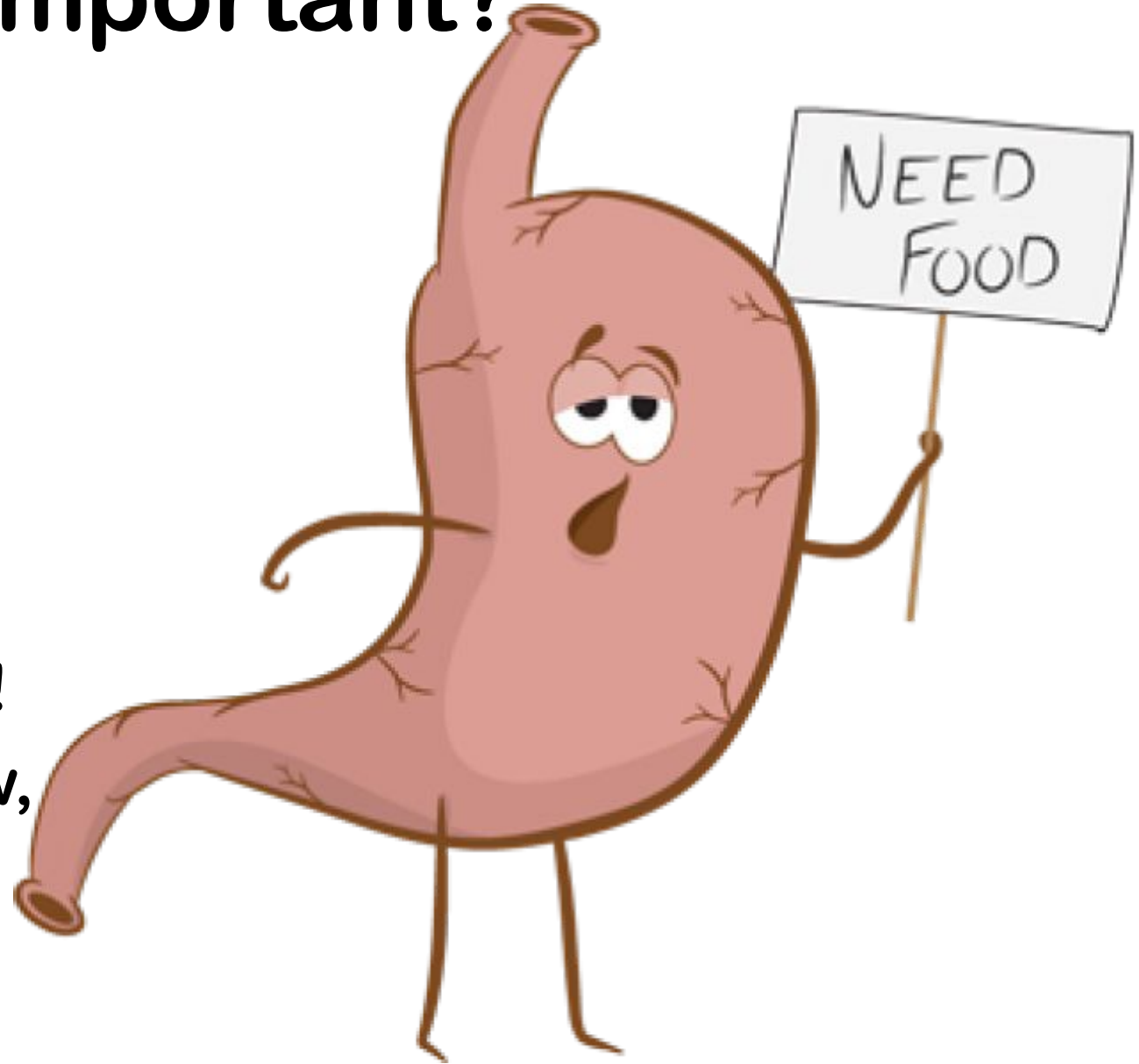


# Why is breakfast important?

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

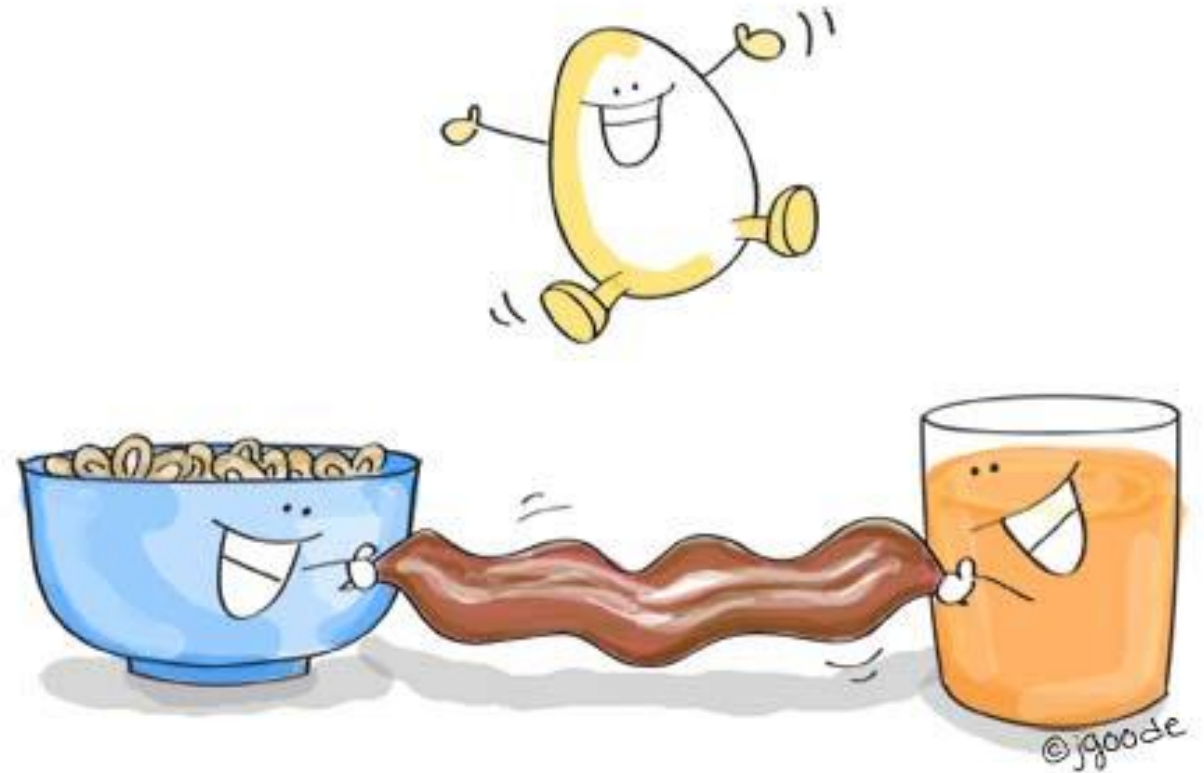
Who makes breakfast in your house?  
Mum, Dad, older brothers or sisters,  
or do you do it yourself? Anyway, it is  
important **to drink** and to eat  
something in the morning.

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

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

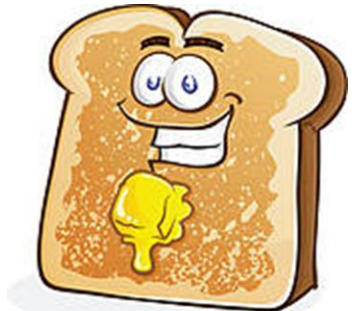
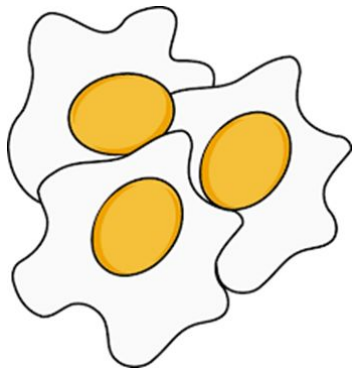
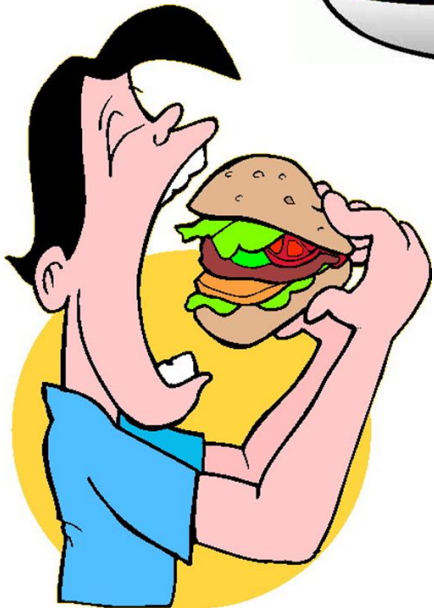
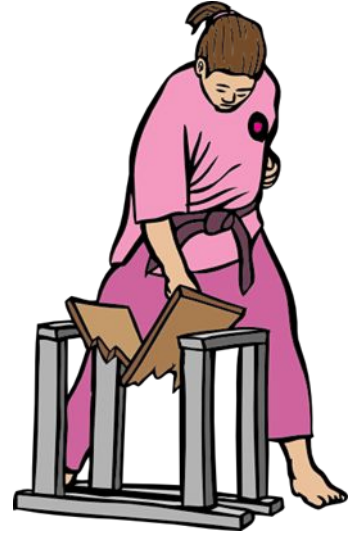
\*Using a blender to blend fruit and  
milk into a **smoothie** can give you a  
quick, easy meal with lots of  
goodness.

\***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**



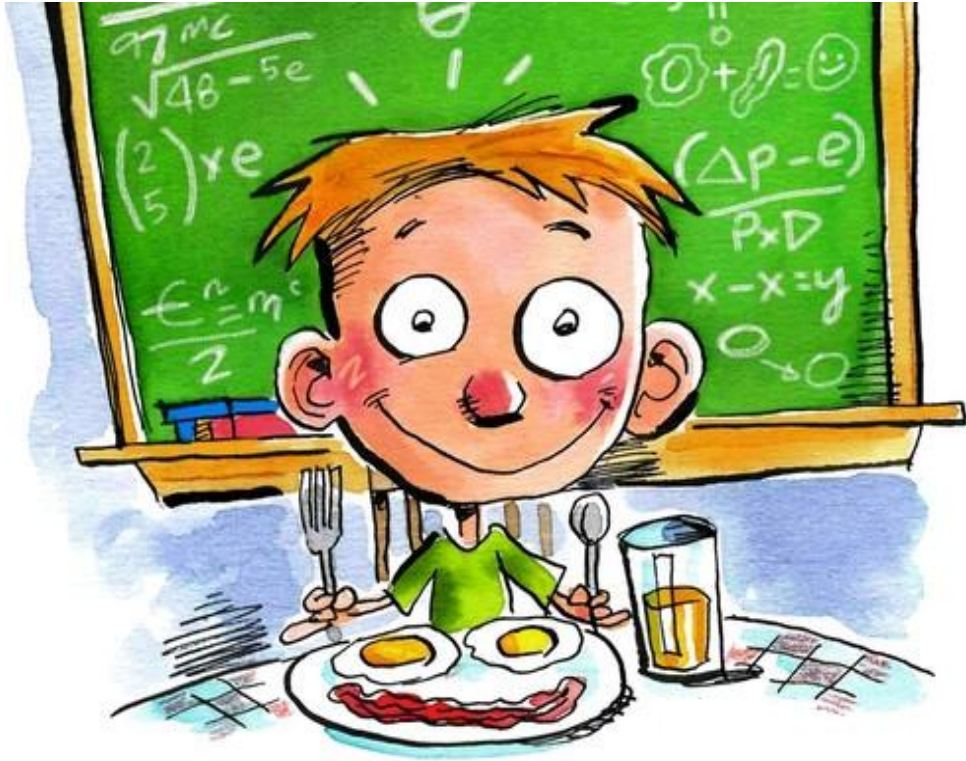
Some kids just cannot eat before they get to school.

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**

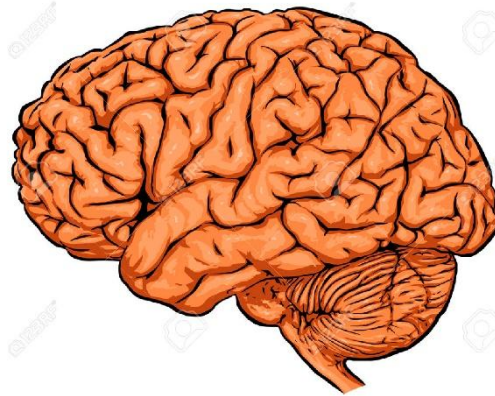
"In our family every person make breakfast oneself. I can do scrambled eggs on toast now." **Kara**

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

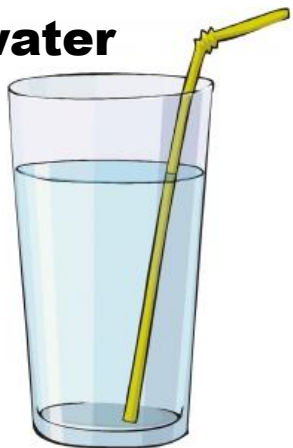


# Match the words with pictures below

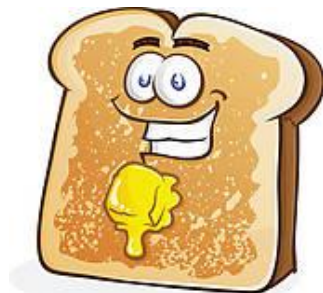
An yogurt   a canteen   a brain   nuts   fruits   vegetables



**water**



**toast**



**jam**



**tea**



**orange juice**



**yogurt**



**milk**



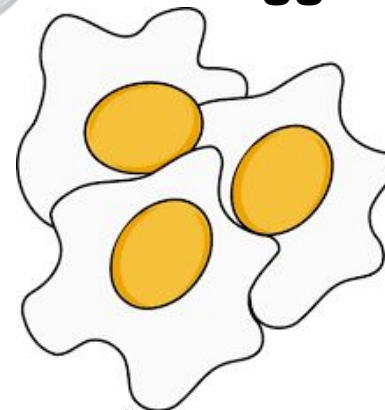
**coffee**



**butter**



**eggs**



**sugar**



**biscuits**



**corn flakes**





# 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.

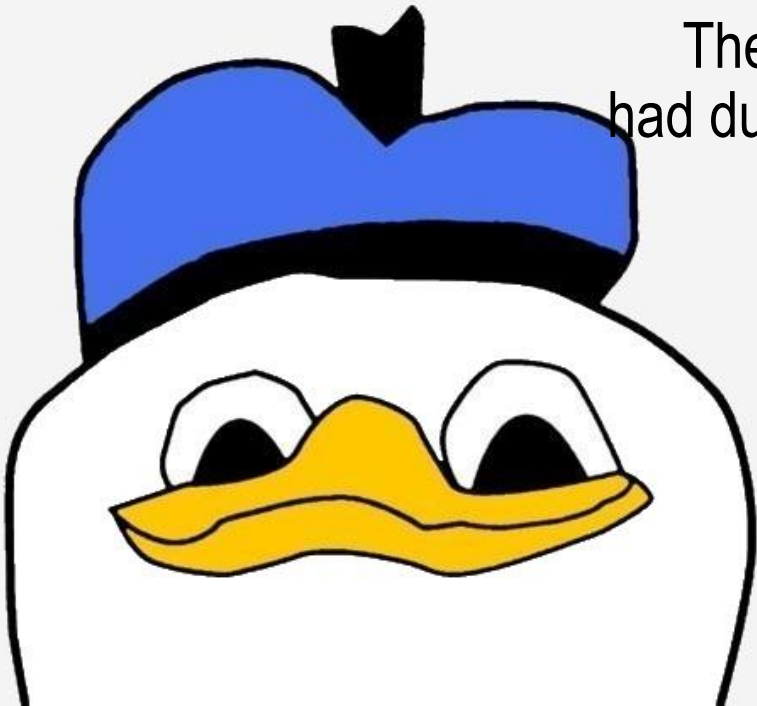
Next day, the duck once again walks in, and asks, "Got any duck feed?"

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.

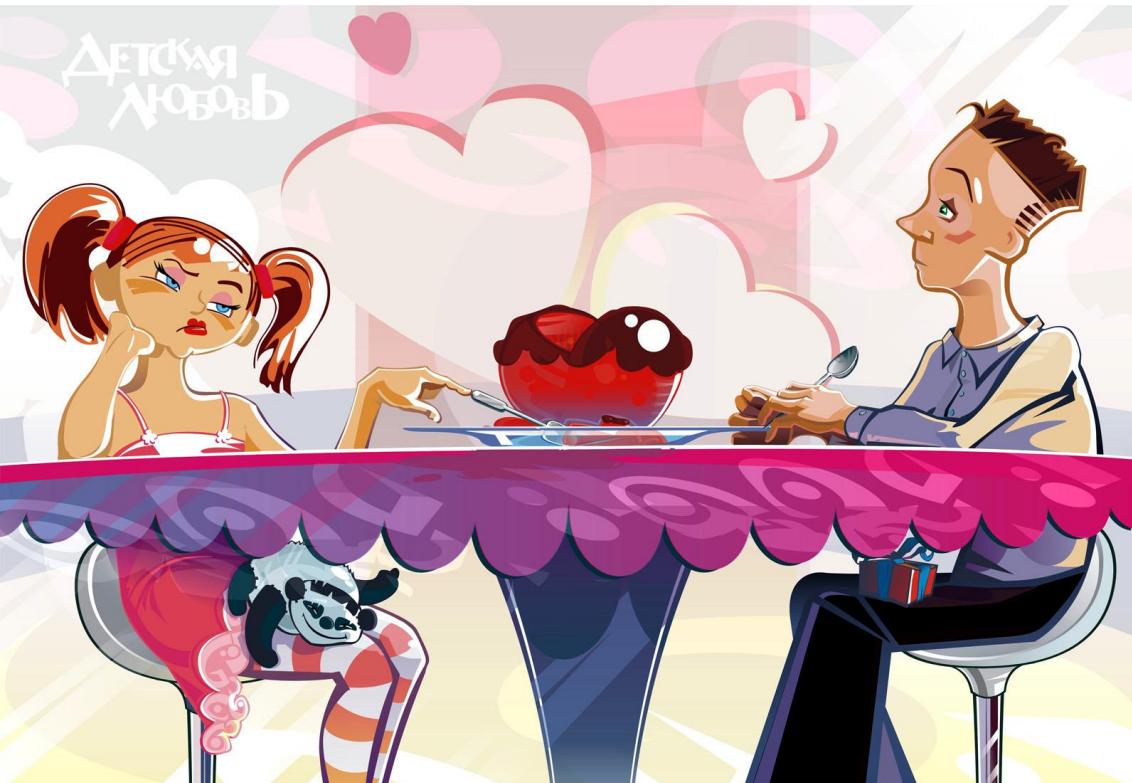
He sank to the bottom and stayed there. David promptly jumped in and saved him, swimming to the bottom of the pool and pulling John out.

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.

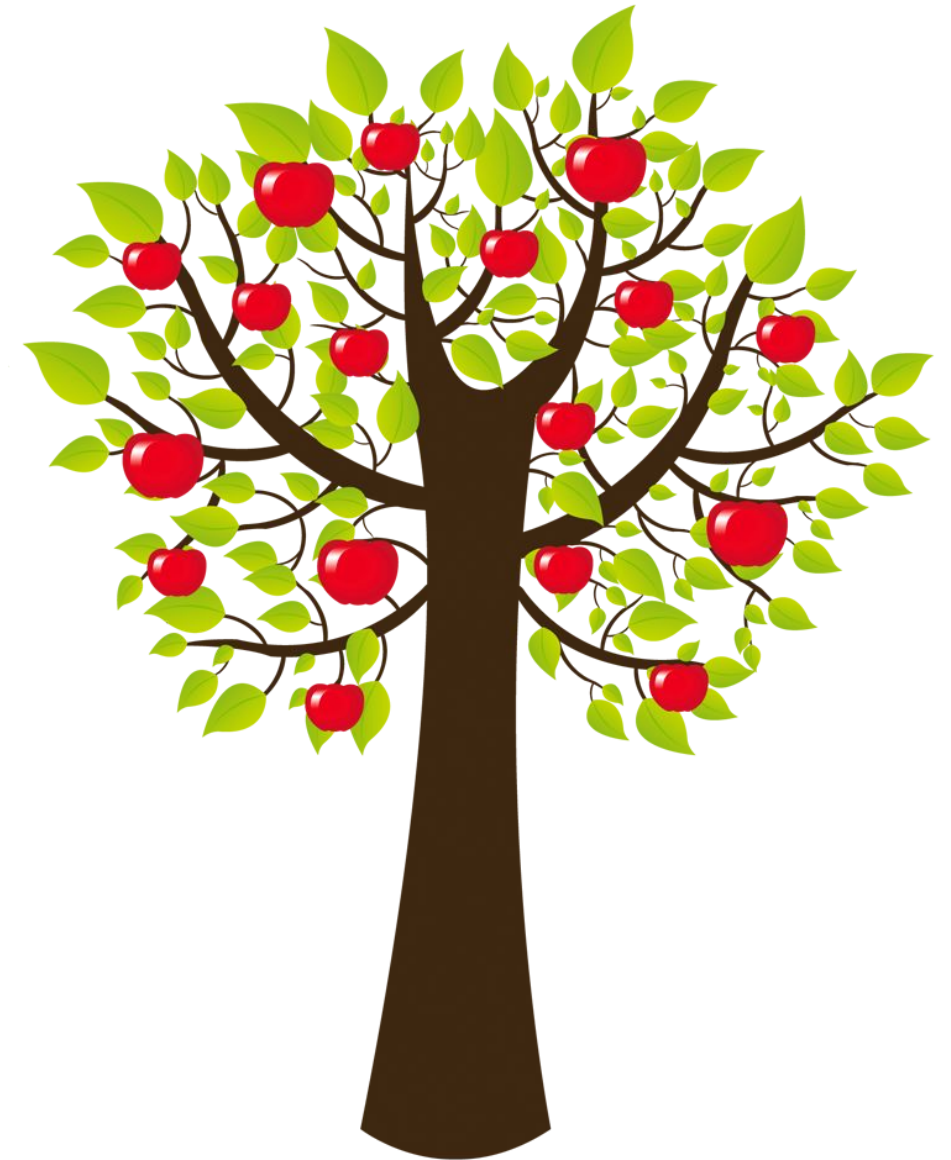
After the meal the host's daughter played some pieces by Beethoven, Mozart and Brahms.

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 it's 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**



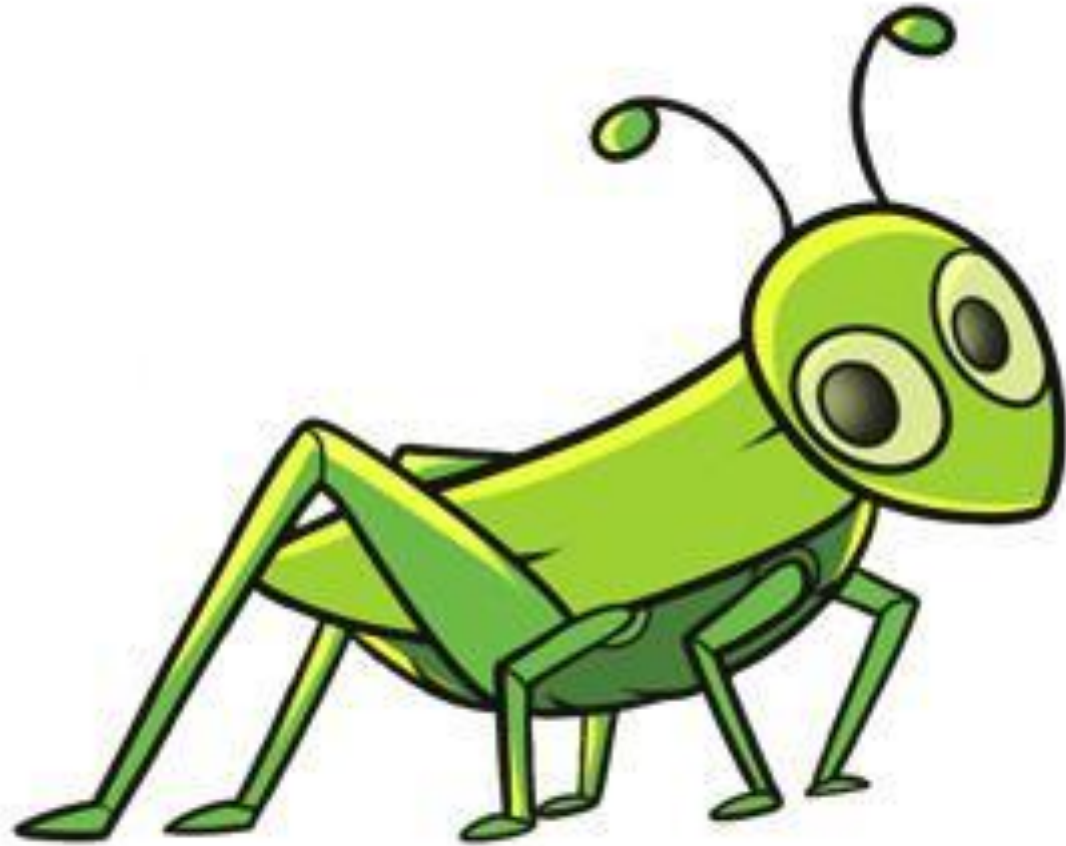
**Dragon has RED skin  
and RED fire.**



**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 right is taller and has its long neck curved upwards. The flamingo on the left is slightly shorter and has its neck curved downwards. They are both facing left. The background features a clear blue sky with some light clouds, a turquoise ocean, and a line of dark rocks in the distance. The text 'PINK flamingos love PINK sundown.' is overlaid on the lower left side of the image.

**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.

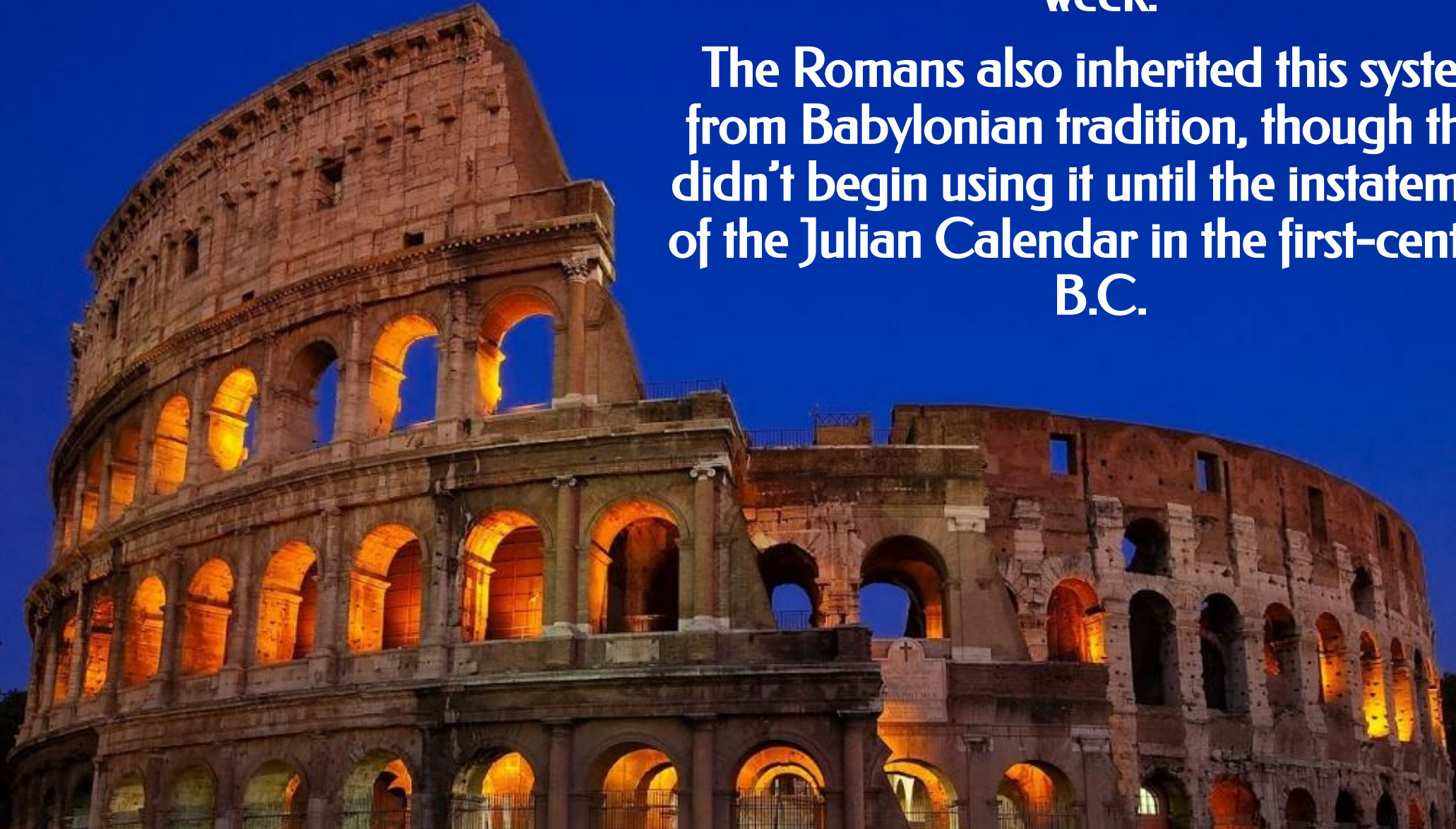
Because the moon cycle is 29.53 days long, the Babylonians would **insert** one or two days into the final week of each month.





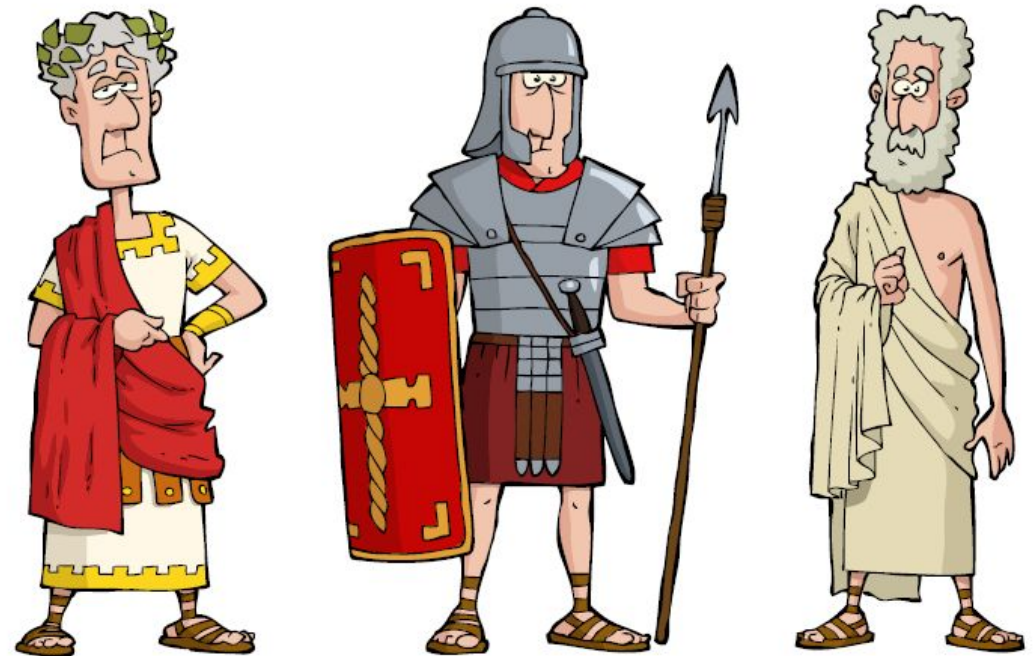
Jewish tradition also observes a seven-day week.

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."**

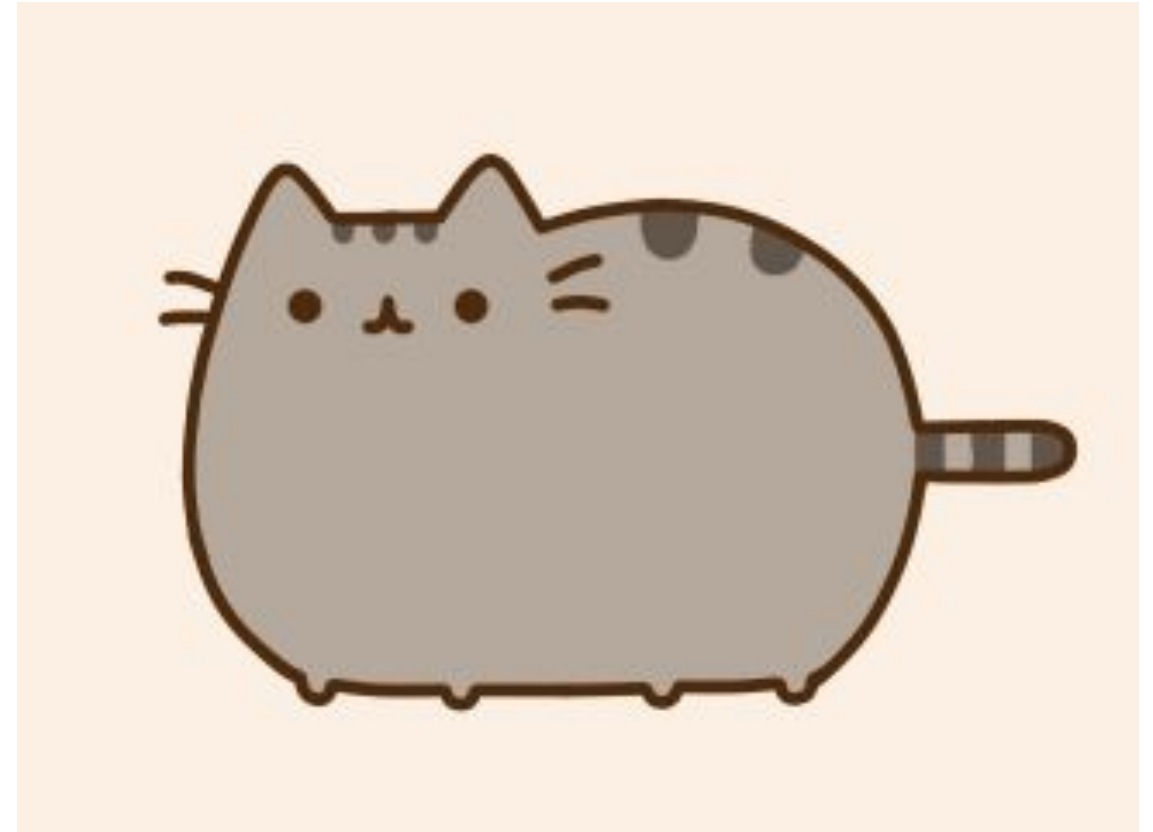


# Sunday

**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!**



Pusheen.Tumblr



# 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](http://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

# 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





# 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.