

## Англійська мова

Дата – 04.05.2020. Викладач. Гудь Н.І.

Тема уроку .80 Смаки та уподобання.

### Пояснення навчального матеріалу

Work in pairs.

These questions can help you:

1. What are your priorities in eating?
2. Do you like junk food?
3. What drinks do you prefer?
4. What is your favourite dish?
5. What fruit do you like eating?
6. What are your favourite fruit and vegetables?
7. Do you prefer more junk food and fizzy drinks or home-cooked meals and water or fresh fruit juice?

**Work in groups. Read the text about the best Ukrainian traditional food.**

**Discuss and find out what the best Ukrainian dishes are in your opinion. Present the results of your work to the classmates.**

These Ukrainian dishes are the best. They are delicious. They are borshch, varenyky, chicken Kyiv, uzvar and Paska. There is a saying that no Ukrainian girl will be able to get married if she does not know how to prepare borshch. Though this statement is considered to be faulty and out-of-date nowadays, it may be helpful for some people to get acquainted with the recipe of borshch. This traditional soup, made out of beetroot and up to 20 other ingredients, is a staple dish in every Ukrainian family. We love

our borshch with all the depth of our Ukrainian hearts — hot and cold, fresh and stale, for lunch or for breakfast, as a meal or even as a healing medicine against winter colds.

Traditionally borshch is made of grated beetroot with tomatoes, added to a soup of different vegetables — onions, carrots, fresh or pickled cabbage, peppers, and whatever else available from our house garden. Just like borshch, varenyky are known all over the world. Varenyky can be made of the cheapest ingredients available. The dough is a simple mix of flour, water and salt. And stuffing can be anything: mashed potatoes with mushrooms and fried onions, pickled cabbage, minced meat and even cherries! The sweet version of varenyky is usually served with sour cream and honey, and it is a tasty and healthy dish.

Chicken Kyiv is a dish that has brought fame to Ukraine. The simple combination of fresh chicken filet with a piece of butter is considered to be quite exquisite all over the world. To be ensured that butter does not flow during frying, you'll need a lot of practice and true professionalism. Nowadays, chicken Kyiv is served in fashionable restaurants in London and New York. It is always the first dish ordered by guests visiting the Ukrainian capital. Uzvar is a traditional Ukrainian drink. It's typically served during Christmas dinner, and is regularly cooked in local households. This refreshing beverage is actually a compote, made out of dried fruits. The most popular ingredients are dried apples, pears and apricots. We can add prunes, raisins and honey to sweeten the savoury drink.

Paska is the favourite staple of Ukrainian Easter breakfast tables and is loved by both adults and children. It is baked in dozens to be given away during Easter family visits. Great Ukrainian housewives instruct that during baking paska, no one should be

allowed to enter the kitchen, except the housewife herself — to avoid the unnecessary noise and not to distract the bread from moulding up into the most delicious pastry of the Ukrainians

**Homework. Write the ideas on food preferences.**

Include the following:

- what we need food for;
- your food priorities;
- tips for being healthy.

### Suggested Answer

Food is very important for our lives. It gives us energy for growth, mental and physical work. Our food has six important components. They are carbohydrates, vitamins, minerals, water, proteins and fibre. Carbohydrates give us energy, vitamins are important for our eyes, skin, bones and hair. Fibre cleans our body from the inside.

To begin with, eat to live not live to eat! As for me, for breakfast I like eating porridge or curds. During the day I drink water because water is important for our blood. Lunch is a quick meal for many people. Of course, if we want to have a healthy body, we mustn't eat junk food. I always eat fruit salad. When I'm hungry I eat meat balls or fish. I drink yoghurt for dinner. Moreover, there are lots of factors which influence the state of our body. To have a healthy body, we must do exercises like jogging and walking or doing gym and aerobics. Speaking about priorities, I have some rules which are connected with food. They are: eat less salt, sugar and saturated fats, eat more raw fruit and vegetables, limit bread and other foods rich in fibre and others. Practically all people in the world prefer eating chocolate bars. I try to avoid eating chocolate. Summing it up, it would not be an exaggeration to mention that food is very important for us because it helps us grow and gives us energy for our life.