

Группа № 7, 2 курс

Щербакова Н. И. Английский язык для специалистов сферы общественного питания: уч. – М.: Академия, 2005-320с.

1. Задание № 1 читать, переводить тексты: “The Health Benefits, How much sugar do we eat?”, сделать задания к текстам.

- Ovo-lacto-vegetarians include milk and eggs in their diet but not meat or fish.
- Lacto-vegetarians have milk and yogurt, as well as cheese made with vegetarian rennet, but no meat, fish or eggs.
- Vegans do not eat any animal products at all, banning meat, fish, milk and eggs from their diets.
- Fruitarianism excludes pulses and cereals from the diet as well as all foods of animal origin. Fruitarians eat only fruit, honey, nuts and nut oils.
- Macrobiotic followers have a diet consisting of ten different levels, which become progressively more restrictive. At first, animal foods are excluded, then fruit and vegetables as well. At the final "purist" level only brown rice is eaten.

The Health Benefits

- On the whole, vegetarians follow current healthy eating guidelines. Because they don't eat meat, a prime source of saturated fat, vegetarians take in less total fat, as well as more fibre, in the form of fresh fruits, vegetables and wholegrain cereals. These foods are also good sources of beta carotene, vitamin C and vitamin E, which are antioxidant nutrients and may protect the body from disease.
- A research team at Oxford University has collected information on the health and mortality of more than 6,000 vegetarians and a control group of more than 5,000 meat-eating individuals. The study revealed significant differences between the two groups. For example, in contrast to meat-eaters, vegetarians have a 39 percent lower risk of dying from cancer. The study's research team also found that the risk of heart disease was 24 per cent lower in vegetarians and 57 per cent lower in vegans than in regular meat-eaters.

follower ['fɒləvə]
 guidelines ['gaɪdlaɪnz]
 to take in
 nutrient ['njuːtrɪənt]
 mortality [mɔː'tælɪti]
 to reveal [rɪ'viːl]
 cancer ['kænsə]

сторонник, приверженец
 принципы
 принимать
 питательное вещество
 смертность
 показывать
 рак

Задания к тексту

1. Подберите русские эквиваленты к следующим английским словосочетаниям и выражениям:

a meatless diet, health benefits, meat-free eating, by definition, consumption of meat or fish, ovo-lacto-vegetarians, lacto-vegetarians, exclude pulses and cereals, healthy eating guidelines, wholegrain cereals, good sources of beta carotene, antioxidant nutrients, the risk of heart disease, regular meat-eaters.

2. Переведите на английский язык, используя слова и выражения из текста:

1. Диета, исключая мясо, становится все более популярной, особенно среди молодежи. 2. Ученые-исследователи обнаруживают преимущества диеты, исключая мясо. 3. Вегетарианство исключает употребление мяса в пищу. 4. Полувегетарианцы иногда едят курицу. 5. Приверженцы строгой вегетарианской диеты вообще не едят продукты животного происхождения. 6. Приверженцы макробиотики придерживаются диеты, состоящей из десяти уровней. 7. На последнем, «чистом» уровне они едят только

Текст С

How Much Sugar Do We Eat?

Sugar is found in many different products such as soup, cereals, salad dressing, ketchup, peanut butter and baby foods. You will not always see the word "sugar" when you read food labels. You might see the names *sucrose*, *maltose*, *fructose* or *corn syrup* instead. All of these add up to the same ingredient — sugar!

Sugar gives you quick energy. However, this energy lasts only a short time. Soon you begin to feel tired and sluggish. The next time you want sugar, take a piece of fruit instead. You'll get the energy you need without any letdown afterwards.

Словарь к тексту

sucrose ['su:krəʊz, 'sju:-]	сахароза
maltose ['mɔ:ltəʊz]	мальтоза, солодовый сахар
fructose ['frʌktəʊz]	фруктоза
sluggish ['slʌɡɪʃ]	вялый, медлительный
letdown ['letdaʊn]	слабость, вялость

Задания к тексту

1. Ответьте на вопросы:

1. In what products can sugar be found?
2. What are the other forms of sugar?
3. Does quick energy last a long time?
4. What can replace sugar?
5. Why is it better to eat fruit instead of sugar?

There are a few things you should do to stay healthy:

- Follow a healthy balanced diet.
- Limit the amount of sugar, salt and fat you eat.
- Get sufficient exercise to keep a strong body that works well.
- Get enough rest so that the body may continue doing its work well.
- Plan regular visits to your doctor and dentist.

There are certain things that are not good for your health:

- a poor diet,
- no exercises,
- little rest,
- no visits to your doctor and dentist,
- smoking,
- using drugs improperly,
- drinking alcohol.

Задание к тексту

Прочитайте и ответьте на вопрос: *What do they do good or not good for their health?*

1. Bill jogs or swims every day for at least half an hour.
2. Ann is usually rushed at lunch, so she just eats a candy bar and drinks a soft drink.
3. Simon works at night. He often gets only five hours of sleep a day.
4. Mike doesn't like to cook. He often drinks beer when he is hungry.

Диалоги

Прочитайте по ролям и переведите:

Домашнее задание: прочитать и перевести: «Caffeine is Harmful for the Heart, In a Restaurant».

Caffeine Is Harmful for the Heart

Olga: My mother-in-law drinks such strong tea.

Nina: Why shouldn't she?

Olga: Because she has heart problems. Caffeine is not recommended for people with heart problems.

Nina: Does tea contain much caffeine?

Olga: Yes, it does. A cup of strong tea contains more than 100 mg of caffeine.

Nina: I think that it is healthier for everybody to drink juices.

In a Restaurant

Alex: What will you have?

Joan: I'm on a diet.

Alex: Come on! I'll pay.

Joan: What did you say?

Alex: Don't be shy, I'll pay.

Joan: Thanks! Great. Then I'll have dry wine, a steak, fried potatoes, grapes, ice cream and a cake.

Alex: Okay. Waiter!

Лексические упражнения

1. Вычеркните лишнее слово:

- a) selenium, fluoride, carcinogen, iron, calcium, potassium;
б) thickener, cholesterol, preservative, colouring, stabilizer, emulsifier;

Окончание

Nutrient	What foods have this nutrient?	What does the nutrient do for you?
Fats	Butter, margarine, mayonnaise, peanut butter, oils, fatty meat, whole milk, cheese	Keeps the body warm, gives the body energy

Дополните предложения, используя таблицу:

1. If you live in a very cold climate and need to keep your body warm and have energy, you should eat ..., such as
2. If you are going to run a race in the morning and want your cells to have a lot of energy, you should eat ..., such as
3. If you want to make sure you have strong bones and teeth, you should take in It is found in
4. If you have a growing child, he/she needs ... so that his/her body will make new cells and build muscles. He/she should eat foods such as

3. Напишите по пять названий, относящихся к данным группам слов:

Minerals: _____, _____, _____, _____, _____

Additives: _____, _____, _____, _____, _____

Essential nutrients: _____, _____, _____, _____, _____

Names of diet: _____, _____, _____, _____, _____

4. Разделите слова на две группы: Minerals и Additives:

colouring, thickener, chromium, preservatives, zinc, emulsifier, iodine, sodium, stabilizer, magnesium, copper, manganese.

5. Прочитайте текст:

