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«Уральский государственный педагогический университет»
Институт иностранных языков
Кафедра английской филологии
и методики преподавания английского языка

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EAT, READ, BUY

Учебное пособие для бакалавров языкового вуза

Екатеринбург 2021

УДК 811.111.1 (075.8)
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Е13

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Е13 **EAT, READ, BUY** : учебное пособие для бакалавров языкового вуза ;
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Данное пособие разработано для занятий по дисциплине «Практика речи
английского языка» со студентами, получающими профессиональное языковое
образование в рамках программы бакалавриата. Цель учебного пособия –
систематизировать необходимый для изучения лексический материал,
синтезируя его с отработкой грамматических и фонетических навыков,
интегрируя во все виды речевой деятельности на основе рецепции и продукции
тематических монологических и диалогических текстов с акцентом на
особенности межкультурной коммуникации.

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Topic “Books and Libraries”

Lead-in: answer the following questions:

1. How old were you when you learnt to read? Do you remember yourself not being able to read?
2. Do you like reading? What kind of literature do you prefer?
3. Did you like Literature lessons at school? Why/Why not?
4. Do you like poetry? What is your favourite poem? Do you find it useful to learn poems by heart?
5. Have you ever been to a large public library? How did you feel about it?

Speech Patterns

- | |
|---|
| 1. <u><i>There is nothing like</i></u> reading a book for me. |
|---|

There is nothing like having a cup of tea during the break.

There is nothing like face-to-face communication nowadays.

There is nothing like travelling abroad if you want to see the world.

There is nothing like books that broaden the mind.

- | |
|---|
| 2. I <u>think it fair to tell</u> you about it. |
|---|

I find it great to read books in the original.

We think it good to give everyone the floor during the discussion.

He considers it unjust not to take a child to the birthday party.

Mary thinks it rude to interrupt other people.

Practice Time:

Complete the sentences. Be creative:

1. I think it interesting ...
2. There is nothing like an adventure book ...
3. They think it polite ...
4. The other day I happened to go to the cinema with my friends and we thought it ...
5. If you ask me, there is nothing like ... on a rainy day.
6. to discuss books with your groupmates.
7. We thought it wrong ... but ...
8. Do you think it ... when you're studying the language?
9. I know it took you ages to complete the task but mind there is nothing like ...
10. Go ahead. Tell me about your favourite genre. Do you think it ... ?

1. In the library

Vocabulary on Books and Libraries I

№	Word or expression
1	qualified and specialist staff
2	academic books
3	periodicals (weeklies, monthlies, quarterlies), daily papers
4	reference books / books of reference
5	talking books
6	audiovisual materials
7	video and sound recordings
8	sections: fiction section, history section, reference section, children's section etc.
9	mobile library
10	local library
11	loan service / issue desk
12	to join the library
13	to borrow books from the library
14	to loan / a loan
15	to renew / to be renewed
16	to be available to (public) / for (home reading)

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17	a stock (extensive library stocks)
18	library card
19	library facilities
20	to complete the registration procedure
21	to abide (abode/ abided) by the library rules
22	acceptance of the rules
23	access to
24	reading room / silent area
25	to conduct oneself quietly
26	to be responsible for borrowed items
27	to find the code
28	to check a catalogue
29	subject catalogue / author catalogue / online public access catalogue
30	to handle a book carefully
31	to keep for a fortnight
32	to return (to be returned) in due time
33	late renewal
34	late return
35	non-return
36	overdue items
37	the return date

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38	the period of loan
39	the time of issue
40	to pay fines / to be fined / to incur a fine
41	to tear off pages
42	to fold pages
43	to make marks
44	greasy spots
45	dog-eared pages / to dog-ear pages
46	to make notes in the margin(s)
47	damage to / loss of items
48	to misuse facilities / materials / furniture
49	to make good damage / a loss
50	to be excluded from

1.1. Vocabulary Practice 1

Complete the sentences using the expressions from *Vocabulary on Books and Libraries I*.

1. Do you often ... books ... your school library?
2. are popular not only with the blind; many people don't have time for reading but have time for listening.
3. After you have got you you officially become *a reader* of our library.

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4. There are a lot of history, our library has *built up a large research collection in this subject*, so we can easily *meet the growing demands*.
5. If you *misuse library facilities* you may be asked to ...
... ..
6. Mary always ... books ...; all her books look perfectly even after years of using them.
7. – What is the in your library? – You can keep *borrowed items* for ten days.
8. To find the book you need
9. If you don't have enough time to finish reading a book, you can ... it.
10. It will never do to in library books!
11. Members who have any won't be permitted any further *loans*.
12. All the *items* must be returned
13. – Do you know why he's been our *local library*? – Yes, I know. Just imagine, he tried to steal a book!
14. – *Are you subscribed to* any ...? – Yes, to some daily papers and a magazine.
15. Readers mustn't use their mobiles while working in the
... ..

Translate the sentences:

1. Нет ничего лучше, чем сидеть в удобном кресле перед камином и читать «Унесенные ветром».
2. Мне кажется прекрасно иметь личную библиотеку. А ты что думаешь?
3. Не думаю, что есть необходимость повторять дважды очевидные вещи.
4. Для нашей семьи нет ничего лучше загородного отдыха вдали от городской суеты.
5. В прошлом году я думал, что читать книги в оригинале что-то сверхъестественное. А сейчас для

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меня нет ничего лучше томика Гарри Поттера по вечерам.

6. Я думаю, бабушке вредно читать газеты перед сном. Ее потом мучает бессонница.
7. Староста считает справедливым выдавать книги по списку. А мне кажется, нет ничего лучше прибежать в библиотеку и схватить лучший экземпляр.
8. Трудно поверить, что публике могла понравится последняя экранизация этого романа.
9. Неужели вы думаете, она будет рада остаться дома в такую солнечную погоду и читать книги?
10. Нет ничего лучше нежиться на солнышке с томиком в руке и слышать звук прохладного моря.

Speak about your favourite book or author using the Speech patterns that you already know.

1.2. Speaking Practice 1

Speak about your school library (local library, university library). Is it large? Does it have rich stocks? What are the rules for readers there? What do you like/dislike about it?

1.3. Reading Practice 1

Read library rules for the students of Manchester Metropolitan University. Find the English equivalents for:

быть оштрафованным, студенческий пропуск, использование в учебных целях, работники библиотеки, студенческий центр, присваивать чужой материал, личные вещи.

Library rules and regulations

Please respect your study environment

- Treat others with dignity, courtesy and respect.
- Always carry your University ID card as you need it to access the Library and its resources. Don't lend it to anyone.
- Keep your belongings with you at all times. You are responsible for keeping them safe.
- Choose the appropriate zone for your studies. You will be asked to move or leave if your behaviour disturbs others.
- You may bring cold food and lidded drinks into the Library (except Special Collections) but not hot food. Please dispose of your litter responsibly.
- Use the outdoor shelters if you wish to smoke or vape. You are not allowed to charge e-cigarettes on University premises.

Using Library resources

- Only take resources out of the Library that you have borrowed. Remember to return or renew them on time to avoid fines.
- Treat Library property with respect. You will be charged for lost, stolen or damaged items.
- Remember the Library's online services are for academic use only and must not be used for any commercial purpose.
- Always follow copyright law and don't plagiarize.

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Using IT Resources

- Always log out when you leave a PC. Never share your network ID and password with anyone else.
- Don't view, send or download anything offensive.

Keep yourself and others safe

- Keep aisles, stairs and fire exits clear at all times.
- Avoid causing trip hazards with trailing wires or bags.
- Don't move the library furniture. The layouts allow for social distancing and are wheelchair friendly.

Emergency evacuation procedures

- If the fire alarm sounds, please leave the Library immediately by the nearest fire exit. Do not use the lifts.
- There are 'fire refuge' areas on every floor for people with mobility difficulties.

Further information

If you break any of these rules, action may be taken against you under the Student Code of Conduct.

You can find full details of current Policies, Regulations and Procedures for Students and other regulations on the Student Hub.

Remember Library staff are here to help if you have any concerns.

(Taken from <https://libguides.mmu.ac.uk/rules>)

1. Discuss in class

As it is written on the web-site, Manchester Metropolitan University is “a leading, modern university with a history of education since 1824”. How do you think library rules have changed since that time? Which points could be “old” and which points appeared not so long ago?

2. Work in pairs

One of you is a student of Manchester Metropolitan University, the other is a student of USPU. Talk about the rules of your university libraries, compare them and share what you agree with and what you would like to change.

1.4. Listening Practice 1

Libraries are...

I. PRE-LISTENING TASK

Continue the phrase: “Libraries are...”.

What would you say?

II. LISTENING AND COMPREHENSION TASKS:

Listen to a man showing his attitude towards libraries. Fill in the gaps in the text. (If necessary, listen to the text twice.)

Libraries _____. Every library I’ve been to in the world is the same. They all _____ atmosphere. A room with a large collection of books does things to people. We become very quiet and want to _____ the shelves.

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This happens even to children as _____, although perhaps not the being quiet. It's amazing to watch a small child in a library looking at all the books. They can sit there for hours pulling the books _____. I really spent a lot of time in the library at university. It was _____ most of my time. This is where I really learnt how useful libraries are. _____ every day looking at journals, newspapers and text books. I felt quite happy sitting _____ the library, reading my books.

(Audio taken from: <https://listenaminute.com/1/libraries.html>.)



III. FOLLOW-UP ACTIVITIES

1. Make up three questions to find out your groupmates' attitude towards libraries. Ask and answer them in class.
2. Write about libraries for 10 minutes. Give your own opinion on what libraries are. Exchange your papers with your partner, check and correct each other's work.
3. Share your ideas about libraries in class.

1.5. Translation Practice 1

Translate the sentences into English. Try to give a good literary translation.

1. Библиотечные фонды содержат художественную, научную и справочную литературу, периодические издания, а также видео- и аудиоматериалы.
2. Когда вы записываетесь в библиотеку, то проходите процедуру регистрации, получаете читательский билет и после этого можете брать книги.
3. Удовлетворять все возрастающие требования читателей – непростая задача для современных библиотек.
4. – В вашей библиотеке есть отдел детской литературы? – Да, конечно, у нас имеется совсем новая коллекция детских книг.
5. Почему в этой книге все страницы с загнутыми уголками?
6. В так называемых «зонах молчания» посетители библиотеки обязаны вести себя тихо.
7. – За что я могу быть оштрафован? – За позднее продление, невозврат или поздний возврат взятых экземпляров.
8. На обложке этой книги жирные пятна и страницы загнуты. Боюсь, вам придется возместить ущерб.

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9. Читая интересную книгу, я люблю делать заметки на полях, хотя знаю, что это нехорошо.
10. К сожалению, эти материалы нельзя взять домой, но они доступны для копирования.
11. Если вы не подчиняетесь библиотечным правилам, вас могут исключить.
12. Читатели несут ответственность за взятые экземпляры и должны обращаться с ними аккуратно. Книги должны быть сданы вовремя.
13. Чтобы получить необходимую книгу, нужно найти её шифр в авторском или тематическом каталоге, сейчас также можно воспользоваться электронным каталогом. Затем подойдите к стойке выдачи, где библиотекарь оформит всё должным образом.
14. Всё библиотечное оборудование и материалы находятся в открытом доступе для читателей.
15. – На какой срок я могу взять книги? – На две недели.

1.6. Speaking Practice 2

1. Libraries are not only places where one can find a good book or rare materials necessary for a research paper. Throughout their history libraries have been cultural centers where various events are held.

Study the following library sites (or find some others) and prepare to tell in class about some cultural or educational events which are / were held there: <http://book.uraic.ru/> ; <https://vk.com/gercenkaekb> ; <https://vk.com/ekmob> ; <https://vk.com/bibl6ekb>

If you know about some interesting events held in your local library, you may tell about them.

2. Which of the mentioned events or clubs would you like to visit / have you visited?

2. Books and writers

Vocabulary on Books and Libraries II

№	Word or expression
1	genre
2	fiction book
3	book of poems / plays / travel / adventures
4	detective story / whodunit
5	science fiction/ sci-fi
6	romance
7	spy story
8	fantasy
9	scary stories / raw-head-and-bloody-bones stories
10	milk-and-water stuff / sob stuff
11	story book
12	novel
13	in translation
14	in adaptation
15	in the original

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16	abridged
17	volume
18	edition, revised edition
19	to edit
20	editor
21	cheap edition, pocket edition / a pocket
22	(a) paperback
23	(a) hardback
24	current issue
25	hilarious
26	gripping
27	hair-raising
28	breathhtaking
29	penny dreadfuls
30	it is mere trash!
31	it is worth reading!
32	absorbing / to be absorbed in a book
33	thrilling
34	to be completely carried away by
35	to put down / aside
36	classic (n)

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37	short story writer / sci-fi writer / writer of fiction
38	playwright
39	contemporary writer
40	a has-been (<i>about a writer</i>)
41	to be in great demand
42	to be popular with / to gain (win) popularity
43	to find one's way into print
44	to depict / to describe / to portray
45	the contents of a book
46	plot
47	to run a book through the fingers / to leaf through a book
48	skip chapters
49	bookworm / book lover / avid reader
50	bookmark

2.1. Vocabulary Practice 1

Complete the sentences using the expressions from ***Vocabulary on Books and Libraries II***.

1. Recently I have read a new ... *by* N., a famous writer of detective stories.
2. Lily was so a book that she didn't hear the telephone ringing.

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3. Mark Twain (real name – Samuel Langhorne Clemens) was a great American ... of the XIX-XX centuries. Have you read any of his novels?
4. Her books are always and *sell fast*, you can't get them anywhere, *not for love nor money*!
5. My brother never reads books properly, he simply ... them It's no wonder he never remembers anything!
6. This book is so gripping that you won't be able to ... it ... until you have read it *from cover to cover*!
7. It is a shame, I know, but while reading "War and Peace" I ... some The novel is so long.
8. In my childhood I was a real ..., I could spend six or more hours reading!
9. This is already the fourth ... of the famous dictionary.
10. I like, you can always have such a book with you as it doesn't take much space.
11. – Do you like novels by? Personally, I do, because they are so *up-to-date* and thrilling. – You know, I prefer classics.
12. If your level of English is high enough, I recommend you to read as many books as you can to further enlarge your vocabulary.
13. This book *is difficult to resist* and you will be by it, I promise.

Where do you think the word combination "raw-head-and-bloody-bones stories" comes from? Search the Internet and find out.

2.2. Listening Practice 1

Being a bookworm

I. PRE-LISTENING TASK

Answer the questions:

- ✓ How many books have you read in your life?
- ✓ Was there a period in your life when you read all the time?
- ✓ How many hours a week do you spend reading?
- ✓ Are you a bookworm?

II. LISTENING AND COMPREHENSION TASKS:

Listen to a man talking about books. Fill in the gaps in the text.
(If necessary, listen to the text twice.)

Don't you think books _____ thing in the world?
I can't remember a time in my life when I wasn't reading a book.
_____ memories of being in my school library
when I was about five years old. I have been
_____ bookworm since then. You'll usually see
me _____ buried in a book. I
_____ of books. Novels are great
_____ know other worlds and cultures. A good
book is one where you never want the _____. I
also like autobiographies because I think it's interesting
_____ people's lives. Encyclopedias are cool too
– you can learn everything about everything in these.
_____ books to the Internet. Books need to be in
your _____ hand and _____.

(Audio taken from: <https://www.listenamminute.com/b/books.html>.)

III. FOLLOW-UP ACTIVITIES

Discuss in class.

- ✓ Do you know all these genres / types of books? What is your favourite one?
 - Action
 - Mystery
 - Suspense
 - Detective
 - Science Fiction
 - Children's books
 - War
 - Non-fiction
 - Travel books
 - Self-help books
 - History
 - Biography
 - Autobiography
 - Gothic
 - Classic Literature
 - Modern Literature
- ✓ What is your favourite book (novel, story etc.)?
- ✓ Who is your favourite author?
- ✓ Who is your favourite character?

2.3. Reading Practice 1

Read the dialogues paying attention to the vocabulary underlined and expressions in *italics*. Reproduce the dialogues in pairs.

- 1) - Hello. I would like to join the library.
 - Good morning. Certainly. Will you fill in this form, please?
 - *Here you are.*
 - Look at the camera, please, we need your photo to make out a library card for you... *Here it is.* Please, make sure you know our rules. You may read them here.

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- Thank you... Oh, I'm allowed to take five books *at a time*, aren't I?
 - Yes, that's right.
 - Then I need three *books on* psychology, here is *the list of books*. Also, I'd like to take "Pirates!" *by* Celia Rees in the original and *a book of fairy tales*. My little niece is visiting me, you know.
 - I'm sorry to say but the book by Pennebaker *is out at present*. We can *put you on the waiting list* so that when it is returned you would be informed.
 - Yes, please, it'll be nice.
 - Ok. As to the rest, we have them all.
- 2) - What are you reading? Is it another Conan Doyle's detective story?
- Yes, you know I *take great delight in* them. I adore Sherlock Holmes!
 - Not the one from the modern TV series, I suppose?
 - Certainly not! I don't *approve of* twisting the classic.
 - *Neither do I*. By the way, recently a friend of mine has recommended me "The Pickwick Papers" by Charles Dickens. As I needed some book for my extensive reading, I decided to try that one. I didn't expect much, to be honest, but the book is hilarious.
 - *Are you through with it?* I would like to read it, too.
 - Almost, you can have it in a couple of days. I'll only ask you to handle it really carefully, it's my father's book.
 - Oh, then don't bother, I don't want to cause you trouble. I'll borrow the book from our local library. There is a good *foreign literature section* there.
- 3) - What is the *title* of that book? I can't see it.

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- “House of Many Ways”. It’s the third book of Jones’s *trilogy*.
 - I have never heard of it. Are they all interesting, the three?
 - Well, they are ok... a kind of fantasy stories. *It’s not my cup of tea*, I would say, but I have read them *in English just for the sake of the language*.
 - And I really like fantasy books. Is the language difficult? My English *leaves much to be desired*, I’m afraid.
 - It’s quite simple. You may take the book if you want, now I’ll find the two others.
 - Thank you very much. I’ve been looking for a good book to read in summer.
- 4)
- It was my birthday yesterday. Guess what I was presented with!
 - No idea. Something really nice, I think, you are so happy.
 - Yes, it’s a new *e-book reader*!
 - Oh, e-book... well...
 - Why? What’s wrong?
 - Actually, I don’t like them.
 - But it’s convenient. You can *download* dozens of books there and have them all *on one device*. It saves a lot of space on your shelves. And money!
 - Yeah... but I’m a bit old-fashioned about it, I prefer paper books. All these hardbacks with their specific smell, you hold them in hands, turn pages... It’s much nicer than *scrolling texts on the screen*.
 - Don’t you read e-books at all?
 - Sometimes I have to, for my studies. But all the favourite fiction literature is in my bookcase.

2.4. Speaking Practice 1

1. Discuss in class.

- ✓ How do you usually choose books to read? Do you pay much attention to a cover? Do you look through reviews?
- ✓ Do you read books that are recommended to you by relatives, friends, teachers? Do you give recommendations on reading?
- ✓ Have you ever been given a bad recommendation? Did it change your opinion of the person who recommended the book?
- ✓ What do you think of e-books? Can they substitute for paper books? Which of the two do you prefer?

2. Work in pairs. Make up your own dialogues on the topics given below. Make sure you use the vocabulary.

Suggested topics:

- ✓ Joining the library. One of you is a librarian; the other is a new member.
- ✓ Giving and asking for advice on reading. Share your interests in books and give each other some recommendations.
- ✓ E-books vs. paper books. One of you chooses the former, the other prefers the latter. Try to persuade each other.
- ✓ Books vs. films. One of you likes watching screen versions of books, the other thinks that they are always much worse than books and are not worth watching. Give your reasons. (*This topic can also be discussed in class.*)

2.5. Translation Practice 1

1. Translate the sentences into English. Try to give a good literary translation.

1. Он всегда был таким заядлым читателем?
2. Перед этой книгой невозможно устоять!
3. Который том самый интересный?
4. Я предпочитаю карманные издания – ты можешь взять такую книгу с собой куда угодно.
5. Как ты можешь читать эту низкопробную литературу?
6. Я только что прочитала сокращённый вариант этого романа в адаптации. А теперь я собираюсь найти книгу в оригинале.
7. – Что бы Вы посоветовали почитать? – Возьмите вот этот сборник пьес. Вы, наверняка, получите удовольствие.
8. Он завоевал популярность ещё в прошлом веке, сейчас он драматург с мировым именем.
9. Молодым авторам нелегко пробиться в печать.
10. Книга «Властелин колец» Дж.Р.Р. Толкиена переведена по меньшей мере на 38 языков.
11. Это не детские страшилки, это настоящая книга ужасов. Не читай перед сном, она жуткая, просто волосы дыбом!
12. Хотя некоторые главы могут показаться скучными, не пропускай их, иначе не поймёшь конца.
13. Наши вкусы расходятся. Я не получаю удовольствия от чтения автобиографий или мемуаров, а моя сестра их очень любит.
14. В домашней библиотеке должны быть как серьёзные научные издания, так и что-нибудь для лёгкого чтения: любовные романы или детективы – зависит от вкуса.

15. Когда Саманта была подростком, она зачитывалась приключенческими книгами Майн Рида и Фенимора Купера.

2.6. Translate the sentences into Russian. Try to give a good literary translation.

1. The plot of the book was really intriguing, I read it from cover to cover in a sitting.
2. She sells really nice handmade bookmarks.
3. – I am through with this new whodunit about a mysterious murder!
– And who's done it?
– As usual, the gardener.
4. This book is a real bestseller, you can't get it anywhere, not for love nor money!
5. I'm particularly fond of historical novels. Certainly, there is a bit of fiction but if it is true-to-life then I don't mind.
6. Extensive library stocks keep a real treasure – hundreds and thousands of hardback worlds!
7. She may become a has-been but the values of brotherhood and love described in her books never will.
8. Access to the reading doesn't always mean access to the understanding.
9. To gain popularity and to gain hearts are two different things.
10. The writer's style makes this book worth reading but his ideas make it worth burning.

2.7. Vocabulary Practice 2

Fill in the gaps with prepositions where necessary.

1. He always borrows books ... this library.
2. The librarian wrote down the time ... issue on the book.
3. You will be fined ... tearing ...pages.
4. You can keep a book ... a fortnight.
5. When did you join ... the library?
6. I've read this book without putting it ...!
7. Why do you always run books ... the fingers?
8. All the items must be returned ... due time.
9. This book is ... great demand.
10. All his plays are very popular ... readers.
11. Have you ever read any story ... this author?
12. She gave him a book ... travel as a present.
13. Have you read «Dandelion Wine» ... translation or ...
the original?
14. Never fold ... pages in books nor dog-ear them.
15. What is the period ... loan?

2.8. Listening Practice 2

The Top Ten Best-selling Books

I. PRE-LISTENING TASKS

Make sure you understand these words and expressions:

to stick with (v) – *to remain loyal or faithful to smb or smth*
God bothering (exp offense) – *an offensive way of describing
the way very religious people always talk about religion*
controversial (adj) – *causing disagreement or discussion*
ring true (exp) – *to seem true/false*

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whopping (adj) – *very large (amount)*

still going strong (exp) – *still sells well*

rebellion (n) – *action against those in authority or against the rules or against normal and accepted ways of behaving*

approximately (adv) – *close to a particular number or time although not exactly that number or time*

pubescent (adj) – *describes someone who is at the stage in their life when they are developing from a child into an adult*

attire (n) – *clothes*

grubby (adj inf) – *dirty*

mitts (n inf) – *hands*

to chuck out (phr v inf) – *to get rid of; chucking out time means the time when the pub closes and everybody is asked to leave*

to hot up (phr v inf) – *if an event or situation hots up it becomes more exciting and more things start to happen*

hype (n) – *the situation when smth is continually advertised and discussed in newspapers and on TV in order to attract everyone's interest*

political correctness (n) – *the avoidance of terms or behaviour considered to be discriminatory or offensive to certain groups of people*

to prevail (v) – *to get control of influence*

to kick off (phr v inf) – *to start*

to come out (phr v) – *to become available for people to buy or see (about a book or a film)*

to head off (somewhere) (phr v inf) – *to go*

cloak (n) – *a loose outer piece of clothing without sleeves, which fastens at the neck, and is worn instead of a coat*

wand (n) – *a special thin stick waved by a person who is performing magic tricks*

quixotic (adj) – *describes a person or an act that is caught up in romance of noble deeds and the pursuit of unreachable goals*

II. LISTENING AND COMPREHENSION TASKS

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Listen to the text and write down:

- the names of the books mentioned
- the number of sold copies
- some more interesting facts about every book that you will hear

(If necessary, listen to the text twice)

(Audio taken from “Cool English №40”)

III. FOLLOW-UP ACTIVITIES

1. How do you think this list would change nowadays? Share your ideas.
2. At home – search the Internet for various up-to-date lists of “top” books and prepare to tell about them in class.

2.9. Speaking Practice 2

1. (*Recommended for home task.*) Prepare two lists of books of ten titles each, one of English and/or American books, the other – of Russian ones. Put there the books you consider the best and a must to read for every person in his/her life. Your lists can contain both classic and contemporary writers.

Think carefully about every book. Why do you put it on your list? What can one learn from it?

2. (*For working in class*) Divide into groups of 3 or 5 and create two new lists of “top ten” English and Russian books using all the lists in your group that you have prepared. Share your results and discuss them with the others:
 - Why do you consider every book on your list “the best”?

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- What can one get from reading these books?
- What do they teach readers?
- Can one learn anything about English/American and Russian culture reading these books? What?

2.10. Quiz Time

Below you will find the names of authors and their books all mixed up. Match the author and his/her work.

Charlotte Bronte	Childe Harold's Pilgrimage (1812)
George Gordon Byron	The Wapshot Chronicle (1957)
John Cheever	Jane Eyre (1847)
Charles Dickens	Ivanhoe (1820)
Theodore Dreiser	Stopping by Woods on a Snowy Evening (poem – 1922)
Robert Frost	Vanity Fair (1948)
John Galsworthy	The Quiet American (1955)
Graham Greene	The Legend of Sleepy Hollow (1820)
Ernest Hemingway	The Pickwick Papers (1836)
Washington Irving	The Old Man and the Sea (1952)
Jack London	The Forsyte Saga (1906-1921)
Somerset Maugham	A Streetcar Named Desire (1947)
Walter Scott	Of Human Bondage (1915)
William Shakespeare	The Call of the Wild (1903)
George Bernard Shaw	Pygmalion (1912-13)
Percy Bysshe Shelly	East of Eden (1952)
John Steinbeck	The Twelfth Night (1602)
William Makepeace	The Widows of Eastwick (2008)
Thackeray	An American Tragedy (1925)
Mark Twain	Prometheus Unbound (1820)
John Updike	The Adventures of Tom Sawyer (1876)
Oscar Wilde	The Canterville Ghost (1887)
Tennessee Williams	

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Have you read any of these books? Which ones would you like to read?

2.11. Speaking Practice 3

Talking extremes

- ✓ What is the longest book you have ever read?
How long did it take you to read it?
- ✓ What is the funniest book you have ever read?
The saddest?

The strangest?

The most thrilling?
- ✓ Is there a book that you have read more than once?
What was the title?

How many times did you read it?
- ✓ Is there a book you just couldn't finish?
What was the title?

What prevented you from reading it up to the end?

2.12. Listening Practice 3

The Soothing Power of Books

I. PRE-LISTENING TASKS

1. Discuss in class:

- ✓ For what reason do you usually read books? For pleasure? To get some rest? To think? To find some answers? To “kill time”?
- ✓ Do you think that books can be healing? If yes, what makes them such?

2. Make sure you understand the following words:

to get involved
remedy
scanning

hemisphere
come to life
stimulus

II. LISTENING AND COMPREHENSION TASKS

1. Listen to the conversation and say what “Bibliotherapy” is.
2. Listen again and mark the following statements as true (T) or false (F).
 - a) Reading books can be prescribed as a remedy.
 - b) Bibliotherapy mustn’t be applied to children.
 - c) The best-selling book of all time is “Harry Potter”.
 - d) In “Bibliotherapy” people meet up to read together.

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- e) Reading literature makes both hemispheres of our brains work.
- f) It is impossible to measure the effect of reading literature scientifically.

III. FOLLOW-UP ACTIVITIES

Imagine that you have just heard a radio programme about Bibliotherapy and want to share the news with your friend. Write a letter to him/her and tell what you have learnt and what you think of it.

(Audio taken from: www.bbc.co.uk/learningenglish/features/6-minute-english.)

2.13. Reading Practice 2

Read the text given below and write down the words that are new for you and the ones you consider useful. Translate the ones you do not know and be ready to explain them.

Ten Benefits of Reading: Why You Should Read Every Day

When was the last time you read a book, or a substantial magazine article? Do your daily reading habits center around tweets, Facebook updates, or the directions on your instant oatmeal packet?

If you're one of countless people who don't make a habit of reading regularly, you might be missing out.

Reading has a significant number of benefits, and here're 10 benefits of reading to get you to start reading.

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1. Mental Stimulation

Studies have shown that staying mentally stimulated can slow the progress of (or possibly even prevent) Alzheimer's and Dementia, since keeping your brain active and engaged prevents it from losing power.

Just like any other muscle in the body, the brain requires exercise to keep it strong and healthy, so the phrase “use it or lose it” is particularly apt when it comes to your mind. Doing puzzles and playing games such as chess have also been found to be helpful with cognitive stimulation.

2. Stress Reduction

No matter how much stress you have at work, in your personal relationships, or countless other issues faced in daily life, it all just slips away when you lose yourself in a great story. A well-written novel can transport you to other realms, while an engaging article will distract you and keep you in the present moment, letting tensions drain away and allowing you to relax.

3. Knowledge

Everything you read fills your head with new bits of information, and you never know when it might come in handy. The more knowledge you have, the better-equipped you are to tackle any challenge you'll ever face.

Additionally, here's a bit of food for thought: should you ever find yourself in dire circumstances, remember that although you might lose everything else – your job, your possessions, your money, even your health – knowledge can never be taken from you.

4. Vocabulary Expansion

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This goes with the above topic:

The more you read, the more words you gain exposure to, and they'll inevitably make their way into your everyday vocabulary.

Being articulate and well-spoken is of great help in any profession, and knowing that you can speak to higher-ups with self-confidence can be an enormous boost to your self-esteem. It could even aid in your career, as those who are well-read, well-spoken, and knowledgeable on a variety of topics tend to get promotions more quickly (and more often) than those with smaller vocabularies and lack of awareness of literature, scientific breakthroughs, and global events.

Reading books is also vital for learning new languages, as non-native speakers gain exposure to words used in context, which will ameliorate their own speaking and writing fluency.

5. Memory Improvement

When you read a book, you have to remember an assortment of characters, their backgrounds, ambitions, history, and nuances, as well as the various arcs and sub-plots that weave their way through every story. That's a fair bit to remember, but brains are marvellous things and can remember these things with relative ease.

Amazingly enough, every new memory you create forges new synapses (brain pathways) and strengthens existing ones, which assists in short-term memory recall as well as stabilizing moods. How cool is that?

6. Stronger Analytical Thinking Skills

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Have you ever read an amazing mystery novel, and solved the mystery yourself before finishing the book? If so, you were able to put critical and analytical thinking to work by taking note of all the details provided and sorting them out to determine “whodunnit”.

That same ability to analyze details also comes in handy when it comes to critiquing the plot; determining whether it was a well-written piece, if the characters were properly developed, if the storyline ran smoothly, etc.

Should you ever have an opportunity to discuss the book with others, you’ll be able to state your opinions clearly, as you’ve taken the time to really consider all the aspects involved.

7. Improved Focus and Concentration

In our internet-crazed world, attention is drawn in a million different directions at once as we multi-task through every day.

In a single 5-minute span, the average person will divide their time between working on a task, checking email, chatting with a couple of people (via gchat, skype, etc.), keeping an eye on twitter, monitoring their smartphone, and interacting with co-workers. This type of ADD-like behaviour causes stress levels to rise, and lowers our productivity.

When you read a book, all of your attention is focused on the story—the rest of the world just falls away, and you can immerse yourself in every fine detail you’re absorbing.

Try reading for 15-20 minutes before work (i.e. on your morning commute, if you take public transit), and you’ll be surprised at how much more focused you are once you get to the office.

8. Better Writing Skills

This goes hand-in-hand with the expansion of your vocabulary.

Exposure to published, well-written work has a noted effect on one's own writing, as observing the cadence, fluidity, and writing styles of other authors will invariably influence your own work.

In the same way that musicians influence one another and painters use techniques established by previous masters, so do writers learn how to craft prose by reading the works of others.

9. Tranquility

In addition to the relaxation that accompanies reading a good book, it's possible that the subject you read about can bring about immense inner peace and tranquility.

Reading spiritual texts can lower blood pressure and bring about an immense sense of calm, while reading self-help books has been shown to help people suffering from certain mood disorders and mild mental illnesses.

10. Free Entertainment

Though many of us like to buy books so we can annotate them and dog-ear pages for future reference, they can be quite pricey.

For low-budget entertainment, you can visit your local library and bask in the glory of the countless tomes available there for free. Libraries have books on every subject imaginable, and since they rotate their stock and constantly get new books, you'll never run out of reading materials.

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If you happen to live in an area that doesn't have a local library, or if you're mobility-impaired and can't get to one easily, most libraries have their books available in PDF or ePub format so you can read them on your e-reader, iPad, or your computer screen.

There's a reading genre for every literate person on the planet, and whether your tastes lie in classical literature, poetry, fashion magazines, biographies, religious texts, young adult books, self-help guides, street lit, or romance novels, there's something out there to capture your curiosity and imagination.

Step away from your computer for a little while, crack open a book, and replenish your soul for a little while.

(Taken from www.lifehack.org/articles/lifestyle/)

1. Share your lists of useful words in class.
2. Discuss which of the given reasons you consider to be really good and important. Can you add any more reasons?

2.14. Speaking Practice 4

Discuss in class:

- ✓ Do you like poetry? What is your favourite poem?
- ✓ Can you read poetry just for pleasure as you read fiction?
- ✓ Do you remember now the poems which you learned by heart for Literature lessons?
- ✓ Have you learned poems in English? Do you remember them?
- ✓ Have you ever learned poems not as a task but just for yourself?
- ✓ It is said that learning poetry by heart is good for health. What do you think of it?



2.15. Listening Practice 4

I. PRE-LISTENING TASK

Read the following extract from a well-known work of poetry.
Can you recognize it?

*For who would bear the whips and scorns of time,
The oppressor's wrong, the proud man's contumely,
The pangs of despised love, the law's delay,
The insolence of office, and the spurns
That patient merit of the unworthy takes,
When he himself might his quietus make
With a bare bodkin? who would fardels bear,
To grunt and sweat under a weary life...*

Where do you think this extract is from? Is it easy to read and understand?

II. LISTENING AND COMPREHENSION TASKS

Listen to the recording and fill in the gaps. (If necessary, listen to the text twice.)

Andrew Dickinson

Someone's translated _____ into Klingon. You know, he exists in all of these different places and all of these different forms and I suppose that what really struck me while working on my book and travelling _____ talking to people about _____ is that he is so **multifarious** – he exists in all of these places. It feels sometimes that we in the English-speaking world are only just _____.

Greg Doran

I think the difficulty with a translation is that it simply translates **the sense** and there's a lot more going on in the language of _____. I remember once doing a production of Merchant of Venice in _____ and I was asked – we were having a new translation done – and I was asked if I wanted the translation for _____, for **pace** or for _____ and that's the difficulty. You've got to find all three somehow together.

(Audio taken from: www.bbc.co.uk/learningenglish/features/6-minute-english)

*What does **multifarious** mean? Give a definition. Use it in your own context.*

II. FOLLOW-UP ACTIVITIES

1. Work in groups of three, discuss the subject under consideration. Is it a good idea to translate “from English into plain English” such great works of poetry? Try to come to some conclusion and share your groups’ opinion with the others.
2. Discuss in class.
 - ✓ On the recording Greg Doran says that while translating poems one has to find meaning, pace and poetry somehow together. Why do you think it is such a difficult task?
 - ✓ Read another extract from a really famous piece of poetry. Can you recognize it? What do you think of it? Can you give the Russian variant just on the spot?

*My life till now was but a pledge,
Of meeting with you, a forward image;
You were sent by heaven of that I'm sure,
To the grave itself you are my saviour...
In dreams you have appeared to me,
Though yet unseen, I held you dear,
Your glance and strangeness tortured me,
To my soul your voice was loud and clear
From long ago... It was not a dream!
You came, and I knew that very instant,
I was struck dumb, my heart flared up,
And in my thoughts said "He is the one!"*

2.16. Quiz time

Here are some **very** short descriptions of the plots of well-known books. Join into groups of 3, read and try to recognize the books. After you are ready compare the answers. The group which has guessed more books is the winner! 😊

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* A man did not want to go to the war but he had to. Then it took him 10 years to get home.

* A man was starving for long, then he decided to become an overhuman (according to Nietzsche), committed a murder, got into prison and fell in love.

* A young girl worked as a governess, waited till her master got blind and married him.

* A man was in love with a girl, then her brother was killed by mistake and was wandering beheaded and everybody was afraid. But the ending is happy.

* Some aliens wanted to conquer the Earth, they had really cool weapons even laser guns but then they caught a cold and died.

* A man burned books but later changed his mind and started reading them.

* A man could breathe under the water. Then he fell in love and got into prison.

* A girl dreamt of a prince but got a sailor and some old wine.

* Four men went to Brazil and found dinosaurs, and then they had a lot of trouble trying to prove their discovery.

* There were a lot of people, all with exquisite manners, speaking French, and then the war broke out, and some of them died while others got married.

* An Indian rajah was dethroned by the English, then he invented a submarine and started sinking ships.

* A man had read a lot of books and imagined himself a knight committing heroic deeds, and everybody laughed at him.

* A man was raised in the monastery, then he escaped, fought with a jaguar and later died.

* A man spent a long time in prison, then he escaped, found a real treasure and took revenge on all his enemies.

* A man was a great scientist, then his younger colleague cut off his head and made it speak.

2.17. Translation Practice 2

Imagine you are a translator. Translate the given extracts from English into Russian and from Russian into English. As they are taken from real books, try to do your best and make them sound literary.

There was a time when he was always walking about my woods. He was polite in those days, always asking my leave (a least when he met me); and always eager to listen. I told him many things that he would never have found out by himself; but he never repaid me in like kind. I cannot remember that he ever told me anything. And he got more and more like that; his face, as I remember it – I have not seen it for many a day – became like windows in a stone wall: windows with shutters inside.

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I think that I now understand what he is up to. He is plotting to become a Power. He has a mind of metal and wheels; and he does not care for growing things, except as far as they serve him for a moment. And now it is clear that he is a black traitor.

(J.R.R. Tolkien "The Lord of the Rings")

Granger turned to Montag. "Grandfather's been dead for all these years, but if you lifted my skull, by God, in the convolutions of my brain you'd find the big ridges of his thumbprint. He touched me. As I said earlier, he was a sculptor. 'I hate a Roman named Status Quo!' he said to me. 'Stuff your eyes with wonder,' he said, 'live as if you'd drop dead in ten seconds. See the world. It's more fantastic than any dream made or paid for in factories. Ask no guarantees, ask for no security, there never was such an animal. And if there were, it would be related to the great sloth which hangs upside down in a tree all day every day, sleeping its life away. To hell with that,' he said, 'shake the tree and knock the great sloth down on his ass.'"

(R. Bradbury, "Fahrenheit 451")

- Теперь я поняла, кто ты!
- Кто же?
- Ты – путешественник... Только путешественник мог спросить, сколько лет рыбе, которую мы съели за обедом.
Он смеётся.

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- Только путешественники так боятся канцелярских бумаг. Только путешественники так стесняются, когда дарят цветы. Только путешественники так свистят и думают о своём, и по утрам мучают своих жён зарядкой из двадцати четырёх упражнений.

- Не считая холодного обтирания.

- Да. Только путешественники так не стареют.

- Я старею.

- Ты знаешь, мне всегда казалось, что у каждого человека есть свой характерный возраст. Один рождается сорокалетним, а другой на всю жизнь остаётся мальчишкой...

(В. Каверин, «Два капитана»)

...мы стоим вместе на крыше и молча следим за тем, как в сгущающейся синеве зажигаются огни столицы. Вот вспыхнуло одно окно, потом другое, и засветилась вся Москва... Словно серебряные луны, повисают над улицами новые большие фонари. Вчера ещё тёмные, ущелья улиц сегодня превращаются в русла светоносных рек. Это шофёры там, внизу, на улицах, сняв маскировочные заслонки с автомобильных фар, дали «большой свет». Сияют глазищи многоэтажных домов. Светлоглазая, выстоявшая, победившая Москва миллионами своих лучистых очей глянула в тёплую предмайскую ночь.

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А вдали, над башнями Кремля, всё полнее, всё ярче наливаются алым огнём звёзды, не всходившие над Москвой тысячу четыреста семь ночей...

(Л. Кассиль, «Великое противостояние»)

2.18. Listening Practice 5

Rob Mawson Interview

I. PRE-LISTENING TASK

1. Answer the questions.

- ✓ What is a pseudonym?
- ✓ Why do you think some writers take pseudonyms?

2. Make sure you understand the following words:

outline (n) – *a brief summary of the main actions or points*

liberating (adj) – *allowing freedom*

bidding war (n) – *that what happens when more than one buyer competes for something, causing the price of the object to increase*

to top (v) – *to do better than*

to prevail (v) – *to prove superior, to win*

woe (n) – *sadness, suffering or misery*

gloom and doom (exp) – *sad, often depressing events or atmosphere*

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watch this space! (exp) – *keep an eye on this person or idea to see their developments in the future*

II. LISTENING AND COMPREHENSION TASKS

Listen to the interview answer the questions. (If necessary, listen to the text twice.)

- ✓ What professions did Robert Mawson have before becoming a writer?
- ✓ When and how did he start writing?
- ✓ Why does he write under a pseudonym?
- ✓ What are the three important things for a book to have success?
- ✓ Why was it a difficult decision to sell the film rights?

(Audio taken from “Cool English” № 40)

III. FOLLOW-UP ACTIVITIES

- ✓ Have you ever wanted to write a story or a novel? What was it going to be about?

Try yourself in writing.

Work in groups of 3-5. Choose the genre and think of a title for your story/novel. You may take one of the titles suggested below or think of another one.

Once upon a time (fairy tale)

Coffee with double crime (whodunit)

At half past night (fantasy)

See you last week (romance)

Life exists (sci-fi)

And then darkness fell... (mystery)

Unexpected summer (a traveller's diary)

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Mr. Doggy and the others (children's book)

When you have decided on the genre and the title, write either an outline for your book or a paragraph from in.

Share what you have written with the others.

2.19. Project Work

Book presentation

1. Choose a book you would like to tell about to your groupmates.
2. Prepare to tell about it in class. Use the following plan and questions to help you.
 - a) Give the title of the book and the name of the author.
 - b) Tell about the plot (without revealing the whole secrets) and the settings of the novel.
 - What did you think of the plot line development? How credible did the author make it?
 - How authentic is the culture or era represented in the book?
 - What was unique about the setting of the book and how did it enhance or take away from the story?
 - How does the setting act as a character in the story?

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- c) Tell about the characters.
 - Do the characters seem real and believable? Can you relate to their predicaments? To what extent do they remind you of yourself or someone you know?
 - How do characters change or evolve throughout the course of the story? What events trigger such changes?
 - How did you feel about the characters? Whom did you like or dislike and why?
 - What moral/ethical choices did the characters make? What did you think of those choices? How would you have chosen?
 - What effects do the events (time, nationality, physicality) have on the character's personality?

- d) Tell about the author's style and ideas revealed in the book.
 - What specific themes did the author emphasize throughout the novel? What do you think he or she is trying to get across to the reader?
 - What type of vision does the author use with her word choice? Is it optimistic, pessimistic, prophetic, cautionary, humourous, satirical, venomous, cathartic?
 - Why do you think the author wrote this? What is her most important message?

- e) Your opinion and conclusion.
 - What did you think of the ending?
 - Did you like the book? If you have read any of the author's other books, how does this book compare?
 - What is the message of the book for you?

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- What do book reviews say about this book or more generally the author, and his/her past works?
 - If there is a film made on the book and you have watched it, how can you compare them?
 - Do you recommend reading this book?
3. If possible, make a visual presentation.



Topic “Shopping”

Lead-in: read the following quotations about food and say if you agree with them.

1. “The quickest way to know a woman is to go shopping with her.” – **Marcelene Cox**
2. “Whoever said money can’t buy happiness simply didn’t know where to go shopping.” – **Bo Derek**
3. “We used to build civilizations. Now we build shopping malls.” – **Bill Bryson**
4. “I hate to shop. I consider it one of life's necessary evils, like brussels sprouts and high-heeled shoes.” – **Laurell K. Hamilton**
5. “The odds of going to the store for a loaf of bread and coming out with only a loaf of bread are three billion to one.” – **Erma Bombeck**

Speech Patterns

- | |
|--|
| 1. <u>Why not buy</u> that suite of furniture? |
|--|

Why not pay in cash at once?

Why not go to the supermarket early in the morning?

Why not ask for a discount?

Why not buy it online?

2. I'd buy this polka-dot dress rather than that stripy skirt.

This is grey rather than blue, to my mind.

I prefer to buy tickets to the cinema rather than to the theatre.

They buy it out of luxury rather than necessity.

I enlarge my private collection of English books in the original rather than in translation.

Practice Time:

Develop the situations. Be creative and use speech patterns:

1. You want to spend your summer holidays abroad but hesitate about your destination.
2. Your friend prefers football to any other kind of rest. What do you think of it?
3. Your daughter is afraid to go shopping alone. Will you encourage her?
4. Your friend buys everything online. She seems to be addicted.
5. If you ask me, there is nothing like staying at home on a hot day. Do you agree with me?
6. Where shall visitors to our city go to buy some souvenirs?
7. Your grandmother thought it wrong to go shopping during the pandemic. Was she right?
8. What shall you do to bargain in the market?

9. I know it took you ages to find the necessary colour of fabric. But did it cost the effort?
10. Let's discuss the best reference books on sale.

1. Shopping for food

Vocabulary on Shopping I

№	Word or expression
	Bakery goods and confectionery
1	confectioner's / confectionery
2	bakery / baking goods / baking items / baker's
3	dough / batter / pastry
4	brown / rye bread
5	white / wheat bread
6	whole grain bread / wholemeal bread
7	bun / roll / brioche / scone / bread roll
8	loaf of bread (<i>pl.</i> loaves)
9	French loaf / baguette / French stick
10	croissant
11	doughnut
12	crumpets

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13	pie
14	pancake / crepe
15	fritter
16	ring / bagel
17	wafers / waffles
18	biscuit / cookie
19	muffin / cupcake
20	cake (sponge, layer, chocolate, fruit)
21	tart
22	Éclair
23	gingerbread
24	puff / jam-puff
25	jam / marmalade
26	chocolate / chocolates / box of chocolates / bar of chocolate
	Dairy products
27	dairy
28	milk / sour milk / butter milk / low-fat milk / skim(med) milk / condensed milk / powdered milk
29	cream / sour cream / high-fat cream / whipped cream
30	butter / margarine (marge)
31	cheese / cream cheese / pot cheese / processed cheese / feta cheese
32	yogurt (yoghurt)

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33	curds / cottage cheese
34	butcher's
35	beef
36	veal
37	lamb
38	mutton
39	pork
40	venison
41	poultry (goose, chicken, duck, turkey)
42	game (grouse, partridge)
43	mince / minced meat/ hamburger
44	bacon
45	sausage /sausages / frankfurters
46	ham
47	liver / liver paste
48	fat / lard
49	lean meat
50	smoked / boiled (sausage)
51	fillet
52	tinned (canned) meat
	Fish / Fishmonger's

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53	fishmonger's
54	bream
55	carp
56	caviar
57	cod
58	crab
59	crayfish
60	salmon / dog salmon
61	herring
62	kipper
63	lobster
64	oyster
65	mussel
66	perch
67	pike
68	pike-perch
69	plaice (sole)
70	sheatfish
71	shrimp / prawn
72	squid
73	octopus

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74	sturgeon
75	eel
76	fresh / live / frozen / fresh-frozen
77	dried / smoked / salted / marinated fish
78	tinned fish
79	sprats (tin of sprats)
80	trout

Translate the sentences:

1. Почему бы не подарить маме духи на 8 марта?
2. Мне нравится больше покупать настоящие книги, чем электронные. А тебе?
3. Почему не заглянуть в кондитерский отдел? Наверняка, там есть что-нибудь вкусненькое.
4. Мама скорее дождется скидок, чем купит ту де самую вещь втридорога. А я считаю, что нужно брать, пока в продаже, а не бегать и не искать потом.
5. Почему бы не составить список покупок заранее? Это быстрее, да и выходит экономичнее.
6. Он скорее сходит в магазин и купит полуфабрикаты, чем приготовит что-нибудь сам. Но это вредно для здоровья.
7. Тебе нравится скорее оригинал, чем перевод? Но почему?
8. Почему бы не посмотреть фильм после покупки и прочтения книги, а не наоборот?
9. Тебе кажется, что мама скорее сошьет себе платье, чем найдет себе подходящее в магазине?

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10. Почему бы не открыть книгу и не погрузиться в мир фантазий?

Speak about your favourite shop or department using the Speech patterns that you already know.

1.1. Reading practice 1

Read the text, translate the words in *italics*:

Is cheese good or bad for you?

(Source: <https://www.medicalnewstoday.com/articles/299147>)

Cheese is a good source of *calcium* and *protein*, but it can also be *high in saturated fats* and sodium. Should we be eating more cheese or less?

Cheese has grown in popularity in the United States (U.S.) in the last 50 years. Statistics show that consumption *tripled* from 1970 to 2009. The range of cheeses available and the number of specialist cheese makers in the U.S. has also grown in recent years. Some people avoid dairy cheese due to a milk allergy or *lactose intolerance*, because they are on a *weight-loss diet*, or as part of a vegan diet.

Cheese offers a number of health benefits, some of which are surprising. Whether or not it is a healthful choice depends on the individual and the type and amount of cheese consumed.

Fast facts on cheese:

- There are thousands of types of cheese. “Cheese-flavored” food is not considered one of them.
- Many cheeses are high in sodium and fat, but the benefits may *outweigh* the disadvantages.
- Natural, low-fat, low-sodium cheese can make a healthful addition to most diets.
- Anyone with a lactose allergy should not eat any type of cheese, but some types may be suitable for those with a lactose intolerance.

Cheese is a standard accompaniment to popular foods like burgers, pizza, Mexican dishes, salad, and sandwiches. Alone, it can be a snack or an appetizer. It can be added to sauces, soups, pastries, and many other dishes.

There are thousands of varieties of cheese, ranging from mild to mature in flavor, and low- to high-fat in composition. It can be made from the milk of cows, sheep, goats, and other animals.

Whole-milk cheese contains between 6 and 10 grams (g) of fat per 1-ounce (28 g), serving. Of this, 4 g to 6 g is saturated fat.

Low-fat or reduced-fat cheese is made with 2 percent milk. Non-fat cheese is made with 0 percent or skim milk.

Fresh cheeses are cheeses that have not been aged, or *matured*. They usually have a softer texture, and milder taste than aged cheeses. Examples include ricotta, cream cheese, cottage cheese, and mascarpone.

Aged or mature cheeses are firmer in texture and tend to be aged for 6 months or longer. The longer the aging process,

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the more concentrated or sharp the *flavor*. Cheddar, Swiss, Parmesan, and Gruyère are examples of aged cheeses.

Processed cheese, such as *cheese spread*, American cheese, “cheese food” and “cheese flavored” products cannot be categorized as cheese, and the label must reflect this. These are shelf-stable products containing added ingredients such as flavor enhancers and emulsifiers.

Non-dairy cheeses, such as *soy cheese*, are suitable for people who do not consume dairy products, but they are highly processed.

Cheese can be a valuable source of calcium for those without an intolerance or allergy, but it should be chosen with care and consumed moderately.

A registered *dietitian* can advise you on whether to consume milk or dairy products, and, if so, which ones.

1. Do you like dairy products? Do you like cheese?
What kind of cheese do you like?
2. How often do you eat cheese? What is your favourite cheese dish?

1.2. Vocabulary practice 1

Make up sentences with the following words:

1. Dough, milk, minced meat
2. Jam, yoghurt, curds
3. Rye bread, cream cheese, sausage
4. Beef, pork, crab
5. Confectionery, doughnut, whipped cream

1.3. Listening practice 1

Listen to the dialogue and fill in the gaps

(Source: https://www.5percangol.hu/hasznos-parbeszedek/useful_dialogues_-_at_the_bakers/):

Woman: Good morning.

Baker: Good morning, madam. What can I get you?

Woman: I would like a sliced ____ .

Baker: White, brown, ____ or wholemeal?

Woman: White, please.

Baker: How much?

Woman: Half a kilo.

Baker: Anything else, madam?

Woman: Yes, I need some ____ topped rolls.

Baker: How many of them?

Woman: Four. Do you sell ____?

Baker: Yes, what kind of buns would you like?

Woman: I'd like four raisin buns and give me two ____ as well, please.

Baker: Here you go, madam. Do you need something else?

Woman: No, thank you. How much is it?

Baker: £ 4.10

1.4. Speaking practice 1

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Read the dialogue, learn it by heart and act it out.

Shop assistant: Hello! Can I help you?

Customer: Yes, please. Do you have any cheese?

Shop assistant: Yes, of course. How much would you like?

Customer: A kilo, please.

Shop assistant: Here you are.

Customer: Thank you. How much is it?

Shop assistant: One pound and ten pence. Anything else?

Customer: Yes, a packet of milk, please.

Shop assistant: Here you are.

Customer: And do you have any bread?

Shop assistant: I'm sorry, there is no bread. We've already sold it.

Customer: Ok. Never mind.

Shop assistant: Your purchase makes two pounds and sixty-five pence.

Customer: Thanks. Here you are.

Shop assistant: You're welcome.

Now fill in the gaps to make your own dialogue.

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Shop assistant: Hello! Can I help you?

Customer: Yes, please. Do you have any _____?

Shop assistant: Yes, of course. How much would you like?

Customer: _____, please.

Shop assistant: Here you are.

Customer: Thank you. How much are they?

Shop assistant: ____ pound and ____ pence. Anything else?

Customer: Yes, _____, please.

Shop assistant: Here you are.

Customer: And do you have any _____?

Shop assistant: I'm sorry, there **is / are** no _____. We've already sold **it / them**.

Customer: Ok. Never mind.

Shop assistant: Your purchase makes _____ pounds and _____ pence.

Customer: Thanks. Here you are.

Shop assistant: You're welcome.

Customer 1

You need to buy: cheese, chicken, a layer cake, buns.

Customer 2

You need to buy: cod, shrimps, sour cream and croissants.

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Customer 3

You need to buy: butter, milk, rye bread and cottage cheese

Customer 4

You need to buy: biscuits, beef, pork, dough.



1.5. Vocabulary practice 2

I. Match the word with the translation:

1. Tuna	a. Куриное мясо
2. Lamb	b. Мясо барашка
3. Cod	c. Утка
4. Pork	d. Лосось
5. Trout	e. Тунец
6. Salmon	f. Камбала
7. Duck	g. Сардина
8. Plaice	h. Свинина
9. Chicken	i. Треска
10. Sardine	j. Форель

II. Fill in the gaps with the prepositions from the active vocabulary from *Vocabulary on Shopping I*. Give definitions to the underlined words:

Going to the Supermarket

(Source: <https://lingua.com/english/reading/supermarket/>)

Martha is at the grocery store, getting ready ____ a house party. She has a list ____ what she needs with her as she goes along. The first section she comes has produce. Martha sees apples, bananas, cherries, grapes, and strawberries. She checks her list:

- 6 apples
- 1 bag of cherries
- 1 bag of grapes
- 2 cartons ____ strawberries

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Martha gets her items and looks the bananas. They are ____ sale for much cheaper than they are normally. She picks 3 bananas. Next are vegetables. She sees potatoes, carrots, tomatoes, onions, mushrooms, and salad in bags. She checks her list:

- 5 pounds of potatoes
- 6 carrots
- 4 tomatoes
- 2 onions
- 4 mushrooms

As she is putting her items ____ her cart, Martha checks the many bags of salad and chooses 2 of them. She pushes her cart ahead. The next section is meat and dairy. She sees meat, fish, cheese, eggs, and milk. She checks her list:

- 2 fish (salmon)
- 1 block of cheese (cheddar)
- 1 dozen eggs
- 2 gallons of milk

She looks at the meat that is on sale and chooses a 5-pound roll of hamburger. She gets the rest ____ the items in that section. She still needs rice, bread, salt, sugar, and flour. She gets:

- 2 bags of rice
- 4 loaves of bread
- a 2-pound bag of sugar
- a 2-pound bag of flour

Martha then realizes that she has forgotten something. She runs back and gets 1 container of salt and then rushes ____ the checkout. She puts her groceries into her car and leaves.

1.6. Speaking practice 2

Read the quotations about foods, express your opinion on them:

1. “The smell of good bread baking, like the sound of lightly flowing water, is indescribable in its evocation of innocence and delight...
[Breadmaking is] one of those almost hypnotic businesses, like a dance from some ancient ceremony. It leaves you filled with one of the world's sweetest smells... there is no chiropractic treatment, no Yoga exercise, no hour of meditation in a music-throbbing chapel. that will leave you emptier of bad thoughts than this homely ceremony of making bread.”
— **M.F.K. Fisher, The Art of Eating**
2. “Good bread is the most fundamentally satisfying of all foods; and good bread with fresh butter, the greatest of feasts.”
— **James Beard**
3. “Waffles are just awesome bread.”
— **John Green**
4. “Romance novels are birthday cake and life is often peanut butter and jelly. I think everyone should have lots of delicious romance novels lying around for those times when the peanut butter of life gets stuck to the roof of your mouth.”
— **Janet Evanovich**
5. “In Britain, a cup of tea is the answer to every problem. Fallen off your bicycle? Nice cup of tea. Your house has been destroyed by a meteorite? Nice cup of tea and a biscuit.
Your entire family has been eaten by a Tyrannosaurus Rex that has travelled through a space/time portal? Nice cup of tea and a piece of cake. Possibly a savoury option

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would be welcome here too, for example a Scotch egg or a sausage roll.”

— **David Walliams, Mr Stink**

6. “Will looked horrified. “What kind of monster could possibly hate chocolate?”

— **Cassandra Clare, Clockwork Angel**

7. “We must have a pie. Stress cannot exist in the presence of a pie.”

— **David Mamet, Boston Marriage**

8. “Age is of no importance unless you’re a cheese.”

— **Billie Burke**

9. “A chunk of parmigiano reggiano, eaten with a pear or some kind of fruit compote, is truly a dish fit for a king.”

— **Sari Gilbert**

10. “A mouse will climb a mountain just to get a piece of cheese”

— **Charmaine J. Forde**

Vocabulary on Shopping II

Nº	Word or expression
	Vegetables / Greengrocer’s
1	greengrocer’s / greengrocery
2	Asparagus
3	Beans
4	beets (beetroot)
5	radish / black radish / horseradish (horseradish sauce)
6	cabbage / (Brussels) sprouts / cauliflower / broccoli / red cabbage /

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	salted (pickled) cabbage
7	Carrots
8	Celery
9	Cucumber
10	Fennel
11	Lettuce
12	Garlic
13	green peas
14	greens (dill, parsley, cilantro, rosemary, basil, thyme)
15	marrow / zucchini
16	onion (brown / spring / red) / leek
17	potatoes / spuds / sweet potato
18	Pumpkin
19	Turnip
20	Tomato
21	egg-plant (aubergine)
22	bell pepper / chili pepper
23	Corn
	Fruits and berries
24	Apple
25	Apricot

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26	Banana
27	Bilberries
28	cherries/ sweet cherries
29	Cranberries
30	currants (red, black, white)
31	Gooseberries
32	Grapefruit
33	Grapes
34	Melon
35	lemon / lime
36	orange / tangerine / clementine / pomelo
37	Papaya
38	peach / nectarine
39	Pear
40	Pineapple
41	Plum
42	Pomegranate
43	prune / raisins / dried apricots
44	Raspberries
45	red bilberries
46	Strawberries

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47	Watermelon
48	Persimmon
49	juicy / succulent
	Cereals and groceries / Grocer's
50	grocer's / grocery
51	Buckwheat
52	cocoa / coffee / tea
53	Vanilla
54	pasta (macaroni, vermicelli, noodles, rigatoni)
55	oats (porridge)
56	barley / pearl-barley
57	Rice
58	Semolina
59	Millet
60	spices / salt / sugar / baking soda
61	Flour
62	mayonnaise (mayo)
63	vegetable oil (olive oil)
	Alcoholic and soft drinks
64	beer / ale / lager / cider / root beer
65	brandy / cherry brandy / fruit brandy

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66	champagne / sparkling wine
67	Cognac
68	dry wine / sweet wine / semi-dry wine / semi-sweet wine / dessert wine / vintage wine
69	red wine / white wine / rose wine
70	Rum
71	Gin
72	Liqueur
73	Martini
74	soda water / soda / pop / Pepsi / fizzy drink / sparkling water / lemonade / mineral water
75	Vodka
76	whisky (Scottish) / whiskey (USA, Ireland)
77	Tequila
78	hot chocolate
79	squash / juice
80	Sherry
81	Vermouth
82	Portwine
	Other words and expressions
83	brand / brand name
84	cash desk

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85	Cashier
86	Change
87	Counter
88	choice / wide choice
89	regular customer / regular (<i>n.</i>)
90	price (low, high, reasonable)
91	affordable / to afford
92	to be in abundance
93	to be (much) in demand
94	to be on sale
95	to charge high prices / to sell at a high price
96	price list / price tag
97	retail / wholesale
98	Purchase
99	shop-assistant / seller / salesperson / salesman(woman) /
100	self-service shop
101	cheap / expensive
102	Perishable
103	loyalty card / loyalty program
104	to go shopping / do the shopping
105	pay in (by) cash / by credit (debit) card / with a credit card / by cheque / on credit

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106	at a discount of 50% (percent)
107	to get / give / offer a discount
108	discount rates / prices
109	discount (on / off something)
110	discount shop
111	to be on special purchase
112	to be short of money
113	bargain / haggle
114	I can't afford it at such a price
115	I have no cash on me
116	prices are rising / falling / going up / going down
117	With a strong brand name
118	Give me half a pound of ... / a quarter of a pound of ...
119	Are you being served?
120	Can I help you?
121	What do you charge for it? What does it cost? What is the price of it?
122	How much is it altogether?
123	Goods for retail only

1.7. Reading practice 2

Read the text. For each question choose the correct answer:

Music can change the taste of vegetables!

(Source: Preliminary for schools trainer B1)



Many children, and some adults too, dislike the taste of certain vegetables. The flavours of foods such as cabbage and broccoli are generally the ones people mention as their least (1)_____

vegetables, as these vegetables are believed to have an extremely (2)_____ taste. However, according to an Oxford psychologist, children might change their (3)_____ about these foods if they can hear simple music while they're eating - such as the sounds that come from one musical instrument, called a wind chime. This instrument often (4)_____ in people's gardens, and plays sweet notes when the wind blows through it. These notes may make the food seem to taste sweeter than it would do normally. However, many adults (5)_____ that their tastes developed as they grew up, so they now enjoy a far greater range of food. As a result, they're much more (6)_____ to eat the kind of vegetables they always hated during their childhood.

1	pleasant	delicious	special	favourite
2	bitter	hard	heavy	Raw
3	senses	minds	moods	reasons
4	drops	connects	attaches	Hangs
5	complain	advice	admit	Warn
6	likely	possible	reasonable	Sure

1. What do you think about the idea of the text? Do you believe that music can change the taste of vegetables?
2. Do you like vegetables? How often do you eat vegetables? What is your favourite vegetable?

1.8. Translation practice 1

Translate the sentences from Russian into English:

1. Покупать продукты в супермаркете очень удобно: все покупки можно сделать одновременно, ведь там есть все отделы – и мясной, и молочный, и рыбный, можно купить овощи и фрукты по разумной цене, как на рынке. В супермаркетах часто бывают продукты по специальной цене (специальное предложение), поэтому ходить в супермаркеты очень выгодно. Только вот вам совет – не ходите в крупные моллы перед праздниками – вы наверняка простояте в огромной очереди в кассу, ругаясь на тех, кто лезет без очереди. Перед праздниками все покупатели хотят закупить продукты.

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2. Я всегда составляю список продуктов перед походом в магазин. Это очень удобно. Раньше, бывало, я приходила домой с полными сумками продуктов, покупала даже ананасы, свежемороженую клюкву, однако забывала самые основные продукты – соль, сахар и буханку черного хлеба. С тех пор я всегда делаю список, так я точно ничего не забуду.

3. Когда мы с подругой идем в магазин, я беру корзинку, а она – тележку. У нас разный стиль. Я домохозяйка, всегда готовлю дома. Я беру только те продукты, которые указаны в моем листе покупок, всегда смотрю на цену, покупаю продукты по специальным предложениям, стараюсь брать свежие овощи (капусту, морковь, картошку, лук) для супа и фрукты (яблоки, груши, бананы, апельсины), в них много витаминов, они очень полезные. Я сама пеку хлеб, поэтому покупаю муку, яйца, а также изюм и чернослив для булочек.

Моя подруга бизнесвумен, у нее нет свободного времени на приготовление пищи. Она предпочитает свежемороженые овощные смеси, полуфабрикаты, или салаты, приготовленные в магазине. Она сладкоежка, поэтому набивает свою тележку печеньем, тортами, вкусными булками. Еще она никогда не следит за ценами, берет только то, что хочет или то, что красиво упаковано.

4. Мой сосед – убежденный холостяк. Он всегда покупает одно и то же: буханку белого хлеба, десяток яиц, пару килограммов картофеля, пару банок мясных консервов. Он не умеет готовить, поэтому живет на бутербродах и полуфабрикатах.

5. Когда я получаю зарплату, я устраиваю вкусный ужин для моей семьи. Я делаю греческий салат, поэтому покупаю огурцы, помидоры, брынзу, листья зеленого салата и маслины. На второе я покупаю кусок телятины или баранины, делаю вкусное мясо в духовке с картошкой и грибами. Подаю со сметаной и зеленью. На закуску я обязательно покупаю соленую рыбу (лосось или кету), икру, сливочное масло и белый французский багет – из этого получаются вкуснейшие маленькие бутерброды. Их нужно подавать с укропом или петрушкой. Можно купить ветчины или сыра на закуску. На сладкое я всегда покупаю шоколадный бисквитный торт с орехами – любимый десерт моих детей.

6. Зачем ты заходила в кондитерскую и купила пряники, печенье, эклеры, круассаны и лимонный торт? Ты ведь знаешь, что я на диете, я не ем сладкое. Сходи в овощной отдел и купи мне морковки, цветной капусты, баклажанов и кабачков – я себе сделаю тушеные овощи.

7. Купи к ужину свежемороженой рыбы. Возьми треску, карпа или окуня. Не бери лося, осетрину – они дорогие. Мы не можем себе это позволить по такой цене.

8. Недавно гречневая крупа превратилась в деликатес. Она такая дорогая, что многие пенсионеры, которые до этого часто ели гречневую кашу на завтрак, не могут себе ее позволить. Теперь приходится есть овсяную кашу, а гречневую покупать только по праздникам. Я люблю гречку. Ее очень вкусно можно приготовить в духовке с грибами и луком.

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9. Когда вы приходите в магазин и не знаете, где расположены отделы – обратитесь к продавцу. Они знают магазин досконально и могут дать вам несколько хороших советов. Они вам расскажут про специальные предложения и скидки, обязательно спросите, сможете ли вы оплатить свои покупки кредитной картой или чеком. Очень многие супермаркеты принимают не только наличные. В больших супермаркетах вы можете выбрать себе все по своему вкусу.

10. Сегодня в нашем местном магазинчике распродажа в честь праздника. Все продается со скидкой 50%. Пойду и куплю то, что я себе давно не могла позволить – ананасы, вермут, дорогие шоколадные конфеты, свежую клубнику и куропатку. Приготовлю праздничный обед.

1.9. Speaking practice 2

Discuss the following points in class:

1. It's always necessary to make a shopping list before you go shopping.
2. The best food is bought fresh every day.
3. It's convenient to buy ready-packed and ready-bottled foods.
4. Do you pay attention to the brand name when you buy food? If not, how do you make your choice?
5. What is your personal style of shopping? Do you buy at once or do you take your time to look around for lower prices, discounts?
6. What are the best shops for food in your city or town?

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Make up a dialogue:

1. Husband and wife go shopping on Christmas eve
2. Choose the foodstuffs for your birthday party
3. Discuss where the prices are more affordable: in a shop or at the market
4. A child helps mother to do the shopping

1.10. Listening practice 2

Shopping list

(Source: taken from Task Listening by L. Blundell & J. Stokes)

I. PRE-LISTENING TASK:

Translate the following vocabulary:

tissues

co-op

tremendous

miss smth.

run through

I'll be off

LISTENING AND COMPREHENSION TASKS

1. Listen to the recording and answer the questions:
 - a. Are both Fiona and Judy going shopping or is it only one of them?
 - b. Does she want to know only where to buy the items or does she want to know where the shops are located?
 - c. Does she need only foodstuffs or some consumer goods too?
2. Listen to the recording again and note down the following details:
 - a. The items on the list
 - b. The names of the shops mentioned
 - c. The locations of the shops

II. AUDITORY MEMORY CHECK

Fill in the gaps with prepositions:

1. Well, shall we just run ____ the shopping list to make sure you know where all the shops are?
2. Er, the first thing I've got is one large white loaf. Now, where shall I get that ____?
3. You just go ____ New Street, which is where we are and it's on the other side of the road ____ the corner of High Street and New Street, so it's ____ the left.
4. It's very close. It's next ____ the baker's... actually before you get to the baker's.
5. Yes, you get that from the Co-op, where there's plenty ____ choice.
6. That's right, and the Co-op is ____ the other side ____ the road just opposite New Street and you can't miss it.
7. So there's those three shops ____ High Street.

1.11. Reading practice 3

Read the dialogues and translate the words in *italics*:

Dialogue 1. Shopping list

Mum: Hello?

Amy: Hi, Mum. It's Amy. Dad and I are here at the supermarket. We've got your list, and we're doing the shopping, but we've got some questions.

Mum: No problem, Amy. What do you want to know?

Amy: We've got the *crisps* and biscuits for my school *snacks*, but Dad and I don't know what type of oil to buy.

Mum: Get *olive oil*. I always cook with olive oil because it's the healthiest type of oil.

Amy: Right, olive oil. Now, should we get orange juice or *fizzy drinks*?

Mum: Get both. We'll have orange juice for breakfast and fizzy drinks with dinner tonight.

Amy: Speaking of dinner ... you're making beef with *baked beans*, right?

Mum: Yes, that's right. Beef with baked beans is your dad's favorite meal. It will be ready in half an hour, so please hurry. And don't forget the carrots. I want carrots for the salad. In fact, get about half a kilo of carrots.

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Amy: Right, carrots and peppers are on the list and Dad's getting them right now. What about dessert? What's *for dessert*?

Mum: Would you like fruit salad or watermelon?

Amy: Watermelon is a great idea! Uh, Mum, I love watermelon but I don't know how to choose a good one.

Mum: Ask your dad to show you. He knows how to choose a perfect watermelon.

Amy: Dad, can you help me choose a watermelon? Mum, we're getting the watermelon. We'll just pay and come right home.

Mum: Get some popcorn, too, so we can have popcorn and watch a film on TV after dinner.

Amy: OK. See you soon.

Mum: Bye!

Choose the following shopping lists and make up similar dialogues:

Shopping list 1	Shopping list 2	Shopping list 3
Three lamb chops	Two bottles of cola	A bottle of aspirin
Two packets of potato chips	A chicken	Four chocolate chip cookies
A watermelon	Five croissants	Two steaks
Two cartons of yogurt	Asparagus	A newspaper
A tube of toothpaste	200 grams of cheese	Four bananas
Lip stick	A loaf of bread	Some sweetcorn

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Shopping list 4 A carton of milk A bottle of vitamins Two chocolate doughnuts Six sausages A magazine Five bottles of water	Shopping list 5 Three carrots 500 grams of bacon A packet of razors A loaf of French bread 300 grams of ham Ten eggs	Shopping list 6 A chocolate bar Some grapes A packet of coffee Some plasters Four muffins A packet of sweets
--	---	---

Dialogue 2. At a Food shop

Shop Keeper: Hello

You: Hello, can I have some coffee please and a *packet of sugar*?

Shop Keeper: Yes, of course. Do you need anything else?

You: Do you have any milk?

Shop Keeper: Would you like a *carton* or a bottle?

You: A carton please and half a kilo of biscuits.

Shop Keeper: Certainly, would you like a *slice* of our special cake?

You: No, thank you I have a box of chocolates at home *instead*.

Shop Keeper: Anything else?

You: That is all. *How much does this come to?*

Shop Keeper: That will be £10.98

You: Thank you

Shop Keeper: Goodbye

1.12. Listening practice 3

I. LISTENING AND COMPREHENSION TASK:

Listen to the recording and fill in the gaps, translate the words in *italics*:

Food store

(Source: <https://lingvana.ru/food-store.html>)

Let's go to the food store. There are a lot of items in my ____ ____, so I need a *shopping trolley*. There is a big ____ on fruit and vegetables. I take cabbage, potato, carrots, and onion for a soup. I also take 2 packs of red delicious apples, a ____, and three bananas.

Then I go to the bakery section and put a ____ of wholemeal bread and 6 rolls in my trolley. At the ____ section I get 2 *pint bottle of organic milk* (it is slightly more than 1 litre), a *dozen of eggs*, and a pack of *cheese slices*. I see *canned food* shelves and take one can of *baked beans*.

At the fish and meat ____ I take a plastic tray with Salmon Fillet. It is quite ____ (more than 5 pound), but it's tasty and healthy food.

Then I am looking for water and juice. It's in *aisle* 2 opposite the food store's enter. I take 2 bottles of ____ ____ and one carton of orange juice. Now I am ready to pay so I am going to the *checkout*. The cashier may ask me three questions: «Do you need a bag?», «Have you got any *discount card*?» and «How would you like to pay?» You can pay in cash, by ____ card or by debit card.

II. FOLLOW-UP ACTIVITY

Translate the sentences, using the active vocabulary:

1. Сейчас большие скидки на фрукты, овощи и молочные продукты.
2. Я иду в хлебный отдел и кладу в свою тележку буханку хлеба, багет и булочки.
3. В молочной секции я обычно беру молоко и пачку нарезанного ломтиками сыра.
4. Филе лосося — это довольно, но это вкусная и здоровая еда.
5. Вы можете оплатить наличными, кредитной картой или дебетовой картой.

1.13. Vocabulary practice 3

2. Match the definition with the word/word combination. Write the new words in your active vocabulary list.

1. Loyalty card	a. an occasion when a shop/store sells its goods at a lower price than usual
2. Sale	b. a paper or plastic bag for carrying shopping
3. To short-change somebody	c. a large building or covered area that has many shops/stores, restaurants, etc. inside it
4. Impulse buying	d. a thing bought for less than the usual price
5. Carrier bag	e. the act of going shopping and buying things in order to make yourself feel more cheerful

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6. Saving	f. to give back less than the correct amount of money to somebody who has paid for something with more than the exact price
7. Mallrat	g. a card given to customers by a shop/store to encourage them to shop there regularly. Each time they buy something they collect points which will allow them to have an amount of money taken off goods they buy in the future.
8. Bargain	h. an amount of something such as time or money that you do not need to use or spend.
9. Retail therapy	i. a young person who spends a lot of time in shopping malls, often in a large group of friends.
10. Shopping mall	j. buying goods without planning to do so in advance, and without thinking about it carefully

3. Study this vocabulary, translate the new words and expressions:

Discount

to get/give/offer a discount

discount rates/prices

discount (on/off something)

Gift certificate

Duty-free (adj., adv., noun)

Receipt

a receipt for sth

to make out (= write) a receipt

To shop on-line

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4. Fill in the gaps with active vocabulary:

- How much ____ do you have on you?
- Payments can be made by card or ____ cash.
- Customers are offered a 10% ____ if they pay cash.
- We bought the dishwasher ____ credit.
- All major ____ cards are accepted at our hotels.
- They're ____ a 10% discount on all sofas this month.
- They were selling everything ____ a discount.
- I have a gift ____ for two to a restaurant.
- Keep your ____ as proof of purchase.
- The New Year ____ starts next week.
- I bought my car ____-hand.
- It was an ____ buy, I didn't think what I was doing.
- I was ready for a little retail ____.

5. Fill in the blanks with prepositions and postverbal adverbs wherever necessary.

1. The baker usually deals ... bread, buns and rolls. He has all kinds ... bread ... sale.
2. I prefer to do the shopping ... a self-service shop. One takes a basket and moves ... the counters which are filled ... various foodstuffs. After you've chosen the things you want you come ... the cash-desk and pay ... them.

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3. They sell apples and oranges all the year ... but strawberry is sold only ... season.
4. ... the fishmonger's one can buy smoked, salted, fresh and frozen fish.
5. We go ... a milkshop ... dairy produce.
6. Bread is sold ... loaves, meat ... kilos, eggs ... dozens.
7. If you've run vegetables you'd better go ... the greengrocer's now.
8. How much does a bottle ... milk cost?
9. ... the way, have you got pickled cucumbers or tomatoes?
10. Will you drop the baker's and buy some rolls?
11. Where do I pay ... the things I've bought? ... cash-desk which is ... the exit.
12. Mushroom soup is made ... mushrooms, potatoes and onions.
13. This shop is famous ... its biscuits all ... the city.
14. The poulterer deals ... poultry.

2.14. Listening practice 4

Grocery shopping

(Source: <https://www.esl-lab.com/intermediate/grocery-shopping/>)

I. PRE-LISTENING TASKS:

Answer the questions:

1. Where do you or your family go grocery shopping on a regular basis?

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2. What are typical things you buy and how much does your family spend on groceries per week? (Ask your family if you don't know.)
3. Do you ever collect supermarket coupons to buy food at a discount?

Study the following vocabulary and example sentences:

- **give someone a hand** (*idiom*): help someone, especially with something that requires physical work
– A store employee gave my mom a hand to load the groceries in the car.
- **stuff** (*noun*): type(s) of thing(s) (singular or plural)
– You can buy that stuff at any grocery store.
- **receipt** (*noun*): a small piece of paper that shows what you bought at a store
– You need the receipt to return that stuff to the store. Otherwise, they won't refund your money.
- **essentials** (*noun*): the most needed things
– You can buy all of the essentials for your trip in this section of the mall.
- **speechless** (*adjective*): unable to speak because you are angry, unhappy/happy, embarrassed, or surprised
– His behavior left me speechless because he spent so much without talking with his wife.
- **give away** (*phrasal verb*): give something without selling it, especially when you do not need it anymore
– The store was giving away free samples of fried chicken.
- **whatever** (*interjection*): used when you don't care what the person says
– **A:** Are you really going to eat all that ice cream?
B: Sure, why not?
A: Whatever. I told you before that you won't lose

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weight that way, but you never listen to me. I'm done giving you advice.

- **case** (*noun*): a large box or container in which things are sold or stored
– Could you pick up three cases of chicken soup? I thought we could give some away to family and friends who really need it.
- **carton** (*noun*): a small cardboard box that contains food or drink
– She drank a small carton of juice!
- **adjust** (*verb*): get used to a new situation
– It often takes time to adjust to new foods.
- **buy into** (*idiom*) = believe an idea
– Unfortunately, a lot of young people buy into the idea that they have to wear expensive clothes to be popular.
- **eat your words** (*idiom*) = admit that you are wrong
– My roommate said I couldn't cook, but now he'll have to eat his words because I made this complete dinner by myself.

II. LISTENING AND COMPREHENSION TASKS

Listen to the recording and answer the questions:

1. Why did the man buy dog food at the supermarket?
 - a. Their dog was hit by a truck and needed food.
 - b. The product was on sale at the supermarket.
 - c. The man adopts a dog from a stranger.
2. Why does he buy tomato juice?
 - a. He's trying to modify the way he eats.
 - b. He plans on making a unique spaghetti sauce.
 - c. He wants to make a vegetable drink.

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3. How much was the milk?
 - a. \$2.50
 - b. \$2.05
 - c. \$2.15

4. Which item did the man NOT buy?
 - a. some cans of tuna
 - b. a carton of orange juice
 - c. a package of cookies

5. The woman is angry at the end of the conversation because...
 - a. the man is preparing stakes for the dog
 - b. there isn't any good food for dinner
 - c. the dog starts eating her chocolate cake

III. AUDITORY MEMORY CHECK:

Fill in the gaps with prepositions:

1. Can you give me a hand ____ the groceries?
2. Where was I? Eighteen dollars and nineteen cents ____ twenty-four cans ____ tomato juice?
3. Do you really think that cookies are some type ____ diet food?
4. The steaks might help him adjust ____ his new home.
5. Why did you throw the steaks ____ on the ground outside?

IV. FOLLOW-UP ACTIVITY

Imagine you need to go shopping for food because you are hosting a party for 30 friends, some of whom are international students from around the world. You don't have a lot of money, so cost is important to you. Thus, where would you do your shopping in your area and what kinds of food and drink would you buy for the party?

2. At a Department store

№	Word or expression
	Ready-made Clothes
1	blouse / shirt / turtleneck / long sleeve shirt / T-shirt / polo shirt
2	evening gown (dress) / party dress / cocktail dress / frock
3	jersey / jumper / sweater / pullover / sweatshirt / hoodie / cardigan
4	jacket / bomber jacket / puffer jacket / blazer / fur jacket
5	suit / lounge suit / two-(three)-piece suit
6	crop top / tube top / tank top
7	coat / raincoat / trench coat / fur coat / overcoat / sheepskin coat
8	trousers / pants / bell-bottoms / trousers with turn-ups / chino pants / slacks
9	jeans / cargo pants

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10	leggings / jogger pants
11	shorts
12	Dungarees
13	Skirt
	Footwear
14	boots / high boots / low ankle boots / leather boots / wellington boots
15	shoes / walking shoes / canvas shoes / low shoes / ankle shoes (shoe boots)
16	low-heeled shoes / high-heeled shoes / wedge-heel shoes (wedges) / stiletto shoes / flat shoes
17	Dr/Doc Martens / Docs/ army boots
18	trainers / sneakers
19	court shoes
20	clogs / Crocs / slippers / flip-flops / mules / thongs
21	moccasins / loafers
22	sandals / peeps
	Hosiery
23	Socks
24	Stockings
25	tights / pantyhose
26	underwear

	Millinery and hats
27	Beret
28	cap / baseball cap / flat cap
29	panama
30	top-hat
31	bonnet
32	felt hat
33	stetson
34	wooly hat
35	bowler
36	straw hat

Reading practice 1

Read the text and translate the words in *italics*

Clothes swaps - the best way to update your wardrobe

(Source:

<https://learnenglishteens.britishcouncil.org/magazine/fashion/clothes-swaps-best-way-update-your-wardrobe>)

On average, we only regularly wear a third of the clothes that we own. Most of us have T-shirts we've never worn, jumpers that we have forgotten about and jeans that we stopped wearing five years ago.

However, we don't often think about *getting rid of* our

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clothes and, if we do, we often don't know the best way to do this. *Throw them away or recycle them? Sell them online? Donate them to a charity shop?*

Simply throwing clothes away is very *wasteful*; there is always someone, somewhere, who would be very happy to own that old skirt you don't like any more. However, selling clothes online can be quite a lot of *hassle*. For example, when I've sold jumpers and dresses on websites like eBay I only usually receive 99p or £1.99, which for me *isn't worth the time and effort*.

We often want new clothes; shopping is many people's favourite pastime. However, most of us can't afford to pay around £20 for an item of clothing from a *high-street store*.

However, when I moved to Leeds to go to university and discovered Leeds Community Clothes Exchange (LCCE) everything changed. I had organized small-scale 'clothes swaps' with my friends before, everyone bringing items they didn't wear and exchanging them with each other. Everyone always went home happy with new clothes to wear. Organizations such as LCCE *adopt this idea*, but on a much larger scale.

LCCE started in 2007, and has become a very popular event which happens once a month. You pay £3 to enter, and your clothes are checked (they must be clean and in good condition). You are then given one *credit* per item (so for example if you bring 7 items, you can choose 7 items to take home).

There is also a café selling tea, coffee and homemade cakes. The clothes exchange has become a community social event; people often spend a whole afternoon there with their friends!

Not only can you get rid of the clothes you never wear but you *get that buzz of enjoyment* from finding exciting new items, at a total cost of only £3! I went to the LCCE throughout

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my time at university and hardly ever bought expensive clothes in high-street stores. Most of my clothes are from clothes swaps, and I love the feeling when someone compliments me on what I am wearing and I tell them where I got it from! The look on their face is great when they realize how little I paid and how much fun the events are.

Similar events happen across the UK. The LCCE is one of the most successful, and people are looking to set up *branches* in other cities such as Bristol and Manchester.

1. What do you think about clothes swaps? Would you like to participate in this community social event?
2. How do you update your wardrobe? What do you do to the clothes that you don't wear anymore?



2.2. Listening practice 1

The best dressed list

(Source: English File Upper Intermediate)

I. PRE-LISTENING TASKS:

Look at the picture below. Answer the questions:

- 1. Do you know these people? What are their professions (occupations)?
- 2. How old do you think these people are?
- 3. Do you like how they are dressed?
- 4. Does their outfit suit their age?

II. LISTENING AND COMPREHENSION TASKS:

- 1. Listen to a radio program where two fashion journalists are talking about ‘dressing your age’. Do they agree that men and women should dress their age? Complete their two fashion rules:

Liza: Wear whatever you think _____ and makes you _____.

Adrian: Dress for_____, not for_____.

- 2. Listen again and make notes. Why do the journalists mention the following?

Liza	Adrian
-------------	---------------

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<ul style="list-style-type: none">- a warm cardigan and slippers- a leather miniskirt- teenagers- women of 30+- very short shorts	<ul style="list-style-type: none">- men in 20s who wear blazers and chinos or suits- men in their 30s
---	--

III. FOLLOW-UP ACTIVITY:

Answer the questions:







1. Who do you agree with most, Liza or Adrian? Why?
2. Is it important to dress your age?
3. Do you think you dress your age?

3.3. Vocabulary practice 1

1. Look at the words in the box, translate, the unknown words. Check their transcription:

fur hooded lace linen loose lycra plain put on shirt shoes silk skirt slippers striped suede suit tight wool
--

2. Look at the sound pictures below.
Put the words from Task 1 in 2.3. in the following columns according to the vowel sound.

 boot	 bull	 fish
 bird	 bike	 train

2.3. Reading practice 2

I. PRE-READING TASKS:

Work in groups. Brainstorm the associations you have when you hear a word ‘hipster’. How do hipsters usually dress?

II. READING AND COMPREHENSION TASKS

Read the text, translate the words in *italics>*. Were you right about hipsters?

How to dress like a Hipster

(Source: <https://news.manikarthik.com/20-tips-to-dress-like-a-hipster/lifestyle/fashion/>)

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“How to dress like a hipster?” is one of the most frequently searched fashion *queries* on search engines like Google. The hipster scene is all about *being counter-culture* and not *conforming to mainstream culture* or fashion. In a way, it’s ironic that it has become such a huge part of popular culture. Fashion critics have compared hipsters to the *hippies* of the 60s.

HERE ARE 20 TIPS TO HELP YOU LOOK LIKE A TRUE HIPSTER:

Buy vintage: Hipsters buy their clothes mainly from *vintage boutiques*. Any clothing item or accessory that is “old” is considered hipster. It’s important to get inspiration from the retro 60s, 70s and even 80s look to pull the look off.

Thick-rimmed glasses: Have you noticed that most hipsters wear glasses? Many are too large for their faces and usually have *thick frames*. Well, it’s certainly not because they have bad eye-sight. Every hipster needs a pair of glasses that don’t have *prescription lens*. Your shades should also be in the same style as your spectacles. Wayfarers are the preferred pair of shades.

Converse sneakers: You’ll need a pair of old-looking Converse sneakers if you want to look like a true hipster. Remember the older, the better. They’re worn with everything-skirts to jeans.

Boots: No matter what season it is, you’ll need a pair of boots that look like you’ve worn them every day for the last five years. It’ll be uncomfortable on hot days but that’s a price you’ll have to pay!



Skinny pants: Every hipster needs *skinny pants*. You can choose whatever color you like but to look like a genuine hipster, you need a couple of pairs in *basic black*.

T-shirts: These are a *must-have* in every hipster's closet. You can wear t-shirts that have cartoons on them or old ones that have *rips* and *tears* on them. T-shirts that have huge arm holes are also a must if you want this look.

High-waisted clothes: Skirts and pants with high waists are all the rage among this crowd. You can pair them off with Converse sneakers or a pair of black leather boots.

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Checkered shirts: These shirts are a *staple* in every hipster's wardrobe. Make sure that you do not iron it and if it looks like you threw it on because it was the first thing you saw, you've got the look right.

Hats: If you're going to wear a hat, make sure it's a *fedora-style* one that is perched casually on your head. They're not meant to protect you from the sun but are a fashion statement that will complete your hipster look.

Belts: Belts are another necessity when you're trying to look like a hipster. A *run-of-the-mill belt* won't do. You need a belt that *makes a bold statement*. Big and bright-colored belts are best.

Bags: If you're going to carry a bag with your hipster *outfit*, you need to make sure that it goes with the rest of what you're wearing. A big hippy-chic bag with *fringes* and reminiscent of the 60s is ideal for the hipster look.

Other accessories: The accessories that you wear should be bold and bright. If it looks like something that you found in a *thrift store* or if it looks like something that you made on your own, you're definitely doing it right!

Now that we've got the clothes and accessories, we move on to how to really pull the look off. Here are a few tips to follow to be hipster-chic:

Mix and match: Since the hipster look is all about being unique, make sure that every thing isn't too *well-coordinated*.

Don't try too hard: To get the hipster look *down pat*, make sure that you don't try too hard to get the look. It's all about casual and effortless appeal.



Vintage and modern mix: You don't have to be dressed in vintage clothes *from head to toe*. A few pieces of retro-style clothing or accessories will do.

What to wear: You can wear a pair of *cut-off denim* shorts with a pair boots or Converse sneakers and top it off with a T-shirt and leather jacket. If you don't want to wear a leather jacket, go for a military-style one.

What not to wear: Don't wear anything that's too trendy. Remember that the hipster style is all about not following trends.

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Attitude: The clothes are the first thing that people see. Your attitude is what is going to pull the whole thing together. It's all about having a laid-back attitude.

Layering: To get the genuine hipster look, you'll need to know how *to layer your clothes*. You need to make sure that every layer is worn to *get the hipster vibe going*.

Now that you know how to dress like a hipster, you can start making your own fashion rules the way every hipster does!

III. FOLLOW-UP ACTIVITIES:

1. What do you think about this style?
2. Can you call yourself a hipster?

№	Word or expression
	Drapery and Textile goods
1	cloth / fabric / textile / material
2	Cashmere
3	Nylon
4	flannel
5	silk / rayon
6	Linen
7	Cotton
8	cotton-print

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9	Suede
10	Lycra
11	mohair
12	corduroy
13	velvet / velveteen
14	gabardine
15	Tweed
16	Denim
17	Wool
18	lining (e.g., <i>The coat has a silk lining</i>)
	Patterns and other adjectives
19	Plain
20	striped / pin-striped
21	flowery / floral
22	polka-dotted (-dot)
23	Spotted
24	Tartan
25	Checked
26	loud / gaudy
27	exquisite / chic
28	elegant / smart / casual

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29	modern / fashionable / trendy
30	old-fashioned / out-of-date
31	Precious
32	Scruffy
33	tidy / untidy
34	well-dressed / badly-dressed
35	see-through
	Haberdashery and the cut of clothes
36	Button
37	(sewing) thread
38	Ribbon
39	Needle
40	Elastic
41	zip (zip-fastener)
42	single-breasted / double-breasted
43	baggy / loose
44	tight /close-fitting
45	cut (n.) (e.g., <i>I don't like the cut of the sleeves</i>)
46	v-neck / round neck
47	long-sleeved / short-sleeved
48	full-length / three-quarter length

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	Shopping expressions
49	The skirt is too tight and too short, it needs letting out and letting down
50	The dress is too loose and too long, it needs taking in and taking up
51	He changed out of his weekend clothes into his uniform
52	wrap up / gift-wrap (e.g., <i>Christmas presents were gift-wrapped in tissue paper</i>)
53	to fit / to match / to suit / to go with / to go together / to become (e.g., <i>Her hat becomes her</i>)
54	clash (e.g., <i>The colours clash</i>)
55	try on
56	to charge for delivery
57	to be in fashion / to be out of fashion / to be (all) the fashion
58	to be dressed in (after) the latest fashion
59	to follow (keep up with) the fashion
60	price tag
61	credit / to give / offer / get / refuse credit / on credit
62	What's your size? / What size do you wear? / What size dress do you need? / What size is it?
63	This must be the thing I need / This isn't quite what I want / That's exactly what I want
64	The fitting room is to your right
65	I don't like the cut of the sleeves

66	I want a darker / lighter shade
67	The lounge suit fitted him perfectly (to perfection)
68	This dress fastens at the front / at the back
69	second-hand

2.4. Reading practice 3

Read the dialogues, translate the underlined words. Learn one of the dialogues by heart:

Dialogue 1

At the Footwear Department

Shop-girl: What can I do for you, madam?

Customer: I'd like a pair of strong walking shoes for everyday wear.

Shop-girl: What size do you take in shoes?

Customer: My size is 37.

Shop-girl: Will you try on these brown shoes, please?

Customer: Don't you think that the heels are a bit too high for everyday wear?

Shop-girl: Oh, no, such heels are all the fashion now. But you can try on another pair. Here is a pair of nice flat-heeled shoes. Do they pinch?

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Customer: I like them much better than those ones. Will you give me a shoe for the left foot, please? It's a perfect fit. How much are they?

Shop-girl: ... roubles.

Customer: Will you wrap them up, please? Where is the cash-desk?

Shop-girl: It's at the end of the department. Thank you.

Customer: Thank you. Good-bye.

Dialogue 2

At the Ready-Made Clothes Department

Customer: I'd like a summer frock.

Shop-girl: Certainly. What size?

Customer: 46. I'm stock size.

Shop-girl: The dresses on that rail are all size 46. Look at them and you may find something to your taste.

Customer: May I try on this cotton dress? Does it fit me?

Shop-girl: It fits you perfectly but I don't think the colour becomes you. It's too dark.

Customer: Have you got anything a shade lighter?

Shop-girl: I'm afraid, we haven't. Would you mind trying on this light-blue?

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Customer: But it's not genuine silk. It's too hot for summer wear.

Shop-girl: Will you drop in in a couple of days? We are expecting most of our summer stock at the end of the week.

Customer: Yes, of course. Thank you. Good-bye.

Shop-girl: Thank you. Have a nice day.

2.5. Vocabulary practice 1

- I. Fill in the blanks with the words *to fit, to go with, to become, to suit, to match*.
1. The dress doesn't ... me: it is a bit too loose in the waist and tight round the hips.
 2. This colour doesn't ... you.
 3. I want a grey jacket ... my skirt.
 4. The gloves don't ... with my shoes.
 5. At last I have found the dress which ... me perfectly.
 6. The jacket ... you, but the colour ... you.
 7. What colour tie will you recommend ... my light-grey shirt?
 8. I don't think grey shoes will ... with your brown coat.
 9. The dress is to my taste but the price doesn't ... me.
- II. Translate into English paying attention to the words *гармонизировать, быть в тон, идти, хорошо сидеть, устраивать*.

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1. Она искала шляпу в тон своему светло-коричневому пальто.
2. Мне кажется, вам не идет этот цвет.
3. Жакет не очень хорошо сидит на тебе, он узок в плечах.
4. Покрой этого платья ей очень идет.
5. Какого цвета шарф ты мне посоветуешь купить, чтобы он гармонировал с моим темно-синим пальто?
6. Ей очень идут шляпы с большими полями.
7. Этот цвет мне идет, но сидит это платье на мне очень плохо.
8. Меня не устраивает цена этих туфель.

III. Fill in the blanks with prepositions and postverbal adverbs wherever necessary.

1. ... the jewellery department they sell beautiful rings and bracelets.
2. May I try this dress ... ? I don't think it fits me perfectly: it is too tight ... the hips.
3. This hat won't go ... your coat and besides its colour is too bright ... you.
4. Have you got these woollen dresses ... dark-green?
5. What size do you take ... gloves?
6. What does the hosiery department deal ... ?
7. Dresses made ... measure fit one better than ready-made dresses.
8. What colours are ... fashion this season?
9. At last I've decided ... a light-blue sleeveless dress.

IV. Translate into English:

1. Простите, где отдел готового платья? - На втором этаже, напротив отдела галантереи. - Спасибо. - Что

бы вы хотели? - Покажите мне вон то светло-серое шерстяное платье, пожалуйста. - Какой размер вы носите? - 46. Можно его примерить? - Конечно. Примерочная направо. - Вам не кажется, что оно немного велико? - Да, пожалуй. Примерьте 44 размер. - Нет, боюсь, будет узко. А что еще у вас есть в серых тонах? - Мне кажется, вам подойдет вот это платье с большим воротником и карманами. - Да, это мой стиль. Сидит прекрасно. Сколько оно стоит? - ... рублей. - Это чистая шерсть? - Да. - Заверните, пожалуйста. Я его беру. А где отдел чулок? К этому платью нужны чулки в тон. - На первом этаже, справа. - Спасибо.

2. Чем я могу вам помочь? - Мне нужны вечерние туфли на высоком каблуке. - Какой размер вы носите? - 35. - Примерьте вот эти черные лаковые туфли. - Боюсь, что левая туфля мне немного жмет. - А вот эти? - У них слишком высокий каблук. - Но ведь вы хотели вечерние туфли? - Да, конечно, но каблук слишком высок для меня. - Может быть, вы примерите вот эти темно-красные кожаные туфли? - О, какой прекрасный цвет! Я думаю, они подойдут к моему вечернему платью. Сидят на ноге великолепно. Сколько они стоят? - ... рублей. - Где касса? - В конце отдела направо.

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V. Use the following collocations in your own contexts

- a loose linen suit
- pink silk slippers
- blue suede shoes
- a tight lycra skirt
- a red and white striped tie
- a pale grey suede jacket

2.6. Speaking practice 1

1. Do you think that clothes can be:

- suitable only for a man or a woman?
- suitable only for a certain occasion?
- suitable only at a certain age?

Do you agree or disagree with the following statements? Say why.

You shouldn't judge other people by the way they dress.

It's better to buy cheap clothes that don't last because then you can buy new ones more often.

People who follow fashion are usually vain and selfish.

It's very risky to buy clothes online.

Only sheep follow fashion. Good dressers have their own style.

Fur coats should be banned.

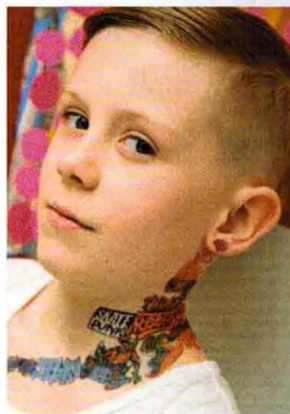
Women, but not men, are always expected to dress smartly for work or on TV.

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2. Look at the photos and answer the questions:

At what age do you think it is OK for men or women to have...?

grey or white hair very long hair pink streaked hair a piercing
an earring in one ear a tattoo



*I think pink streaked hair
looks great at any age.*

*I don't agree. I think it looks
ridiculous unless you're under 20.*

In what situations do you think it is not OK to wear...?

torn denim jeans a baseball cap worn backwards
very short shorts large sunglasses a mini-skirt no shirt

Are there any universally accepted clothes? Prove your point of view.

2.7. Writing practice 1

- a Imagine you were given two items of clothing for your birthday which you don't like. You have decided to sell them on eBay. Write a detailed description, making them sound as attractive as possible. Set a starting price.



For sale! Blue and white striped cotton skirt – never worn! Size 40. Would look great with white T-shirt. Perfect for the summer.

£3.99
1 bid

+£3.00
postage

7 days left
Thursday 24 April 15:36

- b Now read some other students' adverts. Are there any things that you'd like to bid for?

2.8. Listening practice 2

Shopping for clothes

(<https://learnenglishteens.britishcouncil.org/skills/listening/elementary-a2-listening/shopping-clothes>)

- I. Listen to the conversation between a customer and a shop assistant and answer the questions:
1. What size T-shirt does the customer want?
 2. Does the shop have a medium-size purple T-shirt?
 3. What colour T-shirt does the customer try on?
 4. Does the customer buy the red T-shirt?
 5. How much does the red T-shirt cost?
 6. Does the customer pay by credit card or with cash?

- II. Listen to the second conversation. Fill in the gaps.
Translate the *italicized* expressions:

Woman: Why don't you try this one on?

Man: Eurgh! It looks ____.

Woman: What about this one?

Man: Okay, that one's a bit _____. ... So what do you think?

Woman: I like it. It really suits you.

Man: It's not very comfortable. I don't think it's *a good fit* — it's too tight around the _____.

Woman: So just *get the next size up*. It's a good shirt. It _____ your shoes, as well.

Man: But even this one's loose around my chest. If I get a bigger size it'll be like wearing a tent.

Woman: What about the trousers?

Man: Are you joking? No man looks good in *skinny fit jeans*. I'd look like a _____ idiot.

Woman: But everyone's wearing them at the moment.

Man: Well, *you can be a sheep* if you want, but I have an original sense of _____.

Woman: Oh, really? That's why you're wearing clothes you bought five years ago.

Man: Looking good never goes out of fashion. Anyway, let's go somewhere else. Everything in here is _____-made and *overpriced*.

Woman: Fine. I need shoes. You can come and help me choose.

Man: Can we not go home?

Woman: We only got here twenty minutes ago!

III. Answer the questions after listening:

1. What was the latest item of clothes you bought?
2. Where and when did you buy it?
3. Are you happy with it?

2.9. Speaking practice 2

Work in pairs. Fill in the gaps with the words from the box, ask questions to each other (<https://www.teach-this.com/>).

Student A

prefer	e-commerce	haggle	loyalty	supermarkets
bought	Spend	faulty	sales	credit card

1. Have you ever taken anything to the shop because it was?
2. When you go shopping do you usually pay in cash or by ...?
3. What is your favourite ... website? Why?
4. How do you feel about ... people following you and helping you when you shop?
5. Can you name a few ...? Which one do you like the best and why?
6. What is the latest thing you ... for someone else? Why did you buy it?
7. Do you ... going shopping alone or with other people?
8. How much money do you usually ... on food each week?
9. Do you ever ... overprice with the seller? Are you successful in it?

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10. Do you belong to any ... programs? Do you think collecting points/stamps etc. is worth it?

Student B

shopping	Retailers	product	experience	online
customer	Window	grocery	brand	counterfeit

1. Who does the ... shopping in your family? How often do they do it?
2. Have you ever bought any ... products like fake designer bags of clothes?
3. Do you ever go ... shopping with your friends, when you just look at the shop windows, but buy nothing?
4. Where do you prefer to go ... and why?
5. Which ... names do you like the most and why?
6. What is the worst shopping ... you have ever had?
7. If you are buying an expensive item, do you compare prices at different ... ?
8. Do you shop ...? What kind of things do you buy on the net?
9. What is the best ... you have ever bought? What makes it so good?
10. How important is ... service when you go shopping?

Reading practice 4

Read the text. Translate the *italicized* expressions. Retell the text to each other in pairs. Answer the questions after the text:

Make your own clothing

(<https://learnenglishteens.britishcouncil.org/magazine/fashion/make-your-own-clothing>)

It's funny nowadays. Everybody buys their clothes. It's not 'cool' to *knit* or *sew* your own anymore and *crafts* like this are seen as a very old skill. They are seen as women's hobbies and skills and it isn't often that you find men doing crafts like this as a hobby, which is completely silly, as some of the world's best designers are men!

Both my dad and grandad tried knitting once. Their wool came out as a *triangle* because they dropped stitches and held the wool too tight. *Dad watches us knit* and tells us that he thinks it is magic. He made me think the other day by wondering how many thousands of years ago a fisherman or someone working in trade just decided to pick up a bit of *string* and two sticks and start making *knots* and *voilà* ... knitting was born!

My mum is brilliant at sewing and knitting and I've decided that I want to learn to sew better. We'll both sit there and watch television in the evening and knit jumpers. *The more you practise, the better you get*, but I *find sewing a bit more difficult* as the pattern contains lots of specific language that I don't quite understand yet and I'm scared of doing it wrong. You also need a lot of surface space to cut the patterns out and

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with my family, something almost always gets moved across the room by accident, or into another room entirely!

I walked into the fabric shop the other day to pick up some fabric and a *pattern* and was amazed that I could find the pattern online and could watch a YouTube video to show me how to make my dress! The best thing is that you can *start off* with really simple designs and make small and easy items of clothing first and work your way up. It's not difficult if you can *follow a pattern* and are careful with how you cut the fabric and sew it together. Plus, you can make a dress exactly how you want it and make it fit perfectly!

1. Can you knit or sew?
2. Do you enjoy it?
3. Do you think it's better to buy clothes in shops or make them at home?

Vocabulary on Shopping V

№	Word or expression
	Perfumery and cosmetics
1	beauty product
2	balm (balsam) / lip balm
3	cream (day cream, night cream, face cream, hand cream, anti-age cream etc.)
4	lotion (body lotion, face lotion, etc.)
5	Serum

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6	toner / tonic
7	make-up remover / micellar water / cleansing oil / cleanser
8	gel (eye gel, face gel, etc.)
9	shampoo (for normal / greasy / oily / dry / coloured hair)
10	hair conditioner
11	mask (hair mask, face mask, etc.) / sheet mask
12	scrub / peeling
13	purifying / moisturizing / volumizing / clarifying / cleansing / hydrating
14	primer / foundation / BB-cream / concealer /cushion
15	face powder / loose powder / pressed powder / mineral powder
16	bronzer / contour / highlighter / strobing / blush
17	pencil (lip pencil, eye pencil, etc.)
18	liner (eye liner, lip liner, liquid eye liner etc.)
19	gloss (lip gloss) / lipstick / liquid lip
20	eyeshadow / liquid eyeshadow
21	Mascara
22	palette / kit
23	nail enamel / varnish / polish
24	nail enamel remover
25	shaving gel / cream / foam
26	shaving articles / razor

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27	hair dye / hair spray / hair mousse
28	perfume / scent / eau-de-cologne / deodorant
29	beauty parlor / beauty salon
	Jewellery
30	Bracelet
31	Chain
32	ring / diamond ring
33	Earrings
34	Brooch
35	Necklace
36	fashion accessories
	Leather goods
37	bag / handbag
38	Purse
39	Wallet
40	Belt
41	Wristlet
42	leather / pure (real) leather / imitation leather / leatherette

2.10. Reading practice 5

Read the text, paying attention to the words and word combinations in *italics*. Answer the question after the text:

Why do people wear makeup?

(<https://whydopeople.net/why-do-people-wear-makeup/>)

In this post, we'll discuss makeup, the science behind it, why do we wear it. Why do we feel the need to paint our faces with crazy colors and then go out in public? Many women *wear makeup* every day, and some of them may think that they'd love if every woman just didn't wear makeup and we were all just judged on what our faces look like all the time. That would at least make it an *even playing field*. Women don't actually have to put on makeup now, but they often feel they must just *to keep up with everyone else*.

Here we'll *go in depth* into why we wear makeup and how it became the big industry that it is today: **over 40 million dollars is used in purchasing makeup every year**. It is a 40-billion-dollar industry, so let's take a look at how that happened, and why makeup is such an important part of many people's daily routines.

For centuries, archaeologists have discovered evidence of body painting over 50,000 years ago in South Africa, so body modification is not a new thing: people have been wearing makeup for a very long time. Depending on what your definition of makeup is, if you want to be a little stricter and say that makeup is things that you *apply to* your face to make yourself look more beautiful, then it's been around since about 3,500 years ago, when the Egyptians and Sumerians actually used

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Kohl eyeliner, crushed scarab beetles, fresh berries, and other things to change appearance, all that – just to be more attractive for the other gender.

Makeup *originated* as one big mating ritual, which may be weird to think about, but scientifically that's what it is.



As much as makeup is supposed to attract the opposite sex, **1 out of 5 men think their significant other wears too much makeup or wishes they didn't wear any at all.** So, men say they don't like makeup. Lots of women have heard from their partners that they would rather you just have your natural face.

The funny thing is that in most studies, when shown different pictures of the same woman wearing makeup and no makeup, **most men will pick the woman with the makeup on.** When shown a picture of a woman wearing a lot of makeup or a woman wearing “natural” makeup (which often takes just much, if not more, time and product to create), they often choose the girl with the natural makeup on because they think it is no makeup. This just shows that men don't really know what makeup looks like, and can only really identify it when it is *shiny red lips* and a giant *smokey eye*.

While makeup may have originated as a mating ritual, these days it's much more an aspect of **self-**

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expression. People wear makeup because they enjoy it, because it makes them feel more confident, or because they enjoy changing up their look from day to day and for different occasions. You may not care about attracting a mate: maybe you just love some blue eyeliner!

This article is not meaning to say that anyone should or shouldn't wear makeup. Everyone should wear whatever makeup you want to wear, for whatever reasons they have. It's all about you, your face, your *confidence level*. Let's just be happy we're not putting bat poop on our eyelashes, cyanide on our faces, or leeches on our skin anymore!

Answer the following questions in pairs (Student A and Student B):

STUDENT A's QUESTIONS (Do not show them to Student B.)

1. What do you think of cosmetics?
2. Is there anything strange about people using cosmetics?
3. How much more beautiful do you / do people look with cosmetics?
4. Do you think cosmetics are reasonably priced?
5. What do you think of men wearing lipstick, mascara and foundation?
6. Why is most lipstick red or pink? What's wrong with black or green?
7. Do you think people look better without makeup and cosmetics?
8. Don't you think cosmetics are a waste of money?
9. Do people use cosmetics because they lack confidence?
10. Do you think we'll always use cosmetics?

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STUDENT B's QUESTIONS (Do not show these to Student A.)

1. How important are cosmetics?
2. Do you think cosmetics are good for the skin?
3. From what age is it OK to start using cosmetics?
4. Do you believe cosmetic companies' ads that say their products erase wrinkles and slow down the aging process?
5. Do you know anyone who uses too much makeup?
6. Do people use cosmetics differently in different countries?
7. Which cosmetics and cosmetic companies are the best?
8. Do you think cosmetic companies should advertise their products using 'normal' women, instead of supermodels?
9. How long do you think people spend each day applying and removing cosmetics?
10. What new type of cosmetics would you like to see on the market?

2.11. Listening practice 3

- I. Listen to the first text and fill in the gaps and answer the questions:

Cosmetics

(<https://listenaminute.com/c/cosmetics.html>)

I wish _____ cosmetics. We spend so much time and money on them. And for what? We _____ at night, only to put them _____ in the morning. If you think about it, they're amazingly expensive. Why does a lipstick or _____ of cream cost so much? The really expensive cosmetics don't _____ you look

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that different than really cheap ones. _____
too on your skill – choosing the right colours to match your face,
and _____ your make-up on. I sometimes
_____ ladies selling cosmetics in
department stores. They're meant _____
but they look like clowns. I mean, do they really need to paint
their faces? One thing I worry about is whether the chemicals
_____ .

1. Do you agree with the speaker? Why / why not?
2. Do you think that when you buy expensive cosmetics, you just pay for the brand?
3. Do you read the ingredients, when you buy cosmetics? Is it important for you?

II. Listen to the second text, answer the questions:

1. How is the payment of 'attractive' people different from the payment of 'average' people, according to the study?
2. Why is it so important for women, compared to men?
3. What is 'halo effect'?

Make up a dialogue: **Student A** strongly believes looks should not count in salaries; **Student B** strongly believes they should.

Vocabulary on Shopping VI

№	Word or expression
	Household goods, Electrical appliances, Kitchen utensils
1	measuring jug
2	Ladle
3	rolling pin
4	casserole dish
5	baking tray
6	tableware / chinaware
7	sugar-basin (sugar bowl)
8	goblet / tumbler / tankard
9	mug / beer mug
10	Corkscrew
11	Breadboard
12	Oilcloth
13	clothesline / clothes peg / drying rack (frame)
14	washing powder / detergent / cleaning powder
15	dishwashing liquid
	Stationery

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16	drawing paper / blotting paper / carbon paper
17	coloured pencils
18	rubber (BrE) / eraser (AmE)
19	glue (n., v.) / paste (v.) / paste on / paste to / paste down
20	paperclips / paper fastener / paperweight
21	drawing pins
22	Crayons
23	Pastels
24	Watercolours

2.12. Listening practice 4

Market stall listening

(taken from Hot English magazine № 13)

I. PRE-LISTENING TASK

Translate the following vocabulary:

<i>an antique</i>	<i>a deal</i>	<i>fair enough</i>	<i>these things come</i>
<i>a stall</i>	<i>a jug</i>	<i>chipped</i>	<i>two a penny</i>
<i>a stall holder</i>	<i>quid</i>	<i>to sort out</i>	<i>it cost me an arm and</i>
<i>a barter</i>	<i>to throw in</i>	<i>butter fingers</i>	<i>a leg</i>
<i>to threaten</i>	<i>to check out</i>	<i>a Silver Jubilee</i>	<i>to spot a bargain</i>

II. LISTENING AND COMPREHENSION TASKS:

Listen to the dialogue and answer the questions:

1. What is Bruce interested in buying?
2. Why do you think Bruce threatens to go away from the stall?

III. AUDITORY MEMORY CHECK:

Fill in the gaps with the missing prepositions:

1. Are you looking for anything ____ particular?
2. Is this spoon made ____ real silver?
3. Queen Victoria ate ____ this one.
4. I'll throw ____ a couple of Silver Jubilee cups.
5. Then, you'll be interested ____ seeing this vase.
6. I'll give you 20 quid ____ it.

2.14. Reading practice 6

Five reasons why you should check out charity shops

(<https://learnenglishteens.britishcouncil.org/magazine/fashion/five-reasons-why-you-should-check-out-charity-shops>)

I. PRE-READING TASKS:

Work in pairs. Brainstorm your 5 reasons to buy things at charity shops (second-hand shops, thrift shops, flea markets).

II. READING AND COMPREHENSION TASKS:

Read the text, paying attention to the words in *italics*.

Thrift shops are thriving with *endless options* from *flawless fashion items* to *vintage finds* and individual souvenirs. The craze for second-hand shops continues and there is no reason why it shouldn't be, considering every *contribution* goes a long way. But why should you really check one out, if you haven't done so before (and become a slight charity shop addict like me in the making!)? Well, here are my five top reasons for why charity shops are the best for buying clothes with a difference.

1) Cheap and cheerful

One of the main reasons that these *retail establishments* are so popular is that they are *great value for money*. You are able to buy clothing of all types for a *relatively decent price* that accordingly goes to a good cause, making you feel cheerful for spending money and not guilty for *blowing your money*. And let's face it, *affordable prices* never go a miss!

2) Sustainable fashion

Also known as eco-fashion, where one is part of the growing trend of *sustainability* and fashion in order to support our environment and those around us, giving us a sense of social responsibility. When one simply buys something from a charity shop, you are strengthening the growing projects and making the world a fairer place *in the long run*. Be the difference you want to see; simply by buying an item or two every now and then you could be changing somebody's life in need.

3) Be original

Don't you find it *lame* when you catch somebody with the same shirt or top on as you? Well, now is your chance to be different. You can find clothing that will not be available in *conventional stores*, allowing your originality to flourish and not be copied. Furthermore, when somebody asks where you've got something from, you can grin in delight that you have got it from a charity shop (then they can't copy you too!).

4) Raise awareness

Most retail units have a parent charity, for example Oxfam being one of the biggest *global aids*. This means that when you buy from the specific *chain of charity shop*, you know that you are supporting their activities and furthering their *charitable work*. Another factor is the environmental effect it has, due to *mass consumption* in shopping these days. Instead of buying completely new goods, you can buy a perfectly *good-as-new item for half the price*.

5) Range of goods

The amount of *merchandise* that charity shops have to offer is endless. Dependent on where you go of course, as some shops only sell clothing, yet other bigger and *renowned chains* offer literally everything you can imagine, such as books, shoes, bags and socks. Not to mention that some shops sell new stock from department stores that have *donated* them, and vintage items like vinyls, CDs and clothing that are no longer available anywhere else.

The list could go on ... but I hope this has *spurred you on* to try out a guilt-free shopping trip whilst supporting charities, looking unique and *feeling fab* about it!

III. FOLLOW-UP ACTIVITY:

Answer the questions:

1. Do you ever buy things at charity shops?
2. What can people buy in such shops?
3. Do you agree with the author of the article? Why / why not?
4. What shops like that do you know in Russia?
5. Do you visit such shops or markets abroad? Why / why not?

3. Shopping industry

3.1. Listening practice 1

Buy, buy, buy

(taken from New Total English Upper-Intermediate)

I. PRE-LISTENING TASKS:

Answer the questions:

1. What can you see in the pictures (see pictures A-E next page)?

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2. How do you think they are connected?



II. LISTENING AND COMPREHENSION TASKS:

1. Listen to the radio program and answer the following questions:
 - a. In what order are the items in the photo mentioned?
 - b. What other three items are mentioned?
2. Listen again and choose the correct words in *italics*
 - a. The Giacometti sculpture was sold for *\$104.3 million* / *\$140.3 million*.
 - b. We *know* / *don't know* the name of the person who bought the sculpture.
 - c. Action comics issue №1 was published in *1938* / *1948*.
 - d. Someone sold *one* / *six* storm trooper helmet(s) at an auction.
 - e. One of Marilyn Monroe's dresses was sold for over *one* / *two* million dollars.
 - f. We *know* / *don't know* the name of the person who bought Michael Jackson's glove.
 - g. The piece of Elvis Presley's hair was cut in *1958* / *1968*.
 - h. Justin Timberlake's toast was bought by *an interviewer* / *a fan*.
 - i. Someone paid *\$3,500* / *\$5,300* for Scarlet Johansson's tissue.

What is the difference in meaning between the underlined verb phrases in each pair of the sentences?

1. a. Lots of people bid for Justin Timberlake's toast.

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- b. That bag is very expensive. Why don't you haggle for it?
- 2. a. These boots were only £30. I think I got a bargain.
b. I'd like to buy this T-shirt, but it's slightly marked. Could I get a discount?
- 3. a. You can get a refund within 28 days if you are not completely satisfied.
b. Get a receipt just in case you want to take the CDs back.
- 4. a. I'd love to get a camera but I can't afford it at the moment.
b. It'll cost £10 to take a taxi – it's not worth it. Let's walk.

III. FOLLOW-UP ACTIVITIES:

Answer the questions:

- 1. Do you know people who collect things or are fans of some celebrities? What do you think of such people?
- 2. What do you think of auctions? Would you like to take part in it? Have you ever taken part in an auction (e.g. eBay etc.)?

3.2. Reading practice 1

Shopping for food

(<https://helpiks.org/5-11314.html>)

I. PRE-READING TASKS:

Work in groups and brainstorm the ideas how shops trick customers to make them buy more.

II. READING AND COMPREHENSIONS TASKS:

Read the text and check your ideas. Pay attention to the words in *italics*.

Buying foodstuffs in a modern supermarket can be considered a sort of art. It is the art of *combating a temptation*. Supermarkets *play a dirty trick on* the customers: practically every shopper *is tempted to buy* things he or she doesn't need or can't afford.

The mechanism of this lamentable deceit is simple. Firstly, supermarkets are laid out to make a person pass as many shelves and counters as possible. Only the hardest of souls can pass loaded *racks* indifferently and not collect all sorts of food from them.

Secondly, more and more supermarkets supply customers with *trolleys* instead of *wire baskets*: their bigger volume needs more purchases. One picks up small items, *say*, a pack of spaghetti, a jar of jam, a box of chocolate put them into a huge trolley and is immediately *ashamed of* its loneliness. He or she starts adding more.

Thirdly, all products are nicely *displayed* on the racks and all of them look fresh in their *transparent wrappings* with

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marked prices. A normal person can't ignore attractively packed goods. And so one can't but feel an impulse to buy. And, finally, supermarkets don't forget about those who look for bargains. The so-called "*bargain bins*" filled with *special offers* wait for their victims. No one can tell for sure if the prices are really *reduced*, but it is so nice to boast later that you *have a very good eye for a bargain*.

So when a *simple-hearted* customer approaches a *check-out*, his or her trolley is *piled high*. Looking at a cashier, running her pen over *barcodes*, he or she starts getting nervous while the *cash register* is adding up the prices. And, getting a receipt, he or she *gives a sigh of relief* if the indicated sum doesn't exceed the cash he or she has.

Of course, one can give a piece of advice to the simple-hearted: compile a shopping list and buy only pre-planned goods. But is it worth losing that great sensation of buying? One can really wonder.

A lot of people prefer to do their shopping in small shops. The daily shopping route of some housewives includes visits to the baker's, butcher's, grocer's, greengrocer's, fishmonger's and a dairy shop. In the end of the route their bags are full of loaves of bread, meat cuts, packs with cereals, fruit, vegetables, fish and dairy products. Only very strong women can call in at the *tobacconist's* after all that.

The explanation for this housewives' craze is very simple. In every shop their buys are weighed, wrapped up, their money taken and the change given back. Meanwhile they can have a chat with salesgirls and shop-assistants about their weak hearts and broken hopes. So, friends, go shopping as often as you can. Because the simple truth is: a visit to a good shop is worth two visits to a good doctor.

III. FOLLOW-UP ACTIVITIES

1. Give Russian equivalents to the following word combinations:

to play a trick on the customers; to tempt; deceit; to be laid out; to pass many shelves and counters; to collect all sorts of food from the racks; to pick (to pile) up; to look for barging; to have an eye for a good bargain; check-out; to add up prices; to get a receipt; loaf of bread; dairy products.

2. Give English equivalents to the following word combinations:

тележка; корзина; раскладывать на полках; прозрачные упаковки; наклеенные цены; корзины с уцененными товарами; товар со скидкой; снижать цены; штрих-код; кассовый аппарат; составлять список покупок; булочная; мясной магазин; бакалея; овощная или фруктовая лавка; рыбный магазин; молочный магазин.

3. Make up your own sentences with the vocabulary from 1. and 2.

3.3. Translation practice 1

Translate the following sentences from Russian into English:

1. В нашем районе нет супермаркетов, поэтому приходится ходить за продуктами по маленьким магазинам, а это не очень-то удобно. Гораздо приятнее делать покупки в магазинах самообслуживания.
2. Вчера я был в супермаркете и покупал разные продукты. Я набрал целую корзину продуктов, а когда подошел к кассе, и кассирша назвала мне общую стоимость, я вспомнил, что оставил деньги дома. Пришлось идти домой и снова возвращаться в универсам.
3. Где Таня берет все эти вещи? Она считает, что они ей очень идут, а на самом деле в них она выглядит странно. – Она говорит, что покупает их в каком-то молодежном магазине одежды.
4. Давай зайдем в канцелярский магазин. Мне нужно купить тетради, ручки и бумагу.
5. Нам нужно купить мыло, стиральный порошок, зубную пасту. – Вот отдел туалетных принадлежностей. Здесь мы купим все, что нужно.
6. Где ты купила эти туфли? На распродаже в нашем универмаге. Самое интересное, что летом они стоили дороже.
7. Я увидела это пальто в витрине магазина, и захотела купить его.
8. Она зашла в булочную, чтобы купить хлеба. А вышла с полной сумкой булочек, вафель, еще и шоколадный торт купила!
9. В нашем магазине самообслуживания продают всё, от яиц до зубной пасты.
10. Ассортимент продуктов в этом супермаркете очень широкий.

11. В этом магазине всегда в продаже свежие молочные продукты.

3.4. Reading practice 2

Before reading the texts discuss the question in pairs: are the shopping habits different in different countries. How different are they?

Shopping Habits

(<https://nsportal.ru/npo-spo/sfera-obsluzhivaniya/library/2015/02/19/teksty-po-teme-shopping>)

I. PRE-READING TASK:

Translate the following active vocabulary

adventurous	with regard to
reliability	boutique
preferably	chain stores
brand-name goods	indoors
shabbiness	puppet show
prosperous	child-care facilities
to be struck	pedestrianized
variety	specialty shop
conventional	outdoor
particular	bargain hunter
measurement	outlet
pound	merchandize
ounce	debt
scale	bill

II. READING AND COMPREHENSION TASKS

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Work in pairs. Student A reads the text about British shopping habits, Student B reads the text about American Shopping habits. Retell the texts to each other in pairs after reading.

British Shopping Habits

The British are not very adventurous shoppers. They like reliability and buy brand-name goods wherever possible, preferably with the price clearly marked. They are not very keen on haggling over prices. It is therefore not surprising that a very high proportion of the country's shops are branches of chain stores. Visitors from northern European countries are sometimes surprised by the shabbiness of shop-window displays, even in prosperous areas. But the British do not demand art in their shop windows. In general, they have been rather slow to take on the idea that shopping might actually be fun.

On the other hand, visitors are also sometimes struck by the variety of types of shops. Most shops are chain stores, but among those that are not, there is a lot of individuality. Independent shop owners feel no need to follow conventional ideas about what a particular shop does and doesn't sell.

The British have their own systems of measurement. Although on tins and packets of food in British shops the weight of an item is written in the kilos and grams familiar to people from the continent, most British people have little idea of what these terms mean. Everybody in Britain still shops in pounds and ounces. Therefore, many of their packets and tins also record their weight in pounds (written as "lbs") and ounces (written as "oz"). Moreover, nobody ever asks for a kilo of apples or 200 grams of cheese. If those are amounts you want, you should ask for "two pounds or so" of apples and "half a pound or less" of cheese.

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Shoe and clothing sizes are also measured on different scales in Britain. The people who work in shops which sell these things usually know about continental and American sizes too, but most British people don't.

Authorities are now trying to attract more people to shops. In fact, in recent years shop opening hours have become more varied. It is now much easier than it used to be to find shops open after six. In some areas the local authorities are encouraging high-street shops to stay open very late on some evenings as a way of putting new life into their "dead" town centres.

But the most significant change in recent years has been with regard to Sundays. Large shops and supermarkets can now stay open on Sundays for six hours, and small shops are allowed to open on Sundays for as long as they like. So shopping is now something that the whole family can do together.

American Shopping Habits

Shopping is the favorite pastime of many Americans. They usually go to big shopping centers called malls that have a variety of boutiques, department stores and restaurants. Chain stores like J.C. Penney or The Gap are also found in malls.

Everything is indoors, so you can walk from store to store without worrying about traffic or bad weather. Malls are air-conditioned in the summer and heated in the winter, and they have large parking lots where you can park easily.

Some malls provide free entertainment. There might be a band playing rock music or a puppet show for children. Child-care facilities are sometimes available, so children can play safely while their parents shop.

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People who live or work in large cities still shop at local stores in downtown where most department stores are located. Many cities have pedestrianized shopping areas with specialty stores and restaurants that are like outdoor malls.

Many Americans are bargain hunters who shop at outlets that sell merchandize at a discount, so it is usually cheaper than at regular stores. Merchandize is also discounted in regular stores. An item on sale can cost as much as half the normal price. Sales are advertised in newspapers, on the radio, on TV or by mail.

Stores compete with each other by reducing their prices and staying open in the evening. Many are open seven days a week and sometimes until 9.00 at night.

Shoppers can use their credit cards to charge almost everything they buy. Buying something with a credit card can be more convenient than paying for it right away with cash. There are many different kinds of credit cards. Many people end up in debt to credit-card companies and banks because they have trouble paying off their credit-card bills.

Mail-order shopping has become very popular because it saves time. Shoppers use credit cards to pay for something over the phone after they've seen it advertized in a mail-order catalog, on TV or in a newspaper or magazine or online. A number of mail-order companies accept orders twenty-four hours a day.

III. Follow-up activities

Answer the following questions:

1. What sort of shoppers are the British? Why?
2. What sort of shoppers are Americans? Why?
3. What kind of things do British and American people usually buy?
4. What sort of shoppers are Russian people?
5. Do Russian people like to haggle over prices? And what about you?
6. Why do people usually haggle over prices?
7. Why do the British still shop in pounds and ounces? Do you know about the American system of measurements?
8. What are the recent changes in shopping industry in Britain and America? Is there a similar tendency in Russia?
9. What are shop opening hours in Russia?
10. Is it convenient to do the shopping in Russia? Do people in Russia shop online a lot?

3.5. Reading practice 3

Before reading work in pairs and discuss the pros and cons of advertising.

Truth and lies

(taken from New English file Upper Intermediate)

I. PRE-READING TASK

1. Look at the advert and answer the questions:
 - a. What is being advertised?
 - b. What decade do you think it is from?
 - c. Why do you think they used a doctor in the advert?



FOUR OF
THE MOST

II. READING AND COMPREHENSION TASKS

1. Read the first paragraph of the article to check your answers.
2. Read the whole article and find answers to the questions:

Which company or companies...?

- a. ... deceived the public by pretending that their product had properties which it didn't really have?

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- b. ... used a celebrity or a professional person in order for them to associate their product with a healthy lifestyle?
 - c. ... used technology to create a false impression?
 - d. ... admitted that they had made a claim that wasn't true?
 - e. ... admitted that they had done something wrong?
 - f. ... was punished for their misleading advert?
3. Look at the underlined words and phrases in the following text and do the task below.

MISLEADING ADVERTS OF ALL TIME

1 Cigarettes are not harmful to your health

Hard to believe, but there was a time when tobacco companies actually tried to make us believe that doctors approved of smoking, or that certain brands were better for your throat than others. This advert for Lucky Strike from the 1920s is just one of the dozens of ads featuring doctors recommending or 'preferring' one brand over another. Tobacco companies continued to use doctors to convince the public to smoke until the 1950s when evidence showing the link between smoking and lung cancer became too strong to ignore.

2 The thinner the better

In 2009 fashion retailer Ralph Lauren made a series of advertisements using a model who was so heavily airbrushed that her waist appeared to smaller than her head. The ads were widely criticized in the press and experts warned of the negative effect these kinds of images might have on young girls. Lauren threatened to sue a blogger, who was the first person to publish

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and comment on the image online. But later he made a statement apologizing and admitting that ‘we are responsible for the poor imaging and retouching that resulted in a very distorted image of a woman’s body.’ However, he later fired the model in the advert, Fillipa Hamilton, because she was ‘overweight’ (she weighed 54 kilos).

3 Vitamins prevent cancer

In 2010 the pharmaceutical company Bayer was sued by the Center for Science in the Public Interest for running TV and radio commercials that suggested one of the ingredients in its *One A Day* vitamin supplement brand prevented prostate cancer. In fact, there is no scientific evidence that vitamins fight cancer in any way. Bayer eventually paid a fine and signed a legal agreement which banned it from claiming that vitamins can cure cancer.

4 You can lose weight without dieting or doing exercise

During the 1990s Enforma, a US fitness company, ran an advertising campaign using TV commercials in which baseball player Steve Garvey promoted two diet supplements, a ‘Fat Trapper’ that supposedly blocked the absorption of fat, and a product named ‘Exercise In A Bottle’. These two products together, according to the ad, would allow you to lose weight without dieting or exercise and promised consumers that ‘they would never have to diet again’. The Federal Trade Commission (the FTC) took Garvey to court for making false claims about the product. So began an epic legal battle which the FTC ultimately lost when a federal court ruled that celebrity endorsers were not responsible for misleading statements in ads. However, this ruling eventually led to the passing of new

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regulations making it illegal for celebrities to make false statements of fact in advertisements.

Match the underlined words and expressions to their meanings a-k.

- a. _____ (*noun*): notices, pictures of films, telling people about the product
- b. _____ (*noun*): advertisements on the radio or TV
- c. _____ , _____ (*noun*): two shortenings for 'advertisement'
- d. _____ (*verb*): saying that something is true
- e. _____ : famous people that promote the product
- f. _____ (*verb*): digitally changed details in the photo
- g. _____ (*noun*): types of product made by a particular company
- h. _____ (*verb*): took a person or company to court to ask for money because of something they said or did to harm you
- i. _____ (*adj*): giving the wrong idea or impression, making you believe something that is not true
- j. _____ (*noun*): people who buy goods or use services
- k. _____ a series of advertising messages with the same theme

III. FOLLOW-UP ACTIVITIES

Answer the questions:

1. Do companies in Russia use the same tricks? Can you give examples?
2. Are you usually deceived by such tricks?

3.6. Listening practice 2

Truth and lies

(taken from New English file Upper Intermediate)

Look at the advertisement for mascara. The ad campaign for this product was withdrawn because it was misleading. Why do you think it was misleading?



52)) Now listen to a radio programme about five tricks used by advertisers. Tick (✓) the things that the woman mentions that are often used in adverts:

- ☐ free gifts
- ☐ limited supplies of the product
- ☐ two for one offers
- ☐ animals and nature
- ☐ crowds of people
- ☐ a good slogan

- ☐ attractive models
- ☐ doctors and celebrities
- ☐ smiling, happy families
- ☐ good music or a good song
- ☐ recent studies
- ☐ humour

Talk in small groups.

1. Which of the marketing techniques in b might influence you to buy (or not to buy) the product?
2. Have you bought something recently which was not as good as the advertisement, made you think? How was the advert misleading?
3. What are viral adverts? Have you ever forwarded one to other people? Do you have a favourite one?
4. Can you think of a recent advert which made you not want to ever buy the product? Why did the advert have this effect on you?
5. Are there any brands which you think have a really good logo or slogan? Does it make you want to buy the products?

3.7. Translation practice 2

1. Я понятия не имела, что недавно рядом с моим домом построили новый магазин одежды. Вчера я видела, что Маша выходила из этого отдела с кучей покупок. Она купила блузку в горошек, кожаные туфли на высоком каблуке и сумку в тон. – Она решила следовать моде? – Она всегда следила за модой
2. Это летнее платье вам идет. Это ваш размер. Оно сидит хорошо, оно ни велико, ни узко на вас. – Цена меня устраивает, это очень выгодная покупка по этой цене. – Да, это платье стоит купить. Сидит как влитое. К тому

же этот цвет подходит к моему цвету лица. А еще у меня есть туфли и сумочка в тон.

3. Вчера в булочной я видела, как худая девушка купила полкило пончиков, четверть килограмма круассанов, полтора килограмма пирожных и 2 шоколадных торта. Интересно, она сидит на диете или ей это не нужно? Если я съем столько сладостей или выпечки, я наберу вес.
4. Продавец спросила меня, какой размер обуви я ношу. Я сказал, что ношу 37 размер, она принесла мне мокасины моего размера, но они мне жали. Тогда она принесла мокасины на размер больше, они мне подошли великолепно.
5. На нашей улице строится большой торговый комплекс, там будет много отделов, в основном обувных, отделов готового платья и аксессуаров. В нем мы сможем купить все по разумной цене и по нашему вкусу. – Обязательно пойдем туда за покупки, когда его построят.
6. Она, вероятно, сейчас в овощном магазине. Мама заставила ее пойти в магазин и купить помидоры, огурцы, баклажаны и картошку. – Нет, она сейчас в кондитерской. Я видела, как она туда заходила! Опять накупит сладостей вместо овощей! Мама наверняка ее отругает.
7. Могу я вам помочь? – Да, мне нужно купить рубашку к моему двубортному серому костюму в полоску. – Могу предложить вам вот эту ярко-красную рубашку. Есть все размеры. – Я бы хотел другой оттенок, что-то более классическое. Я не люблю кричащие цвета. – Померяйте эту белую рубашку. Она сидит на вас превосходно и очень подойдет к вашему серому классическому костюму.

8. У вас есть шампунь для сухих волос? – Нет, только для жирных волос. – Жаль. Тогда дайте мне черную краску для волос. Сколько она стоит? – 8 фунтов. – Отлично. Еще мне нужна жидкость для снятия лака и новый лак розового цвета. Сколько это стоит всего?
9. Когда я пришла в магазин обуви, мне понравились туфли на высоком каблуке. Но эти туфли стоили слишком дорого. Эти туфли подходят к моему платью, к тому же они отлично на мне сидят. Они не жмут, и очень удобные. Когда я узнала, что сегодня в магазине все туфли с 50% скидкой, я решила их купить. Это выгодная покупка.
10. Покупки на праздники влетели мне в копеечку. Я купила омары, креветки, устрицы и другие морепродукты. А на десерт купила экзотические фрукты и дорогой слоеный торт. Интересно, я смогу себе позволить купить новую блузку по разумной цене после стольких трат? Я не транжира, но иногда приятно не следить за ценниками. – Я хочу посоветовать тебе составлять список покупок, иначе ты будешь тратить деньги зря. – Я последую твоему совету.
11. Чтобы приготовить праздничный ужин нам понадобится 1 форель, 200 грамм сметаны, 1 лимон, подсолнечное масло, укроп, петрушка, чеснок, лук и морковь. Форель нужно положить на противень, смешать остальные ингредиенты, залить ими форель и выпекать в духовке в течение получаса. На гарнир можно подать картофель, сваренный в мундире.
12. Это пальто очень дорогое. – Я не могу позволить себе пальто по такой цене. Я лучше дождусь распродажи и куплю его по разумной цене со скидкой. Еще я куплю себе к этому пальто шерстяные шарф, варежки и шапку в тон.

13. У нас закончился хлеб. Пойди в магазин и купи булку белого хлеба, полбулки черного и багет. Где мне лучше купить хлеб? В супермаркете, по более низкой цене, или в булочной, где большой выбор и так аппетитно пахнет? Я думаю, что лучше купить хлеб в булочной, потому что там все вкусное и свежее. – Хорошо, тогда я еще куплю булочек к чаю.
14. Мне не нравится покрой этого платья, оно мне велико и длинно. Его нужно ушить и укоротить. Оно мне не по размеру, да и к тому же оно мне не к лицу, а вдобавок оно не подходит по цвету к моим глазам. Мне нужно что-то в синих тонах, но не кричащего цвета.
15. Он сказал, что если цена его не устроит, он откажется от идеи покупать этот кондиционер последней модели. Он решил, что найдет кондиционер в другом магазине по разумной цене.



Topic “Meals”

Lead-in: read the following quotations about food and say if you agree with them.

1. “All happiness depends on leisurely breakfast.” – **John Gunther**
2. “I only drink champagne on two occasions, when I am in love and when I am not.” – **Coco Chanel**
3. “People who love to eat are always the best people.” – **Julia Child**
4. “You don't need a silver fork to eat good food.” - **Paul Prudhomme**
5. “A balanced diet is a cookie in each hand.” - **Barbara Johnson**

Speech Patterns

- | |
|---|
| 1. The knife <i>is not to be played with.</i> |
|---|

His failure to cook is not to be laughed at.

The doctor is to be sent for.

I am not to be looked at when I cook.

Your daughter is not to be shouted at when she misbehaves.

- | |
|--|
| 2. There is <i>nothing to speak about.</i> |
|--|

There is nothing to complain of.

There is nothing to boast of.

There is nothing to laugh at.

Is there anything to be busy with?

1. Cooking

Vocabulary on Meals I

№	Word or expression
	Kitchenware
1	Appliance
2	Apron
3	baking tray (BrE), baking sheet (AmE)
4	Barbecue
5	blender (AmE), liquidizer (BrE)
6	casserole (dish)
7	chopping board (BrE), cutting board (AmE)
8	Colander
9	Corkscrew
10	cooker hood (BrE), range hood (AmE)
11	Cookware
12	dishwashing machine, dishwasher
13	eating utensils, cutlery, silverware
14	Fixture
15	food processor
16	frying pan
17	Grater
18	grill (BrE), broiler (AmE)
19	Hotplate
20	Kettle
21	kitchen scale
22	kitchen sink
23	kitchen (cooking) utensils

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24	Ladle
25	microwave oven
26	Mixer
27	oven, oven glove
28	refrigerator (fridge)
29	saucepan (pot)
30	Spatula
31	stove (cooker, range)
32	Tableware
33	Toaster
34	Tongs
35	vegetable peeler
36	Whisk
37	Wok

Practice Time:

Translate the sentences:

1. У тебя талант к готовке. Тебе ничего бояться! Гости будут довольны.
2. Он съел что-то не то. Нужно вызвать врача.
3. Не нужно ругать сына (to tell smb off). Он хотел сделать сюрприз и приготовить бабушке омлет.
4. Первый блин комом. Нечего смеяться над папой. Он хочет участвовать в кулинарном шоу.
5. Не смотрите на меня, пока я режу лук. Я буду плакать. Я стесняюсь.
6. Не нужно продавцов просить об уважении. Все должно быть понятно без слов.
7. Клиент всегда прав. Не нужно на него кричать или повышать голос.
8. В дорогих ресторанах и хороших кафе с тобой всегда обращаются вежливо.
9. Нечем хвастаться. Я проиграл кулинарный поединок.

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10. Не о чем мечтать. Для этого рецепта требуются экзотические фрукты.

Speak about your first cooking experience as a child. Was it a success? Use the Speech patterns that you already know.

1.1. Reading practice 1

Read the text, give the definition to the words in *italics* and translate them.

Keeping your kitchen clean

(NIdirect government services <https://www.nidirect.gov.uk/>)

Keeping your kitchen clean, including *worktops* and chopping boards, is essential to keep food safe as *bacteria* can grow and spread.

Worktops

It's very important to keep worktops and chopping boards clean because they touch the food you are going to eat. If they aren't properly clean, bacteria could spread to food and make you ill.

You should:

- always wash worktops before you start preparing food
- wipe up any spilt food straight away
- always wash worktops thoroughly after they have been touched by raw food including meat, *poultry*, vegetables or *raw* eggs
- never put *ready-to-eat food*, such as washed and ready to eat salad, bread or washed fruit, on a worktop or chopping board that has been touched by raw meat or other raw foods, unless you have washed it thoroughly first

If you have a dishwasher, this is a very effective way to clean plastic chopping boards. Dishwashers can wash at a very

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high temperature, which kills bacteria. If you don't have a dishwasher, wash chopping boards thoroughly with hot water and *washing-up liquid*.

Ideally, it's better to have separate chopping boards for raw food and for ready-to-eat food.

Cloths

Dirty, damp cloths are the perfect place for bacteria to breed. So, it's very important to wash *kitchen cloths* and *sponges* regularly and leave them to dry before using them again.

Ideally, try to keep different cloths for different jobs. For example, use one cloth to wipe worktops and another to wash dishes. This helps to stop bacteria spreading.

If you want to choose the safest option, you could use *disposable kitchen towel* to wipe worktops and chopping boards. This is because you throw the kitchen towel away after using it once, so it is less likely to spread bacteria than cloths you use again.

Tea towels can also spread bacteria, so it's important to wash them regularly and be careful how you use them. Remember, if you wipe your hands on a tea towel after you have touched raw meat, this will spread bacteria to the towel. Then, if you use the tea towel to dry a plate, the bacteria will spread to the plate.

Knives, spoons and other utensils

It's important to keep knives, wooden spoons, spatulas, tongs, and the like clean to help stop bacteria spreading to food. It's especially important to wash them thoroughly after using them with raw food, because they could spread bacteria to other food.

If you have a dishwasher, this is a very effective way to clean knives and other utensils because dishwashers can wash at a very high temperature, which kills bacteria. If you don't have a dishwasher, wash them thoroughly with hot water and washing-up liquid.

Hands

It's very easy for hands to spread bacteria all round the kitchen, because we touch so many things, from food to fridge handles, towels to *can openers*. So, to keep your kitchen clean you need to keep your hands clean.

Wash your hands thoroughly with soap and warm water at each of these times:

- before starting to prepare food
- after touching raw food such as meat, poultry, vegetables and eggs
- after going to the toilet
- after touching the *bin*
- after touching pets

Dry your hands thoroughly, because if they are wet, they will spread bacteria more easily. The safest option is to use disposable kitchen towels, or to use a towel that you only use for drying hands - not your apron or a tea towel.

1. Do you follow these recommendations? Would you add any other?
2. Retell the text in pairs.

1.2. Vocabulary practice 1

1. Complete the sentences with the vocabulary from ***Vocabulary on Meals I***.

- 1) The chef has brought out his own range of stainless steel _____.
- 2) Using a _____, blend the ingredients thoroughly.
- 3) Put the fish in the _____ and it'll only take five minutes.
- 4) Macaroons are often baked on edible rice paper placed on a _____.

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- 5) We stock a wide range of domestic _____, including fridges, freezers and dishwashers.
- 6) Empty the soup into a _____ and simmer gently for ten minutes.
- 7) After four minutes, pour the pasta into a _____ to drain.
- 8) Only 59/72 (82%) of the staff "usually" used wraparound _____.
- 9) Whip the cream by hand or with an electric _____.
- 10) We're having a _____ on Saturday - I hope you can come.



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2. A. Complete the food and drink items with the container and amount words from the box.

carton box glass can slice bunch piece jar bowl
packet tube bottle



a _____ of cake



a _____ of champagne



a _____ of chocolates



a _____ of beer



a _____ of jam



a _____ of cereal



a _____ of milk



a _____ of toothpaste



a _____ of bread



a _____ of coke



a _____ of potato chips



a _____ of grapes

B. Complete the container and amount phrases with the words from the box.

*crackers fruit sugar strawberries coke yoghurt
ham
salad tomato paste honey biscuits water orange juice
cheese bananas marmalade cake rice meat*

a packet of

a slice of

a bottle of

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a bowl of

a piece of

a glass of

a carton of

a jar of

a can of

a tube of

a box of

a bunch of

Vocabulary on Meals II

№	Word or expression
	How to Cook
1	to add
2	to bake (a cake)
3	to beat (eggs)
4	to boil (water)
5	burnt toast
6	to carve (meat)
7	to chop (green onions), to chop up
8	to clean (fish)
9	a cookbook / a cookery book
10	to crunch (peppercorns, biscuits)
11	to cut (a pepper)
12	to dice
13	a dish
14	to do the cooking
15	to drain / strain (spaghetti, beans)
16	to dress (a salad)
17	to fry (fish fillets)
18	to garnish with (herbs)
19	to grate (cheese)
20	to grease
21	to grill (also <i>AmE</i> to broil) (steaks, bacon, trout)
22	a herb (BrE) / an herb (AmE)

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23	an ingredient
24	to knead (pastry, dough)
25	to ladle (soup)
26	to marinate (meat)
27	to mash (potatoes)
28	to melt (butter)
29	to mince (lamb)
30	to mix (flour and eggs)
31	to peel (an apple)
32	a pinch
33	to preheat
34	a recipe
35	to roast (a chicken)
36	to roll out (pastry, marzipan)
37	to sauté (mushrooms)
38	to season with (salt, pepper)
39	to serve
40	to sift / sieve (flour, sugar)
41	to skin (chicken, fish)
42	a spice
43	to slice (a tomato)
44	to spread (jam, mustard)
45	to sprinkle (with) (salt)
46	to squeeze (fruit)
47	to steam (broccoli)
48	to stew (vegetables)
49	to stir (a sauce)
50	to stir-fry vegetables
51	to stuff (trout with prawns)
52	a tablespoon (abbrev: "tbsp")
53	a teaspoon (abbrev: "tsp")
54	to toast (bread)
55	to top with (grated cheese)

56	to whisk (a cake mix, egg whites)
57	To grind (ground, ground)

1.3. Reading Practice 2

Read the text and answer the questions.



Knowing how to **cook** is a one of the most useful skills we can learn. If we can cook, we can eat healthy **dishes** made at home with fresh **ingredients** instead of having to buy unhealthy fast

food or expensive pre-cooked or frozen meals. Cooking our own meals is not only healthy and cheap but can also be fun if we explore **cookbooks** and cooking websites and find new **recipes** to try.

Frying, boiling and steaming

Even if you only have a small stove or cooker with a couple of hotplates, you can cook delicious food at home. You can **fry** meat, fish or eggs in a frying pan with oil or butter. You can also **chop** or **slice** vegetables and **sauté** or **stir-fry** them in a pan or a wok. Another way of cooking vegetables and grains like rice is by **boiling** or **steaming** them. You can **peel** vegetables like potatoes and carrots before cooking them, and even **mash** them after they're cooked if you like. You can also boil other foods like spaghetti, eggs and certain meats, or steam fish and other seafood like crabs and mussels.

With a simple hotplate you can also make soups and stews. The ingredients for these often include **diced** meats and vegetables as well as a **pinch** of salt. You can also **sprinkle** in **spices** like pepper or paprika or add **herbs** like basil or parsley.

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You can even make sauces by **melting** butter in a saucepan and **mixing** in flour and milk before **adding** other ingredients like **grated** cheese and then **stirring** until your sauce is smooth.

Grilling and roasting

If you have a stove with a grill or broiler, or an appliance such as an electric grill, you can also **grill** meat, fish and vegetables. If you're grilling food at a high temperature, be careful. It's easy to **burn** it if you cook the food for too long. But many people love grilling, and some even say it's the best way to cook fish, steak and many other meats.

If you also have an oven you can **roast** certain meats and vegetables. In an oven, food is surrounded by hot air that gradually cooks from all sides, so roasting a whole chicken or a leg of lamb takes time. After being cooked, roast meat is **carved** into pieces before being **served**, often together with roast potatoes, carrots and onions. A meal like this is sometimes called a "Sunday roast" as it was traditionally cooked every Sunday in countries like England and Australia.

Baking

Ovens can also be used to **bake** foods like bread, cakes, cookies, pastries and pies. The main ingredient of most baked foods is wheat flour. After being sifted to remove any lumps, the flour is used to **prepare** a batter or dough that's put into a **preheated** oven to bake. People often think baking is difficult, but as the following recipe shows it can be easy if you have simple directions to follow.

1. Do you have a cookbook? Where do you usually find recipes?

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2. Do you watch TV shows on cooking? Do you consider them useful? What is your favourite TV cooking show?
3. What ingredients can't you avoid adding while cooking?
4. What are "frozen meals"?
5. What is a Sunday roast?

1.4. Vocabulary Practice 2

1. Read the sentences, explain the meaning of the words in italics. Make up 10 sentences with cooking vocabulary.

- *Scald*, skin, *de-seed* and *finely* chop the tomatoes.
- Whisk remaining ingredients, stir into sugar and almonds and knead.
- Skin the fish, remove any bones and cut into *bite-sized pieces*.
- Clean, *scale* and *gut* the sardines and remove the heads.

2. What do you usually do with these things when you are cooking?
Complete the table with the cooking vocabulary.

knife	grater	colander	Pan	saucepan	whisk	oven	grill

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3. Are these **ingredients**, **utensils** or **verbs**? Write the words in the boxes bellow.

broccoli	add	chop	tablespoon	butter	heat
tomatoes	cut	chicken	frying pan	mushrooms	mix
kettle	eat	melt	oven	peel	sugar
onion	plate	knife	lettuce	pour	stir
eggs	steak	switch on	take out	put	garlic
beat	boil	bowl	pot	water	salt
olive oil	salt	slice	teaspoon	milk	cup

ingredients	utensils	verbs

4. Guess the cooking verb. Fill in the gaps.

1. You _____ vegetables or fruit when you want to eat them. It means that you cut away their skin.
2. You _____ the mixture of water, flour, sugar when you want to make a cake. This mixture is called *dough*.
3. You _____ meat only. It means that you cut the meat in pieces or slices.
4. You _____ such foods like cheese, chocolate, carrot. You do it with a grater to cut the food into a lot of small pieces.
5. You _____ fruit and vegetables in order to cook juice.
6. You _____ the egg whites – you mix them very rapidly using a whisk.

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7. You usually _____ vegetables like onion. It means that you cut them in many small pieces.
8. You _____ food, you cut it into small cubes.
9. You _____ food on a frying-pan in hot oil or fat.
10. You _____ food mainly in the cooker. You always need to adjust the proper temperature.

5. Find the correct definition for each phrasal verb.

1) bite off	a) go to restaurant for a meal
2) boil over	b) to start eating
3) chop up	c) to dilute, use liquid to reduce strength or thickness
4) cool down	d) to finish consuming something
5) dish out	e) to remove with one's teeth
6) eat out	f) to raise the temperature
7) flavour with	g) to combine ingredients
8) guzzle down	h) to allow the temperature to drop
9) knock up	i) to rapidly cut into pieces using a downwards hitting movements
10) mix in	j) to carefully or slowly cut a small section from a large piece
11) pig out (on)	k) to increase the power of something
12) polish off	l) to drink a large quantity of something quickly
13) slice off	m) to quickly make or prepare

14) thaw out	n) to serve the food onto plates or bowls
15) tuck in	o) to defrost, stop being frozen
16) turn up	p) to give the taste of something in particular
17) warm up	q) to heat the liquid to the point that it overflows the saucepan
18) water down	r) to eat too much of something

1.5. Reading Practice 3

Hugh Fearnley-Whittingstall: TV chefs' food isn't unhealthy

(<https://www.theguardian.com/lifeandstyle/wordofmouth/2012/dec/18/tv-chefs-food-not-unhealthy>)

Research suggests that *ready-meals* are healthier than those of many celebrity chefs. But that's mainly down to smaller portion sizes.



The media have made a *hearty* meal of research from the British Medical Journal revealing that some of us who cook on *telly* have published recipes that compare

unfavourably for fat and calories with supermarket ready-meals.

Reading between the lines, it seems that portion control is more the *culprit* than a *gung-ho* attitude with the butter and cream. You tend to get a lot more food on your plate with a celebrity cookbook recipe than with a supermarket ready-meal. Divide the quantity of ingredients by the number of people the recipe serves, and of course a more generous serving means more calories per portion. You can see how this difference comes about: I guess the cardinal sin for a chef/home cook/host is to be thought mean. In the supermarket, by contrast, *parsimony* equals profit.

Nonetheless, I take the study as fair warning that I should be careful *to practise what I preach* – or at least not to practise what I preach against. Intrinsic to the job of cookery writer and TV chef is encouraging people to cook more, and depend less on ready-meals and *takeaways*. And we are generally promising, or at least implying, that our readers and viewers will have not just a happier but a healthier relationship with food if they do. So what responsibilities does that leave us with?

Good food, and a healthy *diet*, is about variety and balance – and I think those of us who cook on television and publish cookbooks should uphold those fundamental pillars of *sound nutrition*. But that applies across the whole spectrum of our recipes. It doesn't necessarily mean we should count all the calories in our recipes and *strain to reduce* fat at every opportunity.

Deliciousness, originality and excitement are what we are *striving for*. You can achieve that in recipes that are intended to be hearty main courses or comforting supper dishes, and you can achieve it in original salads that are

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bursting with fresh, crisp, raw vegetables and fruit. The balance comes in offering readers and viewers a tempting *cross-section* of all these kinds of dishes. What we can't do is control which recipes our followers choose to cook, and which to ignore. We can only encourage a balanced approach by ensuring there is deliciousness right across the menu.

I can see it's entirely possible that some of my published recipes for main-course dishes may *clock up more calories and fats* than some supermarket ready-meals. Others, I'm sure, would compare favourably if portion size was controlled for. Although it has never been my overt mission to make fundamentally indulgent recipes more "healthy", I do think it's something that has happened naturally as my work has evolved. On the other hand, one thing I am constantly striving for, especially in my two most recent books *River Cottage Veg* and *Hugh's 3 Good Things*, is to make healthy recipes more tempting. It's a mission I'll be carrying through to my next book with extra *zeal*.

1. Explain the meaning of the words and phrases in *italics*.
2. Answer the questions:
 - a) What seems to be the problem when we compare ready-meals from supermarkets and TV chefs' recipes?
 - b) What do chefs feel responsible for (paragraphs 2 and 3)?
 - c) But can chefs *really* guarantee that we, the consumers, follow a healthy diet? What can they (or cannot) do?
 - d) Hugh has written two books recently. What is his main goal?

3. Discussion.

- a) Do you agree with Hugh's point of view on diets, recipes and ready-meals from supermarkets and takeaways? Why (why not)?
- b) Do you cook at home? If you do, how often? Which are your favourite recipes? Who taught you to cook?
- c) Do you order takeaways or do you buy ready-meals from your supermarket? If you do, how often? Do you like them? Do you prefer home-made food or fast food?
- d) When you travel abroad, what do you do? Do you usually go to a fast food restaurant or do you feel adventurous enough and taste the local cooking? If you prefer the latter, what is the weirdest thing you've ever tasted in your entire life. Tell us your experience.

1.6. Reading Practice 4

Read the recipes. Explain the words in **bold**. Have you ever cooked these dishes? Which one do you like most?

Pasta with Spinach and Smoked Salmon (from Hot English)



Ingredients

- 450 grams of dried pasta (any kind you like).
- 225 grams of smoked salmon (cut into little squares).
- Six **cloves** of garlic.
- Three **handfuls of** baby spinach leaves (or large spinach leaves chopped into medium-sized pieces).
- ½ cup of dry white wine (cooking wine is fine).
- One cup of cooking cream.
- Juice of one lemon.
- 2 teaspoons of dry **dill**.
- A pinch of **nutmeg**.
- A knob of butter.
- 25 grams of Parmesan cheese (grated).
- Salt and black pepper.

Preparation

1. Finely chop the garlic.
2. Melt the butter in a frying pan and fry the garlic over a medium heat for one minute.
3. Add the white wine. **Bring** the wine **to the boil** so that it **reduces** a little.
4. Add the cream, a pinch of nutmeg and season with salt and pepper.
5. Let the sauce **simmer** for five minutes, until the cream **thickens**.
6. **Stir** the salmon and the dill **into** the sauce. Simmer over a low heat.
7. Bring a pot of water to boil; add a pinch of salt and the pasta. Cool the pasta until it's **al dente**.
8. Add the lemon juice and spinach leaves to the sauce. Stir well and cook for one minute.

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9. Drain the pasta and mix it in with the sauce.
10. Sprinkle with Parmesan cheese and serve.

Vanilla Cake



Ingredients

- 1 cup white sugar
- ½ cup butter
- 2 eggs
- 1 tbsp vanilla extract
- 1 ½ cups flour
- ½ cup milk

Preparation

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour a cake pan.
2. In a mixing bowl, cream together the sugar and butter. Beat in the eggs, then add a tablespoon of vanilla extract and whisk. Add flour to the mixture and stir in milk until the **batter** is smooth. Pour or spoon batter into the greased cake pan.
3. Bake for 30 to 40 minutes in the preheated oven.

Crispy garlicky chicken WITH LEMONY ROCKET



(A recipe by Jamie Oliver <https://www.jamieoliver.com/recipes/chicken-recipes/crispy-garlicky-chicken/>)

Ingredients

- 2 x 120 g free-range skinless chicken breasts
- 2 thick slices of seeded **wholemeal** bread, (75g each)
- 1 clove of garlic
- 1 lemon
- 50 g **rocket**

Preparation

1. Place the chicken breasts between two large sheets of **greaseproof** paper, and whack with the base of a large non-stick frying pan to flatten them to about 1cm thick.
2. Tear the bread into a food processor, then peel, chop and add the garlic, and **blitz** into fairly fine crumbs.

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3. Pour the crumbs over the chicken, roughly pat on to each side, then re-cover with the paper and whack again, to hammer the crumbs into the chicken and flatten them further.
4. Put the pan on a medium heat. Fry the crumbed chicken in 1 tablespoon of olive oil for 3 minutes on each side, or until crisp, golden and cooked through.
5. Slice, plate up, season to perfection with sea salt and black pepper, sprinkle with lemon-dressed rocket, and serve with lemon wedges, for squeezing over.

Tips

EASY SWAPS:

- *Try this method with pork **loin** steaks or halloumi.*
- *You can use any type of bread here or, if you're all out, try pounding up breadsticks or crackers to achieve that crunch, porridge oats or even cornflakes could do the trick.*
- *For extra flavour, you could add herbs, **lemon zest**, spices or grated cheese to your crumb, whatever you like!*
- *You can serve your crispy chicken with any lettuce leaves you have, or even some roasted or steamed **veg**. Gorgeous.*

1.6. Speaking Practice I

Share a recipe with your groupmates. Use the examples above. Show the pictures with the dish and the cooking process (or a video with you cooking). Tell about the ingredients and the method. Give some tips.

2. *Eating In and Eating Out*

Vocabulary on Meals III

№	Word or expression
1	table d'hôte (Sg, n)
2	à la carte (adj., adv.)
3	hors d'oeuvre(s)
4	to feel like eating drinking sth
5	to eat up (in, out)
6	to eat like a bird/like a horse
7	to order sth for the main/first course
8	a three-course meal
9	to lay (set) the table
10	to clear the table
11	dessert (C, U)
12	to choose sth to one's taste
13	to be under-, over-, half-done
14	to taste (tastes differ), tasteless
15	to make one's mouth water
16	to make/brew tea (coffee)
17	to feel hungry (thirsty)
18	to be starving /ravenous /famished
19	to prefer (sth to sth)

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20	to prefer sth for (the main course)
21	be good/bad for health
22	junk food
23	health food
24	to eat right (AmE)
25	to fall into the habit of drinking coffee
26	eatable (uneatable)
27	edible (inedible)
28	to treat sb to sth
29	cuisine (U)
30	to be full (up) (BrE inf.)
31	to do sth on a full stomach
32	to be off alcohol
33	to be on a slimming diet
34	to be on a diet (to go on a diet, to keep to a diet of fish, etc.)
35	a balanced/healthy diet
36	to recommend sth to sb
37	speciality (BrE)/ specialty (AmE)
38	drinks (soft, hard)
39	beverage (<i>formal</i>)
40	Cereal
41	Marmalade
42	Porridge
43	clear soup
44	Broth
45	to be particular about food
46	Vegetarian
47	Substantial
48	delicious, yummy
49	Fattening
50	Fatty
51	Calorific

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52	to count your calories
53	a hard-boiled egg
54	to go down well/nicely
55	to have a sweet tooth
56	helping, to help sb to sth
57	a huge helping of sth
58	self-service restaurant

2.1. Vocabulary Practice I

1. Read the English proverbs and sayings on food and find their Russian equivalents. Explain them in English.

- A hungry belly has no ears.
- A spoon is dear when lunch time is near.
- A tree is known by its fruit.
- After dinner comes reckoning.
- After dinner sit a while, after supper walk a mile.
- An apple a day keeps doctor away.
- Don't live to eat but eat to live.
- Every vegetable has its season.
- Half a loaf is better than no bread.
- The proof of the pudding is in the eating.
- The rotten apple injures the neighbours.
- To know on which side the bread is buttered.
- Too many cooks spoil the broth.
- You are what you eat.
- You can't make an omelette without breaking eggs.

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2. Find the adjectives with opposite meanings.

<i>cold, mushy, cooked, sour/ bitter, stale, fatty, heated, smooth, bland, ripe, tender, healthy</i>	<i>crunchy, chilled, raw, low fat, hot, unripe, sweet, fresh, firm, tasty, tough, unhealthy</i>
--	---

3. Match the words from these columns to make collocations

<i>sweet tender salty spicy sour hot mild cold</i>	<i>curry cheese crisps lemons ice-cream soup cake meat</i>
--	--

4. Translate from Russian into English. Make up 5 sentences with these expressions.

<i>red pepper, sweet grapes, tasty strawberry, juicy raspberry, crisp cereal, olive oil, bitter chocolate, sour lemons, spicy curry, mushroom soup, mild butter, healthy seafood, unhealthy rice, frozen prawns, fresh bread, organic food, salty ham crowded café, relaxed atmosphere, attractive choice, traditional dishes, modern design, spacious terrace, delicious pasta, spectacular view, noisy dining hall, trendy décor, genetically modified food</i>
--

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5. Revise the degrees of comparison of adjectives. Fill in the table with the correct form of the adjective.

<i>Hot</i>		
<i>Cold</i>		
<i>Healthy</i>		
<i>Unhealthy</i>		
<i>Angry</i>		
<i>Hungry</i>		
<i>Modern</i>		

6. Translate into English.

1. Этот сыр очень соленый.
2. Я люблю есть не дома.
3. Я предпочел бы французскую кухню.
4. Это мясо такое нежное.
5. Клубника – очень вкусная ягода.
6. Хорошая идея есть много овощей и фруктов.
7. Этот ресторан самый дорогой.
8. Это блюдо такое же острое как то.
9. Ананас больше яблока.

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7. Complete the table with the names of the products: *chicken, pears, carrot, milk, pork, strawberries, lamb, curry, cream, pineapple, leek, beef, plums, crayfish.*

Fruit:	
Vegetables:	
Dairy products:	
Meat:	
Herbs and spices:	

8. What do we call places where people go to eat? Match the words in the left column with the definitions in the right column.

1. <i>snack bar</i>	a. <i>a restaurant where simple and usually quite cheap meals are served:</i>
2. <i>café / cafeteria</i>	b. <i>a large room in a monastery, college, school, etc. where meals are eaten</i>
3. <i>pizzeria</i>	c. <i>a place that is open late into the night, where people can go to drink and dance and often see some type of entertainment</i>
4. <i>refectory</i>	d. <i>a place in a factory, office, etc. where food and meals are sold, often at a lower than usual price</i>
5. <i>buffet</i>	e. <i>a small, informal restaurant where small meals can be eaten or bought to take away:</i>
6. <i>nightclub</i>	f. <i>a place where meals are prepared and</i>

	<i>served to customers</i>
7. canteen	<i>g. a restaurant that sells pizza</i>
8. pub	<i>h. a restaurant in a station, where food and drinks can be bought and eaten</i>
9. restaurant	<i>i. a place, especially in Great Britain or Ireland, where alcoholic drinks can be bought and drunk and where food is often available:</i>

2.2. Reading Practice 1

1. Read the text and answer the following questions:

- 1) What are traditional English meals?
- 2) How is roast meat served in England?
- 3) What is house wine? Is it expensive?

Traditional food in Britain

The English national meals, fish and chips and roast dinners, are also the traditional ones. The stereotype is fish and chips served as a take-away meal wrapped in newspaper. However, wrapping food in newspaper is now **banned under EU hygiene regulations**. Fish and chips is a balanced meal of carbohydrate (chips), protein (fish), and fats (in the **batter** around the fish and in vegetable oils). **Sprinkled with** lots of salt and **vinegar**, and red or brown sauce, it **lacks dietary fibre** and some vitamins so it is not recommended that you eat it every day.

Roast meat (pork, beef, **lamb**) is usually served with boiled or roast potatoes, peas, **Brussels sprouts**, carrots, Yorkshire pudding and, of course, gravy. Gravy is made by

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taking the fat and **juices** from the cooked roast meat and mixing them with **flour** and **vegetable stock** and perhaps some gravy browning. This is mixed together into a liquid, **brought slowly to the boil, seasoned** and then poured over the meat. It is quite unlike any *omacsa* you will have tasted. Yorkshire puddings are also made with flour and fat and are like **hollow crispy buns**.

Tikka masala is said to be the nation's most eating meal today. Chicken tikka masala, one of the most popular Indian dishes in the world, is covered with a tomato gravy with **cream** or coconut cream and various spices.

Fast food burgers and sugary drinks **are causing havoc with** the health of young people. A recent campaign to improve food in schools and ban the **dreaded fizzy** drinks, chips, and 'turkey twizzlers' **was run by the celebrity chef** Jamie Oliver and has gone from a television programme to government policy.

Obesity in children is, however, increasing and the nation **is in denial** about the problem. Where else can you go and hear a very **overweight person** order for themselves "A TRIPLE burger, LARGE fries, a DOUBLE chocolate ice cream... and a diet coke"?

Restaurants

Increasingly, restaurants in Britain are non-smoking. From next summer, all food outlets will be non-smoking, including pubs.

Wine in restaurants is very expensive. **House wine** is generally cheaper than from a named bottle. Some restaurants are following the Australian style and say B.Y.O. (bring your own). If you ask for waiter, it will be **straight from the tap** unless you say mineral water. Tap water is safe to drink everywhere in the UK and you should not be charged for it.

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“Waiter, waiter, I’d like to pay...”

On special occasions people may go out to dinner or supper to a restaurant or a pub. Depending on the type of restaurant, you can expect different **levels of service**.

Some smaller food **outlets** do not allow payment by credit card. Always check you have enough cash.

In expensive restaurants, **there can be a service charge included in the bill**. **Tipping** added to the bill tends to be only in **posher** restaurants, but a **tip** is expected whenever you are served at the table. Sometimes there will be a bowl for any **loose change** next to the till. This will go to the waiter or waitress.

Despite what you read in phrase books, we hardly use the term waiter or waitress when we need something. A hand gesture or catching their eye **is sufficient**. Shouting across the room ‘Waiter!’ would make you look like a right idiot.

2. Match the words with their definitions:

<i>vinegar</i>	<i>a young sheep, of up to one year of age</i>
<i>lamb</i>	<i>heavier than what is generally considered healthy for a given body type and height</i>
<i>flour</i>	<i>a sour liquid formed by the fermentation of alcohol used as a condiment or preservative</i>
<i>overweight</i>	<i>powder obtained by grinding or milling cereal grains</i>
<i>fibre</i>	<i>cellular tissue</i>

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3. Find Russian equivalents to the words **in bold** and make up your own sentences with them.

4. Fill in the gaps with appropriate words and translate the sentences:

1. Roast meat with boiled or roast potatoes, peas, Brussels sprouts, carrots, Yorkshire pudding and, of course, gravy.
2. Yorkshire puddings flour and fat and are like hollow crispy buns.
3. Fast food burgers and sugary drinks the health of young people.
4. is generally cheaper than from a named bottle.
5. If you ask for waiter, it will be unless you say mineral water.
6. Some smaller food ... do not allow payment by credit card.
7. ... added to the bill tends to be only in posher restaurants, but a tip is expected whenever you are served at the table.
8. A hand gesture or catching their eye

5. Make up a dialogue on the following situation: You meet your friend and decide to go to a British restaurant. Discuss what you would like to order and what you like and dislike about it.

2.3. Listening Practice 1

British Food



Fish and chips

(Cool English, #14)

I. PRE-LISTENING TASK

Look up the meanings of these words and phrases in a dictionary to understand the recording better.

<i>Bland</i>	<i>tripe</i>
<i>cabbage</i>	<i>a national delicacy</i>
<i>a starter</i>	<i>a worm</i>
<i>to get through</i>	<i>a motorway</i>
<i>a self-service restaurant</i>	<i>gravy</i>
<i>soggy</i>	<i>a Sunday roast</i>
<i>mouth-watering</i>	<i>a survey</i>
<i>to end up</i>	<i>awful</i>

II. LISTENING AND COMPREHENSION TASKS

2.1 Listen to the recording and mark the statements below as True or False.

1. Most foreigners think that British food is “bland” and “revolting”.
2. Britain is the only country in the world which uses tea as a starter.
3. The British equivalent for the French expression “Bon appetit” is “Have a good meal”.
4. British food is now recognized on an international level.

2.2 Answer the questions:

1. Have you ever tried British food? What did you think of it?
2. Do you agree with the statement that British food doesn't have the best reputation in the world? Why is this? Is it fair?
3. What unusual British eating habits and customs do you know?
4. When do people say the phrase “no puddings”?

III. AUDITORY MEMORY CHECK.

Fill in the gaps with the words from the recording.

1. They go back to their countries with stories of truly horrendous dishes such as _____ and _____.
2. _____ are eaten with everything (the average person gets through _____ kilos of them every year).
3. British school children are often punished with “no puddings” if they don't _____.
4. In the recent survey of the top chefs and critics, Britain had about _____ of the top 50 restaurants in the world.
5. Bray, a tiny village in Berkshire, England has just 5,000 inhabitants, but two _____ restaurants.

Vocabulary on Meals IV

Describing Food and Drinks

tasteless	make one’s mouth water
non-alcoholic	be under-/over-/half-done
go down well/nicely	edible (inedible)
junk/fast/snack food	substantial
health food	delicious
fattening	yummy
fatty	mouth-watering
calorific	palatable
plain	juicy
exotic	succulent
tinned food	convenience food
fizzy/carbonated drinks	organic
still/uncarbonated water	genetically modified
decaffeinated	tastes differ

2.4. Vocabulary Practice 2

1. Collocate the words in the columns and make sentences with each word combination:

<i>cake</i>	<i>balanced, Caesar, clear, creamy,</i>
<i>dessert</i>	<i>crisp, crunchy, delicious, green,</i>
<i>dish</i>	<i>healthy, hearty, home-cooked,</i>
<i>meal</i>	<i>home-made, light, moist,</i>
<i>salad</i>	<i>nutritious, proper, quick, rich,</i>
<i>sandwich</i>	<i>Russian, salty, savoury, spicy,</i>
<i>sauce</i>	<i>sweet-and-sour, tangy, tasty,</i>
<i>snack</i>	<i>thick, thin, toasted, traditional</i>
<i>soup</i>	

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2. Arrange the words into groups of synonyms; discriminate between the shades of difference in their meaning:

hors-d'œuvre (C), beverage, filling, appetizer, clear soup, dessert (C/U), drinks (soft, strong), broth, starter, pudding, consommé, stuffing.

3. Look the vocabulary up in an English dictionary, explain what the lexical units mean, translate them into Russian:

go off (about food, milk, for instance), fat-free, low-fat/foods low in fat, dressing, gravy, (soy) sauce, protein, carbohydrates (carbos), fats, saturated fats, trans /unsaturated fats, be allergic to certain foods, comfort food, food additive, artificial colourings/flavours/sweeteners, use-by date, sell-by date, chicory, puree/pureé.

4. Match the columns:

<i>a clove of</i>	<i>celery</i>
<i>a fillet of</i>	<i>butter</i>
<i>a head of</i>	<i>salt</i>
<i>a knob of</i>	<i>garlic</i>
<i>a pinch of</i>	<i>bacon</i>
<i>a rasher/a slice of</i>	<i>parsley</i>
<i>a sprig of</i>	<i>lettuce</i>
<i>a stick of</i>	<i>fish</i>

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5. Look the meanings of these verbs up in the dictionary and divide the into 5 groups according to Russian: *пожурать*, *глотать*, *жевать*, *грызть*, *откусывать*.

To swallow, to crunch, to champ, to hog, to munch, to gobble (up), to nibble at sth, to gnaw, to gulp, to chew, to devour, to bolt, to bite.

2.5. Listening Practice 2

Vegetarians



I. PRE-LISTENING TASK

Explain the meaning of the words and expressions.

<i>come on</i>	<i>a pulse</i>
<i>a load of</i>	<i>soya (n)</i>
<i>a veggie</i>	<i>there's loads of things (exp)</i>
<i>pasty (adj)</i>	<i>you know (exp)</i>
<i>pale (adj)</i>	<i>foot and mouth disease (n)</i>
<i>a balanced diet</i>	<i>like (exp)</i>
<i>I mean</i>	<i>fancy a...?</i>
	<i>a sarnie (n, inf)</i>

II. LISTENING AND COMPREHENSION TASKS

Two British men, Jack and Lionel, are talking about vegetarians. Listen to their conversation and answer these questions.

1. What does one of the speakers say in favour of vegetarianism?
2. What does the other speaker say against vegetarianism?

III. FOLLOW UP ACTIVITY

1. Are you a vegetarian? Are your friends and/or relatives vegetarians?
2. What do you think about vegetarianism?
3. Do you know any vegetarian dishes, restaurants?

2.6. Speaking and Reading Practice 1

1. Are the food products on the list **carbohydrates (carbs)** or **proteins**? With a partner, think of four more kinds of food for each category.

cake	chicken	pasta	salmon
------	---------	-------	--------

(from English File)

2. Work with a partner, answer the questions below with either **carbohydrates** or **proteins**.

What kind of food do you think is better to eat?

- for lunch if you have an important exam or meeting
- for breakfast
- for your evening meal
- if you are feeling stressed

3. Look at the title of the article. What do you think it means? Read the article ones to find out, and to check your answers to **task 2**.

Mood Food

We live in a stressful world, and daily life can sometimes make us feel tired, stressed or depressed. Some people go to the doctor's for help, others try alternative therapies, but a place to find a cure could be somewhere completely different: in the kitchen.

Dr. Paul Clayton, a food expert from Middlesex University, says 'The brain is affected by what you eat and drink, just like every other part of the body. Certain types of food contain substances which affect how you think and feel.'

For example, food which is high in carbohydrates can make us feel more relaxed. It also makes us feel happy. Research has shown that people on diets often begin to feel a little depressed after two weeks because they are eating fewer carbohydrates.

On the other hand, food which is rich in protein makes us feel awake and focused. Research has shown that schoolchildren who eat a high-protein breakfast often do better at school than children whose breakfast is lower in protein. Also, eating the right kind of meal at lunchtime can make a difference if you have an exam in the afternoon or a business meeting where you need to make some quick decisions. In an experiment for a BBC TV programme two chess players, both former British champions, had different meals before playing each other. Paul had a plate of prosciutto and salad (full of protein from the red meat), and his opponent Terry had pasta with a creamy sauce (full of carbohydrate). In the chess match Terry felt sleepy, and took much longer than Paul to make decisions about what moves to make. The experiment was repeated several times with

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the same result.

Another powerful mood food could become a secret weapon in the fight against crime. In Bournemouth in the south of England, where late-night violence can be a problem, some nightclub owners have come up with a solution. They give their clients free chocolate at the end of the night. The results have been dramatic, with a 60% reduction in violent incidents.

Why does chocolate make people less aggressive? First, it causes the brain to release feel-good chemicals called endorphins. It also contains a lot of sugar, which gives you energy, and can help stop late-night tiredness turning into aggression. These two things, together with a delicious taste, make chocolate a powerful mood changer.

Mood food – what the experts say

- Blueberries and cocoa can raise concentration levels for up to five hours.
- Food that is high in protein helps your brain to work more efficiently.
- For relaxation and to sleep better, eat carbohydrates.
- Dark green vegetables (e.g. cabbage and spinach) and oily fish (e.g. salmon) eaten regularly can help to fight depression.

Adapted from a British newspaper

4. Read the article again. Then with a partner, say in your own words why the following people are mentioned. Give as much information as you can.

- 1) Dr. Paul Clayton
- 2) people on diets
- 3) schoolchildren
- 4) Paul and Terry

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5) nightclub owners in Bournemouth

5. Find adjectives in the article for the verbs and nouns in the list. What's the difference between the two adjectives made from *stress*?

Stress (noun) (x2), relax (verb), wake (verb), sleep (verb), power (noun), violence (noun), oil (noun).

6. In pairs, ask and answer the questions.

- 1) What time of the day do you normally eat protein and carbohydrates? How do they make you feel?
- 2) How often do you eat chocolate? Does it make you feel happier?
- 3) After reading the article, is there anything you would change about your eating habits?

2.7. Reading and Listening Practice 1

How to eat out and ... eat in

(from English File. Advanced)

1. a) Imagine that you are in a restaurant and are given the menu below. Study it for a couple of minutes and choose what to have. Compare with a partner.



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b) Complete the chart with words from the menu. Find three for each category.

Ways of preparing food	
Vegetables	
Fruit and nuts	
Sauces and dressings	
Fish and seafood	

c) What fruits, vegetables, and meat, fish or seafood are really popular in your region or country?

2. a) You are going to listen to extracts from a book called *How to eat Out* by restaurant critic Giles Coren, giving advice about how to get the best out of restaurant meals. Before you listen, with a partner, decide what the missing words are in his tips.

1. Always order the _____.
2. Never eat the _____.
3. Have the vegetarian option – but not in a _____ restaurant.
4. Never sit at a table _____.
5. Insist on _____ water.
6. How to _____ - and get a result.
7. Be nice to the _____.

b) Listen once and complete the tips. Did you guess any of them right?

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c) Listen again. Why does he mention the following?

- Ordering steak in a restaurant
- An ex-girlfriend of his
- Meat-eating chefs
- Smokers
- Bottled water
- Free main courses
- Waitresses and foreign staff

d) Listen to some extracts from the book and try to complete the missing words.

1. It's often _____ to prepare and very smelly to cook.
2. So, whenever we meet for dinner, she is utterly starving and _____ up the entire bread basket and three pats of butter without pausing for breath.
3. But in an expensive place with a TV chef and a whole range of exciting things to _____ on for the next couple of hours...
4. ... personally I would much rather restaurants focused on doing one or two things brilliantly than offered a whole load of _____ that was just about OK.
5. 'I'm awfully sorry to make a _____,' you might say, 'but this fish really isn't as fresh as I'd hoped.'

e) In groups, discuss the questions.

1. Do you agree with Giles Coren's tips? Are there any other tips you could give visitors to our country that would help them to get the most out of local food and restaurants?
2. Where would you recommend eating out...?
 - for a weekday lunch
 - to celebrate a friend's birthday

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- with a wealthy relative

3. Think of a good meal you've had? Where was it? Who were with you? Can you remember what you had to eat and drink?

4. Have you ever had a disastrous meal out? Why was it so awful?

5. In general, do you think that eating out is good value in our country? Why (not)?

2.8. Grammar Practice 1

1. Choose between *another* and *the other*.

THE OTHER – 'the second of two'; followed by a noun in the singular: the other hand / eye / shoe, etc.

ANOTHER – 'a different one, some other' or 'one more'; followed by a noun singular: "*I don't like this cafeteria, let's go to another place*", "*Would you like another cup of tea?*"

1. Waiter: Anything else, sir?

Customer: I'd like to have _____ helping of pudding. It's delicious.

2. Customer: Is Cabernet the only wine you have?

Waiter: If you don't care for Cabernet, sir, I'll bring you _____ dry red wine.

3. Customer: Could you bring me a dessert, please?

Waiter: We have two desserts today: one is with whipped cream, and _____ is a berry cake.

4. – I've heard you are organizing a party this Saturday.

- Yes, will you come?

- Well, I've got _____ invitation, so I must go there.

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5. – Did you go to a party yesterday?

- Yes, two. One was too boring, so I left early and went to _____ one.

2. Choose between *other*, *others* and *the others*.

OTHER – ‘different from those mentioned earlier’; followed by a noun in the singular or plural: “*I’m sorry this place is closed, but there are other Italian restaurants in town.*” – *Ok. Let’s go and find some other place.*”

OTHERS – ‘some of the rest’; not followed by a noun: “*Some people like fast food, others don’t.*”

THE OTHERS – ‘all the rest’; not followed by a noun: “*We stayed at the table while the others went to the bar.*”

1. I don’t like coffee, but I don’t mind _____ drinking coffee in my presence.

2. Do you like this cafeteria? – Actually, I don’t. Let’s go to some _____ place.

3. – Are we going to the restaurant together?

- No, you, Rose, Simon and I are going in our car, _____ will take a taxi.

4. Some people are vegetarians; _____ keep to a diet rich in protein. I usually eat what I want and don’t listen to _____. Tastes differ.

5. – Are you going to join the after-party?

- No, I have some _____ plans.

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3. Choose the right word from *other*, *another*, *the other*, *others*, *the others*.

1. – What do you usually have for breakfast?

- A sandwich, sunny-side-up or scrambled eggs or porridge or some _____ things, like a croissant and a cup of tea.

2. – Could you give me _____ piece of bread, please?

- Here you are.

3. – It's the last sandwich. Where are _____?

- Peter ate them all. I'll make you _____ one.

4. – I'm cooking five salads for the dinner party. Here is the first one, _____ will be ready in 10 minutes.

5. – I'm going to a dinner party. Should I put on _____ suit?

- Not necessarily. Some people do dress for dinner parties, but _____ don't. You could change the tie, if you have _____ one.

- I'm afraid this is the only dark tie I have, all _____ are too bright.

6. – Excuse me, is there an Italian restaurant anywhere here?

- Yes, there are two. One is at the end of the street, _____ is just around the corner.

2.9. Reading Practice 2

At a Restaurant

Most people **eat out** quite often, even if they like cooking and eating at home. They might eat breakfast or lunch in a **cafeteria** or canteen where they work or study, or go to a **café** or **restaurant** nearby. Many people also go out to eat dinner once or twice a week. They might go to a **fast food** restaurant for a quick meal, or go to a proper restaurant if they're eating out with family or friends, or when going on a date. They

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might go somewhere that serves just one country's food like an Italian or Japanese restaurant, or to a restaurant that serves a particular type of food like seafood or **vegetarian** food. They might even go to a **high-class** restaurant that serves expensive **cuisine** in a formal setting.

English has become the world's international language, so if you're travelling, studying or working overseas it's the language you'll probably use when eating out. You might use it to **make a booking** and reserve a table, and when you arrive you might be greeted in English by the head waiter or **maitre d'** before being led to your table. Then your **waiter** or **waitress** will probably bring **menus** in English and tell you about the day's **specials** and answer any questions, also most-likely in English.

Menus and courses

A menu is a list of the food and drinks that guests can order. Menus are sometimes written on large boards for everyone to see, and sometimes they're printed on paper and handed to each guest. A simple menu like a breakfast menu or a children's menu might list just a few dishes and drinks, but lunch and dinner menus usually list many dishes. They can be **à la carte** dishes ordered individually, or dishes grouped together in a **set menu**. In European or Western-style menus, dishes are listed in a series of **courses**. The first course is called starters, **appetizers** or **hors d'oeuvres**, and can be a bowl of soup, a small serving of **pasta**, a salad or one of many **savoury** starters. Next is the main course or **entrée**, and this is usually fish, meat or poultry served with vegetables or salad or other **side dishes**. In many restaurants vegetarian entrées are also available these days.

After the main course, your waiter or waitress might

Menu	
STARTERS Spring Rolls French Onion Soup Tomato Bruschetta Caesar Salad	MAIN COURSE Grilled Salmon with Dill Sauce Roast Beef with Vegetables Chicken and Mushroom Pie Marrakesh Vegetarian Curry Eggplant Lasagne
SIDE DISHES Mixed Green Salad Garden Vegetables French Fries Garlic Bread	DESSERT Apple Pie with Cream Lemon Meringue Pie Vanilla Ice Cream Crêpe Suzette Fruit Salad

EnglishClub.com

bring a **dessert** menu if you haven't already ordered desserts from the main menu. Desserts are nearly always sweet, and can be frozen like ice cream or gelato, served at room temperature like fruit salad or cakes, or served hot like pancakes, **puddings** and fruit pies. Dessert is sometimes followed by a **cheese platter** with a selection of different cheeses as well as crackers, dried fruits, nuts, etc. Guests are usually offered tea and coffee, and sometimes chocolates are also served after a meal.

Many people like to drink wine when they eat out, and higher-class restaurants often employ a wine steward or **sommelier** who helps guests pair wines from the **wine list** with the food they order. Traditionally, red wines are paired with darker meats like steak, roast beef and duck, while white wines and light reds are paired with lighter meats like chicken, fish and seafood. Many wine lists don't show the prices, so make sure you ask how much a glass or bottle costs before ordering. Famous wines can cost thousands of dollars per bottle, and you don't want to get a nasty shock when you see the bill.

Bills and tipping

When you've finished your meal and you're ready to leave, ask your waiter for the bill. In many countries a **service charge** of 10% to 20% of the total amount is added to the bill. This is meant to be shared among the service staff, but in North America and some Eastern European countries a service charge isn't added. In these places you should give a **tip**¹ of 15% to 20% directly to the waiter instead. Waiters and other staff like bartenders are usually paid very low wages, so when eating out try to **tip**² generously, especially in countries like the USA where a service charge isn't added to the bill.

tip¹ (noun): extra money given by a guest to a waiter or other staff - If the service is great, leave a big tip.

tip² (verb): to give extra money to a waiter or other staff member for their service - Waiters don't earn much, so I always tip them.

1. Find synonyms in the text

A check, a coffee shop, a head waiter, to book a table, service, side order, a wine steward.

2. Explain the meaning of the words in **bold**. Make up your sentences with them.

2.10. Memory Practice 1

Practise reading these dialogues with your partners. Learn one of the dialogues by heart.

Waiter: Hi. How are you doing this afternoon?

Customer: Fine, thank you. Can I see a menu, please?

Waiter: Certainly, here you are.

Customer: Thank you. What's today's special?

Waiter: Grilled tuna and cheese on rye.

Customer: That sounds good. I'll have that.

Waiter: Would you like something to drink?

Customer: Yes, I'd like a coke.

Waiter: Thank you. (returning with the food) Here you are.
Enjoy your meal!

Customer: Thank you.

Waiter: Can I get you anything else?

Customer: No thanks. I'd like the check, please.

Waiter: That'll be \$14.95.

Customer: Here you are. Keep the change!

Waiter: Thank you! Have a good day!

Customer: Goodbye.

Kevin: The spaghetti looks really good.

Alice: It is! I had it the last time I was here.

Peter: How is the pizza, Alice?

Alice: It's good, but I think the pasta is better. What would you recommend?

Waitperson: I'd recommend the lasagna. It's excellent!

Alice: That sounds great. I'll have that.

Waitperson: Fine. Would you like an *appetizer*?

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Alice: No, lasagna is more than enough for me!

Kevin: I think I'll have the lasagna as well.

Waiter: Right. That's two lasagnas. Would you care for an appetizer?

Kevin: Yes, I'll take the calamari.

Peter: Oh, that sounds good! I can't decide between the chicken marsala and grilled fish.

Waiter: The fish is fresh, so I'd recommend that.

Peter: Great. I'll have the fish. I'd also like a salad.

Waiter: What would you like to drink?

Kevin: I'll have water.

Alice: I'd like a beer.

Peter: I'll take a glass of red wine.

Waiter: Thank you. I'll get the drinks and the appetizers.

Kevin: Thank you.

A - May I take your order?

B - Yes. I'd like the chicken and a *side order* of corn.

A - And what would you like to drink?

B - I'd like a cup of coffee, please.

A - And what would you like to order?

C - I'll take the spaghetti and a salad.

A - What would you like to drink?

C - Just water, please.

(after the meal)

A - Would you like something for dessert?

B - Yes, I'll have the cake, please. Would you like something?

C - No thanks. I'm full.

(after dessert)

B - Could we have the check, please?

A - Yes, here it is.

B - Hmmm. \$23.55. Here you are.

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A - Thank you. Come again.

B - Thank you. Goodbye.

It's 8pm. Mr Smith (Jack) and Mrs Smith (Jill) are celebrating their 10th wedding anniversary. They have just arrived at the restaurant.

Mr Smith: Well here we are. What do you think?

Mrs Smith: It's lovely, Jack. Are you sure we can afford it?

Mr Smith: Well, I may have to do some washing up, but you're worth it.

The waiter arrives.

Waiter: Good evening, sir, madame.

Mr Smith: Good evening. We have a reservation for a table for two in the name of Smith.

Waiter: Yes, sir. May I take your coats?

Waiter takes their coats and hangs them up.

Mr & Mrs Smith: Thank you.

Waiter: You're welcome. Would you like to come to the table, or would you prefer to order in the bar?

Mr Smith: I wouldn't mind an aperitif. We'll order in the bar.

Waiter: Please follow me, I'll bring you the menu in a moment.

Mr & Mrs Smith order their drinks at the bar and sit down to look at the menu.

Mrs Smith: Oh, dear Jack, it's all in French!

Mr Smith: Well that's what we're paying for. Don't worry I've got an idea.

Waiter: Are you ready to order, sir?

Mr Smith: Not really. Could you recommend something?

Waiter: Certainly, sir. The fresh lobster is particularly good this evening, and for starters may I recommend a light

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consomme?

Mr Smith: Sounds lovely, what do you think, dear?

Mrs Smith: Oh yes, I love lobster.

Waiter: So, that's two consomme and two lobsters. Would you like to look at the wine menu?

Mr Smith: Why don't you bring us what you think will go best? Nothing too expensive though.

Waiter: No problem, sir. I'll call you as soon as your table is ready.

The waiter walks away.

Mrs Smith: You are clever, Jack, but what about dessert.

Mr Smith: Don't worry, they bring round a sweet trolley, so we just point at what we fancy!

A while later Mr & Mrs Smith have finished eating and are drinking their coffee.

Waiter: Was everything to your satisfaction?

Mr & Mrs Smith Yes, lovely thank you.

Mr Smith: The whole meal was delicious, our compliments to the chef. Unfortunately, we have to be back for the baby-sitter so could we pay now?

Waiter: Certainly, sir, I'll bring you the bill. Would you like me to order you a taxi?

Mr Smith: Yes, that would be great, thank you.

Mrs Smith: What a nice man, we must leave him a good tip.

Mr Smith: Yes, of course.

Speaking Practice

1. Make up similar dialogues using the menu below. Swap the roles. Use some expressions from “Useful vocabulary”.

MAIN COURSES

CHEESE BURGER.....	£4.39
DOUBLE CHEESE BURGER.....	£4.99
CHICKEN CURRY WITH RICE...	£3.99
MACARONI CHEESE.....	£4.19
SEAFOOD SALAD.....	£4.49
EGG SALAD.....	£3.99
FISH AND MUSHROOM PIE.....	£4.69

MENU

PIZZA

CHICKEN PIZZA..... £4.55

MUSHROOM PIZZA.....	£4.60
FOUR CHEESES PIZZA.....	£4.10
MEAT PIZZA.....	£4.75
SEAFOOD PIZZA.....	£4.75

DESSERTS

ICE CREAM.....	£1.99
(VANILLA, CHOCOLATE, STRAWBERRY)	
BANANA CAKE.....	£2.39
FRUIT CAKE.....	£2.29

FRUIT

APPLE.....	£0.59
ORANGE.....	£0.59
BANANA.....	£0.69
PEAR.....	£0.69
MIXED FRUITS.....	£1.29
(3 FRUITS)	

DRINKS

ORANGE JUICE.....	£0.99	TEA.....	£0.59
APPLE JUICE.....	£0.99	COFFEE.....	£0.59
		WATER.....	£0.49

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Useful vocabulary

<i>Booking a Table</i>
I'd like to reserve / book a table for four at 8pm, please.
I'd like to reserve / book a table for a party of six at 8pm, please.
I'd like to book a table for two at 8 in the name of Hand, please.
Could we have a table by the window, please?
Could we have a non-smoking table, please?
Could we have a table away from the kitchen/toilets, please?
Could we have a booth, please?
Could you make sure it's a quiet table, please?
<i>Placing Your Order</i>
I'd like the, please.
For starters I'll have the soup and for the main course I'd like the roast beef.
Could I have chips instead of new potatoes, please?
What is the house special today?
Is there anything you would recommend?
Could I see the wine menu, please?
I'll have a bottle of the South African Cabernet Sauvignon.
I'll have a glass of house red/white, please.
Which wine would you recommend?
<i>Complaining</i>
Excuse me, but my meal is cold.
Excuse me, we've been waiting for over half an hour for our drinks.
I'm sorry but I ordered the side salad not the vegetables.
Excuse me this steak is over done, I ordered rare.

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I'm afraid this wine tastes corked.
Excuse me this wine isn't chilled properly.
<i>Arriving at the Restaurant</i>
Good evening, the name is Hand. I have a table booked for six.
Do you have the menu in English/German/French ..., please?
Do you have a high chair for young children, please?
Could we have a table over there, please?
I'm sorry but I asked for a table by the window.
Could we have an extra chair, please?
<i>During/After the Meal</i>
Could we have some more bread, please?
Do you have a pepper mill?
Could I have some dressing, please?
Could you pass me the salt, please?
That was delicious. My compliments to the chef.
<i>Paying</i>
Could I have the bill, please?
Do you take Visa?
We'd like separate bills, please.
Is service included?
No, please. This is on me. (When you wish to pay for everyone.)

2. You are going to create your own menu. Think about the name of your restaurant and write it at the top of the menu. Include starters, main courses, desserts and drinks into your menu. Don't forget about the prices! Now some students are customers, others are waiters (waitresses). Waiters (waitresses)

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serve the customers. Swap the roles.

3. Discussion.

1) Look at the pictures. Which food do you like and dislike? Why?



2) Have you ever tried...?

Indian food, Thai food, Japanese food, Mexican food, Korean food, Italian food

Which do you like? Why?

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- 3) What other kinds of foreign food have you tried?
- 4) Are you careful about what you eat and drink? Is there anything you try not to eat or drink very often?
- 5) Do you think your diet is healthy? Why (not)?
- 6) What do you usually have for breakfast? Lunch? Dinner? When do you usually have a meal?
- 7) What's your favourite meal? Why?
- 8) What do you prefer for the main course?
- 9) What do you usually prefer for dessert?
- 10) What are your favourite soft drinks?
- 11) What strong drinks do you know?
- 12) What's the difference between a regular and a self-service restaurant?
- 13) What fruits do you like?
- 14) What is junk food?
- 15) Do you use spices? Which ones?

Translation Practice

Translate the sentences into English:

1. Ты предпочитаешь обедать дома или ходить в ресторан на бизнес ланч?
2. На первое я бы заказал супчик, а на второе хорошо прожаренный стейк с картошкой фри.
3. Моя сестра очень любит еду быстрого приготовления, и я постоянно ей напоминаю, что это очень вредно для здоровья и ведет к ожирению.
4. Какая кухня тебе нравится больше русская или американская?
5. Завтрак должен быть самой плотной трапезой в течении всего дня.
6. Моя мама сидит на диете, и когда она что-то

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планирует съесть, всегда считает калории.

7. Не люблю ждать, когда подойдет официант, поэтому предпочитаю кафе с самообслуживанием.

8. У русских обед обычно состоит из 3 блюд: суп, второе и десерт.

9. Говорят, что вегетарианцы живут дольше мясоедов.

10. Я так голоден, давай сходим в ресторан, где подают итальянскую пиццу.

11. У нас сегодня обед из трех блюд. Что ты приготовила на первое? Суп очень аппетитно пахнет, у меня прямо слюнки текут. Я с утра ничего не ел, и вот уже несколько часов я голоден как волк.

12. – Я приготовила вкусное жаркое, угощайтесь. – Да, пожалуйста. – Добавки? – Нет, спасибо.

13. Я всегда ем традиционный английский завтрак: яичница-глазунья, бобы в томатном соусе, сосиски, бекон, жареная картошка. Из напитков я предпочитаю чёрный чай.

14. Мой друг постоянно ест жареный арахис и солёную воздушную кукурузу. Меня это раздражает!

15. Я никогда не перекусываю между завтраком, обедом и ужином.

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