

МИНОБРНАУКИ РОССИИ  
ФЕДЕРАЛЬНОЕ ГОСУДАРСТВЕННОЕ БЮДЖЕТНОЕ  
ОБРАЗОВАТЕЛЬНОЕ УЧРЕЖДЕНИЕ  
ВЫСШЕГО ОБРАЗОВАНИЯ  
«ВОРОНЕЖСКИЙ ГОСУДАРСТВЕННЫЙ УНИВЕРСИТЕТ»

# **DAILY LIFE**

Учебно-методическое пособие

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**5b. Which groups contain foods that are high in: 1) vitamins? 2) protein? 3) fibre? 4) calories? 5) iron? 6) calcium?**

*e.g. Fruit is high in vitamins.*

**5c. Match the English verbs with their Russian equivalents.**

mash	(на)резать в форме кубиков
pinch	рубить, нарезать
drip	тереть (на тёрке)
slice	раздавливать, разминать
chop	хрустеть, делать хрустящим
twist	отщипнуть, отделить небольшой кусочек
scrunch	резать ломтиками
crisp	(на)капать
dice	хрустеть, выжимать, давить, выдавливать
grate	делать яичницу-болтунью
scramble	крутить, скручивать

**5d. Read the statements describing methods of cooking and preparation and fill in the gaps with an appropriate word:**

*diced, fried, sliced, mashed, boiled, grilled, grated, scrambled*

- The Smiths often eat ... eggs for breakfast.
- I don't want to put on weight, so I usually eat ....fish or chicken.
- You need some ... cheese to put on the pizza.
- Use ... to make the sandwiches.
- You need lots of ... fruit to make a fruit salad.
- Shepherd's Pie is a traditional dish made from mince and ... potato.
- Chips are ... food.
- Grilled fish and ... vegetables is a low-fat meal.



**6a. Now we are going to watch an episode of cooking** (<http://www.youtube.com/watch?v=6sL2AvbeTAk&feature=youtu.be>). **Try to jot down the ingredients a famous chef, Jamie Oliver, needs.**

Ingredients
1.
2.
3.
4.
5.
6.

**6b. Which words and phrases that describe the process of cooking have you heard?**

The way you do it \_\_\_\_\_

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**6c. Let's watch the episode again. This time you are going to focus on the expressions that the chef uses to compliment the food and the way of cooking.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**7. Describe the meal that you've had today using the appropriate expressions from the HELP box.**



**HELP box:**

<b>To compliment use the following:</b>	<b>To criticize use the following:</b>
an inviting looking dish	a sickly-looking dish
give satisfaction to the eye and tongue	watery and tasteless
tender, melting in the mouth	uneatable cabbage
well-flavoured food	as tough as old boots
a special delicacy	with no particular flavour
a real thing	underdone/overdone
lovely coffee	plain food
mouth-watering selection of creamy	half-baked

cakes	
quite decent	badly made
a perfect cup of tea	undrinkable tea

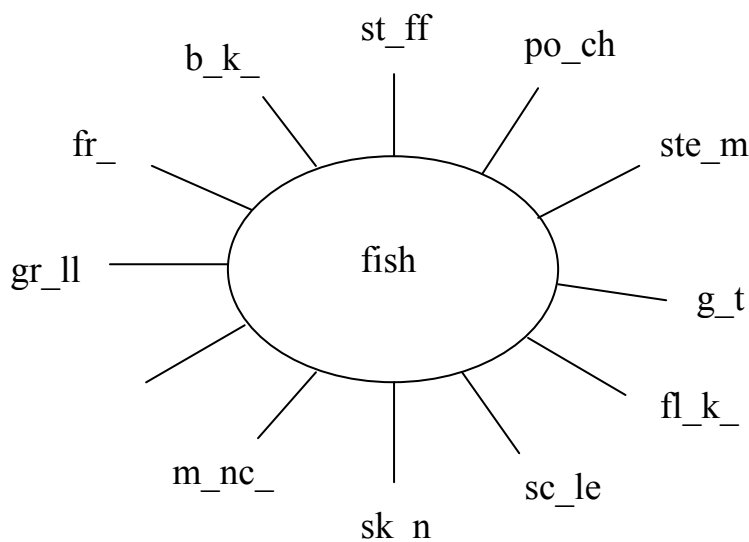
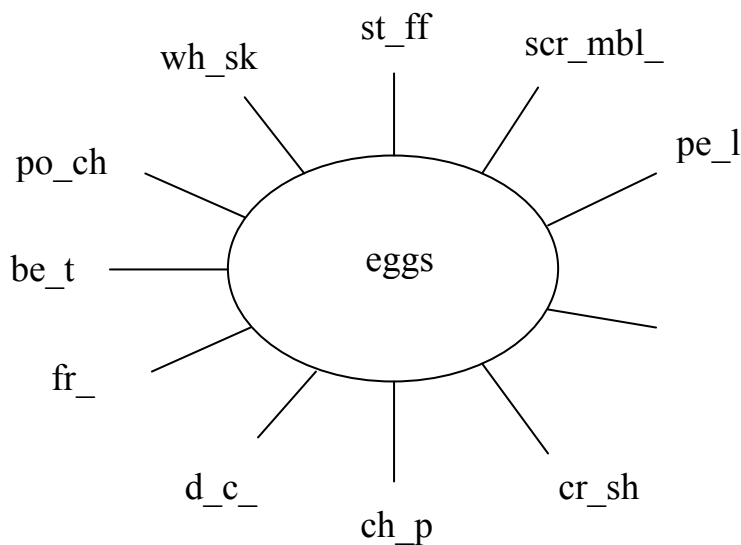
e.g. *I had breakfast this morning that I rather enjoyed / disliked very much.*

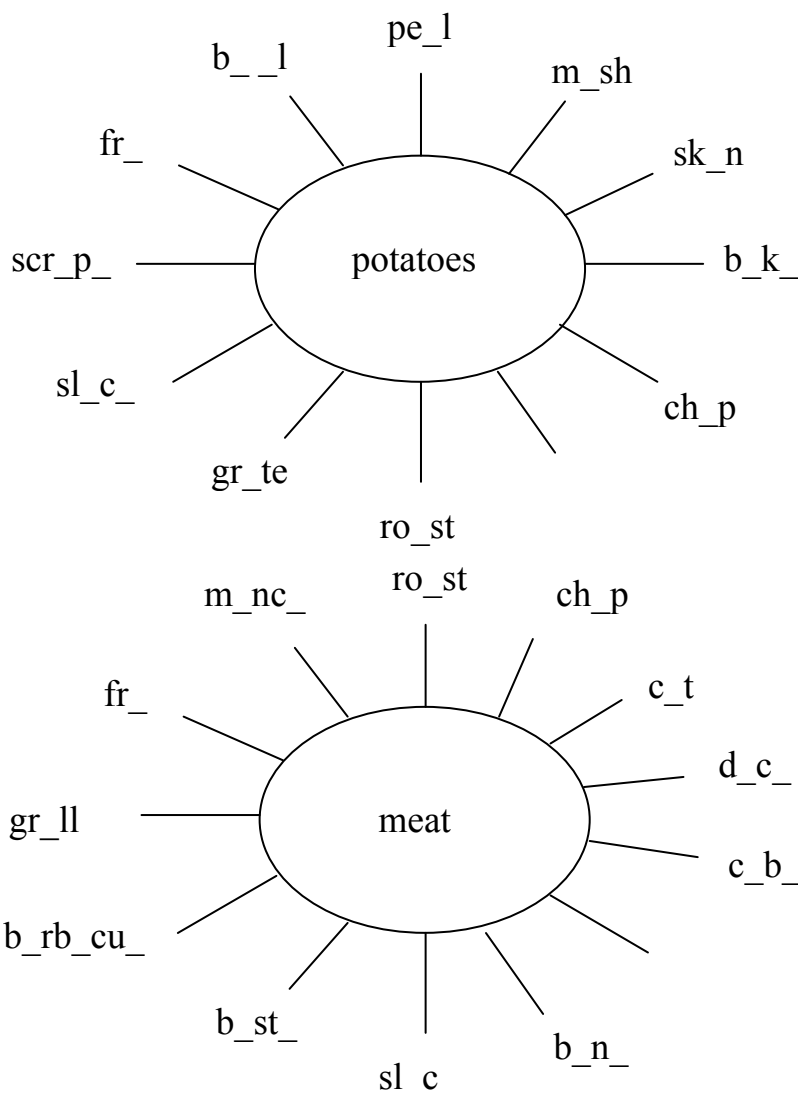
**8. Read a recipe from “Delia Smith’s Cooking Show” and fill in the gaps with a correct form of the appropriate word from the list below.**

*to toast, to brush, chunks, colour, hot coals, to take, to turn*

Remove the husks and the threads from the sweetcorn, then ..... the kernels all over with the oil, seasoning them liberally with salt and pepper as you go. Place the corns on the grill over ..... and watch them carefully, ..... them around with tongs so that all the kernels get ..... to a golden-brown ..... . The whole process will ..... about 5-10 minutes, depending on how far the corn is from heat. To serve, take your sharpest knife and cut the corns across into.... . These are best eaten using your hands and just taking bites: delicious.

**9. All the verbs collocate with “eggs”, “potatoes”, “meat” and “fish”. The vowels are missing. Write in the vowels and add some more verbs.**





**10. Write a recipe of your favourite dish or make a video how to cook it. Share it with your group. You may need vocabulary from the box below.**



### Useful Vocabulary

Freshly-milled (ground) pepper
Hot pepper
Fresh coriander
A twig of parsley
Jacket potatoes
New potatoes
Wine vinegar

Balsamic vinegar
Drain smth off
Cover smth with cling film
Simmer gently until it is absolutely tender
Transfer smth to a bowl
Crush garlic
Rub the chicken all over with smth
Dress the salad
To test if the chicken is cooked, pierce the thickest part of the thigh with a thin skewer
Pour off some of the excess fat
Allow the flour to brown
Carve the chicken and serve
Taste and season with salt and pepper
Add salt and pepper to taste
Season with (pepper)
Leave for a while for flavours to develop
Beat the pieces of meat out to make them a little thinner
All you do is arrange a layer of potatoes, then onions...
Mix milk and ... and pour it over ...
Pass the meat through the fine blade of a mixer
Cut meat into chunks
Bring up to the simmering point
Bone meat
Gut fish
Stone cherries
Shell peas
Seed a pepper
Peel / skin potatoes

**11. Complete each sentence with a suitable verb from the box.**

chop roast boil bake fry grate mix peel squeeze add

- 1) First \_\_\_\_\_ the onions into small pieces.
- 2) \_\_\_\_\_ some cheese, and sprinkle it over the pasta.
- 3) These vegetables taste great if you \_\_\_\_\_ them for a minute in hot oil.
- 4) I wanted to \_\_\_\_\_ some cakes this morning, but I didn't have time.