

## SHOPPING

### 1.1. Vocabulary

*Ex. 1. Match the words to their Russian equivalents.*

|                   |                                       |
|-------------------|---------------------------------------|
| 1. fishmonger's   | a. кондитерская                       |
| 2. grocery store  | b. мясной магазин                     |
| 3. liquor store   | c. булочная                           |
| 4. to cater for   | d. овощной магазин                    |
| 5. bakery         | e. винный магазин                     |
| 6. customer       | f. изделие; предмет                   |
| 7. confectionery  | g. рыбный магазин                     |
| 8. dairy products | h. бакалейно-гастрономический магазин |
| 9. item           | i. покупатель                         |
| 10. greengrocer's | j. снабжать                           |
| 11. food basket   | k. молочные продукты                  |
| 12. butcher's     | l. корзина для продуктов              |

*Ex. 2. Complete the sentences with the given words.*

**save, shopping, bargains, change, shopper, in, variety, earn, label, picked**

I pushed the \_\_\_\_\_(1) cart through the supermarket aisle.

There is a \_\_\_\_\_(2) of fruits and vegetables in this grocery store.

Let's get \_\_\_\_\_(3) line at the checkout counter.

John is a smart \_\_\_\_\_(4) because he always compares prices before buying.

She \_\_\_\_\_(5) out a beautiful dress for the party.

The \_\_\_\_\_(6) on the package says the product is organic.

When I bought the shirt, I received some \_\_\_\_\_(7) from the cashier.

I always look for \_\_\_\_\_(8) when I go shopping.

My parents told me to \_\_\_\_\_(9) money for my future.

He works hard to \_\_\_\_\_(10) money for his family.

## **1.2. Grammar**

*Ex. 1. Complete the sentences with a/an or the.*

1. Do you want... cup of coffee?
2. I'm... student.
3. She has got... car.
4. It's... pencil.... pencil is red.
5. My cousin is... nurse.
6. There are... children in... yard.
7. I see... girl in... street.... girl is nice.
8. There is... bottle of milk on... table.
9. Do you like ... cheese?
10. My daughter likes... chocolate. I give her... bar of chocolate.
11. Close... door and open... window, please.
12. Are there any books on... table?
13. I usually have... breakfast before I go to... school.
14. Where is your... mother? - She is at... work.
15. Where do you usually have... dinner?
16. Does she speak... English well?
17. Bring me... glass of water, please.
18. Buy... loaf of...white bread, please.
19. When does he go to... bed?
20. Her sons are... pupils.

### 1.3. Reading

*Ex. 1. Read the text.*

#### **Tips for shopping like a chef**

I love to cook, so I spend a lot of time in the grocery store. Here are some tips for shopping like a chef.

##### 1. Make a list

Before you go to the store, make a list of what you need. This will help you stay organized and save time. Group your items by category: fruits and vegetables, dairy products, meat and seafood, etc.

##### 2. Shop around the edges

The healthiest foods are usually found around the edges of the store: the produce section, the bakery, the butcher's, and the fishmonger's. The middle aisles are full of processed foods. They're not as good for you, and they often contain a lot of sugar and salt.

##### 3. Don't shop when you're hungry

If you go to the store on an empty stomach, everything will look good! You'll be tempted to buy unhealthy snacks and sweets. Eat a healthy meal or snack before you go shopping.

##### 4. Look for bargains

Check the weekly ads for sales and discounts. Some stores also have a clearance section where you can find items that are about to expire. These are often marked down (given a lower price). Just make sure to check the expiration date before you buy.

##### 5. Read the labels

When you're buying packaged foods, read the labels carefully. Pay attention to the ingredients, the serving size, and the nutritional information. Avoid foods that are high in fat, sugar, and sodium (salt).

##### 6. Buy fresh, seasonal ingredients

Use fresh ingredients whenever possible. They taste better and are more nutritious. In-season fruits and vegetables are usually cheaper, too. Ask your greengrocer for recommendations.

#### 7. Bring your own bags

Many stores now charge for plastic bags, so bring your own reusable bags. They're stronger and better for the environment.

#### 8. Pay with cash

Paying with cash instead of a credit card can help you save money. Decide how much you want to spend, and bring that amount in cash. This will also help you avoid impulse buys (things you buy without thinking).

#### 9. Earn change

If you pay with cash, try to give the exact amount. That way, you won't have a lot of coins in your pocket. If you do get change, put it in a jar at home. It can add up over time!

***Ex. 2. Answer the questions.***

1. What is the first tip for shopping like a chef?
2. Why is it recommended to make a list before going to the store?
3. Where are the healthiest foods usually found in the grocery store?
4. Why should you avoid shopping on an empty stomach?
5. How can you find bargains and discounts while shopping?
6. What should you pay attention to when reading labels on packaged foods?
7. Why is it better to buy fresh, seasonal ingredients?
8. Why should you bring your own bags to the store?
9. How can paying with cash help you save money?
10. What can you do with the change you receive from cash payments?

#### **1.4. Communication**

*Ex. 1. Make sentences using the following words:*

1. milk/cereal/need
2. grab/apples/store
3. bread/aisle/supermarket
4. juice/drink/like
5. bananas/left/shelf
6. carton/eggs/cost
7. bag/rice/dinner
8. vegetables/tonight's/meal
9. aisle/peanut butter/find