

MEAT AND MEAT PRODUCTS

5.1. Vocabulary

Ex. 1. Match the words with their definitions.

1. preservative	a. meat from a young calf
2. swine	b. to preserve food by sealing it in airtight containers
3. pork	c. a substance added to food to prevent spoilage
4. sausage	d. important substances needed for health
5. to cure	e. preserving or flavoring food by exposing it to smoke
6. beef	f. the flesh of animals used as food
7. hide	g. pigs
8. to can	h. fat from a pig
9. meat	i. the skin of an animal
10. essential acids	j. ground meat mixed with spices and stuffed into a casing
11. flesh	k. treating food with a liquid to enhance its flavor or texture
12. lard	l. cured meat from a pig's hind leg
13. veal	m. meat from a cow
14. cattle	n. large animals raised on farms for their meat or milk
15. impregnation	o. meat from a pig
16. ham	p. to preserve meat by salting or drying
17. smoking	q. the soft substance in the bodies of animals and humans

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

cattle, swine, ham, meat, cure, lard, hides, beef, essential acids

The butcher sells fresh _____ (1) in the market.

Do you prefer _____ (2) or veal for dinner tonight?

_____ (3) are important for our health.

_____ (4) are raised for their meat and milk.

_____ (5) is another term for a pig.

_____ (6) is often used in baking for flavor.

Leather is made from animal _____ (7).

To _____ (8) meat, it needs to be salted and preserved.

Do you like _____ (9) or sausage on your pizza?

5.2. Reading

Ex. 1. Read the text.

Do you know where meat comes from? Meat is food that comes from animals. People eat meat from cows, chickens, pigs, and other animals. There are many types of meat. Beef comes from cows, and it's used to make burgers and steaks. Pork comes from pigs and is used to make bacon and ham. Chicken is very popular and can be fried, grilled, or baked.

Some people eat meat every day, and others do not eat meat at all. They may be vegetarians. Meat has many nutrients like protein, which helps our bodies grow strong. However, too much meat can be bad for your health. It is important to have a balanced diet.

There are also meat products. These are foods made from meat, like sausages, hot dogs, and salami. Some meat products are processed, which means they are changed to last longer or taste better. Processed meats can have a lot of salt or fat, so it is good to eat them in moderation.

In many cultures, meat is an important part of meals. It can be cooked in many ways, with different spices and sauces. Whether you enjoy steak, bacon, or grilled chicken, meat is a versatile food that many people love. But remember, it is also important to eat vegetables and fruits for a healthy diet.

Ex. 2. Answer the questions.

1. What is meat and where does it come from?
2. What are some common types of meat mentioned in the text?
3. How does meat contribute to our diet in terms of nutrients?

4. Why is it important to have a balanced diet when consuming meat?
5. What are meat products, and how do they differ from regular meat?
6. What are processed meats, and why should they be eaten in moderation?
7. How is meat prepared in different cultures, according to the text?

5.3. Communication

Ex. 1. Make sentences using the following words.

1. Beef/type/meat
2. Chicken/nuggets/poultry
3. Pork/chops/grilled
4. Hot/dogs/cookouts
5. Turkey/eaten/Thanksgiving
6. Bacon/commonly/breakfast
7. Ham/sandwiches/favorite
8. Sausages/cooked/ways
9. Meatloaf/classic/comfort
10. Pepperoni/common/pizza