

## MEALS IN THE USA

### 8.1. Vocabulary

*Ex. 1. Match the words to their definitions.*

1. lettuce	a. to quickly take hold of something, especially food, without much thought or preparation.
2. cookie	b. a metal container used for storing and preserving food.
3. ribs	c. a porridge-like dish made from ground wheat grains.
4. crouton	d. the types and amounts of food that a person regularly consumes.
5. french fries	e. the bones of an animal's rib cage, typically used as meat for cooking.
6. gas water	f. a substance added to food to prevent spoilage or decay.
7. puree soup / cream soup	g. a small piece of bread that has been fried or toasted and used as a topping for soups or salads.
8. wellbeing	h. having a higher body weight than is considered healthy for one's height and build.
9. cream of wheat	i. carbonated or fizzy water that has been infused with carbon dioxide gas.
10. barbecue	j. a type of soup that has been blended or strained to create a smooth texture.
11. to grab	k. a small amount of food taken into the mouth at one time.
12. diet	l. a method of cooking meat over an open flame or hot coals.
13. overweight	m. a leafy green vegetable often used in salads.
14. bite	n. a breakfast cereal made from toasted flakes of corn.
15. preservative	o. the state of being happy, healthy, and content.
16. can	p. thin strips of potato that have

	been deep-fried until crispy.
17. cornflakes	q. a small, sweet baked treat usually made from flour, sugar, and butter.

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

**preservatives, fries, cream, puree, overweight, water, can, grab, cookie, barbecue, wellbeing, lettuce, diet, french, croutons, ribs, bite, gas, cornflakes**

Trips to the gym are essential for maintaining your \_\_\_\_ (1).

I prefer my \_\_\_\_ (2) with a dry rub and a side of coleslaw.

It's important to have a balanced \_\_\_\_ (3) consisting of all the food groups.

Some people like to dip their \_\_\_\_ (4) \_\_\_\_ (5) in ketchup, but I prefer ranch dressing.

On a chilly night, there's nothing better than a hot \_\_\_\_ (6) soup for dinner.

Shall we have a \_\_\_\_ (7) this weekend? I'll bring the burgers and hot dogs.

My mom always has a \_\_\_\_ (8) of soup in the pantry for quick and easy dinners.

I love to dunk my \_\_\_\_ (9) in a glass of cold milk.

Being \_\_\_\_ (10) can lead to a number of health issues, so it's important to maintain a healthy weight.

I started my day off with a bowl of \_\_\_\_ (11) and a glass of orange juice.

My favorite \_\_\_\_ (12) at family gatherings is my aunt's famous spinach dip.

The \_\_\_\_ (13) added the perfect crunch to my Caesar salad.

My grandma loves making \_\_\_\_\_(14) of wheat for breakfast when we visit her.

\_\_\_\_\_ (15) is a staple ingredient in most American salads.

Many processed foods contain \_\_\_\_\_(16) to prolong their shelf life.

When I'm running late, I'll just \_\_\_\_\_(17) an apple and a granola bar for breakfast.

Would you like a glass of \_\_\_\_\_(18) \_\_\_\_\_(19) with your meal or just tap water?

## **8.2. Grammar**

**Ex. 1.** Write sentences in Future Simple, making the necessary changes and supplementing them with the words **tomorrow**, **next Sunday**, **next month**, etc.

1. Henry invites many guests to his parties.
2. They travel in summer.
3. I take my dog for a walk two times a day.
4. Mother cooks nice dinners.
5. We often discuss our plans.
6. She buys a new dress every month.
7. He goes shopping on Sunday.
8. I drink coffee.
9. In other cities we always visit interesting places.
10. My parents get up early.

**Ex. 2.** Write sentences in negative form.

1. I'll get up early tomorrow.
2. We'll go shopping next weekend.
3. He'll come to work in time.

4. Mary will be late for the film.
5. I'll stay at home on Saturday.
6. They'll watch a new comedy on TV.
7. I'll buy provisions for my birthday party.
8. My mother will make a holiday dinner.
9. They will go to the restaurant tomorrow.
10. Ann will marry Bill in July.

### **8.3. Reading**

*Ex. 1. Read the text.*

#### **American Cuisine**

American food is famous for its fast food - hot dogs, hamburgers, and French fries. But there's more to American food than that. The USA is a large country with many different climates and cultures. This means that people eat many different things in different parts of the country. In general, though, Americans like big portions and they like sweet things.

#### **Breakfast**

In the USA, breakfast is an important meal. People often have eggs, bacon, and toast or cereal with milk. Some people like to have pancakes or waffles with syrup (a sweet sauce) or jam on top. Others might have yogurt or fruit. Many people have coffee for breakfast, but some people prefer tea.

#### **Lunch**

At lunchtime, most people don't have very much time to eat. They often go to a restaurant or café near their work and eat something quick. They might have a sandwich or a salad. A salad is often a 'side' dish with a main meal in the USA, but sometimes people have just a salad for lunch. A salad usually has lettuce, tomatoes, cucumber, croutons, and sometimes meat or cheese. Some people buy a 'meal deal', which is a sandwich, a bag of chips (crisps), and a can of soda (fizzy drink).

## **Dinner**

Dinner is the main meal of the day. It's usually at about 6 o'clock in the evening. Many people cook dinner at home and eat together as a family. They might have meat, potatoes, and vegetables. Chicken and beef are popular meats, and people often have mashed potatoes or fries (chips) with them. Other people prefer to go out to a restaurant for dinner. They might have pizza, pasta, or Mexican food like tacos or fajitas. On special occasions, people might have a barbecue. That's when they cook meat outside on a grill.

## **Snacks**

In the USA, people often eat snacks between meals. Some people have something sweet like cookies or candy. Others might have something salty like chips or pretzels. Many people drink soda (fizzy drinks) or coffee with their snacks. Some people drink energy drinks if they're tired.

## **Drinks**

In the USA, people usually drink coffee in the morning and sometimes in the afternoon. They often have it to go in a paper cup. At lunchtime, some people have iced tea. It's cold and sweet. People also drink water and soda (fizzy drinks) with their meals. In the evening, some people have an alcoholic drink like beer or wine. Other people prefer to have a cocktail. A cocktail is a mixed drink with alcohol and fruit juice or soda. Some people don't drink alcohol and they have a soft drink instead.

## **Diet and health**

Many Americans are overweight because they eat too much fast food and too many sweets. Some people are trying to change this and eat more healthily. They're eating more fruit and vegetables and less processed food. Processed food is food that has a lot of preservatives in it, like frozen pizza or canned soup. Some people are vegetarians or vegans. That means they don't eat meat or animal products. They might have tofu or tempeh instead of meat. Some people are gluten-free. That means they don't eat anything with gluten in it, like bread or pasta.

*Ex. 2. Answer the questions.*

1. What are some typical breakfast foods in the USA?
2. Where do most people have lunch during the workday?
3. What is a common 'meal deal' for lunch in the USA?
4. When is dinner usually eaten in the USA?
5. What are some popular meats for dinner in the USA?
6. What are some examples of snacks that Americans eat between meals?
7. How do some Americans try to improve their diet and health?

#### **8.4. Communication**

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

1. popular/dishes/American
2. traditional/dishes/tried
3. diverse/cultures/influenced
4. burgers/hot dogs/fries
5. famous/desserts/apple
6. breakfast/pancakes/waffles
7. barbecue/popular/cooking
8. southern/cuisine/spices
9. New England/cuisine/seafood
10. recommendations/trying/American