

## FRUIT, VEGETABLES AND NUTS

### 4.1. Vocabulary

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

1. apple	a. груша
2. apricot	b. апельсин
3. sultana	c. абрикос
4. plum	d. лайм
5. prune	e. изюм
6. date	f. лимон
7. pear	g. инжир
8. raisin	h. персик
9. lime	i. черешня (вишня)
10. currant	j. чернослив
11. blueberry	k. нектарин
12. cherry	l. слива
13. tangerine	m. грейпфрут
14. nectarine	n. мандарин
15. grapefruit	o. яблоко
16. blackberry/dewberry	p. голубика
17. orange	q. смородина
18. peach	r. финик
19. fig	s. ежевика
20. lemon	t. кишмиш

*Ex. 2. Match the words to their definitions.*

1. almond	a. a large, round fruit with a thick rind and sweet, juicy flesh that comes in different varieties like cantaloupe and honeydew.
2. grape	b. a small, round berry that is usually dark blue or black and is similar to a blueberry in taste.
3. peanut	c. a dark purple or black fruit that has a tart flavor and is commonly used in jams and jellies.
4. coconut	d. a juicy, red fruit with tiny seeds

	on the outside and a sweet taste, often eaten raw or used in cakes and ice cream.
5. watermelon	e. a small, soft, red fruit that has a slightly sweet and slightly tart taste and is often eaten fresh or used in desserts.
6. chokeberry	f. a small, elongated nut with a soft shell and a rich, buttery flavor, commonly used in Mediterranean cuisine or added to salads and pesto.
7. strawberry	g. a small, green or yellowish fruit that has a sweet and tangy flavor and is often used in pies and preserves.
8. asparagus	h. a small, round nut with a hard shell and a slightly sweet flavor, often used in desserts like chocolate spreads or eaten as a snack.
9. olive	i. a small, red fruit with a sour taste that is often used in sauces and desserts.
10. melon	j. a large, juicy fruit with a green rind and sweet, pink flesh that is often eaten in slices during hot weather.
11. gooseberry	k. a small, oval-shaped fruit with a bitter taste that is typically black or green and is used to make olive oil or eaten as a snack.
12. walnut	l. a large, brown nut that grows inside a prickly shell and has a sweet, starchy taste when roasted or boiled.
13. huckleberry	m. a small, greenish nut with a hard shell and a slightly sweet, buttery taste, often eaten as a snack or used in desserts.
14. honeydew melon	n. a small, oval-shaped nut with a hard shell and a mild, slightly sweet taste, often used in baking or eaten

	as a snack.
15. pistachio	o. a large, wrinkled nut with a hard shell and a slightly bitter taste, often used in baking or eaten as a snack.
16. chestnut	p. a small, oval-shaped nut with a thin, brown shell and a mild, nutty taste, commonly eaten as a snack or used to make peanut butter.
17. cranberry	q. a long, green vegetable with a tender stalk and a slightly bitter taste, usually cooked by boiling or grilling.
18. raspberry	r. a large, brown fruit with a hard shell and white flesh inside, often used for its milk and oil in cooking or eaten as a snack.
19. hazelnut	s. a small, round fruit that grows in clusters and can be green, red, or purple, often used for making wine or eaten as a snack.
20. pine nut	t. a type of melon with a smooth, pale green skin and sweet, juicy flesh that is often eaten as a refreshing snack.

*Ex. 3. Translate the sentences from Russian into English.*

1. Зимой я люблю есть фасолевый суп.
2. Моя мама приготовила на ужин вкусный салат из свеклы.
3. Брокколи — полезный овощ, который следует есть часто.
4. Капуста нам понадобится, чтобы приготовить салат из капусты на пикник.
5. Морковные палочки — отличный перекус в течение дня.
6. Цветная капуста — один из моих любимых овощей, которые я добавляю в жаркое.
7. Сельдерей придает приятную хрусткость моим бутербродам с куриным салатом.

8. Я люблю есть кукурузу в початках на летних барбекю.
9. Ломтики огурца освежают на вкус, если их добавить в стакан воды.
10. Баклажаны — универсальный овощ, который можно готовить на гриле, запекать или жарить.
11. Зеленый перец придает соусу для пасты яркий цвет и немного остроты.
12. Салат станет отличной основой для свежего садового салата.
13. Луковые кольца — популярный гарнир в ресторанах быстрого питания.
14. Гороховый суп — согревающее и согревающее блюдо в холодный день.
15. Картофельное пюре хорошо сочетается с жареной курицей.
16. Тыквенный пирог — вкусный осенний десерт.
17. Редис придает салатам яркий цвет и пикантный вкус.
18. Шпинат богат питательными веществами и полезен для здоровья.
19. Ломтики помидоров — вкусное дополнение к бутерброду.
20. Тушеная репа — согревающее блюдо для прохладных вечеров.

#### **4.2. Grammar**

*Ex. 1. Open the brackets. Use Present Simple.*

1. He(to drink) coffee in the morning.
2. I (not to drink) coffee in the evening.
3. They (to like) dairy products.
4. We (not to like) meat dishes.
5. My mother (to go) shopping on Sundays.
6. She (not to do) her homework.

7. Mike usually (to have lunch) at 12 o'clock
8. You (to cook) well?
9. We always (to eat) health food?
10. She (to do) shopping every day.

*Ex. 2. Make sentences negative and interrogative.*

1. I like to cook.
2. We go to the restaurant at 9 o'clock.
3. My sister makes good coffee.
4. Pete has dinner with his friends.
5. They work every day.
6. She washes up after supper.

### **4.3. Reading**

*Ex. 1. Read the text.*

#### **Dishes Made with Nuts, Fruit or Vegetables**

There are many dishes made with nuts, fruit or vegetables. Here are six examples of different dishes and the ingredients you need to make them.

##### **1. Nut salad**

This is a very popular salad in the summer. You need lettuce, tomatoes, cucumber, onions, and walnuts or peanuts.

##### **2. Rice with fruit**

This dish is very easy to make. You need rice, raisins, apricots, and dates.

##### **3. Fruit cake**

You can use any kind of fruit for this cake, for example, apples, pears, plums, or apricots. You also need sugar, flour, butter, and eggs.

##### **4. Chocolate with nuts**

This is a great dessert if you like chocolate. You need dark chocolate, almonds, hazelnuts, and pistachios.

#### 5. Melon with ham

This is a delicious starter. You need melon, ham, and olive oil.

#### 6. Pasta with vegetables

This is a very healthy dish. You need pasta, for example, spaghetti or penne, tomatoes, onions, garlic, and asparagus.

*Ex. 2. Answer the questions.*

1. What are the ingredients needed to make a nut salad?
2. How do you make rice with fruit, and what ingredients are required?
3. What kind of fruits can be used to make a fruit cake, and what other ingredients are needed?
4. What ingredients are required to make chocolate with nuts?
5. What are the ingredients needed to make melon with ham?
6. What vegetables are used in pasta with vegetables, and what other ingredients are required?