

## MAIN FOOD PRODUCTS

### 3.1. Vocabulary

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

1. noodle	a. a type of small yellow seed that is cooked and eaten as a grain.
2. millet	b. a type of pasta in the shape of short tubes.
3. flour	c. a type of grain with small dark seeds that are used for making flour and porridge.
4. oatmeal	d. a type of pasta made from flour, water, and sometimes eggs, often used in Asian cooking.
5. buckwheat	e. a type of grain that is grown to be eaten, such as wheat, rice, or corn.
6. macaroni	f. a powder made by grinding grains, beans, or seeds, used to make bread, cakes, etc.
7. cereal	g. a type of cereal made from oats that you cook in water or milk and eat for breakfast.
8. pearl barley	h. a type of grain that is used for making soup or added to stews and casseroles.
9. semolina	i. a type of pasta in the form of long, thin strands.
10. vermicelli	j. a coarse flour made from durum wheat, used in making pasta and puddings.

**Ex. 2.** Match the words to their Russian equivalents.

1. mayonnaise	a. выпечка
2. rusk	b. пшеничный
3. marmalade	c. творог
4. biscuit	d. булочка (сладкая)
5. margarine	e. сметана
6. bun	f. печенье
7. wheat	g. ржаной

8. curd	h. булочка
9. fancy cake	i. маргарин
10. rye	j. майонез
11. liver paste	k. цитрусовый джем
12. roll	l. паштет
13. pastry	m. слойка
14. puff	n. пирожное
15. sour cream	o. сухарь

*Ex. 3. Complete the sentences with the given words.*

**wheat, curd, rusks, buns, macaroni, mayonnaise, pastries, flour, margarine, biscuit, sour, buckwheat, pearl, cereal**

I like to dip \_\_\_\_\_(1) in my morning coffee.

You need \_\_\_\_\_(2) to bake a loaf of bread.

I spread \_\_\_\_\_(3) on my toast for a healthy breakfast.

Let's have \_\_\_\_\_(4) and cheese for dinner tonight.

Would you like a \_\_\_\_\_(5) with your tea?

\_\_\_\_\_ (6) is a nutritious grain that can be used in various recipes.

The bakery down the street sells the best sweet \_\_\_\_\_(7) in town.

\_\_\_\_\_ (8) barley is often used in soups and stews.

Add \_\_\_\_\_(9) cream to your baked potato for extra flavor.

\_\_\_\_\_ (10) is a popular choice for breakfast among children.

\_\_\_\_\_ (11) is commonly used in the production of bread and pasta.

I spread \_\_\_\_\_(12) on my toast instead of butter.

Can you pass me the \_\_\_\_\_(13)? I want to make a sandwich.

The bakery display is full of mouth-watering \_\_\_\_\_(14).

### 3.2. Grammar

*Ex. 1. Put the nouns in the possessive case or connect them with the preposition of*

**Example:** the name/ the man - the man's name

the room/ the door – the door of the room

1. the tail/ the cat
2. the camera/ my friend
3. the son/ Ann
4. the newspaper/ today
5. the toys/ the children
6. the name/ your sister
7. the car/ his parents
8. the birthday/ my mother
9. the end/ the story
10. the streets/ the town

### 3.3. Reading

*Ex. 1. Read the text.*

#### **Russian Traditional Meals**

Every Russian family has its own traditional meals. Here are some of the most popular ones.

#### **Buckwheat kasha**

This is a kind of cereal or porridge made from buckwheat. It's usually boiled in water or milk and served with butter. Buckwheat is very healthy and it's one of the main dishes for breakfast, lunch, or dinner.

#### **Kisel**

Kisel is a sweet jelly made from fruit juice, sugar, and starch. It can be made from almost any kind of fruit or berry, but cranberry kisel is the most popular. It's a bit like a thick fruit soup and it's often eaten as a dessert.

### **Pirozhki**

These are small pastry buns filled with meat, cheese, vegetables, or fruit. They can be baked or fried. Pirozhki are very popular as a snack or a light meal.

### **Pelmeni**

Pelmeni are small dumplings filled with minced meat (usually pork, beef, or lamb) and onions. They're usually served with sour cream or mayonnaise. Pelmeni are a traditional Russian dish and they're very popular all over the country.

### **Borscht**

This is a beetroot soup. It's usually made with meat, cabbage, potatoes, and carrots, and it's served hot with sour cream. Borscht is a very popular dish in Russia and Eastern Europe.

### **Varenye**

Varenye is a kind of jam or marmalade made from fruit or berries. It's usually eaten with bread or added to cakes and pastries. The most popular kinds of varenye are strawberry, raspberry, and apricot.

### **Syrniki**

These are small pancakes or fritters made from curd cheese, flour, eggs, and sugar. Syrniki are usually fried and served with sour cream, jam, honey, or fruit sauce. They're a very popular breakfast dish in Russia.

### **Biskvit**

This is a kind of sponge cake made from eggs, sugar, and flour. Biskvit is used as the base for many Russian cakes and pastries, such as fancy cakes and roulades. It's also often eaten on its own with tea or coffee.

### **Liver paste**

This is a kind of paté made from liver, butter, onions, and spices. Liver paste is usually spread on bread or rusks and served as an appetizer or a snack.

*Ex. 2. Answer the questions.*

1. What is buckwheat kasha and how is it typically served?
2. What is kisel and what is it made from? How is it usually eaten?
3. What are pirozhki and what are they filled with? How are they cooked?
4. What are pelmeni and what are they filled with? How are they usually served?
5. What is borscht and what ingredients are used to make it? How is it served?
6. What is varenye and how is it typically eaten?
7. What are syrniki and what are they made from? How are they usually served?
8. What is biskvit and how is it used in Russian cuisine?
9. What is liver paste and how is it typically consumed?

### **3.4. Communication**

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

1. apples/breakfast/like
2. buy/bread/bakery
3. kind/cheese/prefer
4. fish/dinner/tonight
5. family/enjoy/vegetables
6. eat/rice/meals
7. glass/milk/cookies
8. tried/eating/pasta

9. last/time/piece

10. find/oranges/grocery

### **3.5. Writing**

***Ex. 1.** Write an email to a friend sharing a recipe for a delicious sweet bun. Describe the ingredients and the steps to make the bun. Use the target vocabulary to explain the recipe clearly.*