

**МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ  
НАЦІОНАЛЬНА АКАДЕМІЯ ПЕДАГОГІЧНИХ НАУК УКРАЇНИ  
НАУКОВО-МЕТОДИЧНИЙ ЦЕНТР ВФПО  
ВСП “ТЕХНОЛОГО-ЕКОНОМІЧНИЙ ФАХОВИЙ КОЛЕДЖ  
БІЛОЦЕРКІВСЬКОГО НАЦІОНАЛЬНОГО АГРАРНОГО  
УНІВЕРСИТЕТУ”**

**ІНОЗЕМНА МОВА (АНГЛІЙСЬКА МОВА) ЗА ПРОФЕСІЙНИМ  
СПРЯМУВАННЯМ**

**Інтерактивний навчально-методичний посібник для практичних занять  
з навчальної дисципліни  
для студентів спеціальності 181 «Харчові технології»**

**КОНКУРС “Педагогічний ОСКАР — 2023”**

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методичний посібник»**

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Інтерактивний навчально-методичний посібник з навчальної дисципліни Іноземна мова (англійська мова) за професійним спрямуванням «*Іноземна мова (англійська мова) за професійним спрямуванням*» — призначений для методичного забезпечення вищевказаної дисципліни для студентів спеціальності 181 “Харчові технології” (ОПП “*Зберігання, консервування і переробка м’яса*”) III-IV курсів навчальних закладів передвищої професійної освіти. Створений у програмі *Flip Book International* з додаванням інтерактивних вправ сервісу *Wordwall*. Має професійно-спрямований характер, чия тематика відповідає Навчальній програмі з дисципліни «Іноземна мова за професійним спрямуванням». Містить навчальні матеріали — тексти, відео фрагменти, ілюстрації, презентації, вікторини, завдання для розвитку умінь говоріння, творчі завдання, синоніми, тематичні фразеологізми, тести, музичні вкладки, — які зумовлюють інтерактивний характер посібника. Більшість навчальних матеріалів — *авторські розробки* на основі сучасних інформаційних джерел автентичного характеру. Конвертується для мобільних пристроїв.

Можна використовувати для аудиторної і заочної форм навчання, дистанційного навчання.

Рекомендовано цикловою комісією гуманітарних дисциплін.  
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## ВСТУП INTRODUCTION

Інтерактивний навчальний посібник здатний індивідуалізувати і оптимізувати процес навчання іноземної мови. Тому навчально-методичний посібник “Іноземна мова (англійська мова) за професійним спрямуванням” створений для студентів III-IV курсів вищих навчальних закладів 1-2 рівнів акредитації спеціальності 181 “Харчові технології”, спеціалізація “Зберігання, консервування і переробка м’яса” і є інтерактивним підручником, який створений у форматі *Flip Book International*, з використанням гіперпосилань і деяких тестів на інтернет джерела; інтерактивних вікторин, лексичних ігор, створених у сервісі *Wordwall* (власних і створених вчительською європейською спільнотою). Численні тематичні відео фрагменти та презентації професійно-спрямованого характеру також додають характеру інтерактивності підручника, включаючи музичні фрагменти та анімацію на деяких сторінках.

*Flip Book International* дозволяє конвертувати підручник в формат для мобільних телефонів, які у більшості зараз використовуються студентами у навчанні, оскільки не всі можуть придбати ноутбук чи комп’ютер.

Другою перевагою цієї програми є можливість для викладача та, навіть для студента, змінювати контент, додавати звукові ефекти та медіаплейер тощо.

Щодо наповнення змісту підручника, то слід вказати, що існуючі вітчизняні посібники дещо застаріли, оскільки не містять інформації про сучасні тенденції у розвитку харчових технологій в Україні і за кордоном. Наявні автентичні британські навчальні посібники висвітлюють лише до 7 % обсягу навчального матеріалу [мова йде про професійно-спрямований контент посібника]. Це — підручники британського видавництва *Express Publishing* серії *Career Paths* “Cooking”, “Food technologies”, “Fast food”, “Nutrition and dietetics”, чий окремі теми можна і потрібно використовувати на заняттях з іноземної мови за професійним спрямуванням. До речі, у представленому посібнику є одна тема з вказаних британських підручників “Making a presentation” (Unit 21.C).

Поновлені теми про англійську мову як світову мову (кількість населення, кількість мов у світі, кількість людей, які володіють англійською мовою), про Україну (сучасний стан країни), про Велику Британію (зміна монарха). Змінено теми *At the doctor’s*, *Telephone conversation*

Отже, при укладанні навчального посібника враховувались сучасні історичні зміни, і методи укладання автентичних британських підручників для вивчення англійської мови як другої мови (ESL), так і сучасні вимоги до викладання іноземної мови, у тому числі під час дистанційного навчання або асинхронного навчання (наприклад, для студентів-заочників). Головним акцентом є розвиток умінь говоріння, оскільки студентам не вистачає мовної практики, тому більшість тем починалась з завдань, спрямованих на розвиток умінь говоріння, які відображали, у своїй більшості, життєвий досвід студентів і базувались на доступному лексичному матеріалі.

Варто зазначити, що 90 % розроблених завдань є авторськими розробками. При укладанні була опрацьована велика кількість наукових і професійних

джерел автентичного характеру, деякі сайти провідних існуючих американських компаній (тема Meat canning, spices; Unit 38), англійською мовою, потім була відібрана, відредагована для студентів, для яких англійська мова є друга мова. Теми “Local meat processing plant” (Unit 42) була укладена на основі реальних місцевих українських компаній галузі. Ілюстративні матеріали допомагають уявити зміст матеріалу, роблять представлену інформацію реально існуючою.

Навчально-методичний посібник складається з *чотирьох розділів* (Chapters 1-4), які підрозділяються на частини (Units 1-42). Перший розділ (Units 1-2) носить ввідний характер і відображає теми English as a world language і My college. Другий розділ (Units 2-5) має країнознавчий характер і присвячений Україні і Великій Британії. Третій розділ (Units 6-21) охоплює тематику ділової поїдки за кордон і спрямований на розвиток як усного, так і писемного мовлення. Четвертий розділ (Units 22-42) має чітко визначений професійний характер і містить тексти та різноманітні завдання загальнонаукового характеру, які інтегровані з дисциплінами “Хімія”, “Біологія”, “Біохімія” і тексти професійного спрямування, інтегровані з технологією і мікробіологією м’яса.

Навчальні завдання містять тексти загальнонаукового і професійного характеру, релевантні ілюстрації, презентації і відео, вікторини, проєктні завдання творчого характеру, тести, головоломки пошуку слів. Є особливі позначки, такі як ‘Synonyms’, ‘Food idioms’, які поглиблюють знання з лексики і носять культурологічний характер. Позначки ‘Technology of meat and etymology’, ‘Culture notes’ носять не тільки професійний, але й лінгвістичний та культурологічний характер і розширюють світогляд студентів про обрану професію і англійську мову. Позначка ‘Interactive!’ вказує на інтерактивність вправи, в більшості випадків студент може отримати оцінку чи кількість балів. Навчальні матеріали, представлені у посібнику, відображають розвиток життя суспільства, розвиток мови, науки і харчових технологій у чотирьох країнах — Україні, Великій Британії, США і Індії.

Навчально-методичний посібник має чітко спрямований професійний характер з галузі харчових технологій, має інтегровані зв’язки з багатьма спеціальними дисциплінами, які вивчають студенти-технологи.

Відео і презентації англійською мовою дозволяють не лише розвивати уміння аудіювання, але і покращити власну вимову і дізнатися про нові сучасні технології (наприклад, відео How to dry meat at home), про реальні галузеві підприємства і технології, які існують за кордоном.

Інтерактивний навчально-методичний посібник, створений у програмі *Flip Book International*, дає змогу використовувати його під час дистанційного та асинхронного навчання.

Навчальний посібник призначено для аудиторного, самостійного, дистанційного навчання і рекомендований для студентів денної і заочної форм навчання навчальних закладів передвищої професійної і вищої освіти.

## FOOD TECHNOLOGIES



1.ENGLISH, MY COLLEGE 2.UKRAINE, THE UNITED KINGDOM  
3.BUSINESS TRIP ABROAD 4.BIOLOGY, CHEMISTRY, MEAT TECHNOLOGY

## Chapter 1. INTRODUCTORY STAGE.

### Unit 1

#### ENGLISH AS THE WORLD LANGUAGE

1. **Lead-in.** Answer the questions.

1. What languages can you speak?
2. How do we call people who know more than five languages?
3. What is the state language in your country?

2. **Read and translate these sayings. Do you agree with them?**

1. A new language — a new world.
2. How many languages you know so many times you are a man. (Goethe)

3. **Reading.** Read and translate the text “English as the world languages”.



#### ENGLISH AS THE WORLD LANGUAGE

Different nationalities speak different languages. The total number of languages is 7000! The most widespread languages are English, Mandarin Chinese, Hindi, Spanish, French, Arabic, Russian, Portuguese, Japanese, Malay, Korean and others. In Kievan Rus as well as Europe the people began to learn foreign languages in the 11<sup>th</sup> century.

Nowadays English is the most important and widespread language in the world. In the world there are 195 countries, and English is the state language in 67 countries, among them are: Great Britain, Canada, the USA, Australia and New Zealand. Every well-educated person speaks English, because it is the language of international communication in many areas of life: trade, business, science, technologies, tourism, sport, computers, aviation, and entertainment.

The population of the world is 8 billion people and 1.5 billion people can speak English. So, for some people English is the native language. For some people English is a second language. Scientists prefer using English in their articles.

A lot of people around the world want to learn English. Many of them come to Britain to learn English at schools, especially in the summer. There are courses in General English, Business English, Medical English, etc.

People learn English for their work, future career or studies. Young people learn English because they want to travel, to work or to study abroad. Some of them like to listen to English music, or to read English books in original, or to watch films in English.

Why do I learn English? I think it is necessary because I want to communicate with people from different countries. I want to understand their culture and traditions.

4. **Speaking.** Discuss these questions to the text “English as the world language”.

1. Is the total number of languages in the world 5000 or 7000?
2. What are the most widespread languages of the world?
3. How many people in the world can speak English?
4. What countries is English the state language in?
5. Why is English the language of international communication?
6. Do scientists prefer using English in their articles?
7. A lot of people around the world want to learn English, don't they?
8. Why do people learn English?



9. Why are you learning English?
10. What other foreign languages would you like to learn?
11. Who were and are the famous polyglots of Ukraine and the world?
12. What do you know, what foreign languages are popular in the world / in Ukraine nowadays?



5. **Vocabulary.** Learn the following words and word combinations.

widespread	поширений
native language	рідна мова
foreign language	іноземна мова
second language	друга мова (нерідна, яку вживають на роботі або в навчанні)
state language	державна мова
necessary	необхідний
science	наука
scientist	науковець
article	стаття
culture	культура
trade	торгівля
tourism	туризм
entertainment	розвага
course	курс
area of life	сфера життя
to improve	удосконалювати
to use	використовувати
to communicate	спілкуватися
well-educated	освічений
as well as	також
communication	спілкування
total number	загальна кількість
etc. (et cetera, and so on)	тощо; і так далі

6. **Interactive! Watching.** View a video about Vladimir, a modern polyglot.

<https://www.youtube.com/watch?v=ULPFVK8ITqs>



1. What country is Vladimir from?
2. How many languages can he speak?
3. What languages can he speak?
4. Where is he living now?

7. **Project.** Using the Internet information write a short report or make a Microsoft Power presentation about any famous polyglot of the world or Ukraine. Use the plan:

### POLYGLOT

Name — I'd like to tell about....

Country — He/She is/was from....

Occupation — He/She is/was a....

How many languages? — He/She can/could speak ..... languages.

What languages? — He/She can/could speak French,.....

Interesting fact — ....

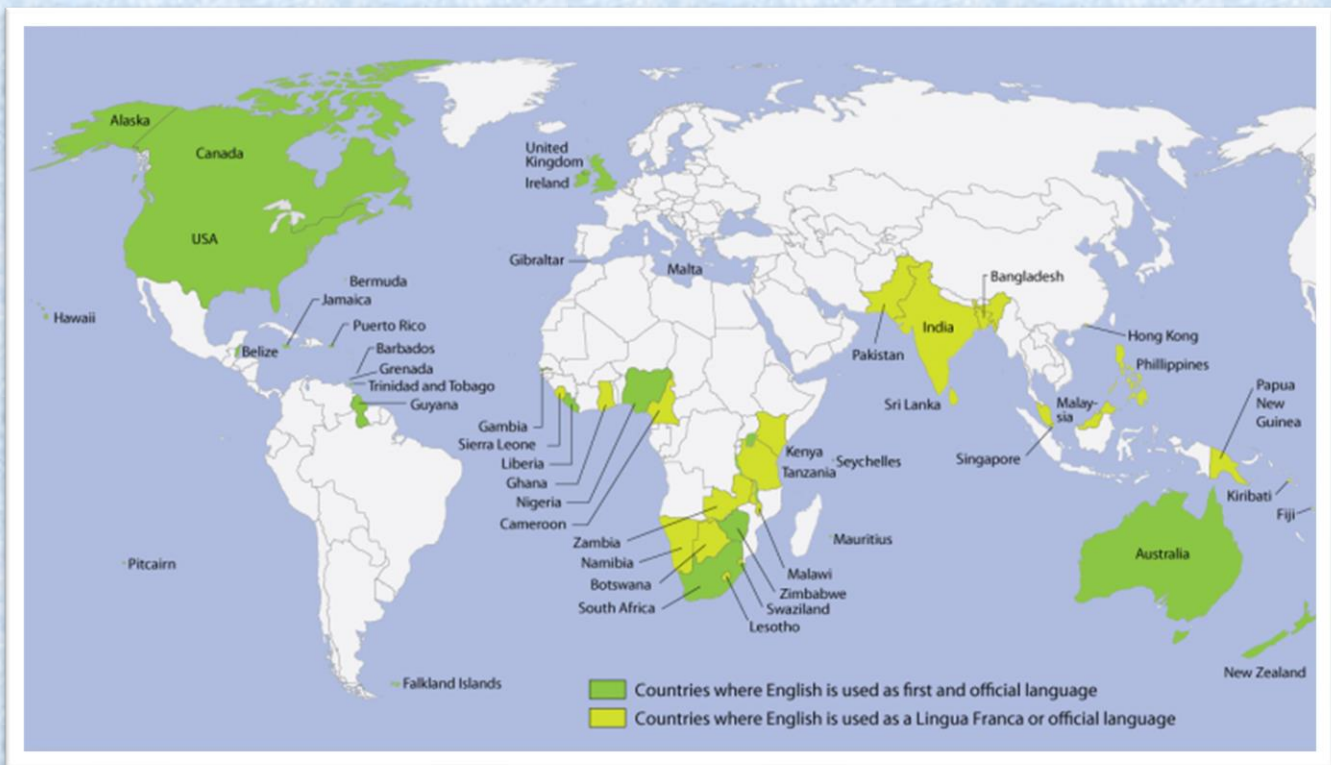


Figure 1 Map of English-speaking countries

## Unit 2

### MY COLLEGE

1. **Lead-in.** Answer the questions.

1. Do you like to study at college / technical school?
2. Do you have a favourite class?
3. Do you prefer lectures or practical classes?

2. Read and translate the text “Bila Tserkva Professional College of Technologies and Economics”.

### BILA TSERKVA PROFESSIONAL COLLEGE OF TECHNOLOGIES AND ECONOMICS

I'd like to tell about our college and studies there. I study at the Professional College of Technologies and Economics of Bila Tserkva National Agrarian University. The college was founded in 1944. It is situated in the town centre.



The college has four academic buildings with specialized classrooms, laboratories and computer classrooms including the library with the reading-hall. The college has a students' canteen, a gym, a sports ground and two students' dormitories. At breaks students can have lunch or a snack at the cafeteria or from the kiosks.

There are five departments at the college: the power engineering, veterinarian, economical, food technologies and IT departments. The college trains junior bachelors for food industry and processing industry, for some financial and commercial institutions. The college trains specialists in 9 specialties.

The classes at the college start at 8.30 a.m. and finish at 3 p.m. Usually students have 3-4 classes a day and study 5 days a week. Students can have: practical and laboratory classes, lectures and seminars, training, professional and pre-diploma practices. At the college there are general educational and specialized subjects.

Students study at the college for 2, 3 or 4 years in the full-time or the extra-mural departments. An academic year has 2 semesters. At the end of every semester students must take exams. Some students with good marks get a scholarship. After graduating from the college students receive a diploma of a junior bachelor.

About 1000 students are studying at the college now. You are welcome!

3. **Speaking.** *Work in pairs. Answer these questions. Use the prompts.*

1. What is your first name and last name? — *My first name is ...My last name is ...*
2. How old are you? — *I am ..... years old.*
3. Where do you study? — *I study at ..... .*
4. How old is the college now? — *The college is ..... years old.*
5. How many departments are there at the college? — *There are ..... at the college.*
6. Which department are you in? — *As for me, I am in the ..... department.*
7. Are you in the full-time or the extra-mural department? — *I'm in the ..... .*
8. What year of study are you in? — *I am a first- (second-, third-) year student.*
9. How many classes do you usually have? — *I usually have ..... .*
10. What time do classes start and finish? — *The classes start at ..... and ..... .*
11. What is your favourite class? — *My favourite class(es) is (are) ..... .  
(biochemistry, microbiology, meat technology, chemistry, IT, PE, history, philosophy, sociology, management and so on)*
12. What is the name of your specialty? — *My specialty is: preservation, canning and processing of meat (veterinary medicine; finances; commercial activity; business economics; installation and servicing of refrigerating and compressor machines and plants; preservation, canning and processing of fruit and vegetables / milk; information technology of an enterprise).*
13. Would you like to continue studies after graduating from the college? — *Yes, I would. / No, I wouldn't.*
14. Do you get a scholarship? — *Yes, I do. / No, I don't. I am on a contract basis.*

4. **Vocabulary.** *Learn the following words and word combinations.*

I'd like	Я хотів би
to study at	навчатися в
professional college	фаховий коледж

academic	учбовий
building	будівля
specialty (specialties)	спеціальність (спеціальності)
junior specialist	молодший спеціаліст
junior bachelor	молодший бакалавр
specialized	спеціальний; спеціалізований
department	відділення
to include	включати (в себе)
canteen	їдальня
hostel/dormitory	гуртожиток
gym	спортзал
sports ground	спортмайданчик
break	перерва
to have lunch / a snack	пообідати / перекусити
to train	готувати
institution	заклад
class (classes)	заняття
general educational	загальноосвітній
training practice	навчальна практика
to receive a diploma	отримувати диплом
processing	переробний; переробка
after graduating from	після закінчення
information technology (IT)	інформаційна технологія; інформатика
power engineering	енергетичне машинобудування
food technologies	харчові технології
canning	консервування
preservation	зберігання
full-time	денний
extra-mural	заочний
to get a scholarship	отримувати стипендію

5. **Speaking / Writing.** Prepare a story about your professional college or technical school. Speak about the following:

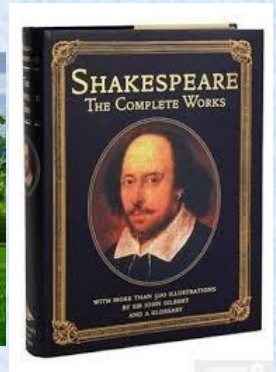
1. Name of the college / technical school — I study at ...
2. Location — It is situated in ...
3. Year of establishing — It was founded in ...
4. Buildings / Campus — The college / technical school has ...
5. Departments — There are ... departments at ... They are ...
6. Name of your department — I study at the ... department.
7. Classes (How many? Specialized classes) — We study...
8. Favourite class (classes) — My favourite class is ...
9. Name of specialty — My specialty is ...
10. Kind of diploma — After graduating from the college I will get a diploma of a ...

## Chapter 2. BASIC STAGE. COUNTRYSTUDY.

### Unit 3

## THE UNITED KINGDOM OF GREAT BRITAIN AND NORTHERN IRELAND

1. **Lead-in.** What is the United Kingdom associated with? Use the pictures.



Figures 2-18. Great Britain: images

2. Read this information about the King Charles III.

King Charles III, born 1948, became king after the death of His Mother Queen Elizabeth II on the 8<sup>th</sup> of September, 2022. His coronation is on the 6<sup>th</sup> of May, 2023.

The Queen Elizabeth II was buried on the 19<sup>th</sup> of September, 2022.

3. Read, translate and retell the text “The United Kingdom of Great Britain and Northern Ireland”.

### **THE UNITED KINGDOM OF GREAT BRITAIN AND NORTHERN IRELAND**

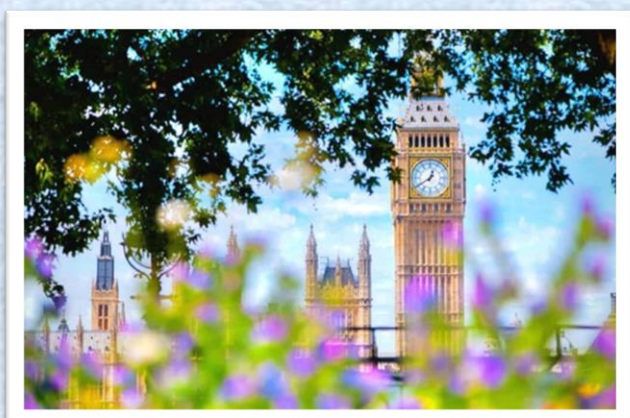
The UK is situated on the British Isles, which are about 800. The largest islands are Great Britain and Ireland. The UK is washed by the Atlantic Ocean, the North Sea, the Irish Sea and the English Channel (La Manche).

The United Kingdom of Great Britain and Northern Ireland consists of four countries: England, Scotland, Wales and Northern Ireland. The population of the UK is about 59,6 mln people (according to the census of 2021). The capital city of the country is London with the population of 8,6 mln people.

The main nationalities of the UK are English, Scottish, Welsh and Irish. But at present in Britain you can find representatives from India, Pakistan, the Arabic world and Africa.

The climate is rather mild, but wet and windy with a lot of rain in Wales and the North of Scotland. Geographically the territory of the UK is divided into the Lowlands and the Highlands. The highest mountains are Ben Nevis in Scotland and Snowdon in Wales. 55 per cent of its territory is mountainous.

The main rivers are the Severn (the longest), the Thames (the deepest), the Clyde, the Mercy, the Trent.



*Figure 20 Big Ben*

The main cities and towns are London, Edinburgh, Glasgow, Cardiff, Belfast, Manchester, Birmingham, Liverpool, Oxford, Cambridge. Administratively the UK is divided into counties (England), areas (Scotland and Wales) and government districts (Northern Ireland).



*Figure 19 King Charles III*

The UK is a constitutional monarchy. Head of State is the monarch (king or queen). Since the 8<sup>th</sup> of September 2022 King Charles III has become the new monarch of the United Kingdom. The British Parliament is the oldest parliament in the world, which is 800 years old. The Parliament consists of two Houses: The House of Lords and The House of Commons.

The main cities and towns are London, Edinburgh, Glasgow, Cardiff,

Belfast, Manchester, Birmingham, Liverpool, Oxford, Cambridge. Administratively the UK is divided into counties (England), areas (Scotland and Wales) and government districts (Northern Ireland).

The major mineral resources are coal, clay, granite, oil, gas (found in the North Sea). The main industries are high-tech (computer), business, trade, ship-building, car-building, chemical and textile industries, fashion, tourism.

4. **Speaking.** Answer the questions to the text “The United Kingdom of Great Britain and Northern Ireland”.

1. Where is the United Kingdom situated?
2. What seas is the United Kingdom washed by?
3. How many islands does the United Kingdom possess?
4. How many parts does the UK consist of?
5. What are the main nationalities in the UK?
6. What is the population of the United Kingdom? Of London?
7. What are the longest rivers of the UK?
8. What are the highest mountains of the UK?
9. What kind of state is the United Kingdom?
10. Who heads the state now?
11. What is the name of the present Prime Minister?
12. What are the largest cities of Britain?
13. Would you like to visit Britain? If yes, where would you like to go?
14. What are the symbols of London?

5. Read this poem. What is it about?

### TEA TIME

Let's stop for tea,  
Just you and me.  
We'll dry our cold wet feet.

Here's the spot,  
The tea is hot.  
The scones and jam are sweet.

Rain may spill  
And wind may chill,  
But we'll just say 'Pooh-pooh!'

Ignore the storm.  
We're dry and warm,  
Enjoying tea for two.



6. Look at the map of Great Britain and tell about this country.



7. **Interactive! Watching.** Watch the videos about the United Kingdom and London and tell: 1. What are the most famous places of Great Britain worth visiting?

2. When is the best time to visit Britain?

3. What landmarks are there in London? Which landmark would you like to visit?

<https://www.youtube.com/watch?v=EO3IXOHQJkA>

<https://www.youtube.com/watch?v=Q7Aq50-fuZg>

<https://www.youtube.com/watch?v=WFRR0zC70-0>





## Unit 4

### FOUR NATIONS OF THE UK

1. **Lead-in.** Choose the right item.

1. The total area of the UK is \_\_\_\_\_ thousand square kilometres.  
a) 243      b) 244      c) 245
2. The population of the UK is over \_\_\_\_\_ million people.  
a) 59,6      b) 48      c) 38
3. The British National flag is \_\_\_\_\_.  
a) the Union Black      b) the Union Greg      c) the Union Jack
4. The UK is made up of \_\_\_\_\_ countries.  
a) 4      b) 5      c) 6
5. England is washed by the \_\_\_\_\_ in the West.  
a) Pacific Ocean      b) North Sea      c) Atlantic Ocean
6. The capital of Wales is \_\_\_\_\_.  
a) Edinburgh      b) Cardiff      c) Belfast
7. The head of State in Great Britain is the \_\_\_\_\_.  
a) Prime Minister      b) King      c) President
8. Great Britain is separated from the continent by the \_\_\_\_\_.  
a) British Channel      b) Pacific Ocean      c) English Channel
9. \_\_\_\_\_ ruled the United Kingdom the longest period.  
a) Queen Victoria      b) Queen Elizabeth II      c) Queen Elizabeth I
10. Prime Minister \_\_\_\_\_ created tea with bergamot.  
a) Margaret Thatcher      b) Earl Grey      c) Boris Johnson

**Answers:** 1 b, 2 a, 3 c, 4 a, 5 c, 6 b, 7 b, 8 c, 9 b, 10 b.

2. **Quiz** "Parts of the UK." Choose the correct answer.

1. What is the capital of Wales?  
a) Cardiff      b) Belfast      c) Edinburgh
2. Manchester lies in .....  
a) Northern Ireland      b) Scotland      c) England
3. Which part does not belong to the UK?  
a) Wales      b) The Republic of Ireland      c) Northern Ireland
4. What is the name of the cross in England's flag?  
a) St. Patrick      b) St. Andrews      c) St. George
5. Which part does not belong to Great Britain?  
a) Northern Ireland      b) Wales      c) Scotland
6. Which parts of the UK were in the Union Flag of 1606?  
a) England and Scotland      b) England and Wales      c) Wales and Scotland
7. Which parts of the UK were in the Union Flag of 1801?  
a) England, Scotland and Wales  
b) England, Scotland and Northern Ireland  
c) England, Scotland and Ireland
8. What is the symbol of England?

- a) shamrock            b) rose            c) thistle
9. What is the symbol of Scotland?  
 a) shamrock            b) rose            c) thistle
10. Which part of the UK is not found in the Union Flag?  
 a) Scotland            b) England            c) Wales



Figure 21 Flag of the UK

**Answers:** 1 a, 2 c, 3 b, 4 c, 5 a, 6 a, 7 c, 8 b, 9 c, 10 c.

3. Read the text “The Four Nations of the UK”.

### THE FOUR NATIONS OF THE UK

The United Kingdom of Great Britain and Northern Ireland is made up of four countries such as England, Scotland, Northern Ireland (Ulster) and Wales. England, Wales and Scotland together form Great Britain. The culture of United Kingdom reflects the different customs and traditions of these four countries. So, the four nations live in the UK — the English, the Scots, the Welsh and the Irish.



Figure 22 Morris dance

*Language:* About 90% of citizens in UK communicate in English.

*Costumes:* There is no national dress code in the United Kingdom. A kilt is the national dress of Scotland. The national dress of Wales constitutes a long skirt, worn with a petticoat and a shawl. Costumes for the Morris dance or May dance are considered as the examples of traditional English costume.

*England* is the largest of the three parts within the island of Great Britain. The capital of England is London. Other important cities and towns are Manchester, Leeds, Newcastle, Birmingham,

Liverpool, Oxford and Cambridge. The main rivers are the Severn and the Thames. The national symbol is the red rose. The national day is the 23d of April, the Day of St. George, Patron Saint of England. The flag is St. George’s cross. The national colour is white.

Birdwatching is a popular pastime in England. England is famous for its national parks. The Lake District is very popular.

*Scotland* is the second largest part of Great Britain. The largest cities are Glasgow and Edinburgh, the capital. The national symbol is the thistle. The national day is the 30th of November, the Day of St. Andrew, Patron Saint of Scotland. The national flag is St. Andrew’s cross. The national colour is blue. Edinburgh is the cultural heart of the nation. In the past the city was called the Athens of the North. Its main place of interest is the 12th-century castle.

*Wales* is in the west of Britain. The total area of Wales is 20,760 square kilometres. Cardiff is the capital, principal seaport, and shipbuilding centre. The population of Wales is 3 million people. The Welsh pride themselves on being the

original Britons. The two symbols of Wales are a leek and a daffodil. Dragon is the national flag of Wales. Wales is united politically, legally, and administratively with England. Patron Saint of Wales is St. David. The national day is the 1<sup>st</sup> of March. The national colour is red. The west coast, mid Wales and North Wales are wild and beautiful!

*Northern Ireland* is situated in the north-east of Ireland. The total area is 14,160 square kilometres. The population was about 1,7 million people. The capital is Belfast. The national emblem is the shamrock. The national day is the 17th of March, the Day of St. Patrick, Patron Saint of Northern Ireland. The National Flag is St. Patrick's Cross. The national colour is green. The main industries are shipbuilding and textiles. Northern Ireland is sometimes called Ulster.

4. **Speaking.** Answer the questions to the text "The Four Nations of the UK".

1. What four nations live in the United Kingdom?
2. The UK is made up of four countries, isn't it?
3. What are these four countries of the UK?
4. Is there a national dress code in England?
5. Which national clothes do the Scottish men wear?
6. What do the Welsh people wear?
7. About 90% of citizens in UK communicate in English, don't they?
8. What does the culture of UK reflect?
9. Which dances are traditional in England?
10. Is birdwatching a popular pastime in England or Scotland?
11. Do the Welsh or the English pride themselves on being original Britons?
12. St. Patrick's festivities are celebrated in Northern Ireland, aren't they?
13. Was Belfast or Edinburgh called the Athens of the North in the past?

5. **Vocabulary.** Learn the following key words and word combinations.

Morris dance	народний танок в костюмах героїв легенди про Робін Гуда
to reflect	відобразити
custom	звичай
to wear (wore, worn)	носити, одягати
petticoat	(нижня) спідниця
kilt	кілт, предмет одягу шотландського горця, типу спідниці (яку носять поверх коротких брюк)
shawl	шаль, хустка
to be considered as	вважатися як
example	приклад
cross	хрест
birdwatching	спостереження за птахами
shamrock	трилисточник
thistle	чортополох
daffodil	блідно-жовтий нарцис



## Unit 5 UKRAINE



1. **Lead-in.** Watch this historical video from Kherson, November, 2022.

2. Answer the questions.

1. How many regions are there in Ukraine?
2. What region (oblast) do you live in?
3. What is your region famous for?

<https://www.youtube.com/watch?v=YsLflhv6arY>



Figure 27 Map of Ukraine

3. **Vocabulary.** Copy and learn the words and word combinations.

sovereign	суверенний
to border on	межувати з
head of state	голова держави
government	уряд
region	область, регіон
the main law	основний закон
the main legislative body	основний законодавчий орган
one-chamber	однопалатний

representative	представник
to be famous for	славитися (чимось)
to be popular with	бути популярним серед (когось)
amber	бурштин
iron	залізо
coal	вугілля
heritage	спадщина
to stand with	підтримувати

4. **Reading.** Read and translate the text “Ukraine”.

### UKRAINE

Ukraine is a sovereign state. It is situated in the south-east of Europe. Ukraine borders on Russia, Belarus, Moldova, Poland, Slovakia, Romania and Hungary. There are twenty-four regions in Ukraine and the Crimean autonomous republic (which is annexed at present).

Ukraine is a republic. The state language is Ukrainian. The main law is the Constitution of Ukraine. The head of state is the President. The head of government is the prime-minister. The main legislative body is the Verkhovna Rada (the Supreme Council) — this is the name of the Ukrainian parliament. It is a one-chamber parliament with 450 members of the parliament.

Ukraine is washed by the Black Sea and the Sea of Azov. In Ukraine there are a lot of rivers. The major rivers are the Dnieper, the Dniester, the Danube and the Donets. The largest lake is Svitiaz. Most territory is flat but there are some mountains in the west and in the south — the Carpathian Mountains and the Crimean Mountains. The highest peak is Hoverla, which is very popular with tourists for climbing.

The population of Ukraine is 40 million people. The capital of Ukraine — Kyiv — has the population of three million people. The representatives of different ethnic groups can also be found in Ukraine. At present the number of population is changing because a lot of people are migrating.

Ukraine is famous for its black soils. Ukraine is both an industrial and agricultural country. The major mineral resources are coal, iron, gas, amber, nickel, sand, and salt.

The main cities are Kyiv, Odesa, Dnipro, Donetsk, Lviv, Kryvyi Rih, Zaporizhzhia.

Ukraine has a long history, beautiful nature and a rich cultural heritage.

At present Ukraine is facing a great deal of problems: social, territorial, ecological, and demographic (a high per cent of migration) problems.

On the 24<sup>th</sup> of February 2022 Ukraine was attacked by missiles of the Russian Federation, that started the tragic page in the history of Ukraine — the war. All the world stands with Ukraine. Ukrainians dream about peace on their territory and victory!



5. **Speaking.** Answer the questions to the text “Ukraine”.

1. What kind of state is Ukraine?

2. Where is Ukraine situated?
3. What is the state language of Ukraine?
4. Does Ukraine have the Constitution?
5. How many regions (oblasts) are there in Ukraine?
6. How many people live in Ukraine?
7. What are the main cities?
8. What are the major rivers in Ukraine?
9. What is the highest peak of Ukraine?
10. What is Ukraine famous for?



### AGRICULTURE OF UKRAINE

6. Match the questions and the answers to the subtopic "Agriculture in Ukraine".

a.	Why are most parts of Ukraine suitable for agriculture?	1.	Winter wheat, winter rye, maize, barley, millet and oats.
b.	What are the basic grain crops in Ukraine?	2.	The vineyards.
c.	What can we mainly find in the south of the country?	3.	An agricultural country.
d.	What products do livestock and poultry give?	4.	Due to its fertile black soil and favourable climate.
e.	Where are potatoes, cabbages, tomatoes, carrots, onions, eggplants, sweet pepper, and cauliflower grown?	5.	They give milk, meat and eggs.
f.	What kind of country is Ukraine?	6.	In all parts of the country.

7. Prepare a short Microsoft Power Presentation about Ukraine or your native place.

8. Read and learn the poem "Love Ukraine" by Volodimir Sosiura. All the poet's love to Ukraine is expressed in the poem.

### LOVE UKRAINE

*Abrupted*

Love your Ukraine, love as you would do the sun,  
The wind, the grasses and the streams together ...  
Love her in happy hours, when joys are won,  
And love her in her time of stormy weather.

Love her in happy dreams and when awake,  
Ukraine in spring's white cherry-blossom veil.  
Her beauty is eternal for your sake;  
Her speech is tender with the nightingale.

As in a garden of fraternal races,  
She shines above the ages. Love Ukraine  
With all your heart, and with exultant faces  
Let all your deeds her majesty maintain.



For us she rides alone on history's billows,  
In the sweet time of space she rules apart,  
For she is in the stars, is in the willows,  
And in each pulse-beat of her people's heart,

In flowers and tiny birds, and lights that shine,  
In every epic and in every song,

... ..

Love her with all your heart and all your might,  
And with her glory we shall be immortal.

By Volodimir Sosiura



Figures 28-31 Ukraine in painting

## Chapter 3. BUSINESS TRIP ABROAD.

### Unit 6

#### BUSINESS TRIP — TICKETS

1. **Lead-in.** Answer the questions.

1. Do you like travelling?
2. Do you often travel?
3. Do you prefer to travel by train, by car or by plane?

2. **Speaking.** Read and dramatize the dialogues.

#### AIRPORT: CHECKING IN

**Agent:** Hello, where are you flying today?  
**Passenger:** I am flying to San Francisco.  
**Agent:** May I please see your passport?  
**Passenger:** Here you are.  
**Agent:** Will you be checking any luggage?  
**Passenger:** Yes, I have two suitcases.  
**Agent:** Do you have any carry-ons?  
**Passenger:** Yes, my brief case and my laptop bag.  
**Agent:** Do you want a window seat or an aisle seat?  
**Passenger:** I would like an aisle seat.  
**Agent:** Here is your boarding pass and your gate is A14.  
Have a pleasant flight.





## IN FLIGHT

- A: Flight Attendant:** Would you like something to drink?  
**Passenger:** I would like some orange juice.  
**Flight Attendant:** Would you like a snack?  
**Passenger:** Sure. I'd like some peanuts.
- B: Flight Attendant:** Would you like tea or coffee?  
**Passenger:** I'd like tea, please.
- C: Passenger:** Excuse me. May I get a blanket?  
**Flight Attendant:** Sure. I will be right back.

3. **Vocabulary.** Test your travel vocabulary. Choose the correct word in each sentence.

**Model:** They travelled *in / by* plane.

1. They went *in / by* train.
2. We *took / went* a bus.
3. Our plane was fifteen minutes *late / latest*.
4. The taxi *stop / rank* is just outside the airport.
5. I need a *trolley / bag* for my suitcases.
6. The flight *man / attendant* will serve you coffee.
7. My *fly / flight* is at 16.00.
8. I'd like an economy class *seat / ticket*.
9. I often travel on *business / tourism*.
10. Do you prefer a window or an aisle *seat / ticket*?

4. Learn these key words, word combinations and phrases.

To travel on / for business	подорожувати по справам
to go / to travel by plane / by air	їхати / подорожувати літаком
to go / to travel by car / by bus / by train	їхати / подорожувати машиною / автобусом / поїздом
a business trip	ділова поїздка
to book (a ticket, a seat, a flight)	замовляти (квиток, місце, рейс)
ticket	квиток
e-ticket	електронний квиток
ticket-office	квиткова каса
I'd like a ticket to London, please.	Мені потрібен (Я хотів би) квиток до Лондона, будь ласка.
a single (one-way) ticket	квиток в один бік
a return (round-trip) ticket	зворотний квиток
a first-class ticket	квиток першого класу
a business class ticket	квиток бізнес класу
an economy (a tourist) class ticket	квиток економ (туристичного) класу
an open-date return ticket	зворотний квиток з відкритою датою
How much is an open date to Glasgow?	Скільки коштує зворотний квиток

	з відкритою датою до Глазго?
How much will that be?	Скільки це буде коштувати?
a seat	місце
a window seat	місце біля вікна
an aisle seat [ail]	місце в проході
to fly	літати
flight	політ; рейс
Your flight number is BA730.	Номер вашого рейса BA730.
A boarding pass	посадочний талон
boarding	посадка
to check in	реєструватися на посадку
check-in desk	стійка реєстрації
Gate 11	вихід на посадку 11
arrival time	час прибуття
departure time	час відправлення
baggage (US) / luggage (UK)	багаж
carry-ons	ручний багаж
to start	відправлятися
to land	приземлятися
to leave	відправлятися

5. Fill in with the correct words from the box:

flight, baggage, boarding pass, ticket, seat, carry-on

### CHECK-IN

*Service agent:* Good morning. Can I have your 1 ticket, please?

*Passenger:* Here you are.

*Service agent:* Would you like a window or an aisle seat?

*Passenger:* An aisle 2 \_\_\_\_\_, please.

*Service agent:* Do you have any 3 \_\_\_\_\_?

*Passenger:* Yes, this suitcase and this 4 \_\_\_\_\_ bag.

*Service agent:* Here's your 6 \_\_\_\_\_. Have a nice 7 \_\_\_\_\_.

*Passenger:* Thank you.

6. **Interactive! Watching.** Watch the animated video “At the airport conversation” and you will have a good idea about airport procedures. What travel words do you hear?

<https://www.youtube.com/watch?v=jy88ejZrPWw>



7. **Interactive! Vocabulary.** Do an Airport Travel Quiz.

<https://www.thoughtco.com/airport-dialogue-and-quiz-beginner-esl-4168866>

1. Could I please see your \_\_\_\_\_ before you get on the airplane?
  - bag
  - cat
  - boarding pass
  - board ticket
2. Please put your keys in the \_\_\_\_\_ and walk through the \_\_\_\_\_.
  - bin... scanner
  - hole... scanner
  - holder... hall
  - bin... security
3. Do you have any \_\_\_\_\_?
  - luggage
  - bags
  - carry-ons
  - All of the answers are correct
4. May I see your \_\_\_\_\_? Are you a \_\_\_\_\_ or are you traveling on business?
  - suitcase... tourist
  - ticket... passenger
  - passport... airline worker
  - passport... tourist
5. Do you have anything to \_\_\_\_\_? Any presents or alcohol?
  - say
  - tell me
  - declare
  - hide
6. Please \_\_\_\_\_ to the side and empty your pockets.
  - step
  - stand on
  - move away
  - hop
7. Would you prefer an \_\_\_\_\_ seat or a \_\_\_\_\_?
  - window... aisle
  - aisle... window
  - aisle... window one
8. I have one suitcase and a \_\_\_\_\_.
  - carry-on
  - backpack
  - pocketbook
  - All of the answers are correct
9. Have a nice \_\_\_\_\_.
  - day

- trip
- flight
- All of the answers are correct

8. **Interactive! Watching and Vocabulary.**

<https://www.youtube.com/watch?v=jp0PQyq63x0>



Watch the video “Travel English — On the airplane” and practice in repeating words and phrases to the topic.

## Unit 7

### AT THE CUSTOMS

1. **Lead-in.** Do you know these phrases? Read and translate them, and the information about their use.

**Passport and Customs Control.** If you take an international flight, you'll have to pass through passport control and customs. Here are some of the most common questions you can expect:

- Can I see your passport?
- Are you a tourist or here on business? — Asked at customs to determine the purpose of your visit.
- Do you have anything to declare? — Sometimes people need to declare things they have bought in other countries.
- Have you brought any food into the country? — Some countries do not allow certain foods to be brought into the country.

2. Read and dramatize the dialogues.

### ARRIVING — CUSTOMS DIALOGUE A

*Customs officer:* May I see your passport, please?  
*Passenger:* Here you are.  
*Customs officer:* How long are you staying in America?  
*Passenger:* Two weeks.  
*Customs officer:* What's the purpose of your visit?  
*Passenger:* I am here sightseeing.  
*Customs officer:* Here you are. Welcome to America.  
*Passenger:* Thank you.

## DIALOGUE B

- Customs Officer:* May I look at your passport and customs declaration form, sir?  
*Daniel Adams:* Certainly. Here you are.  
*Customs Officer:* Do you have anything to declare?  
*Daniel Adams:* No, nothing. Just the normal allowance.  
*Customs Officer:* What do you have in this suitcase?  
*Daniel Adams:* Books, clothes, personal belongings and a bottle of wine.  
*Customs Officer:* Okay, do you have anything else besides these?  
*Daniel Adams:* No, I don't.  
*Customs Officer:* How much money do you have on you?  
*Daniel Adams:* I have four thousand dollars and eight hundred Euros.  
*Customs Officer:* That's fine, thank you. You can proceed.  
Have a nice stay in the United States.  
*Daniel Adams:* Thank you. I'm sure I will.

## DIALOGUE C

- Customs officer:* Hello, have you been to this country before?  
*Passenger:* No, it's my first journey to England.  
*Customs officer:* Have you got any relatives, friends in Great Britain?  
*Passenger:* Just friends.  
*Customs officer:* How long do you intend to stay here?  
*Passenger:* Around a couple of weeks.  
*Customs officer:* Where will you stay?  
*Passenger:* I'll stay with some friends for a few days in London then I'll go sightseeing.  
*Customs officer:* Tourists are not allowed to stay beyond three months you know?  
*Passenger:* Anyway, I have to go back to France in six weeks.

3. **Writing.** Fill in this form. It is typical for declarations, immigration and landing cards, visas, etc.

### Personal information

Name _____	Surname _____
Address _____	
_____	
Date of birth _____	Place of birth _____
Marital status <input type="checkbox"/> single <input type="checkbox"/> married <input type="checkbox"/> divorced <input type="checkbox"/> widowed	
Occupation _____	
Passport _____	Passport number _____
Sex <input type="checkbox"/> male <input type="checkbox"/> female	
Visa _____	Signature _____

4. **Speaking.** Work in pairs. Switch roles. Reproduce the dialogue.

## AT THE AIRPORT: CUSTOMS

A: Welcome to \_\_\_\_\_ .

- Canada*
- New Zealand*
- Ireland*
- the United States of America*

May I see your passport, please?

B: Sure. Here it is.

A: Where are you coming from?

B: I'm coming from \_\_\_\_\_ .

A: What is the purpose of your visit?

B: I'm here \_\_\_\_\_ .

- on business*
- visiting relatives*
- as an exchange student*
- as a tourist*

A: How long are you planning to stay?

B: I'll be staying \_\_\_\_\_ .

- until tomorrow*
- for three weeks*
- for two months*
- until next Tuesday*

A: Where will you be staying?

B: I'll be staying \_\_\_\_\_ .

- at a hotel*
- at my aunt's house*
- at a dormitory*
- with friends*

A: Have you ever been to this country before?

B: \_\_\_\_\_ .

- Yes, when I was a child.*
- Yes, I visit often.*
- No, it's my first visit.*

A: Do you have anything to declare?

B: No, nothing.

A: Enjoy your stay.

B: Thank you.



### 5. **Vocabulary.** Copy and learn the words and phrases.

customs	МИТНИЦЯ
customs officer	МИТНИК; офіцер митниці
to stay	перебувати; зупинятися
How long are you staying?	Як довго Ви збираєтесь перебувати?
to intend	мати намір

How long do you intend to stay?	Як довго Ви маєте намір перебувати?
purpose	мета; ціль
What is the purpose of your visit?	Яка мета Вашого візиту?
sightseeing / business	огляд визначних місць / бізнес
to declare	декларувати
Do you have anything to declare?	У Вас є щось задекларувати?
customs declaration form	бланк митної декларації
Here you are./There you go.	Ось, будь ласка.
suitcase	валіза
luggage / baggage	багаж
personal belongings	особисті речі
to allow	дозволяти
Beside these.	Окрім цих.
Beyond three weeks.	Більше трьох тижнів.

6. Choose the correct word.

1. May I see your *passport* / *time*, please?
2. Do you have anything to *declare* / *to speak*?
3. Open your *suitcase* / *laptop*, please?
4. *How much* / *How many* suitcases do you have?
5. Fill in your *declaration* / *visa* form, please.
6. Put your carry-on luggage on *the conveyor* / *the escalator*, please.
7. Where is the duty-free *shop* / *magazine* here?
8. What is your purpose of *visit* / *stay* in London? — Business.
9. How long are you going *to stay* / *to leave* in Britain? — A week.
10. Excuse me, *officer* / *office*.



7. **Interactive! Watching and Vocabulary.**  
 Watch the video “Travel English - At the Airport - How to Go Through Customs and Check in” and practice in pronouncing the words and phrases.

<https://www.youtube.com/watch?v=Zrwwfwz5YYTU>

## Unit 8

### IN THE CITY

1. **Lead-in.** Answer these questions.

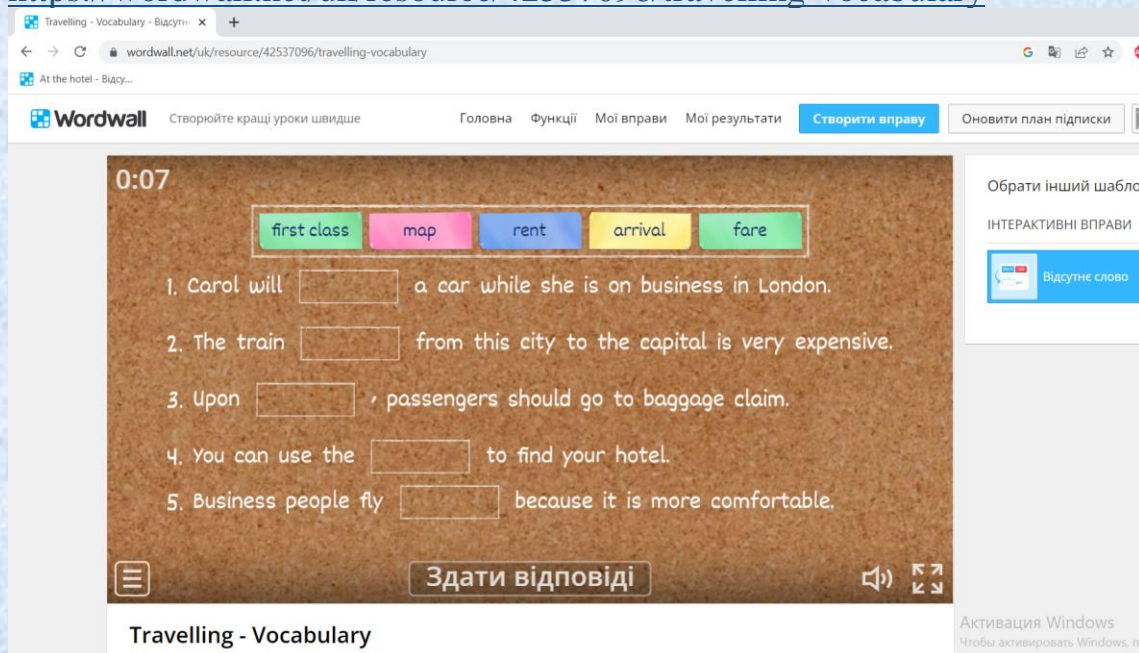
1. What is your favourite city?
2. Is there a city you really don't like?
3. Which city do you really want to visit?
4. What is the nearest city to your place of living?
5. What do you think about the public transport of this city?



Figure 32 London, Oxford Street

2A. **Interactive!** Practice your travelling vocabulary.

<https://wordwall.net/uk/resource/42537096/travelling-vocabulary>



0:07

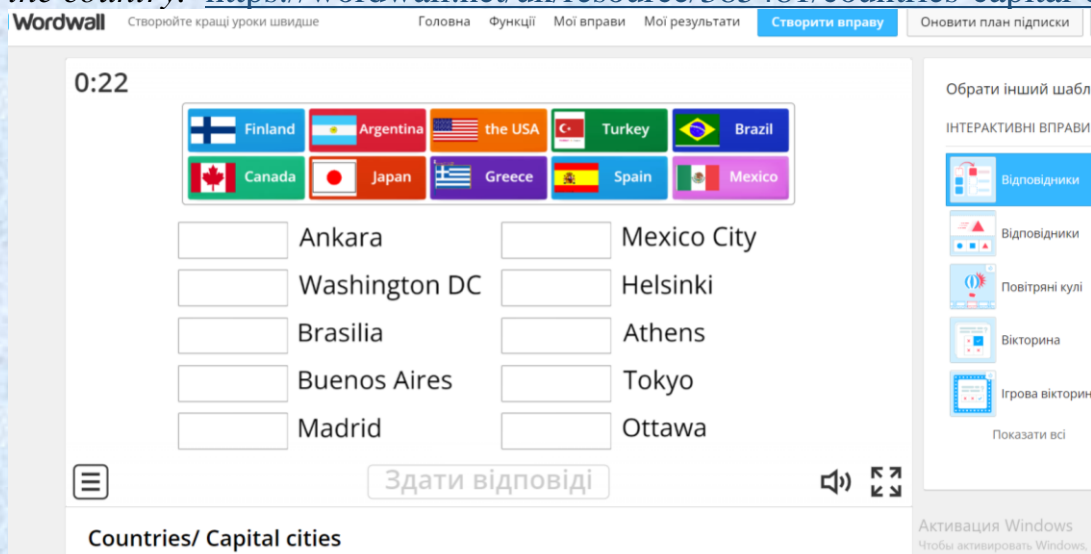
first class map rent arrival fare

1. Carol will  a car while she is on business in London.
2. The train  from this city to the capital is very expensive.
3. Upon  , passengers should go to baggage claim.
4. You can use the  to find your hotel.
5. Business people fly  because it is more comfortable.

Здати відповіді

Travelling - Vocabulary

2B. **Interactive!** Play the game "Countries/Capital cities". Match the capital city to the country. <https://wordwall.net/uk/resource/385481/countries-capital-cities>



0:22

	Finland		Argentina		the USA		Turkey		Brazil
	Canada		Japan		Greece		Spain		Mexico

<input type="text"/>	Ankara	<input type="text"/>	Mexico City
<input type="text"/>	Washington DC	<input type="text"/>	Helsinki
<input type="text"/>	Brasilia	<input type="text"/>	Athens
<input type="text"/>	Buenos Aires	<input type="text"/>	Tokyo
<input type="text"/>	Madrid	<input type="text"/>	Ottawa

Здати відповіді

Countries/ Capital cities



3. **Reading and Speaking.** Read and reproduce the dialogues.

**A. IN THE STREET**

*Person:* — Excuse me, officer, could you please tell me how to get to the City Museum?

*Police officer:* — Yes, I can. You can go straight down first street. Turn right when you get the intersection and the Museum will be on your left.

*Person:* — Thank you, officer.

**B. MUSEUM: BUYING TICKETS**

*Worker:* Hi! How many people would you like to buy for?

*Customer:* Two adults and two youth.

*Worker:* That will be 30 dollars, please. There is a guided tour starting in 15 minutes. Please wait over there.

*Customer:* Thank you!

*Worker:* Here is a brochure. Enjoy your visit.

*(Later)* The tour will begin now, please turn off your cell phones and stay with the group. Feel free to ask questions.

4. Read one more dialogue “Going to the museum” and answer the questions below.

**GOING TO THE MUSEUM**

A: Good morning Sir, I'd like three tickets for the exhibition of Reynolds.

B: Of course, do you have your student card? You can have a student discount!

A: There it is.

B: It costs 3 pounds. Do you need a guide or an audio system to visit? It just costs a 2 pounds extra for the whole group.

A: It would be convenient. May I pay by credit card or cash?

B: By credit card if you want. Thanks, here is your receipt! It's 11 pounds. Enjoy the exhibition.

**TEST**

1. How many tickets are necessary?

a) two                      b) three                      c) one

2. What is needed to get a cheaper ticket?

a) a bus card    b) a credit card    c) a student card

3. With the card, how much is the entry for one person?

a) 11 pounds    b) 2 pounds    c) three pounds

4. What's the man's proposition?

a) a paper or audio guide    b) a free guide    c) a professional guide to come with us

5. What's a receipt?

a) a plan to find the way    b) a discount ticket    c) a payment mark

**Answer key:** 1 b, 2 c, 3 c, 4 c, 5 c.

5. **Speaking.** Learn and reproduce the dialogues.

**A. SHOPPING**

*Salesperson:* Can I help you?

*Gloria:* Yes, I'm looking for a sweater — in a size medium.

*Salesperson:* Let's see... here's a nice white one. What do you think?

*Gloria:* I think I'd rather have it in blue.

*Salesperson:* OK... here's blue, in a medium. Would you like to try it on?  
*Gloria:* OK... yes, I love it. It fits perfectly. How much is it?  
*Salesperson:* It's \$50. It will be \$53 with tax.  
*Gloria:* Perfect! I'll take it.

### B. BUYING A CELL PHONE

*Sales assistant:* Hello, how may I help you?  
*Customer:* I would like to buy a cell phone.  
*Sales assistant:* Is there a certain brand you are looking for?  
*Customer:* I would like to see your Sony Ericsson phones.  
*Sales assistant:* OK, they are over there.  
*Customer:* Could I see the black and silver one?  
*Sales assistant:* Yes, here you are.  
*Customer:* How much is it?  
*Sales assistant:* It was 150 dollars but it is on sale for 100 dollars.  
*Customer:* Oh! That's a good deal. I will take it.

**Note:** You can change the names of gadgets using the given words: cell phone = mobile phone; smart phone; iPhone; a laptop, a tablet computer.

### SUPERMARKET

*Customer:* Excuse me. Can you help me?  
*Employee:* Yes.  
*Customer:* Where is the fruit?  
*Employee:* Fruit is in aisle three next to the bread.  
*Customer:* What about ice cream?  
*Employee:* Ice cream is in aisle seven.  
*Customer:* Thank you very much.

6. **Interactive! Vocabulary.** Check your vocabulary. Do the quiz "Places to shop".

<https://wordwall.net/uk/resource/5535874/places-to-shop>

Wordwall Створітьте кращі уроки швидше Головна Функції Мої вправи Мої результати Створити вправу

0:51 ✓ 6

**Where do you go to buy meat or chicken?**

A *butcher's*      Б *baker's*  
 В *greengrocer's*      Г *fishmonger's*

7 з 15

Places to shop

7. Learn the following words and word combinations.

guide	гід, провідник
a guided tour	тур (екскурсія) з гідом
free	вільний; безкоштовний

ticket	квиток
receipt	квитанція(чек про оплату)
intersection / crossroads	перехрестя
discount	знижка
student card	студентський квиток
extra	додатковий
convenient	зручний
exhibition	виставка
adult	дорослий
to look for	шукати
to try on	приміряти
size	розмір
aisle	прохід
to ask for directions	спитати дорогу

8. **Interactive! Watching.** Watch the video “This is Britain – This is London” and answer the questions: <https://www.youtube.com/watch?v=Lrlup3vr6xc>



1. What means of public transport are there in London?
2. What phrases did they use to ask for and to give directions to the London Eye? Copy them out and learn by heart.

## Unit 9

### SIGNS

1. **Lead-in.** Read and translate these signs. They can help you when travelling abroad.

Keep off the grass    entrance    Out of order    exit  
 No entry    SALE    open    closed    Pay here  
 Restrooms    No smoking    Please pay here  
 Pharmacy    Emergency exit    Way out  
 Push    Pull    NO PARKING    Toilets

2. **Writing.** These signs can help you at the airport or at the railway station, in a hotel abroad. Read and write their translations.

- TO THE PLATFORMS .....
- CUSTOMS AREA .....
- TICKETS .....
- GATES 1-10 .....
- ARRIVALS .....
- DEPARTURES .....
- L ('lobby' in the lift of a hotel) .....
- R ('restaurant' in a hotel lift) .....
- VACANT .....
- ENGAGED .....
- LEFT LUGGAGE .....
- BAGGAGE CLAIM .....
- INFORMATION .....



3. Choose the most suitable word or phrase.

1. There was a notice at the airport which said, '... .. to Greece'.  
 a) Well come      b) Well came      c) Welcome
2. In London there are 275 metro stations, so if you need one of them the sign '... ..' will help you.  
 a) Metro      b) Subway      c) Underground
3. I am so tired of this mall, where is the ... ..?  
 a) exit      b) entrance      c) way out
4. What do the signs on the pictures mean? What places are these signs in?



1



2



3

5A. **Interactive!** TRAFFIC SIGNS. Do this exercise online to improve your vocabulary.  
[https://www.liveworksheets.com/worksheets/en/English as a Second Language \(E SL\)/Traffic Signs/Traffic Signs li527937xz](https://www.liveworksheets.com/worksheets/en/English%20as%20a%20Second%20Language%20(E%20SL)/Traffic%20Signs/Traffic%20Signs%20li527937xz) Get a mark!

5B. **Interactive!** READING SIGNS. Match the sentences with the signs. Do this exercise online and get a mark.

[https://www.liveworksheets.com/worksheets/en/English as a Second Language \(E SL\)/Signs/Reading Signs np2985894qc](https://www.liveworksheets.com/worksheets/en/English%20as%20a%20Second%20Language%20(E%20SL)/Signs/Reading%20Signs%20np2985894qc)

Match the sentences with the signs.

	●	● You cannot turn right.
	●	● You must keep to the speed limit.
	●	● Aware of deep water ahead.
	●	● Food and beverage are not allowed.
	●	● sign for handicapped.
	●	● You cannot cross.
	●	● This sign advises you that only guide dogs are allowed.
	●	● Be careful of radiation.
	●	● This sign advises you of a slippery road.

Активация Windows  
 Чтобы активировать Windows, перейдите в "Параметры".

Активация Windows  
 Чтобы активировать Windows, перейдите в "Параметры".

LIVWORKSHEETS

## Unit 10

### IN A HOTEL

1. **Lead-in.** Answer these questions.

1. Are there any hotels in your town / city / village?
2. Are they cheap or expensive?
3. Have you ever stayed at a hotel?

2. **Speaking.** Read, translate and reproduce the dialogues.

### HOTEL

- Receptionist:* Hi, how may I help you?  
*Visitor:* I would like a room for the night.  
*Receptionist:* Would you like a room with a shower or a bath?  
*Visitor:* Shower, please. How much is the room?  
*Receptionist:* A single is 78 euros. Breakfast included. Here is your keycard. Your room number is 210. Have a nice stay.  
*Visitor:* Thank you.

### BOOKING A HOTEL ROOM

- Receptionist:* Good afternoon, San Felice Hotel. May I help you?  
*Mrs Ryefield:* Yes, I'd like to book a room, please.  
*Receptionist:* Certainly. When for, madam?  
*Mrs Ryefield:* March the 23<sup>rd</sup>.  
*Receptionist:* How long will you be staying?  
*Mrs Ryefield:* Three nights.  
*Receptionist:* What kind of room would you like madam?  
*Mrs Ryefield:* Er... double with bath. And I would like a room with a view over the lake.  
*Receptionist:* Certainly, madam. I'll just check what we have available. Yes, we have a room on the 4<sup>th</sup> floor with a really splendid view.  
*Mrs Ryefield:* Yes. How much is the charge per night?  
*Receptionist:* Would you like breakfast?  
*Mrs Ryefield:* No, thanks.  
*Receptionist:* It's eighty-four euros per night.  
*Mrs Ryefield:* That's fine.  
*Receptionist:* Who's the booking for, please, madam?  
*Mrs Ryefield:* Mr and Mrs Ryefield, that's R-Y-E-F-I-E-L-D.  
*Receptionist:* Thank you for choosing San Felice Hotel and have a nice day. Goodbye.  
*Mrs Ryefield:* Goodbye.

### AT THE DRY-CLEANER'S

- A:* Good morning, I'd like to have this suit cleaned please. It has a coffee stain on the jacket sleeve, right there.  
*B:* Oh yes, I see. I'll make a note of it. Here's your ticket. Be ready on Friday afternoon.  
*A:* Friday afternoon! Why that's three days from now.  
*B:* Because we haven't a 24-hour service. But I'll do my best.

### ROOM SERVICE

- Room service:* Room service.  
*Mary Jones:* Good morning. This is room 113. I'd like some breakfast, please.  
*Room service:* Right. Excuse me. Mrs. Jones?  
*Mary Jones:* That's right.  
*Room service:* What can I do for you?

*Mary Jones:* I'd like some grapefruit juice, marmalade, two scrambled eggs with two sausages, toast, and a pot of black coffee, please. How long will it take?

*Room service:* Just a few minutes, ma'am.

*Mary Jones:* Great. Thank you.

3. **Vocabulary.** Copy and learn the following words and word combinations.

a single room	одномісний номер
a double room	двомісний номер
to check in	вселятися, реєструватися
to check out	виселятися ( з готелю)
hotel / inn	готель
lobby (L)	вестибюль
to book a room for 3 nights	замовляти номер на 3 доби
to stay at a hotel	перебувати в готелі
a shower	душ
a bath	ванна
key	ключ
charge	плата
amount	сума; кількість
service	сервіс, обслуговування
facilities	зручності; устаткування
dry-cleaner's	хімчистка
stain	пляма
sleeve	рукав
towel	рушник
to have a suit cleaned	почистити костюм
doorman	швейцар
to call a cab	викликати таксі
bill / receipt	рахунок / чек

4. **Interactive!** Check your vocabulary. Play the game "At the hotel".

<https://wordwall.net/uk/resource/42429210/at-the-hotel>

0:04

\_\_\_\_\_ evening. I'd like \_\_\_\_\_.

Good evening. Would you like a single room or a double?  
\_\_\_\_\_ please.

Would you like a room with a shower or a bath?  
Shower, please. \_\_\_\_\_

75 euro. \_\_\_\_\_.

OK. Can I pay by VISA?

Sure. Can you fill in this form, please?

Certainly. There you go.

Here is your \_\_\_\_\_. Your room is number 307. It's on the third floor.

Thanks. Is the restaurant still open?

Of course. It's open from 8 a.m. till 9 p.m.

When is the check out?

The \_\_\_\_\_ is usually at 11 a.m. Have \_\_\_\_\_ at our hotel.

Thanks.

Здати відповіді

At the hotel

Активация Windows  
Чтобы активировать Windows.

5. **Writing.** Fill in the blanks with the words from the box.

name    bill    passport    key    Thank    pay

### CHECKING OUT OF THE HOTEL

*Receptionist:* Good morning. May I help you?

*Daniel Adams:* Yes, I'd like to check out now. My 1 name is Adams, room 312. Here's the 2 .

*Receptionist:* One moment, please sir ... Here's your 3 .

Would you like to check and see if the amount is correct?

*Daniel Adams:* What's the 14 pounds for?

*Receptionist:* That's for the 4 calls you made from your room.

*Daniel Adams:* Can I 5 by Visa?

*Receptionist:* Certainly. May I have your 6 , please?

*Daniel Adams:* Here you are.

*Receptionist:* Here are your receipt and your change, sir. Thank you.

*Daniel Adams:* 7 you. Goodbye.

6. **Speaking.** Read and reproduce one more **checking out hotel** conversation.

*Guest:* I'm leaving now. Here is my key.

*Receptionist:* Thank you; just one second and I'll give you your receipt. Here you go.

*Guest:* Thank you.

*Receptionist:* Did you enjoy your stay?

*Guest:* Yes, for the most part.

*Receptionist:* I hope you will be back to visit us again soon.

*Guest:* If I am in town again for business I'll be sure to come back. Could you call me a cab to take me to the airport?

*Receptionist:* Yes, of course. If you step out the front doors there should be a cab waiting, but if not, the doorman will call one for you. Have a safe trip home.

*Guest:* Thank you.

7. **Interactive! Watching.** Watch the video "A Trip to London" and be ready to answer the questions: 1. What is the name of the hotel where the Stewarts are going to stay? 2. How long are they going to stay there? 3. What kind of rooms did they book at the hotel? 4. Is breakfast included at the hotel? 5. What time is the check-out?

<https://www.youtube.com/watch?v=nlgn2P1EfVs>





## Unit 11

### IN A RESTAURANT

1. **Lead-in.** Answer the questions.

1. What is your favourite food / dish / drink?
2. Do you like eating out?
3. What is your favourite restaurant (if you have any)?

2. **Reading.** Read some culture notes about eating habits in Britain and the US.

#### CULTURE NOTES

1 In Britain and the USA, lunch is between 12 noon and 2 p.m., and dinner is usually between 6 p.m. and 8 p.m. There are usually two courses, one of *meat and vegetables* and another, called *dessert*, of fruit or something sweet. Sometimes there is also a *starter* (UK) / *appetizer* (US), such as soup.

2 In English, there is no expression like *Bon appetite* (French), *Guten Appetit* (German) or *Smaczngo* (Polish). Many visitors think it's strange to say nothing when they begin their meal.

3 Before having an alcoholic drink, people often say *Cheers* (Будьмо!) But in Britain, people also use *Cheers* informally to say *Thank you* and *Good bye*.

4 In Britain and the USA, people often share the restaurant bill, unless it's very clear that one of them is the guest. If it's not clear, people usually offer to pay part of the bill. (*Let's go Dutch.*)

5 Being a vegetarian is very common in Britain and the USA. Vegetarians don't eat meat or fish, but vegans don't eat meat, fish or dairy produce.

3. **Speaking.** Read, learn and dramatize the dialogue "In an American Restaurant."

#### IN AN AMERICAN RESTAURANT

— Waiter/Waitress... I'd like the menu, please.

— There you go, sir/madam.

— I'd like some soup.

— Tomato soup?

— Yes. And I'd like a steak.

— Rare, medium or well-done?

— Medium, please.

— Which vegetables would you like?

— I'd like some potatoes, some peas, oh ... and a green salad.

— Would you like dressing on your salad?

— Please.

— Which salad dressing would you like? French? Italian? Thousand Island?

Oil and vinegar?

— Oil and vinegar, please.

4. Read and learn the phrases of ordering and offering.

Customer <b>is ordering</b> :	Waiter <b>is offering</b> :
I'd like ... <i>Я хотів би ...</i>	Would you like ... ? <i>Чи Ви хочете ... ?</i>
I'll have ... <i>Я візьму ...</i>	How about ... ? <i>Як щодо ...?</i>



Figure 33 Tomato soup

Do you have ...? Чи Ви маєте ...?	May I bring you ...? Можна принести Вам ...?
-----------------------------------	--

5. **Writing and Speaking.** Study this menu. What would you like to order from this menu? Use the phrases:

I'd like to have ... as a starter / an appetizer.

Then I'll have ... as a first course.

As a second course I'd like ...

And I'll have ... for dessert.

<b>MENU</b>		
<b>Appetizers / Starters</b> Tomato juice Orange juice Melon Prawns cocktail	<b>Soups</b> Tomato soup Mushroom soup Chicken soup	<b>Desserts</b> Chocolate cake Apple pie Fruit salad Vanilla ice-cream Frozen yoghurt-strawberry
<b>First courses</b> Beefsteak Fried fish 'Princess of the Nile' Fried chicken Pork chops Seafood	<b>Second courses</b> Grilled vegetables Baked potato French fried potatoes Mixed salad Green salad	<b>Drinks / Beverages</b> Tea / Cream tea Coffee Beer Sweet red wine Dry white wine Lemonade with ice Sparkling water

6. **Vocabulary.** Copy and learn the following words and phrases.

course / first course / second course	страва / перша страва / друга страва
dessert	десерт
starter / appetizer	закуска
bill	рахунок
to order	замовляти
to offer	пропонувати
customer	клієнт
waiter / waitress	офіціант / офіціантка
There you go.	Ось, будь ласка.
steak	біфштекс
rare / medium / well-done	недосмажений / середньо підсмажений / добре підсмажений
pea	горох
salad dressing	заправка до салата
oil and vinegar	олія з оцтом
prawns cocktail	салат з креветок
pie	пиріг
dumplings	галушки
drinks (soft drinks, cool drinks)	напої (безалкогольні, прохолодні)
beverages (hot drinks: tea, coffee)	напої (гарячі)

<i>Proverbs / Sayings</i>	
Tastes differ.	Про смаки не сперечаються.
Let's go Dutch.	Давай оплатимо порівну.

7. **Interactive! Watching.** Watch the video "At the Restaurant". Answer the questions.

<https://www.youtube.com/watch?v=bgfdqVmVjfk>

1. What did every member of the family order?

2. Did they like the food at the restaurant?



## Unit 12

### AT THE DOCTOR'S

1. **Lead-in.** Answer the questions.

- How often do you visit the doctor?
- Do you think it is important for people have health checks from a doctor regularly?
- Would you like to be a doctor?
- Do you think doctors are important, why?
- How often do you visit the doctor?
- Have you ever had to visit a specialist doctor?
- Do you know anyone who is a doctor?

2. **Speaking.** Work in pairs. Read and translate these conversations.

**Situation:** Andrew does not have an appointment and needs to see the doctor urgently.

#### CONVERSATION 1

**Andrew:** Cough, cough. I'd like to see the doctor please.

**Receptionist:** Do you have an appointment and what's your name?

**Andrew:** No, I don't have an appointment. My name is Andrew Jones. I'm registered as a patient of Doctor Crow.

**Receptionist:** Doctor Crow is making house calls all morning and all the other doctors have a full schedule of appointments all morning. Make an appointment and come back tomorrow.

**Andrew:** Surely there must be something today. I really am very ill. I feel awful.

**Receptionist:** Someone might cancel an appointment. You can sit and wait if you want to. ...

**Receptionist:** Mr. Jones, the doctor will see you now. Please go to consulting room number 3.

#### CONVERSATION 2

**Doctor:** Good morning Mr. Jones. What is wrong?

**Andrew:** Morning. I feel very ill. I am coughing and sneezing, I have felt hot and cold all the time and eating makes me feel sick.

*Doctor:* Let me take your temperature. How long have you had the symptoms?

*Andrew:* They started about a day ago.

*Doctor:* Yes, your temperature is very high. You have the flu. You'll have to go home and stay in bed until it gets better. Drink lots of water.

*Andrew:* Can you give me some medicine?

*Doctor:* I can give you something to reduce your fever but you just need to get bed rest. I will write you a prescription and you can collect the medicine from the pharmacy.

*Andrew:* Ok, thank you.

3. **Interactive! Writing and Reading.** Fill in the blanks from the options below the dialogues. You can do this task online and get a score. Follow:

<https://www.excellentesl4u.com/esl-doctors-conversations.html>

**Situation:** Lucy visits the doctor to get some test results.

### CONVERSATION 3

*Receptionist:* Good morning, \_\_\_\_\_ 1 \_\_\_\_\_

*Lucy:* Yes, I do. My name is Lucy Smith and my appointment is at 10.30 am.

*Receptionist:* Yes, thank you. \_\_\_\_\_ 2 \_\_\_\_\_ and the GP will see you as soon as she is free.

*Lucy:* Thank you.

*Receptionist:* Ms. Smith, \_\_\_\_\_ 3 \_\_\_\_\_

### CONVERSATION 4

*Doctor:* Good morning Ms. Smith. I have your test results here.

*Lucy:* Good. I hope that everything is alright.

*Doctor:* Yes, everything is ok. There are no major problems. I would suggest that you try not to eat too much food with a lot of cholesterol in it.

*Lucy:* Oh dear. Is my cholesterol level too high?

*Doctor:* It is quite high and you should try to stop it getting any higher.

*Lucy:* Ok. \_\_\_\_\_ 4 \_\_\_\_\_ to help reduce the cholesterol?

*Doctor:* No. It isn't too high so it would be better for you to lead a healthier lifestyle rather than take medicine.

*Lucy:* Ok doctor I will try.

*Doctor:* Ok that will be good.

*Lucy:* Thank you doctor. I'll make another appointment \_\_\_\_\_ 5 \_\_\_\_\_

1) Which option is the best to fill in the first blank?

- A) do you have an appointment?
- B) what do you want?
- C) what is the matter?
- D) do you want me to diagnose you?

2) Which option is the best to fill in the second blank?

- A) Please take a seat in the waiting room
- B) Please wait outside
- C) Please go to the hospital
- D) Please come back tomorrow



- 3) Which option is the best to fill in the third blank?  
 A) please come back tomorrow.  
 B) please let me examine you now.  
 C) please go to consulting room one.  
 D) please tell me your symptoms.
- 4) Which option is the best to fill in the fourth blank?  
 A) Can you diagnose me something  
 B) Can the receptionist prescribe me some medicine  
 C) Will I be ok to go to work  
 D) Can you prescribe me some medicine
- 5) Which option is the best to fill in the fifth blank?  
 A) if I need to come and see you at the surgery again.  
 B) if you need to come and make a house call to see me.  
 C) if I want to see a specialist about this.  
 D) if everything is ok and I feel fine.

📌 What is more important for Lucy: taking medicines or changing lifestyle?

**Answers:** 1 A, 2 A, 3 C, 4 D, 5 A.

4. **Writing.** Write some recommendations to stay healthy. Use **should / shouldn't**.

**Model:** do physical exercise — You *should* do physical exercise.

smoke — You *shouldn't* smoke.

1. see the dentist twice a year
2. do jogging
3. spend a lot of time in the air
4. walk a lot
5. eat more fruit and oranges
6. drink too much coffee
7. drink alcohol
8. eat too fatty food
9. eat too salty food
10. view a lot of videos



5. **Vocabulary.** Copy and learn these words and expressions.

to have an appointment with the doctor	записатися на прийом до лікаря
to cough	кашляти
to sneeze	чихати
fever	лихоманка, висока температура
flu	грип
patient	пацієнт
to make house calls	робити виклики на дому

schedule of appointments	графік зустрічей
I feel awful.	Я почуваю себе жахливо.
to cancel an appointment	відмінити зустріч / візит
Go to consulting room number 3.	Пройдіть в кабінет №3.
to feel (felt, felt)	почувати
to feel sick	почувати себе хворим
to take one's temperature	міряти температуру
medicine	ліки
to reduce fever / cholesterol level	знизити температуру / рівень холестерину
to get bed rest	дотримуватися постільного режиму
to write a prescription	виписати рецепт
to collect medicine from the pharmacy	забрати ліки з аптеки
to get test results	отримати результати аналізів
GP (general practitioner)	лікар загальної практики
to lead a healthier lifestyle	вести здоровіший спосіб життя
high	високий
surgery	кабінет / приймальня лікаря з аптекою

6. **Interactive! Watching.** Watch the video “Everyday English for ESL 2 — At the Doctor's”.

<https://www.youtube.com/watch?v=T2wwBbrLL7Y>

Practice your English repeating the phrases.



## Unit 13

### AT A PHARMACY

1. **Lead-in.** Work in pairs. Read and translate the dialogue.

#### DIALOGUE A

A: Can I help you?

B: Yes, thank you. I have a terrible headache.

A: How long have you had it?

B: About two or three hours.

A: Well, try these pills. Take two every four hours.

B: Thank you very much.

A: You are welcome.

2. **Vocabulary.** Read and learn the following words and phrases.

headache	ГОЛОВНИЙ БІЛЬ
stomachache	БІЛЬ У ШЛУНКУ / В ЖИВОТІ
backache	БІЛЬ В СПИНІ

earache	вушний біль
sore throat	хворе горло; ангіна
pills	пігулки
capsules	капсули (в оболонці)
tablets	таблетки
drops	краплі
throat lozenges	льодяники від болю в горлі
prescription	рецепт
to wait	чекати
to fill the prescription	виконати замовлення (за рецептом); виготовити ліки (за рецептом)
There you go.	Ось, будь ласка.
bill	банкнота, купюра
change	здача
Here's your change.	Ось ваша здача.
Pharmacy / Drugstore / Chemist's	аптека

3. **Speaking.** Read and learn the following phrases. Make up your own dialogues with them. Use dialogue A as a model.

1. I have a headache.	1. У мене болить голова.
2. I have a stomachache.	2. У мене болить живіт.
3. I have a backache.	3. У мене болить спина.
4. I have an earache.	4. У мене болить вухо.
5. I have a sore throat.	5. У мене болить горло.
6. Try these pills / capsules / tablets / drops / throat lozenges.	6. Спробуйте ці пігулки / капсули / таблетки / краплі / льодяники від горла.
7. Take two tablets every four hours.	7. Приймайте дві таблетки кожні чотири години.
8. Take one pill twice a day after meals / before meals.	8. Приймайте одну пігулку двічі в день після їжі / до вживання їжі.

4. **Reading.** Work in pairs. Read and translate the dialogue.

#### DIALOGUE B

A: Could I have a box of throat lozenges, please?

B: With antiseptic or without?

A: With.

B: There you go. Will that be all?

A: Yes, that's all. Sorry, I only have a fifty-dollar bill.

B: OK, out of fifty. Here's your change.

A: Thank you.

B: You are welcome.

5. **Speaking.** Make up your own dialogues with the following word-combinations. Use dialogue B as a model.

1. a box of throat lozenges; antiseptic / without	1. коробка ледяників від горла; антисептик / без
2. a bottle of vitamin C tablets; large / small	2. пляшка вітаміну С в таблетках; велика / маленька
3. a can of antiseptic spray; large / small	3. пляшка (бляшана) антисептику в аерозолі; велика / маленька
4. a tube of toothpaste; with fluoride / without	4. тюбик зубної пасти; з фтором / без
5. a bar of soap; large / small	5. брусок мила; великий / маленький

6. Read and translate this dialogue. Work in pairs.

### DIALOGUE C

A: Could you fill this prescription, please?

B: Sure. Do you want to wait?

A: How long will it take?

B: It'll be ready in about twenty minutes.

A: OK. I'll come back later.

B: All right. It'll be waiting.

A: Should I pay now or later?

B: Later will be fine.

7. **Interactive! Watching.** Watch the video "Going to a pharmacy". Answer the questions: <https://www.youtube.com/watch?v=9S3S1fAxeDY>

1. What symptoms does the man have?
2. How should he take the medicine (ibuprofen)?
3. How much is the medicine?



## Unit 14

### TELEPHONE CONVERSATION

1. **Lead-in.** Answer the questions.

1. How do businesses communicate nowadays to solve the problems?

**Answers possible:** telephoning, e-mail, sending letters, videoconferencing, meeting, exhibition

2. Is having good phone etiquette important in business?

3. Do you often phone?

2. Read and translate the information about phone etiquette in business.



## TELEPHONE ETIQUETTE



Good etiquette on the telephone can make or break your relationship with a client. Courtesy should start with the person who answers the telephone. Always begin with identifying yourself. Say something like, “**Hello, this is ...**” Give the person as much information as you can. Tell them the name of your company, “**I’m calling from ...**”

Ask for the person you wish to speak with by name, using phrases like, “**Could I speak to ...?**” or “**May I speak to ...?**” Or ask, “**Is ... available?**”

At some companies with busy switchboards, it is better to simply ask, “**Can you connect me to extension ...**”

Remember, ending the call on a polite note is important too. Say something like, “**Nice speaking to you,**” or “**Thank you for your time.**” Follow up with “**I will call you back on...**” And remember to do it.



(From Business English, Express Publishing)



Left:

Figure 34 Switchboard

3. **Vocabulary.** Place the words and phrases from the box under the correct heading.

Thank you for your time	Hello this is ...	Is ... available?
Nice speaking with you.	Could I speak to ...	

Greeting	Ending	Asking for someone

4. **Speaking.** Work in pairs. Read and dramatize these telephone conversations.

### CONVERSATION 1

#### CALLING SOMEONE AT WORK

**Caller:** Hello. This is [your name]. May I speak to Ms. Sunshine, please.

**Receptionist:** Hold the line a moment, I'll check if she is in her office.

**Caller:** Thank you.

**Receptionist:** (after a moment) Yes, Ms. Sunshine is in. I'll put you through.

**Ms. Sunshine:** Hello, this is Ms. Sunshine. How can I help you?

**Caller:** Hello, my name is [your name], and I'm calling to inquire about the position advertised on JobSearch.com.

**Ms. Sunshine:** Yes, the position is still open. Could I have your name and number, please?

**Caller:** Certainly, My name is [your name]...

## CONVERSATION 2 LEAVING A MESSAGE

*Fred:* Hello. Could I speak to Jack Parkins, please?

*Receptionist:* Who's calling, please?

*Fred:* This is Fred Blinkingham. I'm a friend of Jack's.

*Receptionist:* Hold the line, please. I'll put your call through. (*after a moment*) — I'm afraid he's out at the moment. Can I take a message?

*Fred:* Yes. Can you ask him to give me a call? My number is 909-345-8965

*Receptionist:* Could you repeat that, please?

*Fred:* Certainly. That's 909-345-8965

*Receptionist:* OK. I'll make sure Mr. Parkins gets your message.

*Fred:* Thank you. Goodbye.

*Receptionist:* Goodbye.

## CONVERSATION 3 MAKING A DINNER RESERVATION

*Caller 1:* Good Evening Brown's Grill. How may I help you?

*Caller 2:* Hello, I'd like to make a dinner reservation for Friday.

*Caller 1:* Certainly, I'd be happy to help you with that. How many people are there in your party?

*Caller 2:* There'll be four people.

*Caller 1:* And what time would you like to make a reservation?

*Caller 2:* Let's say at 7 o'clock.

*Caller 1:* I'm afraid we don't have anything available then. We could seat you at 6 o'clock or 8 o'clock.

*Caller 2:* Oh, OK. Let's make the reservation for 8 o'clock.

*Caller 1:* Fine, 8 o'clock on Friday evening for four people. May I have your name?

*Caller 2:* Yes, it's Anderson.

*Caller 1:* Is that Anderson with an "e" or an "o"?

*Caller 2:* Anderson with an "o."

*Caller 1:* Thank you. Great. I have a table for four for the Anderson party at 8 o'clock on Friday evening.

*Caller 2:* Thank you very much.

*Caller 1:* You're welcome. We'll see you on Friday.

*Caller 2:* Yes, see you then. Goodbye.

*Caller 1:* Goodbye.

## CONVERSATION 4 TALKING ON THE PHONE

*A:* Good morning, this is Ray speaking. Is Lee in?

*B:* Hi, Ray. This is Lee.

*A:* Good morning, Lee. How is it going with you today?

*B:* Things are wonderful. What can I help you with?

*A:* Could we meet for lunch tomorrow to discuss the new project?

*B:* That would be great. What restaurant did you have in mind?

*A:* We could go to Lozano's downtown.

B: That would be perfect. It's a nice quiet place to meet.

A: I'll see you there around twelve then.

B: I am looking forward to meeting with you. See you then.

5. **Vocabulary.** Copy and learn these words and phrases.

to make relationship with	встановити стосунки з
to break one's relationship with	розірвати стосунки з
courtesy	ввічливість
telephone conversation	телефонна розмова
to make a phone call / to call / to phone	зателефонувати
caller	абонент
Could I speak to ...?	Чи можу я поговорити з ... ?
May I speak to ... ?	Чи можу я поговорити з ...?
This is ...	Це ...
switchboard	комутатор, розподільчий щит
to check	перевіряти
Can you connect me to extension...	Чи можете ви підключити мене до розширення...
I will call you back on.	Я передзвоню тобі.
Thank you for your time.	Дякую за Ваш час.
to end the call on a polite note	завершити розмову на ввічливій ноті
position	посада
to give somebody a call	подзвонити комусь
to take a message	прийняти повідомлення
Can I take a message?	Щось передати?
I'll put your call through.	Я передам Ваш дзвінок.
Hold the line	Не кладіть (не вішайте) трубку.
I'd like to make a dinner reservation for Friday.	Я хотів би замовити (забронювати) вечерю на п'ятницю.
Is Lee in?	Лі тут?
What restaurant did you have in mind?	Який ресторан ви мали на увазі?
I am looking forward to meeting with you.	Чекаю з нетерпінням зустрічі з тобою.

6. **Interactive! Watching and Vocabulary.** Watch this video "Phone Call | Making a Phone Call | Fluent English | English Conversation | Common Daily Expressions" and practice in using phrases when telephoning.



Angela is making two phone calls to Dwight. Answer the questions: 1. Why is she phoning? 2. Are these telephone conversations formal or informal?

## Unit 15

### BUSINESS APPOINTMENTS

1. **Lead-in.** Answer the question.

1. What kinds of business appointments are there?

(Answer variants: business lunch, tete a tete, meeting, telephoning, videoconferencing, business talks)

2. Do you know these phrases? Read them and the culture notes about **business**.

#### a. ARRIVING FOR AN APPOINTMENT

I have an appointment with the manager at 3 p.m.

Here's my business card with all my details.

My colleague spoke to you last week.

Could I speak to someone in the sales department?

#### CULTURE NOTE 1

In Britain and the USA, people usually arrive on time for appointments. However, it's not so important for most social engagements.

#### b. BUSINESS SMALL TALK

How's your family / wife / husband / partner?

Do you have an office in Paris?

#### CULTURE NOTE 2

People in Britain and the USA often use first names, even in business situations and with more senior colleagues.

#### CULTURE NOTE 3

Even in business meetings, British and American people usually spend some time on small talk. You usually make small talk during a meal and you often only discuss business after you have eaten.

3. **Speaking.** Read and dramatize the following dialogues.

#### DIALOGUE 1

#### TELEPHONING: FIXING AN APPOINTMENT

George: Harry? Good to hear from you! How are things?

Harry: Pretty good, thanks George. But there are a few problems. I'd like to come and talk to you about them, if I could.

George: Be glad to see you, Harry. When do you have in mind?

Harry: How about tomorrow?

George: That's the 13<sup>th</sup>, right? The afternoon is OK, but I'm busy in the morning.

Harry: The afternoon would be fine. What about 2:30?

George: Fine. 2:30 it is. See you then.

Harry: Right. Bye, George.

#### CONVERSATION 2

#### AT RECEPTION

A: Good afternoon. I have an appointment with Mr. Johnson at 2:30. I'm Brian Fielding from Medicare Appliances.

B: Good afternoon, Mr. Fielding. Could you wait a minute please? Come this way, Mr. Fielding.

- C: Brian! Good to see you. How are things?  
 A: Fine, thanks.  
 C: Please take a seat. Would you like a cup of coffee?  
 A: Yes, please. Thank you.  
 C: Ah, Brian, I'd like you to meet Diane Rosch, our Marketing Manager. Diane, this is Brian Fielding, from Medicare Appliances.  
 D: How do you do.  
 A: Nice to meet you.

### DIALOGUE 3

#### MAKING AN APPOINTMENT WITH THE DENTIST

- Dentist Office Assistant:* Good morning, Beautiful Smile Dentistry, this is Jamie. How may I help you today?  
*Patient:* Good morning, I'd like to schedule a checkup.  
*Dentist Office Assistant:* I'd be happy to do that for you. Have you been to Beautiful Smile before?  
*Patient:* Yes, I have. My last check-up was six months ago.  
*Dentist Office Assistant:* Great. Can I get your name, please?  
*Patient:* Yes, of course, sorry. My name is Tim Martin.  
*Dentist Office Assistant:* Thank you, Mr. Martin. Which dentist did you see on your last check-up?  
*Patient:* I'm not sure, really.  
*Dentist Office Assistant:* That's OK. Let me check your chart... Oh, Dr. Lee.  
*Patient:* Yes, that's right.  
*Dentist Office Assistant:* OK... Dr. Lee has time next Friday in the morning.  
*Patient:* Hmmmm ... that's not good. I've got work. How about the week after that?  
*Dentist Office Assistant:* Yes, Dr. Lee has some times open. Would you like to suggest time?  
*Patient:* Does he have something open in the afternoon?  
*Dentist Office Assistant:* Yes, we could fit you in on Thursday, January the 14<sup>th</sup> at 2:30 in the afternoon.  
*Patient:* Great. That'll work.  
*Dentist Office Assistant:* OK, thank you for calling, Mr. Martin, we'll see you next week.  
*Patient:* Thank you, bye bye.  
*Dentist Office Assistant:* Good bye. (From esl.about.com)

4. **Vocabulary.** Read and copy these words and phrases.

appointment	призначення; прийом (у лікаря); (ділове) побачення
to fix / make an appointment	призначати (зустріч)
When do you have in mind?	Коли Ви хочете зустрітись?
How about ...? / What about ...?	Як щодо ... ?
I have an appointment with ...	У мене призначено з ...

schedule	розклад
to schedule	призначати (час)
I am busy...	Я зайнятий ...
to join	приєднатися
This is ...	Це ...
How may I help you?	Чим я можу Вам допомогти?
I'd like to schedule / I'd like to make an appointment	Я хотів би призначити зустріч
check-up	перевірка
chart	медична картка
Can I get your name? / May I have your name?	Чи можу я дізнатися Ваше прізвище? (Як Вас звати?)
Which dentist / doctor did you see?	До якого стоматолога / лікаря Ви ходили?
Dr. N has time next ...	Лікар Н. має час наступного ...
Would you like to suggest a time?	Ви хочете запропонувати час?
Does he / she have something open ...?	Чи він / вона вільний(-а) ... ?
We can/could fit you in ...	Ми зможемо Вас (записати) на ...
Thank you for calling.	Дякую за дзвінок.
I'd like you to meet ...	Я хочу познайомити тебе з ...
Pleased to meet you.	Приємно познайомитись.
Would you like tea or coffee?	Бажаєте чай чи каву?
sales department	відділ продажу

5. **Interactive!** Complete the dialogue “Telephoning: Making an Appointment with the Doctor” with the words in the box.

<https://wordwall.net/uk/resource/42537783/telephoning-making-an-appointment-with-the-doctor>

Wordwall Створюйте кращі уроки швидше Головна Функції Мої вправи Мої результати Створити вправу Оновити план підписки

0:07

appointment morning Have a nice day! 2p.m. speaking doctor

A: Good [ ] - Is that Dr. Johnson's Office? This is Mr. Rivers speaking.

B: Yes. Secretary [ ] -

A: Could I have an [ ] with the [ ] in the middle of next week?

B: Just a moment. I must check up his schedule. Will Wednesday at [ ] be all right?

A: Yes, that's fine.

B: Good-bye. [ ]

A: Have a nice day, too!

Здати відповіді

Telephoning - Making an appointment with the doctor

Активация Windows  
Чтобы активировать Windows,  
"Параметры".

## Unit 16

### STRUCTURE OF A BUSINESS LETTER

1. **Lead-in.** Answer the question.

1. Is there a difference between informal and formal letters?
  2. Which type of sending letters do modern businesses use: postal mail, e-mail or fax?
2. Read the information about the term “business letter” and the types of business letters.

The term “business letters” refers to any written communication that begins with a salutation, ends with a signature and whose contents are professional in nature. A *business letter* is a letter from one company to another, or between such organizations and their customers, clients. Historically, business letters were sent via postal mail or courier, although the Internet is rapidly changing the way businesses communicate. There are many standard types of business letters, and each of them has a specific focus.

There are the following types of business letters:

Sales Letters	лист про продаж товарів
Inquiry Letters	лист-запит
Order Letters	лист-замовлення
Application Letter	лист-заява (для працевлаштування)
Invitation Letters	лист-запрошення
Letters of Thanks	лист-подяка
Congratulation Letters	лист-поздоровлення
Complaint Letters	лист-скарга
Adjustment Letters	лист-підтвердження / повідомлення про отримання
Letters of Recommendation	рекомендаційний лист
Letters of Resignation	лист про відставку (ваше бажання звільнитися з посади)

E-mail may be the quick and convenient way to relay daily business messages, but the printed business letter is still the preferred way to convey important information.

3. **Reading.** Read this information Ukrainian to get more details and understanding on business letter writing. Make some notes with examples of the date, salutation, complimentary close.

### ДІЛОВИЙ ЛИСТ АНГЛІЙСЬКОЮ МОВОЮ БЛОЧНА СТРУКТУРА З ВІДКРИТОЮ ПУНКТУАЦІЄЮ

В теперішній час вся ділова документація характеризується використанням *блочної структури*. Вважається, що це відповідає сучасному діловому стилю. Такий стиль дозволяє, по перше, заощадити час, а по друге, підтримати єдину форму для усієї ділової документації.

Блочна структура означає, що лист можна розбити на окремі блоки – Дата, Адреса, Заголовок, Привітання, Кінцівка і т.д. Чітко визначена блочна структура дозволяє легко скласти лист, а єдина форма — швидко орієнтуватися у потоці ділової кореспонденції. Характерною ознакою такого ділового стиля також є

відкрита пунктуація, тобто відсутність непотрібних крапок і ком. Це робить структуру листа більш чіткою і прозорою. (blocked structure of a business letter)

### **ЗРАЗОК ДІЛОВОГО ЛИСТА АНГЛІЙСЬКОЮ МОВОЮ**

15 April 2021

Mr James Hilton  
General Manager  
JMK Co Ltd  
34 Wood Lane  
London  
Great Britain WC2 5TP

Dear James

2021 BUSINESS CONFERENCE, 10/11 JUNE 2021

I have pleasure in inviting you to attend our special conference to be held at the Sheraton Hotel, London on Thursday/Friday 10/11 June 2021.

This intensive, practical conference for businessmen aims to:  
increase your business productivity  
enable networking with business partners

The seminar is power-packed with a distinguished panel of professional speakers who will give expert advice on many useful topics.

If you would like to join us please complete the enclosed registration form and return it to me before 30 April with your fee of £45 per person.

I look forward to seeing you again at this exciting conference.

Yours sincerely

John Smith  
Conference Secretary



## СКЛАДОВІ ЧАСТИНИ ДІЛОВОГО ЛИСТА ДАТА / DATE

Дата повинна бути наведена повністю. У Великій Британії використовують такий формат дати: день/місяць/рік. Коми не ставляться. Приклад: *12 June 2021*

У деяких інших країнах, наприклад у США, використовується такий формат дати: місяць/день/рік, до того ж після дня часто ставлять кому.

Приклад: *June 12, 2021*

**DATE**

*13 May 2022 (British English)*

*May 13, 2022 (American English)*

## АДРЕСА / ADDRESS

Ім'я та адреса одержувача повинні знаходитись на різних рядках. Ім'я одержувача слід вказувати так, як він підписує свої листи. Наприклад, якщо одержувач підписується Douglas Parson, саме так слід писати його ім'я, додаючи перед ним Mr. Приклад:

1. *Mr Douglas Parson*

*General Manager*

*Parsons Co Ltd*

*14 Bracken Hill*

*Manchester*

*Great Britain M50 8FD*

2. *Ms Tyshchenko*

*Food Technologist*

*Mareven Foods*

*15 Skvyrske Shose Street*

*Bila Tserkva*

*Ukraine 09100*

## ПРИВІТАННЯ / SALUTATION

Якщо в адресі листа ви вказали ім'я одержувача (а не просто назву компанії), то слід почати лист з особистого привітання. Приклад:

*Dear Mr Smith*

*Dear James*

*Dear Miss Hastings [mis]*

*Dear Mrs Biden [misiz]*

*Dear Ms Roberts [miz]*

*Dear Margaret*

Якщо лист адресовано організації, а не конкретній особі, то слід використовувати більш формальне привітання Dear Sirs. Приклад: *Dear Sirs*

Якщо лист адресовано керівнику відділу чи організації, чиє ім'я вам невідомо, то слід використовувати таку форму привітання.

Приклад: *Dear Sir or Madam*

## ЗАГОЛОВОК / HEADING

Заголовок коротко повідомляє про зміст листа. За звичай він знаходиться через один рядок після привітання. Приклад:

*Dear Mr Jackson*

*INTERNATIONAL CONFERENCE — 23 September 2022*

## КІНЦІВКА / COMPLIMENTARY CLOSE

За звичай лист завершують, використовуючи ввічливу кінцівку. Найуживаніші варіанти кінцівок: Yours faithfully (використовується лише тільки

у випадку зі звертанням Dear Sir/Sirs/Sir or Madam) і Yours sincerely (використовується у випадку з особистими звертаннями). Зараз популярною кінцівкою є *Best regards / or Regards*. Приклади:

1. *Dear Sir*

*Dear Sirs*

*Dear Madam*

*Dear Sir or Madam*      *Yours faithfully*

2. *Dear Mr Jackson*

*Dear Mrs Tang*

*Dear Ms. Cole*

*Dear Tom*      *Yours sincerely*

3. *Dear Emma*

*Dear Ms Johnson*

*Dear customer*      *Best regards*

### ІМ'Я ВІДПРАВНИКА І ПОСАДА / SENDER'S NAME AND POST

Після кінцівки слід пропустити 4-5 рядків, щоб залишити місце для підпису. Зверніть увагу, що у наведених нижче прикладах Mr не використовується, якщо автор листа — чоловік. Але якщо автор — жінка, то в дужках часто додають (Mrs). Приклади:

1. *Yours faithfully*

*PATRICK CLARK*

*Director*

2. *Yours sincerely*

*CAROLINE JEFFERSON (Mrs)*

*General Manager*

*Best regards*

*Kseniia Lisova (Mrs)*

*DVM*

### ВКЛАДАННЯ / ENCLOSURES

Самий розповсюджений спосіб вказати на те, що у листі є вкладання, — це написати *Enc* чи *Encs* внизу листа, через один рядок після посади відправника.

### КОПІЇ / COPIES

Якщо треба відправити копію листа третій особі (за звичай з організації відправника), на це можна вказати за допомогою абрєвіатури cc (copy circulated або courtesy copy) чи слова Copy, за яким йде ім'я та посада одержувача копії. Приклад:

*Copy Edgar Cole, Managing Director*

### ІНТЕРВАЛ / SPACING

В ділових листах інтервал (spacing) між рядками — 1, а між абзацами — 2; немає табуляції\* в листах з блочною структурою (blocked letters).

Табуляція\* — це відступ на абзаци.

4. **Vocabulary.** Copy and learn these words and phrases.

Faithfully yours	Віддано Ваш
Sincerely yours	Щиро Ваш

Best regards / Regards	З повагою
letterhead	фірмовий бланк
heading	заголовок
salutation	привітання
sender's address	адреса відправника
receiver	одержувач, отримувач
receiver address / inside address	адреса отримувача (листа)
letter body	основна частина листа
complimentary close	кінцівка
enclosure (Enc. / Encl.)	вкладення; вкладка
I enclose	Я додаю
signature	підпис
content(s)	зміст
to express one's opinion	виражати чиюсь думку
clear	зрозумілий
opening	перший абзац листа
closing	останній абзац листа

5. **Reading.** Work in groups of three or four. Look this letter through and find all the parts of a business letter (sender's address, receiver address, salutation, body, opening and closing paragraphs, complimentary closing etc.) in it.

MEATCANNING.COM  
 125 Kingston Drive  
 Harrisburg, PA 12054  
 Tel.: 7325008123  
 E-mail: [meatcanning@post.com](mailto:meatcanning@post.com)

5 May 2021

Healthy Foods Ltd.  
 14 Kikvidze Street  
 Kyiv  
 Ukraine, 02224  
 Tel./Fax: 2251841

Dear Sirs

Thank you for your letter of April 25 concerning our flavouring and colouring agents. As requested, we are sending you our catalogue.

Prices and terms are included in the catalogue. Discount will be granted on order for \$1,000.

We look forward to doing business with you.

Yours faithfully,

*Sandra Wood*  
Sandra Wood  
Director

Enc. Catalogue

6. Read one more business letter. What are they going to buy in Ukraine?



**LETTER OF INTENT FOR PURCHASE OF GOODS**  
**ЛИСТ ПРО НАМІРИ ЗАКУПІВЛІ ТОВАРУ**

October 22th, 2018

Object: LETTER OF INTENT FOR FROZEN CHICKEN PURCHASE FROM  
UKRAINE

Dear Mr

GLOBAL BUSINESS CENTER plans to purchase large quantities of frozen chickens;  
The purpose of this letter of intent is to confirm our requests as specified below:

COMMODITY: FROZEN CHICKEN

1/whole chicken: weight range: 900-1400 g

2/chicken wings 3 joints

3/chicken leg quarter

4/chicken drumstick

ORIGIN OF COMMODITY: UKRAINE

QUANTITY MIN: container 40''

PAYMENT: LC

DESTINATION PORT: CIF / PORT HAMAD DOHA

INSPECTION: SGS FOR QUANTITY AND QUALITY

DELIVERY DOCUMENTS. ( FINAL SUPPLY AFTER INSPECTION SGS )

1/ The Buyer issues LOI (Letter of Intent) or ICPO (Irrevocable Purchase Order).

2/ The seller, issues FCO.

3/ buyer returns signed FCO to seller.

4/ buyer confirms order

- 5/seller issue sales contract or proforma invoice to buyer .
- 6/ buyer signs invoice / contract and return a copy to seller .
- 7/ After the "Agreement" signed by the parties, the seller sends the "Invoice" (Invoice) to the buyer to request the issuance of the "SBLC" (Letter of Credit) \*. #. "SBLC" (Letter of Credit) is an agreement whereby a bank, acting at the request of an importer and in accordance with the contractual instructions, undertakes to make a payment to an exporter against the presentation of a series of documents and procedures required within a specified time limit.

OFFICE MANAGER:


LOTFI ROUISSI

Representative of the Union Of Entrepreneurs of Small, Medium and Privatized Enterprises of Ukraine and a representative of Union in the Tunisian Republic

Cell : 00216 52 344 307

IMEN CHIHI : Import manager

Cell : 00216 24 595 742



## Unit 17

### APPLICATION LETTER

1. **Lead-in.** Answer the questions.

1. What documents / papers are necessary to apply for a job?
2. Do applicants for a new job always have to write an application letter?

2. **Reading.** Read this information: A. about application letters, B. the parts of any letter in English, C. formal letters.

**A.**

**The letter of application** is a sales letter in which you market your skills, abilities and knowledge. Your ultimate goal is to obtain an interview.

The size of an application letter is usually 1 page of A4 format, it must be printed. Use only white paper both for CV and application letter. The spacing (інтервал) between the paragraphs is 2. The letter has a block structure, with no tabulation and the minimum of punctuation marks.

In your application letter you must write the following:

*Paragraph 1*

explain which job you are applying for and how/where you heard about it.

*Paragraph 2*

briefly describe your most relevant qualifications and/or experience.

*Paragraph 3*

explain why you want the job and why you think you would be good at it.

*Paragraph 4*

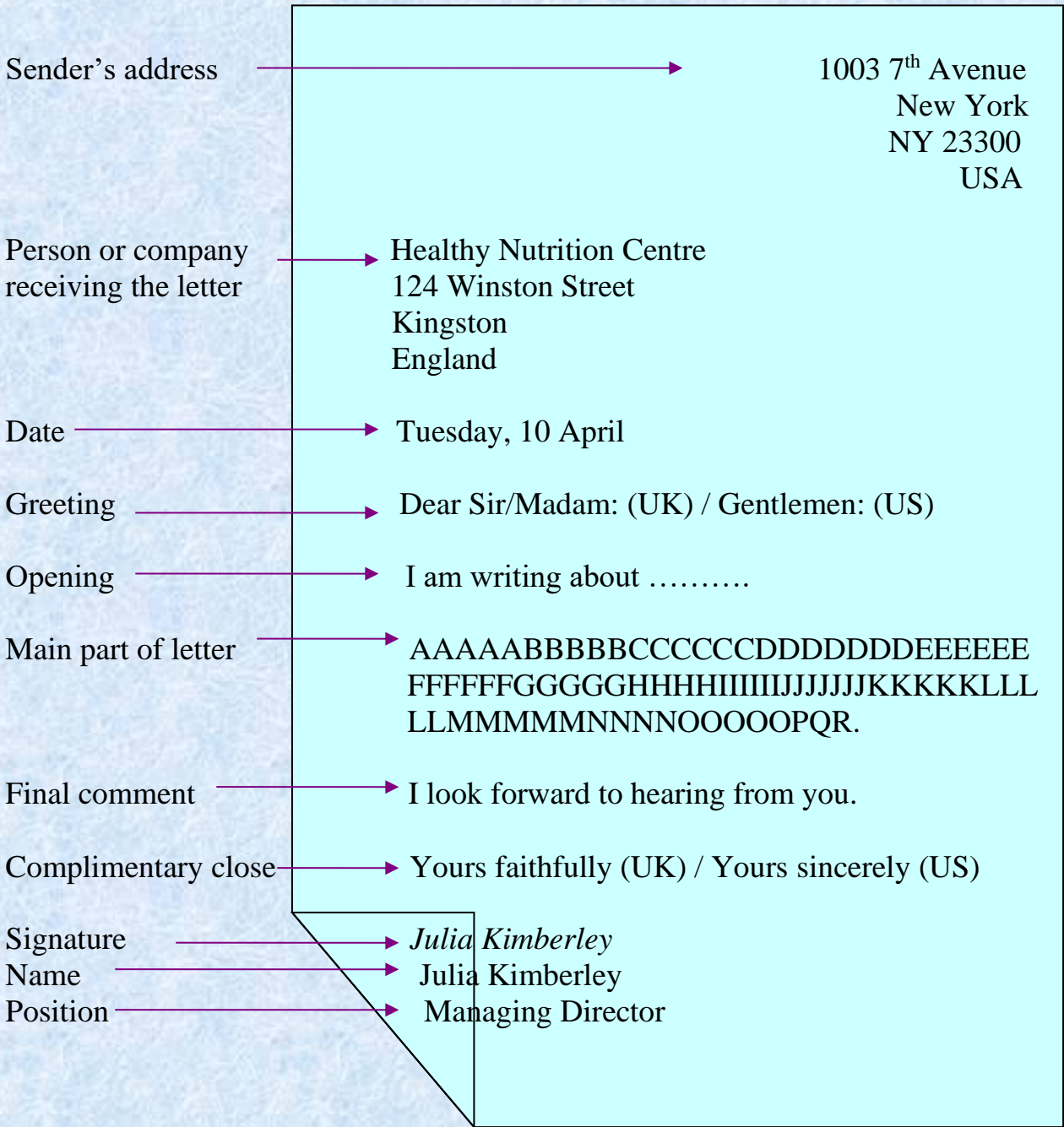
say how you can be contacted and/or when you are available for interview.

**B. THE MAIN PARTS OF A LETTER IN ENGLISH**

Any letter (an informal letter or a formal one) consists of the following parts:

- 1) sender's address; 2) person or company receiving the letter (*in formal letters*);
- 3) date; 4) greeting (salutation); 5) opening (*this is the first paragraph of a letter*);
- 6) main part of a letter (body); 7) final comment (closing paragraph); 8) complimentary close; 9) signature; 10) name (*in formal letters*); 11) position (*in formal letters*).

**C. WRITING A FORMAL LETTER**



3. In your application letter you must write your **Ukrainian address, name, family name**. To do this correctly you should use the table of the official Ukrainian-English transliteration.

Read the table of the official Ukrainian-English transliteration.

**ТАБЛИЦЯ**  
**офіційної транслітерації українського алфавіту латиницею**

<i>Українською мовою</i>	<i>Латиниця</i>	<i>Позиція у слові</i>	<i>Приклади написання українською мовою</i>	<i>Приклади написання англійською мовою</i>
Аа	Aa		Алла	Alla
Бб	Bb		Борщагівка	Borshchahivka
Вв	Vv		Вінниця	Vinnytsia
Гг	Hh		Галина	Halyna
Ґґ	Gg		Ґалаган	Galagan
Дд	Dd		Донецьк	Donetsk
Ее	Ee		Рівне	Rivne
Єє	Ye ie	на початку слова в інших позиціях	Єнакієве Короп'є	Yenakii Koropie
Жж	Zh zh		Житомир	Zhytomyr
Зз	Zz		Закарпаття	Zakarpattia
Ии	Yu yu		Медвин	Medvyn
Іі	Ii		Іванків	Ivankiv
Її	Yi i	на початку слова в інших позиціях	Їжакевич Мар'їне	Yizhakevych Marine
Йй	Y i	на початку слова в інших позиціях	Йосипівка Олексій	Yosypivka Olexii
Кк	Kk		Київ	Kyiv
Лл	Ll		Львів	Lviv
Мм	Mm		Миколаїв	Mykolaiv
Нн	Nn		Ніжин	Nizhyn
Оо	Oo		Одеса	Odesa
Пп	Pp		Полтава	Poltava
Рр	Rr		Решетилівка	Reshetylivka
Сс	Ss		Суми	Sumy
Тт	Tt		Тернопіль	Ternopil
Уу	Uu		Ужгород	Uzhhorod
Фф	Ff		Фастів	Fastiv

Хх	Kh kh		Харків	Kharkiv
Цц	Ts ts		Біла Церква	Bila Tserkva
Чч	Ch ch		Шевченко	Shevchenko
Шш	Sh sh		Шостка	Shostka
Щщ	Shch shch		Щек	Shchek
Юю	Yu	на початку слова	Юрій	Yurii
	iu	в інших позиціях	Корюківка	Koriukivka
Яя	Ya	на початку слова	Яготин	Yahotyn
	ia	в інших позиціях	Костянтин	Kostiantyn

4. **Writing a home address.** Write your home address according to the models.

**Model 1:**

Name, Family Name	<i>Kateryna Lisnichuk</i>
House number / Street	<i>15 Zelena Street</i>
Apartment number	<i>Apt. 83</i>
Town/village	<i>Bila Tserkva</i>
Region	<i>Kyiv Region</i>
Country, Zip code,	<i>Ukraine, 09100</i>

**Model 2:**

Name, Family Name	<i>Yevhen Kravchenko</i>
House number / Street	<i>10 Shevchenko Street</i>
Apartment number	
Town/village	<i>Molodizhne</i>
District	<i>Zolotonosha District</i>
Region	<i>Cherkasy Region</i>
Country, Zip Code	<i>Ukraine, 07200</i>

Write your home address: fill in the information.

Name, Family Name	
House number / Street	
Apartment number	
Town/village	
District	
Region	
Country, Zip Code	

5. You want to apply for a job in your specialty. Write an application letter on behalf of your own name applying for a position of a technician-technologist / a lab-assistant. Use the model.



**Model:**

**APPLICATION LETTER**

25 Oleksandriskyi Boulevard  
Apt. 174

Bila Tserkva  
Kyiv region (Kyivska oblast)  
Ukraine, 09100  
Telephone: +380685123456  
E-mail: [dima@ukr.ua](mailto:dima@ukr.ua)

June 5, 2022

Ms Petrenko  
Recruitment Manager  
MARSHALOK  
Meat Processing Plant  
49 Druha Pishchana Street  
Bila Tserkva  
Kyiv region  
Ukraine 09100

Dear Ms Petrenko

I am writing to apply for a post of ‘food technologist (meat processing)’ advertised on your site on the 30<sup>th</sup> of May, my complete CV would be sent upon your request.

Since graduating from Bila Tserkva Professional College of Technologies and Economics I have been working for an agricultural firm in Skvyra producing canned meat.

My responsibilities included 1) studying methods to improve quality of canned meat foods, like flavor, color, texture, nutritional value, convenience, or physical, chemical, and also microbiological composition of meat foods; 2) quality control of finished meat foods and packaging. I may specialize in particular branch of food technology, like meat as well as poultry, stabilizers, preservatives, colors, nutritional additives, and also be identified according to meat branch of food technology. I wish to place my knowledge, skills and experience at the disposal of your company.

I am available for interview next week. I do appreciate your time taken to review my application letter.

Sincerely yours,

Dmytro Cherkas  
Encl: CV

6. **Vocabulary.** Read and learn the following key words and phrases.

A. With reference to your advertisement in VISTI NADROSSIA...	Посилаючись на Ваше оголошення у газеті “Вісті Надросся”...
I am writing to apply for a post of ... advertised on your site	Я пишу, щоб подати заяву на посаду...
I am a graduate of Bila Tserkva Professional College of Technologies and Economics.	Я випускник Білоцерківського фахового технолого-економічного коледжу.
I am very interested in the possibility of taking this post in your company.	Я дуже зацікавлений у можливості отримати роботу у Вашій компанії.
My responsibilities included...	Мої обов’язки включали...
the checkup of sales and financial documentation	перевірка торгівельної і фінансової документації
canned meat	консервоване м’ясо
to improve quality	покращити якість
flavor	аромат
texture	текстура
nutritional value	харчова цінність
convenience	перевага, користь
convenience food	напівфабрикати
quality control	контроль якості
finished meat products	готова м’ясна продукція
branch	галузь
poultry	м’ясо птиці; птахівництво
preservatives	консерванти
nutritional additives	харчові добавки
I wish to place this experience, my knowledge and energy at the disposal of your company.	Я бажаю надати мій досвід, знання та енергію у розпорядження Вашої компанії.
I would be thankful if you could inform about the interview date.	Я буду вдячний, якби Ви повідомили мене про дату співбесіди.
I look forward to hearing from you.	Чекаю з нетерпінням відповіді від Вас.
post/position	посада
to apply	подавати заяву
application letter	лист-заява (про працевлаштування)
to avoid contractions	уникати скорочень
Personnel / Human Resources (HR) / Recruitment	відділ кадрів
interview	співбесіда
skills	уміння
abilities	здібності
knowledge	знання

ultimate goal	кінцева ціль
to describe	описувати

<b>B.</b> a formal letter	офіційний лист
an informal letter	неофіційний лист
graduate	випускник
to consist of the following parts	складатися з наступних частин
address	1. адреса; 2. звертання
sender	відправник
receiving	отримує
greeting / salutation	привітання
opening	перший абзац
body	головна частина листа
closing paragraph / final comment	останній абзац
complimentary close	кінцівка, завершення (листа)
signature	підпис
paragraph	абзац
spacing	міжрядковий інтервал
I would be thankful	Я був би вдячний
Yours faithfully	Віддано Ваш
Yours sincerely	Щиро Ваш
Ms [mɪz]	міз ( Це скорочення використовують переважно на письмі замість Miss чи Mrs. Воно не вказує, чи одружена жінка, до якої звертаються.)

## Unit 18

### REQUEST LETTER

1. **Lead-in. Interactive!** Play the game (Діаграма з мітками – Labelled diagram). Match elements with parts of the formal letter.

<https://wordwall.net/ru/resource/11453000/solutions-pre-intermediate/read-the-formal-letter-match>

Здати відповіді

Read the formal letter. Match elements a-g with parts 1-7 of the letter.

2. *Read and translate this information about request letters.*

**A. What should a request letter contain? What is the format of a request letter?**

- ✦ Sender's name and contact details, unless shown on a letterhead.
- ✦ Date of writing.
- ✦ Recipient's name and contact details.
- ✦ Greeting.
- ✦ Purpose of the letter.
- ✦ Body of the letter.
- ✦ Professional closing.
- ✦ Signature.

**B. Why do we write letters of request?**

You may write a formal request letter when you need a product, service, information, favor, or permission from a person of authority within or outside an organization. The letter's tone has to be formal and polite and its format has to comply with prescribed standards.

A **request letter** is written on any occasion when someone wants to politely ask for information, a favor or permission for a particular matter.

**C. What are the three important steps in writing a request letter?**

In the first paragraph, write a friendly opening and then state your main point. In the next few paragraphs, provided background information and supporting details.

Finally, write the closing paragraph where you restate the purpose of the letter and request some action, if applicable.

3. **Reading and Writing.** *Read and fill in with the proper names the following example of the request letter.*

**REQUEST LETTER FOR NEW LAPTOP AND PRINTER IN OFFICE**

Dear [Employer],

I am writing to request the purchase of new laptops and printers for our office, as you may be aware, our current technology and equipment is outdated and no longer able to meet the demands of modern business.

Upgrading to newer laptops and printers would greatly enhance our employees' productivity and enable them to complete tasks more quickly and effectively. It would also improve the efficiency of our office by allowing us to access the latest tools and resources.

I have attached a list of the specific models and quantities we are requesting, along with estimates of the costs. I believe that investing in new technology is necessary for the long-term success of our business and would be happy to discuss this further with you.

Thank you for your consideration. I look forward to your response.

Sincerely,
[Your name]
[Your title]
[Company name]

(From: Request | ...LettersSemiOffice.Com)

4. **Vocabulary.** Copy the words and phrases to the topic. Use them to read and translate exercises 2 and 3.

to ask a favor	просити про послугу
permission	дозвіл
authority	влада
request	запит, прохання
letter of request	лист-запит
to request	робити запит; вимагати; просити
recipient	отримувач
polite	ввічливий
to comply with prescribed standards	відповідати встановленим стандартам
to state your main point	висловити свою головну думку
restate the purpose	повторити мету
employer	роботодавець
employee	працівник
to enhance	збільшувати, підвищувати
to enable	давати змогу
purchase	покупка, купівля
current	поточний, нинішній
equipment	обладнання
outdated	застарілий
to access the latest tools and resources	отримати доступ до найновіших інструментів і ресурсів
to improve the efficiency	підвищувати ефективність
to meet the demands	відповідати вимогам
upgrading to	модернізація, оновлення до
I have attached a list of...	Я додав список...
quantities	кількість, кількості
estimates of the costs	кошторис витрат
as you may be aware	як ви, можливо, знаєте
Thank you for your consideration.	Спасибі за Вашу увагу.
I look forward to your response.	Чекаю з нетерпінням відповіді від Вас.

5. **Interactive!** Do the **wordsearch** “Letter writing”. Find the following words: address, date, dear, faithfully, formal, informal, paragraphs, sincerely, signature. Words can go across, down and diagonally.

<https://wordwall.net/resource/10222629/letter-writing>

4:52 Tap a hidden word

I E A C P S T X B Y I G  
 K P D U R D M R L R S M  
 P V F F T Q E E B F I K  
 A M P A Q E R A S H G Z  
 R F J X I E S S R A N I  
 A I M U C T E T W S A U  
 G A I N F R H I X C T C  
 R S I V D O U F E F U U  
 A S X D W D R T U B R H  
 P Z A L R A A M N L E T  
 H G G D F D C W A O L Z  
 S I N F O R M A L L G V

Letter Writing

## Unit 19

### CURRICULUM VITAE / RESUME

1. **Lead-in.** Answer the question.

1. Have you ever written a CV or a resume?

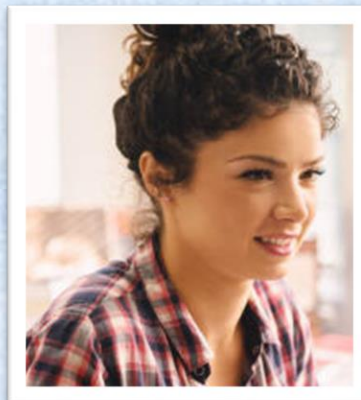
2. **Reading.** Read the curriculum vitae below to see how the information is presented.

Model 1.

### CURRICULUM VITAE

#### PERSONAL DETAILS:

**Name:** Oleksandra Shpachenko  
**Date of birth:** 21 August 2007  
**Nationality:** Ukrainian  
**Address:** Vernadskoho Street 7  
 Apt. 145  
 Bila Tserkva  
 Kyiv region  
 Ukraine 09100



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#### e-mail:

[alexa@ukr.net](mailto:alexa@ukr.net)

#### EDUCATION:

2022-2024 (anticipated)

Kyiv National University of Food Technologies.  
 Bachelor’s Degree in Meat and Milk Processing,  
 Production of Perfumery and Cosmetics Products

2019-2022

The Professional College of Technologies and  
 Economics, Bila Tserkva.

Diploma (honors) of a junior bachelor in “Food  
 Technologies — Meat Processing and Production of  
 Meat Products”

2004-2013

Bila Tserkva Comprehensive School Nr 12.

Certificate of general secondary education.

**PROFESSIONAL EXPERIENCE:**

**Autumn 2021 to present** Chemical laboratory, Yahotyn Dairy Processing Plant, lab-assisstant.

**Spring-summer of 2020:** 5-month training period with the company JLC 'Vita', Bila Tserkva, the Ice-Cream Manufacture Workshop, ice-cream line operator

**INTERESTS:**

Sport: volleyball. Music: classical, rock. Internet chatting. Photography.

**ADDITIONAL SKILLS:**

Driver's license. PC programming, creating sites

**Languages:** Ukrainian (native), English (good), Russian (fluently), Polish

**REFERENCES:**

Alla Starovoitova, Chair of Technological Department, Bila Tserkva Professional College of Technologies and Economics	Tamara Petrenko, Group Tutor, Bila Tserkva Professional College of Technologies and Economics
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*3. Now read some pieces of advice of writing a CV (Curriculum Vitae) in Ukrainian to have more understanding how important it is to write a proper CV. This information was specially translated for you from the English language.*

### ЯК ПИСАТИ РЕЗЮМЕ АНГЛІЙСЬКОЮ

**Резюме (Curriculum Vitae чи CV)** – потужний інструмент в арсеналі людини, яка бажає отримати те чи інше місце роботи. Тому важливо вміти грамотно скласти цей документ. Навіть дуже кваліфіковані співробітники отримують відмову від роботодавців, оскільки анкети шукачів роботи не відповідають вимогам, які до них виставляють.

Що ж треба зробити, щоб майбутній бос вибрав ваше резюме і запропонував вам брати участь у відбірковому конкурсі чи прийти на співбесіду?

Коротко та ясно. При складанні резюме слід уникати дуже складних конструкцій.

Суворих правил щодо об'єму резюме немає. І все ж треба намагатися помістити інформацію на одній сторінці формату А4.

#### Про що слід вказати в анкеті?

Стандартне резюме починається з особистої інформації (**Personal information**), тобто з повідомлення імені і прізвища (**Name and Surname**), адреси (**Address**), контактних даних (**Contact details**).

Вся ця інформація розташовується у верхній частині сторінки.

Далі йдуть дані про: кваліфікації (**Skills**), досвід роботи (**Work experience**), кар'єрні цілі (**Career goals**).

У зворотному хронологічному порядку вказуються посади (**Positions**), які здобувач роботи займав за останні роки, і досягнення (**Achievements**) при виконанні тих чи інших обов'язків. В резюме також включають відомості про освіту (**Education**), інтересах шукача роботи (**Interests**) та вказують про наявність чи можливість отримання рекомендацій (**References**).

## Що не варто робити

Не слід відправляти разом з резюме свідоцтва і посвідчення (за виключенням випадків, коли цього вимагає роботодавець). Як правило ці документи представляють під час співбесіди (**interview**).

Не варто намагатися вигадувати чи вказувати в анкеті місця працевлаштування, щоб сховати період, коли ви не працювали. Найпростіша перевірка даних може викрити неправду і поставити хрест на можливості отримання бажаної роботи. Перед відправленням резюме до відділу кадрів уважно прочитайте оголошення про вакансію.

Також, перед відправленням анкети роботодавцю, уважно прочитайте її і перевірте в ній наявність орфографічних помилок. Вони, як і брудні плями на листку з текстом резюме, зразу ж можуть викликати негативну реакцію у того, хто буде читати ваше **CV**.

І останнє. У більшості випадків до резюме прикладають супроводжувальний лист (**Covering letter**). У ньому шукач роботи вказує бажану посаду і в декількох реченнях викладає переваги своєї кандидатури. Об'єм супроводжувального листа не повинен перевищувати однієї сторінки.


### 4. **Vocabulary.** Read and learn the following key words and phrases

CV / Curriculum Vitae	резюме (кількість сторінок необмежена, часто — це 1 сторінка)
resume	резюме (кількість сторінок обмежена—2, не містить рекомендацій, які подають на запитання роботодавця)
personal details	особисті дані
education	освіта
professional experience	професійний досвід
interests	інтереси
additional skills	додаткові уміння
references	рекомендації (2-3 особи)
comprehensive school	загальноосвітня середня школа
diploma (honors)	диплом (з відзнакою)
gymnasium	гімназія
certificate of general secondary education	атестат про загальну середню освіту
training period	стажування
2020 – to present	з 2020 року до теперішнього часу
2021 – 2024 (anticipated)	2021 – 2024 (передбачається)
trainee	стажер
Chair of technological department	голова технологічного відділення
group tutor	куратор
workshop	цех
lab-assistant	лаборант
professional vocational school (lyceum)	ПТУ



5. **Writing.** You are going to apply for a job in your specialty (meat processing) and you must write your CV.

6. **Interactive!** You can click the button **EDIT** and modify the given resume with your details. <https://resumekraft.com/food-technologist-resume-sample/>



## Christa Kevin

FOOD TECHNOLOGIST

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### SUMMARY

Innovative Food Technologist offering three years of positive industry experience. Produces prototypes, conducts routine food samplings, and introduces product improvements. Well-versed in quality monitoring and food product formulation to drive company sales and customer satisfaction. Energetic and hardworking professional with expertise in food processing, production and quality control.

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### SKILLS

- Sensory testing
- New product formulation
- Quality control
- Laboratory techniques
- Interprets and synthesizes analytical data
- Positive and can work independently

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### EXPERIENCE

**R&D Executive**  
**AIA Group** Mar 2017 - Present

- Developing new product ideas and recipes for new beverages products.
- Modifying and improving existing recipes.
- Liaising with marketing and production staff.
- Preparing products costing based on raw materials and manufacturing costs.
- Testing and approved incoming raw ingredients.
- Testing and examining pre-mixed sample for production.
- Performed Brix, pH, moisture and water activity for pre-mixed sample

**Research Assistant**  
**AIMST University** Jan 2012 - Mar 2017

- Isolation and identification of bacteria and fungi.
- Characterization of microorganism.
- Handling composting process for empty fruit bunches of oil palm.
- Involve in purchasing and dealing with suppliers.
- Planned, modified, and executed research techniques, procedures and tests.
- Validated incoming data to check information accuracy and integrity while independently locating and correcting concerns.
- Prepared materials for reports, presentations and submission to peer-reviewed journal publications.

**Business Development Executive**  
**Top Glove Corporation Berhad** Mar 2011 - Dec 2011

- Working out the human and material resources needed.
- Monitoring the production processes and adjusting schedules as needed.
- Working with managers to implement the company's policies and goals.
- Plan, perform and contribute to project related scientific/technical activities.
- Deal with suppliers.

**Trainee**

**Expatriate Advisory Sdn Bhd** Dec 2010 - Feb 2011

- Communication (presentation, negotiation and business writing).
- Technical (patent/ intellectual property management, clinical research, good regulatory practices including good regulatory practices, good clinical practices and good laboratory practices).
- Entrepreneurship/ business (business strategy, financial management, marketing management and project management)

## EDUCATION

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**Master of Science In Food Science**

**San Jose State University** 2018

- Food Safety Management
- Food Packaging
- Advanced Food Microbiology
- Experimental Techniques In Food Science
- Current Techniques In Food Microbiology

**Bachelor Degree of Science In Genetics**

**Northeastern University** 2010

- Principal of Genetics, Microbial Genetics, Fungus Genetics
- Human and Medical Genetics, Developmental Genetics
- Biochemistry, Fundamental of Microbiology,
- Cell Biology, Molecular Biology, Cytogenetics
- Scientific Communication

**Life Science**

**Arizona State University** 2007

## CERTIFICATION

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**International Halal Training on Halal Assurance System (HAS23000)**

**Indonesia Halal Training & Education Center** 2019-10-02

**Threat Awareness Training**

**Alcumus Jaya Sdn. Bhd.** 2018-05-23

**ISO 22000:2005 Awareness & Internal Audit Training**

**ITS Management Sdn. Bhd.** 2017-12-11

**Food Handling Training Course**

**ITS Management Sdn. Bhd.** 2017-05-06

**Practical Fire Fighting & Prevention at Workplace**

**ITS Management Sdn. Bhd.** 2017-04-29

**International Congress of the Malaysian Society for Microbiology 2015**

**Malaysian Society for Microbiology** 2015-12-07

**Good Manufacturing Practices : Development and Implementation**

**Jururunding Teman** 2014-06-25

**2nd Manuscript Writing and Publishing Workshop**

**Food Safety & Quality Research Group, Faculty Science & Technology, UKM** 2013-04-09

**Good Manufacturing Practice (GMP)**

**Marditech Corporation Sdn. Bhd.** 2010-12-29

**Hazard Analysis and Critical Control Point (HACCP)**

**Marditech Corporation Sdn. Bhd.** 2010-12-29

**Halal Certification Based on MS1500:2009**

**Marditech Corporation Sdn. Bhd.** 2010-12-29

## Unit 20

### COMPANY STRUCTURE

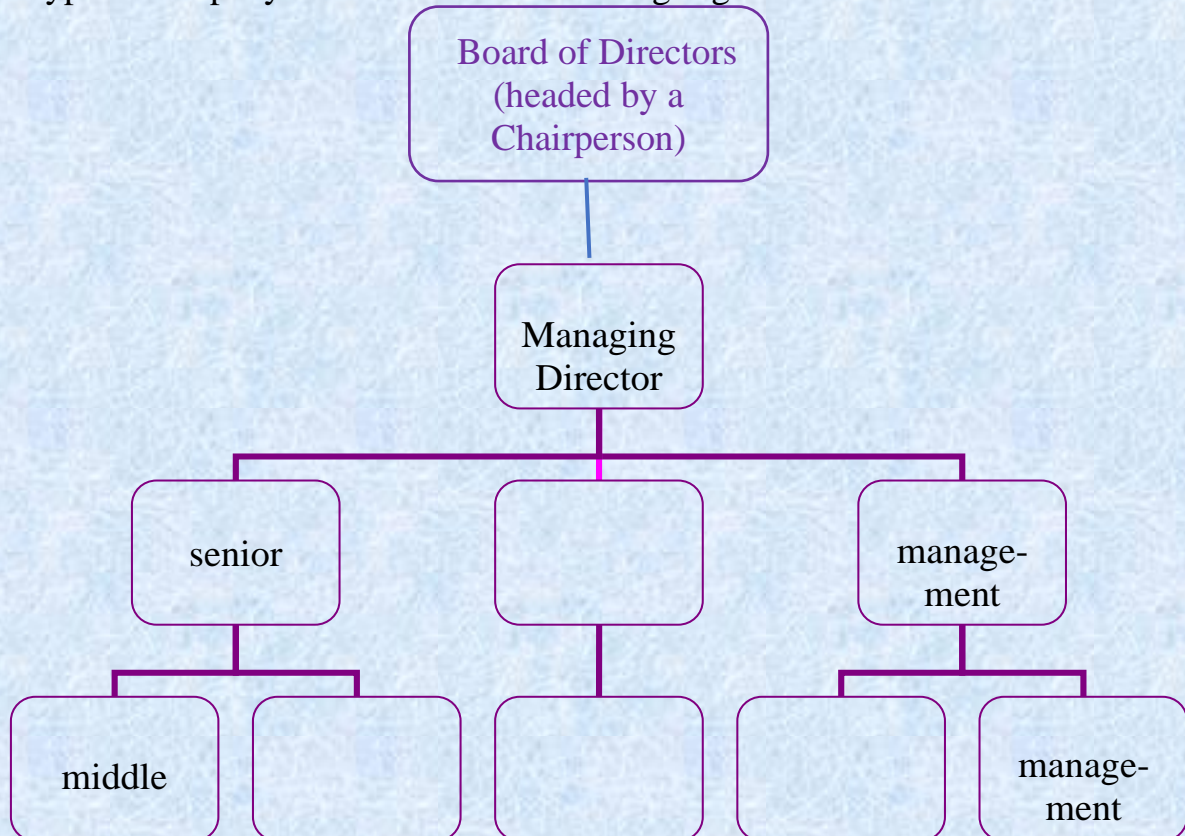
1. **Lead-in.** Answer the questions.

1. Would you like to work in a company or to work individually?
2. What are the most famous meat processing companies in Ukraine?

2. **Reading.** Read the text “Company Structure”.

### COMPANY STRUCTURE

Most companies are made up of three groups of people: the shareholders (who provide the capital), the management and the workforce. The management structure of a typical company is shown in the following organization chart:



At the top of the company hierarchy is the Board of Directors, headed by the Chairperson (or President). The Board is responsible for making policy decisions and for determining the company’s strategy. It will usually appoint a Managing Director (or Chief Executive Officer) who has overall responsibility for the running of the business.

Senior managers head the various departments or functions within a company, which may include the following: Marketing, Finance, Public Relations, Production, Personnel (or Human Resources), Research and Development.

3. **Test.** Decide whether the following statements are true or false.

1. At the top of the company is a marketing manager. T/F
2. The Board of Directors is responsible for the running of the business. T/F
3. The Chief Executive Officer has overall responsibility for making policy decisions. T/F
4. Senior managers are responsible to Managing Director. T/F

5. Senior managers aren't responsible for different departments within a company. T/F
6. The workforce is responsible to middle managers. T/F
7. The Board determines the company's strategy but doesn't appoint a Managing Director. T/F

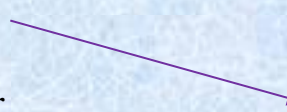
4. **Speaking.** Answer the questions to the text "Company Structure".

1. The company structure is made up of three main groups of people, isn't it?
2. What are these three structural groups of people?
3. Which group provides with the capital?
4. Does the Board of Directors appoint Managing Director?
5. Is the Managing Director responsible to the Board of Directors or to the senior managers?
6. Who heads the Board of Directors?
7. What departments in the company do the senior managers head?

5. **Vocabulary.** Learn the following words and word combinations.

shareholder (stockholder)	акціонер
management	керівництво, управління, менеджмент
workforce	робоча сила, робітники
to provide	забезпечувати; надавати
to determine	визначати
to run	керувати (компанією)
Board of Directors	Рада директорів
Managing Director	виконавчий директор
Chief Executive Officer (CEO)	виконавчий директор
chart	схема; діаграма
to be responsible for	відповідати за
to be responsible to	бути підзвітним
overall responsibility	повна відповідальність
hierarchy	ієрархія
top	вершина
to appoint	призначати (на посаду)
to head	керувати, очолювати
Chairperson / President	головуючий, президент, голова
Personnel / Human Resources (HR)	кадри, персонал
research	дослідження
to include	включати
senior	старший, вищий
middle	середній
department	відділ
to be made up of	складатися з

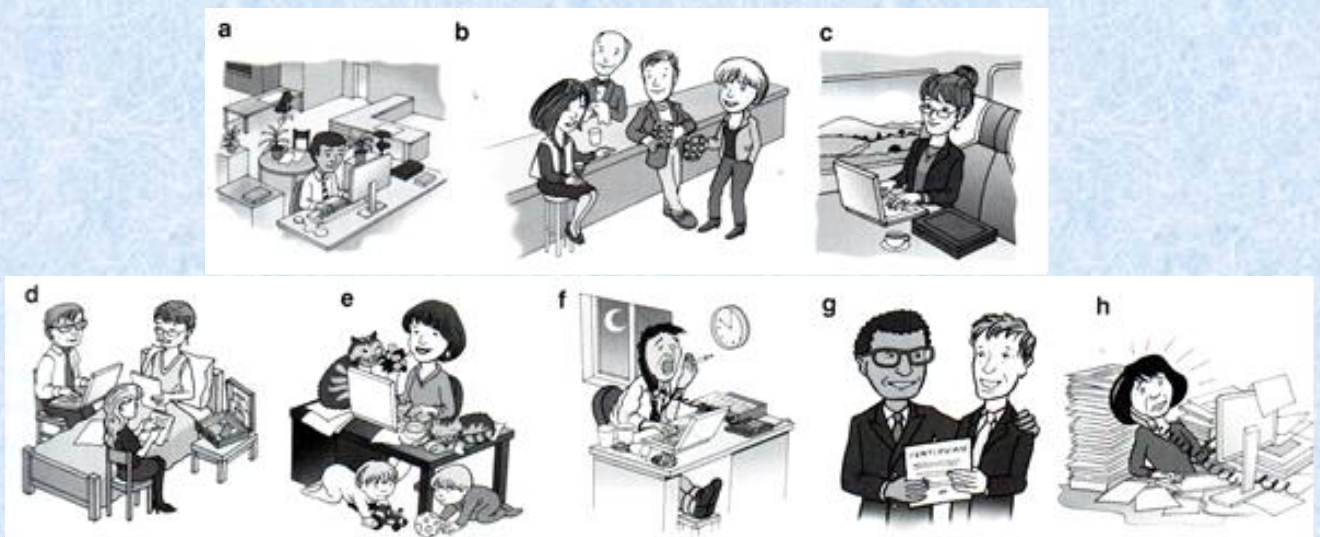
6. Match an abbreviation to its name, a job or a department in a company.

- |                |                                |
|----------------|--------------------------------|
| 1. QC operator | a. personal assistant          |
| 2. CEO         | b. Public Relations Department |
| 3. HR Manager  | c. quality control operator    |
- 

4. PA  
 5. CPA  
 6. PR Department  
 7. Fill in the blanks from the box.

a PA, a human resources officer, a sales manager, a public relations officer

1. I work as ..... . I work with people a lot.  
 2. I am ..... . I look at the newspapers every day.  
 3. I am ..... to the boss. I deal with everything.  
 4. I am ..... . I check up sales reports.
8. Talk about your work in a company. Match the sentences with the pictures.
1. I have too many meetings. d  
 2. I have a very good boss. \_\_\_\_  
 3. I have a big office. \_\_\_\_  
 4. I work long hours. \_\_\_\_  
 5. I have too much to do. \_\_\_\_  
 6. I can socialize with colleagues a lot. \_\_\_\_  
 7. I travel a lot for work. \_\_\_\_  
 8. I can work from home twice a week. \_\_\_\_



## Unit 21

### PRESENTATIONS

1. **Lead-in.** Answer the questions.

1. Are presentations important for doing business?  
 2. Have you ever delivered a presentation?

#### A. DEFINITIONS, GENERAL PURPOSES, KINDS OF PRESENTATIONS

2. **Reading.** Read some definitions of a presentation.

- a. **Presentation** is a speech or talk in which a new product, idea or piece of work is shown and explained to an audience. *E.g., a sales presentation.*  
 b. **A presentation** involves the preparation and delivery of critical subject matter in a logical and condensed form, leading to an effective communication.

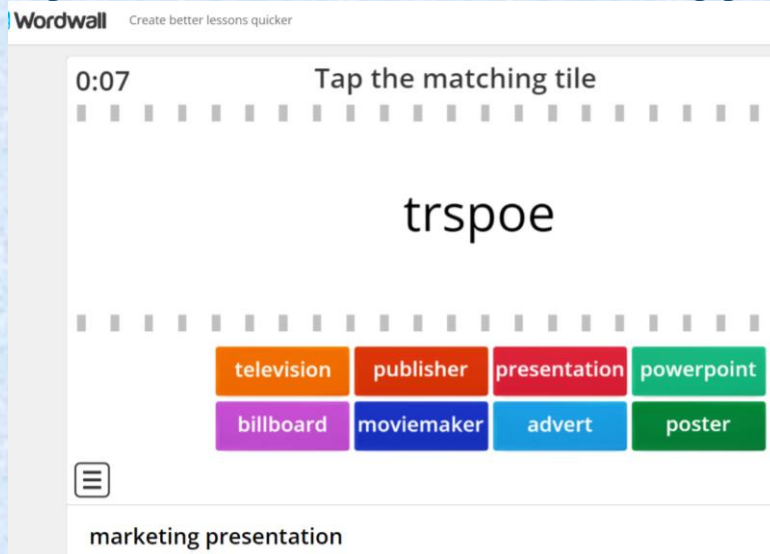
**3. Vocabulary.** Read and learn the meanings of the following key words and word combinations.

presentation	презентація
definition	визначення
oral presentation	усна презентація
an advertising presentation	презентація-реклама
a report presentation	презентація-доповідь
purpose (aim, objective)	мета, ціль
general purpose	загальна мета
specific purpose	спеціальна мета
to determine	визначати
to inform	інформувати
to persuade	переконати
to entertain	розважати
to advertise	рекламувати
to deliver	промовляти, читати
audience	аудиторія
topic (subject)	тема (предмет)
kind (type)	вид, тип
persuasive	переконуючий
instructional	інструктивний
informative	інформативний
to follow	слідувати
the following	таке, наступне
to convince	переконати, запевнювати
particular	особливий; специфічний; ретельний
action	дія
to perform	виконувати
new findings	нові знахідки
a scientific community	наукова спільнота
example	приклад
number	кількість
own	власний
to develop	розвивати
to support	підтримувати
sources of data	джерела даних
suggestion	пропозиція
introduction	вступ
body	основна частина
conclusion	висновок
point	пункт
gesture	жест

to warm up one's voice	розігріти голос
presentation area	місце для презентації
visuals	наочні засоби
to limit	обмежувати
quotation	цитата
handout	розробка
projector	проектор

4. **Interactive!** Play the game "Marketing presentation". You must match the given word to its scrambled variant.

<https://wordwall.net/resource/34362/marketing-presentation>



5. Read the information about the **kinds** and the **purposes of presentations**.

Some people think there are two main types of presentations: **an advertising presentation** and **a report presentation**.

Others think there are more types of presentations. In the field of science most students will find the following:

- **Persuasive.** It convinces your audience to follow a particular course of action.
- **Instructional.** It shows others how to perform a specific task. An example of this type of presentation can be a laboratory demonstration.
- **Informative.** It presents new findings or information. In the scientific community this form of presentation is usually found at international conferences.

When you plan your oral presentation determine your purpose (aim) and topic (subject). You must know the purpose of your talk. There is the **general purpose** and the **specific purpose**. The general purposes of the presentation can be: 1) to inform, 2) to persuade, 3) to entertain, 4) to advertise. The number of specific purposes is endless, because every presentation will have its own specific purpose.

Presenters must analyze the **audience**. Before you even start, decide who you are talking to; how many people there are; who they are; if it's a formal or informal occasion.

So, before preparing a presentation you must write the information about the subject, audience, general purpose and specific purpose of your presentation. *For example:*

1.	<u>Subject</u>	The annual exposition of the meat foods producers in Lviv, at the Expo centre 'Pivdennyi-EXPO'.
2.	<u>Audience</u>	A class of third-year technological students (food technologies).
3.	<u>General purpose</u>	To inform.
4.	<u>Specific purpose</u>	To inform about the existing and new dairy products presented at the exposition.

## B. LOGICAL AND COMPOSITIONAL STRUCTURE OF A PRESENTATION

6. Read the following information about the main parts of a presentation.

### PRESENTATIONS: ORGANIZING THE SPEECH

A **speech** of a presentation has 3 main parts: **1) introduction** (sets out the purpose of the presentation, sources of data, and introduction of main findings); **2) body** (develops main ideas and supporting sub-ideas); **3) conclusion** (summary of findings, suggestions for future).

The **body** of a speech has 3 main components: 1) central idea (this is the major theme; the central idea must be limited to one sentence); 2) the main ideas (the number of them: 4-5; they are to support the central idea); and 3) supporting materials (these are arguments, quotations, examples, statistics, analogies). You must present your information logically.

It is also necessary to think over: the visuals (multimedia, video films, computer slide show, overhead projector/slides); handouts; warming up your voice, gestures, preparing the presentation area. When you make a Microsoft Power Presentation don't use much text on the slides (1-2 sentences will be enough). "A good presenter makes the presentation short, but complete."

7. **Speaking.** Work in pairs. Answer the following questions.

1. How many types of presentations do you know? What are they?
2. A presentation has a general purpose and a specific purpose, doesn't it?
3. Are there two or four general purposes of presentations?
4. Presenters must analyze the audience, mustn't they?
5. What parts does a speech for a presentation consist of?
6. What are 3 main components of the BODY?
7. What supporting materials can be used in the presentation?
8. Must a presenter also prepare visuals and presentation area?

### C. PRESENTATION SAMPLE

8. Read "Presentation of a New Product" and discuss the following questions in groups:

- a. What is the general purpose of the presentation?
- b. What is advertised /presented/ in the presentation?



## PRESENTATION OF A NEW PRODUCT

*Here's Mr. Lopes's presentation of a new product to his colleagues in Citrus Inc., a multi-national soft-drink manufacturer:*

Good morning, ladies and gentlemen. I'm going to be talking this morning about a new product which we are planning to launch in two months' time. It's called KOOL-OUT. It's a lemon-flavoured drink.

As you remember, we stopped producing lemonade two years ago. Now we are offering a similar drink with an improved flavour, packaging and design. We have completely changed the label and the slogan. Besides the drink will come both in bottle and can. You will see all that in the video, which will follow later.

Now let me say a few words about the selling price.

It will be slightly higher than the price of the lemonade in the past.

In spite of the higher selling price it will compete well with existing brands; the design is more modern, the flavour is more natural and it's low calorie, too.

Well, that's all I have to say for the moment. Thank you for listening. Let's see the video now and if you have any questions then, I'll be happy to answer them.

9. **Vocabulary.** Learn the meaning of the following words and word combinations.

sample	зразок
colleague	колега
product	продукт, товар
to launch	починати (випуск)
to call	називати
flavour	смак, аромат
similar	подібний, схожий
to improve	покращити, вдосконалити
packaging	упаковка
label	етикетка
slogan	девіз
can	металева банка
in spite of	не дивлячись на
to compete	конкурувати
competitor	конкурент
retail market	ринок роздрібної торгівлі
retailer	роздрібний торговець
marketing estimation	маркетингова оцінка
to exist	існувати
brand	сорт, якість
natural	природний, натуральний
low-calorie	низькокалорійний
soft drink	безалкогольний напій
to last	тривати
price	ціна

## D. MAKING UP A PRESENTATION

10. Read and learn the following phrases, which will help you to write a script of your presentation.

### I. Introduction

1. Greeting / Introducing yourself  
*Привітатися / Представити себе*
2. Introducing the subject  
*Представити тему*
3. Describing the sequence  
*Описати послідовність*

### Вступ

Good day, ladies and gentlemen.  
Let me introduce myself. I'm ...  
*Доброго дня, пані та панове.  
Дозвольте представитися. Я ...*

The subject (topic) is ...  
*Тема наступна ...*

Our agenda is ...  
*Наша повістка дня така...*

First I'm going to ...  
*Спочатку я збираюсь ...*

Then ... after it ...  
*Потім ... після цього ...*

### II. Body

4. Starting the presentation itself  
*Початок самої презентації*
5. Moving on to the next point  
*Як перейти до наступного пункту*

### Основна частина

Let's get started then.  
*Тож, розпочнемо.*

To start the presentation I'd like with ...  
*Розпочати презентацію я хотів би з ...*

We'll look at ...  
*Поглянемо на (Розглянемо)...*

We'll also consider ...  
*Ми також розглянемо...*

And now some words about...  
*А зараз декілька слів про...*

But let's return to ...  
*Але давайте вернемося до...*

Now let's move to the next point.  
*Зараз давайте перейдемо до наступного пункту.*

From the table (chart, graphs) below you will see that..  
*З таблиці (діаграми, графіку) нижче ви побачите, що...*

And I would like to add, that ...  
*Я хотів би додати, що...*

Another advantage for ...  
*Інша перевага для...*

And one more good thing for ...  
*Ще одна гарна річ про...*

So, we came up to the last point.  
*Тож, ми прийшли до останнього пункту.*

6. Summarizing  
*Резюме / Підсумки (головної частини)*
- Summing up  
 Підсумовуючи...  
 I'd like to stress...  
 Я хотів би підкреслити...

### III. Conclusion

7. Concluding  
*Висновки*

### Заключна частина

- To conclude  
 Щоб завершити...  
 In conclusion  
 На завершення...  
 As you see,...  
 Як ви бачите...

8. Thanking / Inviting questions  
*Дякуєте / Запрошуєте до запитань*

- Thank you for attention.  
 Дякую за увагу.  
 I would be pleased to answer your questions.  
 Мені буде приємно відповісти на ваші питання.

11. **Interactive!** Word order. Do the exercise "Presentation phrases" online. You must put the words into the correct order to get a phrase which can be used in a presentation.  
<https://wordwall.net/resource/31161840/presentation-phrases>

12. **Writing.** Prepare and present to your class a report of approximately 350-500 words on one of the following topics:

- my college;
- my department;
- my specialty;
- my native town/village;
- landmarks (in your town, country, any foreign land);
- a meat product, or a meat processing plant.

13. **Vocabulary.** Learn these key words and phrases.

attention	увага
audience	аудиторія
background	історія, загальна інформація
body	основна частина
competitor	конкурент
consumer	споживач
to conclude	робити висновок
conclusion	висновок
to deliver	доставляти
to describe	описувати
introduction	вступ
presentation	презентація
product range	асортимент продукції
purpose	мета
sales	продаж
soft drinks	безалкогольні напої

to specialize in	спеціалізуватися в
strong point	перевага
weak point	недолік
subject	тема
to succeed	процвітати, мати успіх
success	успіх
successful	успішний
to summarize (to sum up)	підсумовувати

14. **TEST.** Choose the most suitable word.

1. Good morning, ladies and gentlemen! Let me ..... myself.  
a) tell b) ask c) answer d) introduce
2. I'm going to talk about a new ..... .  
a) presentation b) product c) audience d) competitive
3. I'll start with the ..... to the product launch.  
a) taxes b) expensive c) limited d) background
4. We should emphasize in the advertising and selling ..... .  
a) campaign b) company c) accompany d) companion
5. If you don't mind, we'll leave ..... to the end.  
a) presentation b) audience c) competitors d) questions
6. We have had a gap in our soft-drinks product ..... for the last two years.  
a) range b) run c) risk d) line
7. Our company has been ..... drinks for the last ten years.  
a) drinking b) eating c) manufacturing d) expensive
8. The ..... indicated that more and more consumers are using soft drinks.  
a) advertising b) pricing c) selecting d) market research
9. We must consider the ..... of the packaging a design.  
a) guarantee b) importance c) competence d) import
10. Look ..... the video in a moment.  
a) on b) in c) of d) at
11. Let's consider the major ..... of the product.  
a) attract b) attractions c) attacks d) attention
12. I'd like to ..... the main points.  
a) summary b) memory c) memo d) summarize
13. Thank you for ..... .  
a) listen b) listening c) ask d) talking
14. I'll be ..... to answer your questions.  
a) happiness b) help c) harmful d) happy
15. Let's ..... with a bit history.  
a) discuss b) speak c) begin d) make
16. Our company was ..... in 1997.  
a) found b) find c) founded d) finding
17. It was ..... as a family business.  
a) establishment b) establish c) establishing d) established

18. Now the firm is ..... by the heirs of Jonathan Lewis.  
 a) own    b) owned    c) owner    d) owning
19. The business was quite .....  
 a) succeed    b) success    c) successful    d) starting
20. It occupied the ..... position in the industry.  
 a) leading    b) leader    c) lead    d) first
21. The firm's products are sold in ..... markets.  
 a) cheap    b) consume    c) international    d) present
22. Nowadays, the company mostly ..... in soft drinks.  
 a) specialty    b) special    c) specialist    d) specializes
23. Yes, ..... is our password.  
 a) qualification    b) quality    c) qualify    d) qualifying
24. In the graph you can see the ..... of our sales in the last ten years.  
 a) questions    b) growth    c) answers    d) people
25. I would like to thank you for .....  
 a) ideas    b) come    c) coming    d) came

## Chapter 4. PROFESSIONAL ORIENTED STAGE: BIOLOGY, CHEMISTRY, TECHNOLOGY OF MEAT.

### Unit 22

#### NUTRITION

##### 1. *Lead-in.* Answer the questions.

1. Do people in Ukraine eat the same foods as in Britain or the USA?
2. What does food give to people?
3. Can we live without food?
4. Can we live without water?

##### 2. Read the text "Nutrition: Some Definitions."

#### NUTRITION: SOME DEFINITIONS

**1** The foods that people eat in other countries are very different from our own. The majority of people grows well and stays healthy when they get enough to eat. There are some ways in which we can estimate the value of any diet. They form a part of the science of nutrition. It is important to know the principles of this science because our future profession is to provide meals.

**2** But first, there are some terms. The science of nutrition is the study of all processes of growth, maintenance and repair of the living body, which depend upon the digestion of food. Food is any solid or liquid which can supply material from which the body can produce movement, heat or other forms of energy and material for growth, repair and reproduction. The components of foods which have these functions are called nutrients.



3 Carbohydrates provide the body with energy and may change into body fat. Fats also provide energy but in a more concentrated form and they can form body fat. Proteins provide amino acids for growth and repair. Minerals help to regulate body processes and are used in growth and repair. The living body needs vitamins to regulate its processes.

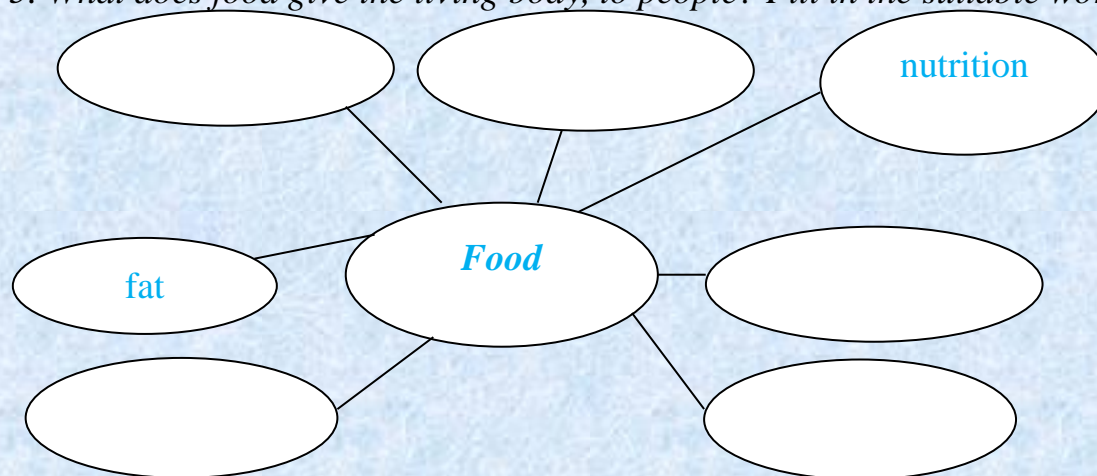
4 The diet consists of the foods or mixtures which person eats every day. The health of any person depends upon the absorption of necessary amounts of energy and all the nutrients. Energy is the ability to do work and to keep up body temperature, breathing and other processes.

3. **Test.** Decide whether the following statements are true or false.

1. Getting enough food is one of the main causes to be healthy and to grow well. T/F
2. The foods that people eat in other countries are not very different from the foods that people eat in our country. T/F
3. The science of nutrition studies all the processes of growth, maintenance and repair of the living body. T/F
4. Food can be both solid and liquid. T/F
5. Vitamins and minerals don't belong to nutrients. T/F
6. Carbohydrates may not change into body fat. T/F
7. Minerals and proteins are used in growth and repair in the living body. T/F
8. The foods or mixtures which person eats every day is called the diet. T/F
9. Energy is the process to do work and to keep up body temperature. T/F

4. **Speaking.** Answer the questions to the text "Nutrition: Some Definitions".

1. Which definitions does the text "Nutrition: Some Definitions" give?
  2. What is food?
  3. What types of nutrients are there in foods?
  4. What do carbohydrates provide the body with?
  5. Proteins provide amino acids for growth and repair, don't they?
  6. What is energy?
  7. Does the living body need vitamins to regulate its processes?
5. *What does food give the living body, to people? Fill in the suitable words.*



6. **Vocabulary.** Read, copy and learn the following key words — they are terms.

nutrition	харчування; живлення
nutrient	поживна речовина

science of nutrition	дієтетика; наука про харчування
nutritional	поживний, живильний
carbohydrate	вуглевод
protein	білок, протеїн
fat	жир
vitamin	вітамін
mineral	мінерал
energy	енергія
diet	дієта, харчування
amino acid	аміно кислота

7. Read and copy the following key words and word combinations.

food	1. харчі, харчування, їжа; 2. продукти харчування	
definition	визначення	
mixture	суміш	
different	різний; інший	
activity	діяльність	
majority	більшість	
ability	здатність	
to estimate	оцінювати	
value	цінність; важливість	
to provide	забезпечувати	
to provide meals	надавати харчування	
to grow	рости	
growth	зростання; розвиток	
maintenance	утримання, зберігання, підтримання	
to depend (on)	залежати (від)	
to supply	постачати	
to produce	виробляти	
movement	рух	
heat	теплота	
to absorb	абсорбувати; поглинати	
to form	формувати; складати	
principle	принцип; закон	
term	термін	
body	тіло; організм	
repair	відновлення	
solid	твердий	
liquid	рідина; рідкий	
reproduction	репродукція; відтворення	
component	компонент	
to consist of	складатися з	
requirement	вимога; потреба	
maintenance	підтримка	

8. **Interactive!** Do the quiz “Meat Dairy Fruits Vegetables Nuts”.

<https://wordwall.net/uk/resource/31689071/meat-dairy-fruits-vegetables-nuts>



Meat Dairy Fruits Vegetables Nuts

9. **Interactive! Watching.** Watch a video “Food Groups And Nutrition” and answer the question:

🍎 What nutrients are the main components of nutrition / foods?



## Unit 23

### WATER. CONSTITUENTS OF FOOD

1. **Lead-in.** Answer these questions.

1. Do you drink a lot of water every day?
2. What is your favourite drink?
3. What does water give to people?

2. Read this text about different drinks and say which drink is the best choice, the best recommendation in a healthy diet?

#### WATER — THE BEST CHOICE

Drinking plenty of non-alcoholic liquid each day is an often-overlooked part of a well-balanced diet. A minimum of 8 glasses (which is about 2 litres) is the ideal. If possible, these should not all be tea or coffee, as these are stimulants and diuretics, which cause the body to lose liquids, taking with them water-soluble vitamins. Water is the best choice. Other good choices are fruit or herb teas or tisanes, fruit juices — diluted with water, if preferred — or semi-skimmed milk (full-fat milk for very young children). Fizzy sugary or acidic drinks such as cola are more likely to damage tooth enamel than other drinks.



Figure 34  
Glass of water



3. And now, read one more text “Constituents of food” and tell how much water is in the body.

### CONSTITUENTS OF FOOD

**Water.** Without water life is impossible. 2/3 of the body’s weight is water. Almost every process in the body takes place inside and outside the cells where water is the solvent. The need of the body for water is second to its need for air. Adults can live for many weeks without food but for only a few days without water.

Water comes from solid foods and from soft drinks, and can be lost by evaporation. The kidneys regulate the balance of water in the body. Great losses of water can be dangerous. If water intake is not increased, dehydration may result. An adult person must drink at least one litre of water every day; more will be needed if heavy work is done.

**Dietary Fibre.** Some foods, particularly cereals and some fruit and vegetables, contain large amounts of “dietary fibre”. They are indigestible materials and are not absorbed into the body.

**Flavours, Colours.** All foods have a lot of constituents which give them characteristic flavours, colours and textures.

Food technologists and cooks must control over the changes which take place in these constituents (water, dietary fibre, flavours and colours) during storage and cooking.

4. *Decide whether these statements are true or false.*

1. Drinking a lot of non-alcoholic drinks is a good part of a well-balanced diet. T/F
2. People should drink either tea or coffee as they serve as stimulants. T/F
3. Water is the best choice in a diet. T/F
4. Without water life is impossible. T/F
5. 1/3 of the body’s weight is water. T/F

5. **Speaking.** Answer the following questions to the texts “Water” and “Constituents of food”.

1. What drinks are good choices in an everyday well-balanced diet?
2. Where does water come from?
3. Do the kidneys regulate the balance of water in the body?
4. What foods contain dietary fibre?
5. All foods have certain characteristic flavours, colours and textures, don’t they?
6. Must food technologists control the changes in water, colour, fibre and texture during storage and cooking?

6. **Vocabulary.** Learn the following key words and word combinations.

constituent	складова частина, елемент
without	без
impossible	неможливий
weight	вага
soft drinks	безалкогольні напої
to lose	втрачати

loss	втрата
to result	статися
to regulate	регулювати, упорядковувати
cereal	хлібні злаки
indigestible	нестравний, нелегкотравний
flavour	аромат, приємний смак
storage	зберігання
texture	текстура, структура
cell	клітина
solvent	розчинник
evaporation	випаровування
dehydration	обезводнювання
kidney	нирка
to take place	проходити
during	під час, протягом
fizzy sugary and acidic drinks	газовані солодкі та кислі напої
herb teas / tisanes	трав'яні чаї
fruit tea	фруктовий чай
to damage	пошкодити
to cause	викликати; спричиняти
to lose liquids	втрачати рідину
dietary fibre	харчові волокна; клітковина

## Unit 24

### CARBOHYDRATES

1. **Lead-in.** Answer the questions.

1. Do you drink tea / coffee with sugar?
2. Do you like honey?
3. What foods are high in calories?

2. **Reading.** Read the text “Carbohydrates” and say in what three forms carbohydrates are found.

### CARBOHYDRATES

1 Carbohydrates are energy-providing substances that are present in varying amounts in different foods and are found in three main forms: sugars, starches and non-starch polysaccharides (NSP), usually called fibre.

2 There are two types of sugars: *intrinsic sugars*, which occur naturally in fruit (fructose) and sweet-tasting vegetables, and *extrinsic sugars*, which include lactose (from milk) and all the non-milk extrinsic sugars (NMEs) — sucrose (table sugar), honey, treacle and so on. The NMEs, or ‘added sugars’, provide only calories, whereas foods containing intrinsic sugars also offer vitamins, minerals and fibre. Added sugars (*simple carbohydrates*) are digested and absorbed rapidly to provide energy very quickly. Starches and fibre (*complex carbohydrates*), on the other



Figure 36 Honey

hand, break down more slowly to offer a longer-term energy source. Starchy carbohydrates are found in bread, pasta, rice, wholegrain and breakfast cereals, and potatoes and other starchy vegetables such as parsnips, sweet potatoes and yams.

3 Healthy eating recommendations say that at least half of our daily energy (calories) should come from carbohydrates, and that most of this should be from complex carbohydrates. No more than 11% of our total calorie intake should come from ‘added’ sugars. For an average woman aged 19-49 years, this would mean a total carbohydrate intake of 259 g per day, of which 202 g should be from starch and intrinsic sugars and no more than 57 g from added sugars. For a man of the same age, total carbohydrates each day should be about 340 g (265 g from starch and intrinsic sugars and 75 g from added sugars).

3. **Test.** *Decide whether the following statements are true or false.*

1. Carbohydrates provide the body with energy. T/F
2. Carbohydrates are not present in different foods. T/F
3. There are 5 forms of carbohydrates. T/F
4. Sugars are divided into intrinsic and extrinsic. T/F
5. Carbohydrates are also divided into simple and complex. T/F
6. Added sugars provide energy very quickly, whereas starches and fibre break down more slowly to offer a longer-term energy. T/F
7. Healthy eating recommendations say that 80% of our daily energy should come from carbohydrates, better — from complex carbohydrates. T/F

4. **Speaking.** *Answer these questions to the text “Carbohydrates”.*

1. Are carbohydrates present in different amounts in different foods?
2. What forms are carbohydrates found in?
3. How are sugars classified?
4. ‘Added sugars’ provide only calories, whereas foods with intrinsic sugars offer vitamins, minerals and fibre, don’t they?
5. What are the healthy eating recommendations for an average man and a woman each day?

5. **Vocabulary.** *Read, copy and learn the following key words and word combinations.*

carbohydrate	вуглевод
substance	речовина, субстанція
to be present in	бути присутнім в
sugar	цукор
starch	крохмаль
non-starch polysaccharide (NSP)	полісахариди некрохмального походження
fibre	волокно, клітковина
intrinsic	внутрішній, притаманний
extrinsic	зовнішній
sweet-tasting	солодкий на смак
to occur	траплятися; зустрічатися
fructose	фруктоза

lactose	лактоза
sucrose	цукроза
honey	мед
treacle	патока
added	доданий
to provide	забезпечувати, надавати
to offer	пропонувати
to digest	перетравлювати
to absorb	всмоктувати
to break down	розщеплюватись
simple	простий
complex	складний
pasta	макаронні вироби
parsnip	пастернак
yam	бот. ямс; батат
rapidly	швидко

6. Read and learn the following LINK-WORDS.



Науково-технічні тексти містять складні речення. У них можуть зустрічатися багато сполучних слів, які надають логічність мовленню, наприклад у тексті про вуглеводи є такі сполучні слова:

**that, which** — який

**whereas** — в той час як

**on the other hand** — з іншого боку

7. Read and translate the following word combinations with the key words.

a. **carbohydrate**: simple carbohydrates; complex carbohydrates; to come from carbohydrates; total carbohydrates each day;

b. **sugar**: intrinsic sugars; extrinsic sugars; added sugars; table sugar;

8. Word-building: the prefix **non-**. Read and translate these words.

Milk — non-milk; starch — non-starch.

1. Read and learn the food idioms with the word “sugar”. Make up your own sentences with them.

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### Food idioms

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**(as) sweet as sugar** — солодкий як цукор

Exceptionally sweet, friendly, or kindly.

e.g. *My grandmother was as sweet as sugar.*

**give me some sugar** — поцілуй мене

Give me a kiss. “Me” can be replaced with one’s title in relation to the person (e.g., mother, grandmother).

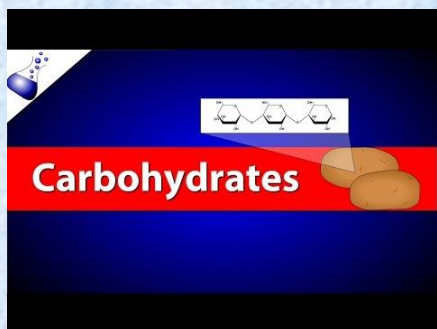
e.g. *Come here, give your mama some sugar!*

*Oh, it’s been too long, darling — give me some sugar!*

9. Different carbohydrates are present in different foods. Copy out these foods using the text “Carbohydrates”.

Intrinsic sugars	Extrinsic sugars	Starchy carbohydrates
fruit	milk	bread

10. **Interactive! Watching.** View a video about carbohydrates and give the examples of monosaccharides. What is the chemical formula of a carbohydrate?



<https://www.youtube.com/watch?v=LeOUIXbFyqk>

Or: What are Carbohydrates? — Healthy Eating for Children

<https://www.youtube.com/watch?v=Usp-dihQQck>

## Unit 25

### FATS

1. **Lead-in.** Answer these questions.

1. What do fats give to human body?
2. What dairy foods contain a lot of fats?
3. What meats contain a lot of fat (*prompts*: pork, beef, mutton, chicken, bacon)?
4. What fruits contain a lot of fat?
5. What other foods contain fats?

2. Read the text “Fat” and tell how fats can be divided.

### FATS

1 Fats are inorganic compounds that belong to lipids. Although a small amount of fat is essential for good health, most people consume far too much. Recommendations for healthy eating say that no more than 33% of our daily energy intake (calories) should come from fat. Each gram of fat contains 9 kcal, more than twice as many calories as carbohydrate or protein, so for a woman aged 19-49 years this means a daily maximum of 71 g fat, and for a man in the same age is 93.5 g fat.



Figure 37 Foods rich in fat

2 Fats can be divided into 3 main groups: saturated, monounsaturated and polyunsaturated, depending on the chemical structure of the fatty acids they contain. *Saturated fatty acids* are found mainly in animal fats such as butter and other dairy products and in fatty meat. A high intake of saturated fat is known to be a risk factor

for coronary heart disease. No more than 10% of our daily calories should come from saturated fats, which is about 21.5 g for an adult woman and 28.5 g for a man. Saturated fats tend to be solid at room temperature.

3 The *unsaturated fatty acids* — monounsaturated and polyunsaturated — tend to be liquid. *Monounsaturated fats* are found predominantly in olive oil, peanut oil, rapeseed oil and avocados. Foods high in *polyunsaturates* include most vegetable oils — the exceptions are palm oil and coconut oil, both of which are saturated.

4 Both saturated and monounsaturated fatty acids can be made by the body, but certain polyunsaturated fatty acids — known as *essential fatty acids* — must be supplied by food. There are 2 ‘families’ of these essential fatty acids: *omega-6*, derived from linoleic acid, and *omega-3*, from linolenic acid. The main food sources of the omega-6 family are vegetable oils such as olive and sunflower; omega-3 fatty acids are provided by oily fish, nuts and vegetable oils such as soya and rapeseed.

5 When vegetable oils are hydrogenated (hardened) to make margarine and reduced fat spreads, their unsaturated fatty acids can be changed into trans fatty acids, or ‘*trans fats*’. They believe, that these artificially produced trans fats act in the same way as saturated fats within the body — with the same risks to health. They suggest, that no more than 2% of our daily calories should come from trans fats, which is about 4.3 g for an adult woman and 5.6 g for a man. Remember that major sources are processed foods such as: biscuits, pies, cakes and crisps.

3. **Vocabulary.** Learn these key words and word combinations.

fat	жир
lipid	ліпіди
to belong to	належати
fatty acids	хім. жирні кислоти
saturated fats	насичені жири
unsaturated	ненасичений
monounsaturated fats	мононенасичені жири, прості жири
polyunsaturated fats	поліненасичені жири, складні жири
essential	1. необхідний; 2. дуже важливий; 3. суттєвий; 4. цінний
essential fatty acids	необхідні жирні кислоти
trans fats	транс жири
linoleic acid	лінолева кислота
linolenic acid	ліноленова кислота
omega-3, omega-6	омега-3, омега-6 (кислоти)
to contain	містити
to be divided into	поділятися на
to be supplied by	постачатися
to be provided by	забезпечуватись
intake	прийом; споживання
liquid	рідинний
solid	твердий

peanut oil	арахісова олія
rapeseed oil	рапсова олія
palm oil	пальмова олія
coconut oil	кокосова олія
sunflower	соняшник
spread	пастоподібний продукт, спред
reduced fat spread	спред з низьким вмістом жиру
exception	виняток
to derive	отримувати
vegetable oils	рослинні олії
hydrogenated	гідрогенізований
hardened	затверділий
artificially	штучно
to act	діяти
to consume	споживати
amount	кількість

4. Read and translate the following word combinations.

- fat:** saturated fat; unsaturated fat; fat intake; to reduce fat intake; to consume fat;
- fatty:** fatty acids; fatty layer; fatty foods;
- amount:** amount of fat; a small amount; a large amount; amount of water;
- to contain:** to contain fat; to contain milk; to contain nuts.

5. **Speaking.** Work in pairs. Answer the questions to the text “Fat”.

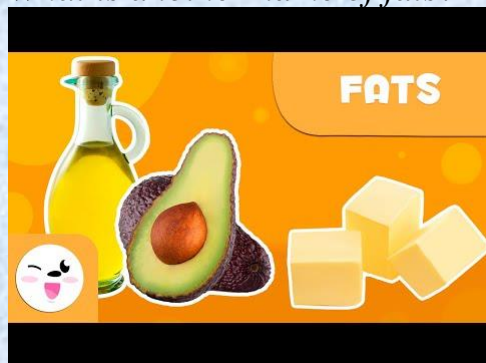
- Is a small or a large amount of fat essential for good health?
- How much of our daily energy intake should come from fat?
- How many kilocalories are there in a 1 gram of fat?
- What groups can fats be divided into?
- What foods are the sources of saturated fatty acids?
- Saturated fats tend to be solid at room temperature, don't they?
- Are the unsaturated fatty acids solid or liquid?
- What foods are the sources of monounsaturated fats?
- What foods are high in polyunsaturated fatty acids?
- Can all the fatty acids be made by the body?
- What are the main food sources of omega-3 and omega-6 fatty acids?
- What foods contain trans fats?

6. Using the text “Fat” continue the sentences.

- Although a small amount of fat is essential .....
- Recommendations for healthy eating say that .....
- Fats can be divided into .....
- Saturated fatty acids are found mainly in .....
- When vegetable oils are hydrogenated to make margarine .....

7. **Project.** Prepare a presentation either about (A) essential fatty acids — omega-6 and omega-3, or about (B) trans fats.

8. **Interactive! Watching.** View a video “What are fats? - Healthy Eating for Kids” and tell how many groups of fats there are. What products are the sources of fats? What is another name of fats?



## Unit 26

## PROTEINS

1. **Lead-in.** Answer the questions.

1. What do proteins give to body?
2. Is milk rich in protein?
3. Is meat rich in protein?
4. Are fruit and vegetables rich in protein?

**Right:** Figure 38 Foods rich in protein



2. **Vocabulary.** Learn the following key words and word combinations.

protein	білок
nutrient	поживна речовина
cell	клітина
enzyme	фермент, ензим
antibody	антитіло
hormone	гормон
to be made up of	складатися з
acid	кислота
amino acid	аміно кислота
compound	складова
to contain	містити
carbon	вуглець
hydrogen	водень
oxygen	кисень



nitrogen	азот
commonly	за звичай
plant protein	білок рослинного походження
animal protein	білок тваринного походження
remaining	які залишаються
to obtain from	отримувати з
soya beans	боби сої
to contain	містити
pulses	бобові
seeds	зерна
to store	зберігати; накопичувати
therefore	тому
though	хоча

3. Read and translate the word combinations with the word 'acid'.

Amino acid, lactic acid, nucleic acid, citric acid, folic acid, oxalic acid, ascorbic acid, acid rain.

4. **Reading.** Read the text "Protein" and match a name to each paragraph.

- A \_\_\_ Chemical structure
- B \_\_\_ Why is protein necessary?
- C \_\_\_ Daily recommendations
- D \_\_\_ Foods rich in protein

### PROTEIN

1 \_\_\_\_\_ Protein is essential to keep the body working efficiently. This nutrient is necessary for growth and development, for maintenance and repair of cells, and for the production of enzymes, antibodies and hormones.

2 \_\_\_\_\_ Protein is made up of *amino acids*, which are compounds containing the 4 elements that are necessary for life: carbon, hydrogen, oxygen and nitrogen. We need all of the 20 amino acids commonly found in plant and animal proteins. The human body can make 12 of these, but the remaining 8 — called *essential amino acids* — must be obtained from the food we eat.

3 \_\_\_\_\_ Protein comes in a wide variety of foods. Meat, fish, dairy products, eggs and soya beans contain all of the essential amino acids, and are therefore called first-class protein foods. Pulses, nuts, seeds and cereals are also good sources of protein, but do not contain the full range of essential amino acids. It is important, though, to eat protein foods every day because the essential amino acids cannot be stored in the body for later use.

4 \_\_\_\_\_ The recommended daily amounts of protein for women aged 19-49 years are 45 g per day and for men of the same age 55 g.

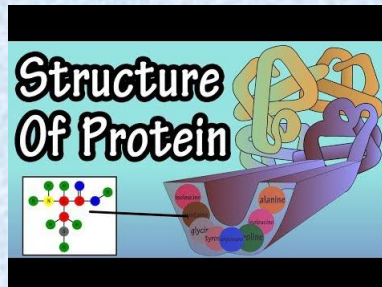
5. **Speaking.** Discuss these questions in pairs.

1. What is protein necessary for?
2. What is protein made up of?
3. What 4 elements necessary for life do amino acids contain?
4. How many amino acids do people need?
5. How many amino acids can the human body make?

6. How many essential amino acids must be obtained from the food we eat?
7. There are plant and animal proteins, aren't there?
8. What foods contain all of the essential amino acids?
9. Why is essential to eat protein foods every day?
10. What are the recommended daily amounts of protein for women and men aged 19-49 years?

6. **Interactive! Watching.** Watch a video “Protein - Structure Of Protein - What Is Protein Made Of - Structure Of Amino Acids Building Blocks” and answer the questions:

1. What four elements do proteins contain?
2. How many amino acids does our body need (require)?



## Unit 27

### MINERALS

1A. **Lead-in.** Quiz: What do you know about minerals? Choose and underline the correct answer.

### MINERALS

1. Minerals are *organic* / *inorganic* substances that perform a wide range of vital functions in the body.
2. The macrominerals (major minerals) — calcium, chloride, magnesium, potassium, phosphorus and sodium — are needed in relatively *large* / *small* quantities.
3. Minerals needed in much *smaller* / *larger* amounts are called microminerals.
4. Some *microminerals* / *macrominerals* (selenium, magnesium and iodine, for example) are needed in such tiny amounts that they are known as ‘trace elements’.
5. Dairy foods are good sources of the following minerals: *calcium* / *iron*, chromium, phosphorus, selenium.

**Answers Key:** 1 inorganic, 2 large, 3 smaller, 4 microminerals, 5 calcium.

1B. **Interactive!** You can do this quiz online. But Number 5 will be about meat.

<https://wordwall.net/uk/resource/42538315/minerals>

## 2. Read the text “Major Minerals”.

### MAJOR MINERALS

1 Calcium, phosphorus, magnesium, sodium, chlorine, potassium, and iron are known as major minerals.

2 **Iron.** Healthy people contain about 3 to 4 g of iron, more than half of which is in the form of haemoglobin, the red pigment of blood. Also, it is present in some organs such as the liver. If food has not enough iron to replace body’s losses, anaemia may result. The absorption of iron from food is low. Most readily it is absorbed from meat (up to 25 per cent). Less than 5 per cent of the other forms of iron such as those in eggs and vegetables or added to flour are absorbed. The exact amounts depend on other factors in the diet, for example, it is increased by vitamin C, but decreased by tannins in tea. Some other important sources of iron are eggs, cereal products, potatoes and vegetables.

3 **Calcium.** Calcium is the most widely distributed mineral in the body. All but one per cent of it is in the bones and teeth. It gives them strength. About 10g of calcium are essential for the contraction of muscles including the heart muscle, for nerve function, for the activity of several enzymes. Too little calcium in the body causes different diseases of bones and teeth. Only about 20-30 per cent of the calcium in the average diet is normally absorbed. Few foods besides milk and cheese, and most bread contain significant amounts of calcium. It is very important that these foods are included in the diet, especially for children whose needs are greatest.

4 **Phosphorus.** Phosphorus is the second wide-spread mineral in the body in the form of various phosphates which perform a lot of essential functions. Calcium phosphates provide the strength of bones and teeth. Inorganic phosphates are major constituents of all cells. Phosphates play an important role in the liberation and utilization of energy from food. They are also constituents of nucleic acids and some fats, proteins and carbohydrates. Because phosphorus is present in nearly all foods, its dietary deficiency is unknown in man. The main sources of phosphorus in the diet are milk and milk products, bread and other cereal products, meat and meat products.



Figure 39 Essential Minerals

### 3. **Vocabulary.** Read, copy and learn the terms.

calcium	кальцій
phosphorus	фосфор
phosphate	фосфат
iron	залізо
magnesium	магній
sodium	натрій
chlorine	хлор
chromium	хром

potassium	калій
selenium	селен
anaemia	анемія
haemoglobin	гемоглобін
mineral	мінерал; мінеральна речовина
major minerals (macrominerals)	основні мінеральні речовини
microminerals	мікромінерали
trace minerals	мікроелементи
inorganic	неорганічний
nucleic acid	нуклеїнова кислота

4. Read the following words and word combinations.

major / main	головний
healthy	здоровий
to contain	містити
amount	кількість
blood	кров
to be present in	бути присутнім в
liver	печінка
enough	достатньо
to replace	замінити
loss	втрата
body	тіло, організм
to result	мати в результаті
to absorb	всмоктувати, абсорбувати
absorption	всмоктування
low	низький
less than	менш ніж
to add	додавати
flour	борошно
exact	точний
to depend on	залежати від
to increase	збільшувати
to decrease	зменшувати
tannin	танін
source	джерело
cereal products	крупяни
widely distributed	широко розповсюджений
bone	кістка
teeth	зуби
strength	сила, міцність
constituent	складова частина
cell	клітина

essential	суттєвий, необхідний
contraction of muscles	стискання м'язів
function	функція
activity	діяльність
enzyme	ензим, фермент
to cause	викликати, спричиняти
disease	хвороба
average	середній
few	небагато, мало
significant	значний
to include	включати
besides	окрім, до того ж
widespread	поширений
to perform	виконувати
to provide	забезпечувати; надавати
to play an important role in	грати важливу роль в
utilization	використання
liberation	звільнення
dietary deficiency	харчова нестача
various	різний
fat	жир
carbohydrate	вуглевод

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### *Synonyms*

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5. Match the synonyms.

main	utilization
foods	widely distributed
use	major
deficiency	almost
nearly	products
widespread	too little

6. **Speaking.** Answer the questions to the text “Major Minerals”.

1. What minerals are known as major minerals?
2. How much iron do healthy people contain?
3. What organs of the body is iron present in?
4. Is the absorption of iron from food high or low?
5. The important sources of iron are eggs, cereal products, potatoes and vegetables, aren't they?
6. Is calcium the most widely distributed mineral in the body?

7. What organs of the body is calcium present in?
8. What foods are the main sources of calcium?
9. Is phosphorus the first or the second wide-spread mineral in the body?
10. Phosphorus is present in nearly all foods, isn't it?
11. What minerals does meat contain?
12. What minerals can be found in dairy products?

7. *Work in groups of three. Translate the text “Major Minerals” into Ukrainian.*

8. **Interactive! Watching.** *Watch a video “Important minerals you need and the foods that contain them” and answer the questions:*



1. What minerals are essential (necessary) for the body?
2. How can minerals be divided into?

<https://www.youtube.com/watch?v=N-Lzx3Qepro&t=197s>

## Unit 28

### FAT-SOLUBLE VITAMINS

#### 1. **Lead-in.**

- What vitamins do you know?
- Give examples of foods rich in vitamins.

2. *Read the text “Vitamins — Fat-Soluble Vitamins.”*

#### VITAMINS — FAT-SOLUBLE VITAMINS

**1** *Vitamins* are organic compounds that are essential for good health. Although they are necessary in only small amounts, each one has specific vital functions to perform. Most vitamins cannot be obtained from the human body, and therefore must be obtained from the diet. The body is capable of storing some vitamins (A, D, E, K and B12), but the rest need to be provided by the diet. Vitamins can be divided into 2 groups: water-soluble (B complex and C) and fat-soluble (A, D, E and K). As for water-soluble vitamins, they are easily destroyed during processing, storage, and the preparation and cooking of food.



Figure 40 Fat-soluble vitamins

**2** *Vitamin A* (retinol) is essential for healthy vision, eyes, skin and growth. Good sources include dairy products, liver, eggs and oily fish. Vitamin A can also be obtained from beta-carotene, the pigment found in highly coloured fruit and vegetables.

**3 Vitamin D** (cholecalciferol) is essential for growth and the absorption of calcium, and thus for the formation of healthy bones. It is also involved in maintaining a healthy nervous system. The amount of vitamin D occurring naturally in foods is small, and it is found in very few foods — good sources are oily fish, eggs and liver, as well as breakfast cereals, margarine and full-fat milk that are fortified with vitamin D. Most vitamin D, however, does not come from the diet but is made by the body when the skin is exposed to sunlight.

**4 Vitamin E** is not one vitamin, but a number of related compounds called tocopherols that function as antioxidants. Good sources of vitamin E are vegetable oils, polyunsaturated margarines, wheatgerm, sunflower seeds, nuts, oily fish, eggs, wholegrain cereals, avocados and spinach.

**5 Vitamin K** (phytonadione) is essential for the production of several proteins, including prothombin which is involved in the clotting of blood. Vitamin K exists in 3 forms, one of which is obtained from food while the other two are made by the bacteria in the intestine. Vitamin K1, which is the form found in food, is present in broccoli, cabbage, spinach, milk, margarine, vegetable oils, particularly soya oil, cereals, liver, alfalfa and kelp.

**6 Vitamin B12** (cyanocobalamin) is vital for growth, the formation of red blood cells and maintenance of a healthy nervous system. B12 is unique in that it is only found in foods of animal origin. Good sources of vitamin B12 include liver, kidneys, oily fish, prawns, meat, cheese, eggs and milk.

**3. Test.** Decide whether the following statements are true or false.

1. Vitamins are divided into three groups. T/F
2. Beta-carotene acts as a source of vitamin A. T/F
3. Tomatoes, carrots, Spanish pepper, red chilly pepper, apricots, and peaches are good sources of beta-carotene and that is of vitamin A. T/F
4. Vitamin D is necessary for the maintenance of a healthy nervous system. T/F
5. Vitamin D can be found in a lot of foods. T/F
6. Vitamin E is only one vitamin. T/F
7. Vitamin K is known to exist in three forms. T/F
8. Vitamin B12 is found in foods of both vegetable and animal origin. T/F

**4. Find in the text “Vitamins — Fat-Soluble Vitamins” the English equivalents for the following Ukrainian ones.**

a) Більшість вітамінів не можна отримати з організму людини; b) організм може накопичувати деякі вітаміни; c) решту треба забезпечити з харчування; d) вони легко руйнуються під час; e) яка природно зустрічається в продуктах; f) сухі сніданки; g) які підсилюються вітаміном; h) коли шкіру виставляють на сонячне світло; i) підтримка здорової нервової системи; j) в той час як інші продукуються бактеріями в кишці.

**5. Match the vitamins with their other names.**

vitamin A	tocopherols
vitamin D	phytonadione
vitamin E	retinol
vitamin K	cholecalciferol

fat-soluble vitamins	B-complex and vitamin C
water-soluble vitamins	cyanocobalamin
vitamin B12	A, D, E, K and B12

6. **Speaking.** Speak about each fat-soluble vitamin according to the scheme:

- 🍎 Vitamin ..... is necessary for .....
- 🍎 Its other name is .....
- 🍎 Good sources of vitamin ..... are .....

7. **Vocabulary.** Learn the following terms.

vitamin	вітамін
water-soluble	водорозчинний
fat-soluble	жиророзчинний
retinol	ретинол
cholecalciferol	холекальциферол
tocopherol	токоферол
phytonadione	фітонадїон
antioxidant	антиоксидант
protein	протеїн, білок
cyanocobalamin	ціанокобаламін
prothrombin	протромбін
clotting of blood	згортання крові
pigment	пігмент
red blood cells	червоні клітини крові
vision	зір
skin	шкіра
eyes	очі
bone	кістка
intestine	кишка, кишківник

8. Read the following key words and word combinations.

compound	сполука; з'єднання; складна речовина
essential	необхідний; суттєвий
vital	життєво важливий; суттєвий
to perform specific functions	виконувати специфічні функції
to obtain	одержувати; діставати, здобувати
body	тіло; організм
related	зв'язаний
to be capable of	бути здібним, могли
storing	накопичування
storage	зберігання
processing	переробка
preparation	підготовка; приготування
although	хоча
therefore	тому
thus	таким чином



to occur	траплятися; зустрічатися
to provide	забезпечувати; надавати
to divide	поділяти
to maintain	підтримувати
to be involved in	бути залученим в
healthy	здоровий
source	джерело
to include	включати
to function as	діяти як; функціонувати як
to fortify with	зміцнювати, підсилювати (чимось)
to expose	виставляти
to exist	існувати
growth	ріст
form	форма
formation	утворення, формування
absorption	всмоктування, абсорбція
a number of	велика кількість
dairy	молочний
oily fish	жирна риба
liver	печінка
kidneys	нирки
wholegrain cereals	непросіяне зерно (хлібні злаки, крупи)
full-fat milk	жирне (незбиране) молоко
polyunsaturated	поліненасичені
wheatgerm	ростки (пагони) пшениці
sunflower seeds	насіння соняшника
spinach	шпинат
vegetable oil	рослинна олія
alfalfa	люцерна
kelp	бурі водорослі (ламінарія)
prawns	креветки

9. Work in pairs. Prepare reading and translating about any fat-soluble vitamin. Share it with the other students. And then be ready to speak about this vitamin (See: Exercise 5).

10. **Interactive! Watching.** Watch a video “What are vitamins and mineral salts? - Healthy Eating for Kids” and answer the questions:

- 🍷 How many vitamins do we need?
- 🍷 How can we get the vitamins?
- 🍷 What foods / dishes should we eat or cook to get vitamins?



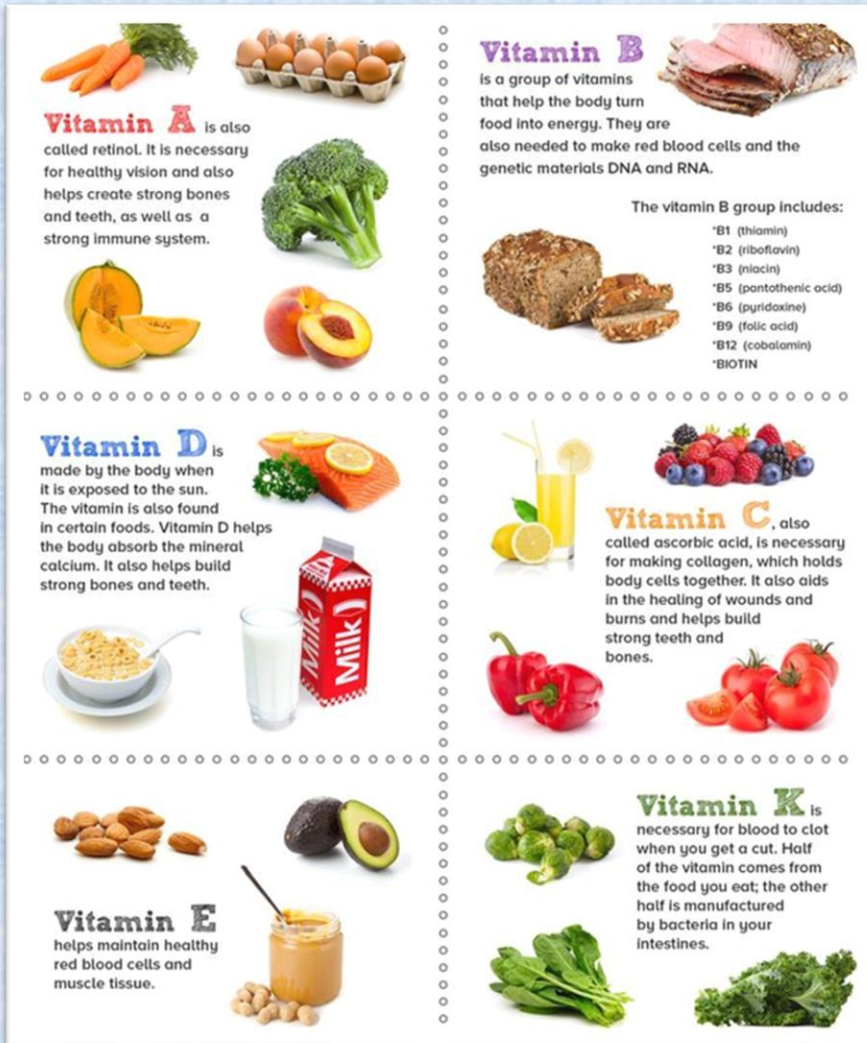


Figure 41 Placard about vitamins

## Unit 29

### WATER-SOLUBLE VITAMINS

1. **Lead-in.** Read and learn the poem about vitamins. What water-soluble vitamins are mentioned in the poem?

#### THE VITAMINS

Vitamin A has a mission  
To give to you strong bones and vision

Vitamin D is from the sun  
And helps the mineral calcium

Vitamin E always goes zoom  
To help your system stay immune

Vitamin K helps you clot  
That way you won't bleed a lot

Vitamin C won't let you get sick  
You'll pump iron quick... er

B Vitamins one, two, three; five, six, seven  
Work to keep your engine revvin'

Folic acid is number nine  
Keeps your DNA working fine

Twelve is needed you will see  
For nerves and blood and energy

2. Read the text "Water-Soluble Vitamins."

### WATER-SOLUBLE VITAMINS

1 **The B Complex vitamins** have very similar roles to play in nutrition, and many of them occur together in the same foods. **Vitamin B1** (thiamin) is essential in the release of energy from carbohydrates. Good sources include milk, offal, meat (especially pork), wholegrain and fortified breakfast cereals, nuts and pulses, yeast extract and wheat germ.

2 **Vitamin B2** (riboflavin) is vital for growth, healthy skin and eyes, and the release of energy from food. Good sources include milk, meat, offal, eggs, cheese, fortified breakfast cereals, yeast extract and green leafy vegetables.

3 **Niacin** (nicotinic acid), sometimes called vitamin B3, plays an important role in the release of energy within the cells. Unlike the other B vitamins it can be made by the body. Good sources include meat, offal, fish, fortified breakfast cereals and pulses.

4 **Pantothenic acid**, sometimes called vitamin B5, is involved in a number of metabolic reactions, including energy production. This vitamin is present in most foods (excepting fat, oil and sugar). Good sources include liver, kidneys, fish roe, yeast, egg yolks, wheat germ, fresh vegetables and pulses.

5 **Vitamin B6** (pyridoxine) helps the body to utilize protein and contributes to the formation of haemoglobin for red blood cells. B6 is found in a wide range of foods including meat, liver, fish, eggs, wholegrain cereals, some vegetables, pulses, brown rice, nuts and yeast extract.

6 **Folate** (folic acid) is involved in the manufacture of amino acids and in the production of red blood cells. Folate may also help to protect against heart disease. Good sources of folate are green leafy vegetables, liver, pulses, eggs, wholegrain cereal products, wheatgerm, nuts and fruit, especially grapefruit and oranges.

7 **Biotin** is needed for various metabolic reactions and the release of energy from foods. Good sources include liver, oily fish, kidneys, egg yolks and brown rice.

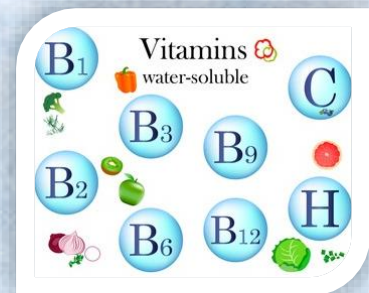


Figure 42 Water-soluble vitamins

**8 Vitamin C** (ascorbic acid) is essential for growth and vital for the formation of collagen (a protein needed for healthy bones, gums, teeth, blood capillaries and all connective tissue.) It plays an important role on the healing of wounds and fractures, and acts as a powerful antioxidant. Vitamin C is found mainly in fruit (lemons, kiwi, pineapple, berries, and apricots) and vegetables.

3. **Speaking.** Answer the questions to the text “Water-Soluble Vitamins.”

1. What vitamins refer to water-soluble vitamins?
2. What roles do the B Complex vitamins play in nutrition?
3. Is vitamin B1 the same as thiamin?
4. Riboflavin is vital for growth, healthy skin and eyes, isn't it?
5. Is vitamin B2 present in green leafy vegetables and meat?
6. Does niacin play an important role in the release of energy from food?
7. How is sometimes pantothenic acid called?
8. What foods contain pantothenic acid?
9. What foods is pyridoxine found in?
10. Folic acid is involved in the manufacture of amino acids and in the production of red blood cells, isn't it?
11. Do grapefruit and oranges contain folic acid?
12. What is biotin needed for?
13. Is ascorbic acid or nicotinic acid the other name of vitamin C?
14. Where is vitamin C mainly found?

4. **Vocabulary.** Learn the following key words and word combinations.

release	звільнення
carbohydrate	вуглевод
offal	тельбухи
pulses	бобові
yeast	дріжджі
thiamin	тіамін
riboflavin	рибофлавін
green leafy vegetables	зелені листяні овочі
acid	кислота
niacin	ніацин
nicotinic acid	нікотинова кислота
amino acid	амінокислота
unlike	на відміну від
egg yolk	ячний жовток
fish roe	рибна молока
to contribute to	сприяти; робити внесок в
to utilise	утилізувати; використовувати
biotin	біотин
pantothenic acid	пантотенова кислота
ascorbic acid	аскорбінова кислота

folic acid / folate	фолієва кислота / фолат
manufacture	виробництво
gums	ясна
connective tissue	з'єднувальна тканина
healing	зцілення
wound	рана
fracture	перелом, розрив
powerful	потужний, могутній
to act as	діяти як
pyridoxine	піридоксин
heart disease	хвороба серця

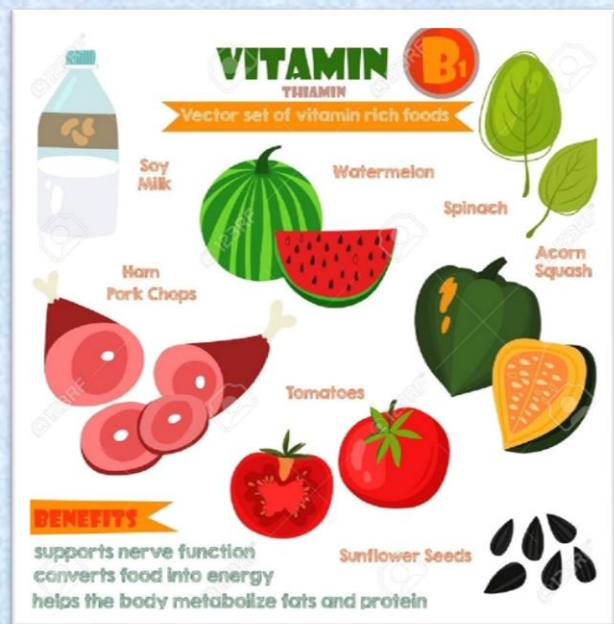
5. *Work in pairs. Translate the information about any water-soluble vitamin and share it with your groupmates.*

6. **Project.** *Create a poster about any vitamin. For example, here is the Vitamin B1 poster.*

7. **Interactive!** *Check your vocabulary to the topic "Types of food".*

### Types of Food Quiz

Tests comprehension and vocabulary from EnglishClub's page on [Types of Food](https://www.englishclub.com/vocabulary/food-types-quiz.php). You can do this quiz online (<https://www.englishclub.com/vocabulary/food-types-quiz.php>) or [print it](#) on paper.



1. Which is produced by insects?

- fruit
- honey
- poultry

2. If something is "edible", it can be

- very delicious
- easily cooked
- safely eaten

3. Before the development of agriculture, what did people hunt?

- fruits and seeds
- dairy foods
- animals and birds

4. Before the development of agriculture, what did people gather?

- fruits and seeds
- dairy foods
- animals and birds

5. Agriculture developed when people began cultivating

- edible plants
- wild animals
- meat and eggs

6. Which word could be defined as "an edible seed that grows in a long seed pod"?

- nut
- bean
- grain

7. What are seeds from grasses such as wheat, rice and millet called?

- food seeds
- grains
- beans

8. What do poultry farmers usually raise?

- eggs
- chickens
- feathers

9. Which are raised for their milk?

- dairy cows
- dairy foods
- beef cattle

10. Which type of food does not always have a hard-outer shell?

- nuts
- seafood
- shellfish

**Answers key:** 1. Honey, 2. safely eaten, 3. animals and birds, 4. fruits and seeds, 5. edible plants, 6. bean, 7. grains, 8. chickens, 9. dairy cows, 10. seafood.

## Unit 30

### MEAT AND ITS IMPORTANCE IN THE DIET

1. **Lead-in.** Talk about the following.

1. What meat do you prefer? (pork, chicken, beef, lamb)
2. Can you cook meat?
3. Do you like shish kebabs? What meat do you usually have for kebabs?
4. What meats do they sell at your local market?



Figure 43 Kebabs

2. Read the text “Meat and Its Importance in the Diet”.

### MEAT AND ITS IMPORTANCE IN THE DIET

1 Stock-breeding provides us with dairy-produce and meat, which plays an important role in our daily diet. It is a good source of high-quality protein, of iron and zinc, and of all B-vitamins except folic acid. Pork, bacon and ham are in particular rich in thiamin. Liver and kidneys are also rich in vitamin A, folic acid, iron, riboflavin and B-vitamins. Sweetbreads and tripe are useful and easily digestible sources of animal protein. Tripe also contains more calcium than other meats.

2 Chicken, turkey, liver and kidney contain less fat than most carcass meat and their energy is therefore lower. Much of the fat can nevertheless be trimmed from beef, lamb and pork before or after cooking. Due to the growth of the broiler industry, consumption of poultry meat is much greater nowadays.

3 The eating quality of meat is greatly determined by the proportions of connective tissue and muscle fibres in a particular cut and the amount of fat that is present within the lean.

3. **Vocabulary.** Copy and learn the new words and word combinations.

stock-breeding	тваринництво
dairy-produce	молочна продукція
pork	свинина
beef	яловичина
lamb	баранина
bacon	бекон
ham	шинка; окіст
liver	печінка
kidney	нирка
sweetbread	«солодке м'ясо» (зобна і підшлункова залози теляти, ягняти тощо, що використовується в їжі)
tripe	тельбухи; рубець
chicken	курка; курча; м'ясо курки
turkey	індик
carcass meat	м'ясо в тушах
poultry meat	м'ясо птиці
lean	пісне м'ясо
cut	шматок; відруб; відріз, нарізка
protein	білок, протеїн
iron	залізо
zinc	цинк
calcium	кальцій
B-vitamins	вітаміни групи В
folic acid	фолієва кислота
thiamin	тіамін
riboflavin	рибофлавін
fat	жир

quality	якість
to provide with	забезпечувати
to contain	містити
to trim	обрізати
to be determined	визначатися
to play an important role in	грати важливу роль в
to be rich in	бути багатим на
diet	дієта; харчування
source	джерело
digestible	травний
useful	корисний
particular	особливий
amount	кількість

4. **Speaking.** Answer the questions on the text “Meat and Its Importance in the Diet”.

1. What is the text about?
2. What branch of industry provides people with meat and dairy-produce?
3. Does meat play an important role in our daily diet?
4. What meats do you know?
5. What nutrients does meat contain?
6. Which meats are rich in thiamin?
7. What vitamins and minerals are liver and kidneys rich in?
8. Tripe contains more calcium than other meats, doesn't it?
9. Which meats contain less fat than other meats?
10. Is consumption of poultry meat greater nowadays?
11. Can much of the fat be trimmed from beef, lamb and pork before or after cooking?
12. How is the eating quality of meat determined?

5. **Writing.** Make up a plan to the text “Meat and Its Importance in the Diet”.

Paragraph 1	
Paragraph 2	
Paragraph 3	

6. In the text “Meat and Its Importance in the Diet” find the English equivalents for the following word combinations and phrases.

1. Щоденна дієта;
2. високоякісний білок;
3. особливо багаті на тіамін;
4. легкотравні джерела;
5. білок тваринного походження;
6. більше кальцію;
7. менше жиру;
8. їстівна якість м'яса.

7. Translate the text “Meat and Its Importance in the Diet” into Ukrainian.

8. **Interactive! Watching.** Watch a video “Nutritional Benefits of Eating Red Meat” and tell what nutrients there are in red meat.

<https://www.youtube.com/watch?v=N7JVCEyEaRU>





9. Solve the wordsearch.

**KINDS OF MEAT**

bacon	cured meats	grilled	pork
beef	duck	ham	poultry
bones	fresh meats	kidney	smoked
carcass meat	fried meat	lamb	sweetbread
chicken	frozen	liver	tripe
cooked	goose	mutton	turkey
			veal

p	o	r	k	a	h	b	e	e	f	b	d	u	c	k
c	c	d	v	e	a	l	e	f	l	a	m	b	g	i
b	h	h	i	j	m	k	l	m	e	n	o	d	p	d
a	l	i	v	e	r	q	r	r	s	t	e	u	v	n
c	w	x	c	y	z	a	b	b	c	k	d	e	f	e
o	u	g	h	k	i	t	j	p	o	u	l	t	r	y
n	k	r	l	m	e	n	o	m	u	t	t	o	n	p
q	r	s	e	e	t	n	s	u	v	w	x	y	z	t
f	a	b	w	d	c	g	r	i	l	l	e	d	d	r
r	e	s	f	g	m	h	c	o	o	k	e	d	i	i
o	j	k	f	r	i	e	d	m	e	a	t	l	m	p
z	n	o	c	a	r	c	a	s	s	m	e	a	t	e
e	p	b	o	n	e	s	q	t	u	r	k	e	y	r
n	s	t	u	v	w	g	o	o	s	e	a	b	c	a
b	f	r	e	s	h	m	e	a	t	s	c	d	e	f

(25 words may be across, down, forward, backward, up or diagonally; they are in a straight line. One letter can be for two or more words.)

**Unit 31**

**MEAT PRESERVATION**

1. **Lead-in.** Read and learn these food idioms and make up your own sentences.

---

*Food idioms*

---

**To be a “meat-and-potatoes” person** is to like simple things (любити прості речі, бути невибагливим).

*For example:* My grandpa was a “meat-and-potatoes” person.

**To “bring home the bacon”** is to earn money at a job (заробляти гроші на роботі).

*For example:* Her husband knows how to bring home the bacon.

2. Read the text “Meat Preservation”.

## MEAT PRESERVATION

1 There are several ways to preserve meat for future. They are canning, curing, cold storage, quick freezing and vacuum-packing.

2 Fresh meats and some of the sundry parts are canned. Canning is also used to preserve frankfurters.

3 Curing is a very important method of preservation. Common salt is the basis for all curing and is the only really necessary ingredient. Smoking helps in preserving meats and it gives a pleasant flavour. Sugar and saltpetre are other ingredients of the curing formulae. Examples of cured meats are: corned beef, dried beef, ham, bacon, salt pork and some kinds of sausage.

4 Meat can be held in cold storage to preserve it.

5 Freezing quickly at a very low temperature is a new development in meat preservation and merchandising.

6 Vacuum-packing is the newest way of meat preservation and helps to preserve meat for a long time.

3. Read the following statements and decide if they are true or false.

1. There is only one way to preserve meat. T/F
2. Frankfurters, fresh meats, some of the sundry parts can be canned. T/F
3. Saltpetre is the basis for all curing. T/F
4. Smoking gives meat a pleasant flavour. T/F
5. Cold storage is also used to preserve meat. T/F
6. Quick freezing and vacuum-packing are the new ways in preserving meat. T/F

4. **Speaking.** Answer the questions on the text "Meat Preservation".

1. What methods are used to preserve meat?
2. Curing is a very important method of preservation, isn't it?
3. What are the main ingredients for curing formulae?
4. What are the examples of cured meats?
5. Does vacuum-packing help to preserve meat for a long time?

5. Match the paragraph to its heading.

The method of curing	Paragraph 1
Vacuum-packing	Paragraph 2
The main methods in meat preservation	Paragraph 3
Quick freezing	Paragraph 4
Canned meats	Paragraph 5
Cold storage	Paragraph 6

6. Match the beginning of the sentence with its ending.

1. Common salt is the basis for all	a) of meat preservation.
2. Meat can be held in cold storage	b) curing.
3. Vacuum-packing is the newest way	c) canned.
4. Fresh meats and frankfurters can be	d) to preserve it.

7. Translate Paragraphs 1, 3 and 5 from the text “Meat preservation” into Ukrainian.

8. **Vocabulary.** Copy and learn the following words and word combinations.

to preserve	зберігати
preservation	зберігання
canning	консервування
to can	консервувати
can	могти
fresh meats	свіжі види м'яса
sundry / dried	сушений/сухий
common salt	поварена сіль
saltpetre	селітра
curing	в'ялення; сушіння; соління
to cure	в'ялити; сушити; солити
smoking	копчення
a pleasant flavour	приємний аромат
formula (formulae)	рецепт (рецепти)
cold storage	зберігання у холодильнику
freezing	заморожування
vacuum-packing	вакуумна упаковка
development	розробка
merchandising	торгівля; продаж
way/method	шлях/спосіб
corned beef	солонина
ham	шинка
bacon	бекон
salt pork	солона свинина
frankfurter	сосиска

9. **Interactive!** True or False? Play the game “Kinds of meat”.

<https://wordwall.net/uk/resource/42429582/kinds-of-meat>

## Unit 32

### SAUSAGE

1. **Lead-in.** Read this note about the origins of the word “sausage”.

#### Meat Technology and Etymology

The word *sausage*, from the Latin *salsus* (“salted”), refers to a food-processing method that had been used for centuries. Various forms of sausages were known in ancient Babylonia, Greece, and Rome, China.

The word *sausage* was first used in English in the mid-15th century, spelled *sawsyge*.

2. Read the text “Sausage”.

### SAUSAGE

1 Sausage is a food prepared from chopped or ground meat that is seasoned and may be stuffed into a casing. At one time fresh meat that could not be consumed immediately was made into sausage as a means of preservation. The 200 or more types of sausages currently produced provide an opportunity for dietary variety rather than a means of meat preservation. Meat processed in this manner has gained wide acceptance in the United States, as indicated by a per capita consumption of about 11 kg (25 lb). The frankfurter, or wiener, is the single most-popular sausage item and accounts for 30 per cent of the total sausage consumption.

2 Sausage can vary in the kind and amount of meat used; the fineness of chopping and grinding; the seasonings or spices used; the processing method (whether smoked or cooked or both, or dried); and the type of casing used, such as treated animal intestines, cellulose, or synthetic material. Binders or extenders, such as cereals, are often added. The U.S. Food and Drug Administration has questioned the use of sodium nitrite and other chemicals added as preserving or colouring agents.

3 Sausages are usually classified according to the processing method used: fresh (Italian sausage, fresh pork sausage); fresh smoked (mettwurst, country style pork); cooked (braunschweiger, beer salami); cooked smoked (frankfurter, bologna); and dry and semidry (hard salami, pepperoni, summer sausage).



3. **Vocabulary.** Read and copy the following words and word combinations.

sausage	ковбаса; сосиска
to chop	1. нарізувати, кришити, шаткувати; 2. перекручувати на м'ясорубці
chopped meat	м'ясний фарш
to grind (ground, ground)	молоти, розмелювати, перемелювати
to stuff (into)	начиняти, фарширувати; набивати
casing	оболонка
to consume	споживати
consumption	споживання

currently	зараз, в теперішній час
to provide an opportunity	надавати можливість
dietary variety	різноманіття в харчуванні
to produce	виготовляти
to process	переробляти. обробляти
to gain wide acceptance	здобути широке визнання
as indicated	як вказується
per capita	на душу населення
annually	щорічно
25 lb (25 pounds)	25 фунтів
frankfurter (wiener)	сосиска
to vary	змінювати(ся), варіювати
amount	кількість
fineness	вишуканість, тонкість; досконалість, висока якість; гострота
seasonings	приправи
spices	спеції
smoked	копчений
dry / dried	сухий, сушений
semidry sausage	напівсуха ковбаса
cooked	варений
cellulose	целюлоза
treated animal intestines	оброблені кишки тварин
binder	сполучна речовина
extender	наповнювач
cereals	зернові
to add	додавати
the U.S. Food and Drug Administration	Американське управління по санітарному догляду і контролю за харчовими продуктами і ліками
to question the use	піддавати сумніву використання
sodium nitrite	нітрит натрію
chemicals	хімічні речовини
preserving agent	консервант
colouring agent	барвник
to classify	класифікувати
fresh sausage	сира ковбаса
fresh smoked sausage	сирокопчена ковбаса

4. **Speaking.** Answer the questions to the text "Sausage".

1. What kind of food is sausage?
2. How many types of sausages are currently produced in the U.S.?
3. What is the annual consumption of sausage per capita in the U.S.?
4. Is frankfurter (or wiener) Number One sausage in the U.S.?

5. Is frankfurter popular in Ukraine?
6. What are the main processing methods in sausage manufacture?
7. What does the variety of sausage depend on?
8. What kinds of casings are used in the sausage manufacture?
9. How are sausages classified?
10. Do you like sausage?
11. What kind of sausage do you like?
12. What kinds of sausages are produced at the local meat processing plant?

5. Match the heading to the paragraph.

A	B
Classification of sausages.	Paragraph 1
Sausage as a popular means of meat preservation.	Paragraph 2
The variety of sausage depends on many things.	Paragraph 3

6. Translate Paragraphs 2 and 3 of the text “Sausage” into Ukrainian.

7. Read the information about past participle.

a) **Past participle (Participle II)** of regular verbs is formed with the help of the ending **–ed**; and **past participle** of irregular verbs is the third column from The Table of the Irregular Verbs. For example,

VERB	PAST PARTICIPLE
<i>to use</i> (вживати, використовувати)	— <i>used</i> (який використовують, вживаний);
<i>to visit</i> (відвідувати)	— <i>visited</i> (відвіданий, якого відвідують);
<i>to speak</i> (розмовляти, говорити)	— <i>spoken</i> (яким говорять);
<i>to do</i> (робити)	— <i>done</i> (зроблений).

b) Translate into English the following past participles).

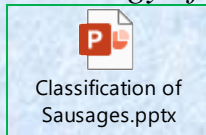
To prepare (готувати, виготовляти) — prepared; to chop (перекручувати на м'ясорубці) — chopped; to season (приправляти) — seasoned; to consume (споживати) — consumed; to indicate (вказувати) — indicated; to process (переробляти) — processed; to smoke (копити) — smoked; to cook (варити) — cooked; to dry (сушити) — dried; to add (додавати) — added; to grind (перемелювати) — ground; to make (виготовляти) — made; to buy (купувати) — bought.

8. Find in the text “Sausage” the English equivalents of the following word combinations:

- a) це продукт, який готують з;
- b) який можна начинити в оболонку;
- c) яке не могли зразу ж спожити;
- d) 30 % від всього споживання ковбас;
- e) як засіб зберігання;
- f) які зараз виготовляють;

- g) оброблене таким способом;
- h) вид і кількість використаного м'яса;
- i) зазвичай класифікують згідно;
- j) варена ковбаса;
- k) варено-копчена ковбаса;
- l) селянська з свинини (ковбаса).

9. **Watching.** Watch the presentation about the classification of sausages and the technology of making sausages.



10. Read this **culture note** about the names of sausages.

### CULTURE NOTE

В англійській мові назви ковбас та сосисок зберігають свої італійські, німецькі та американські назви чи приймають назви з місцевості, звідки ці ковбаси походять.

**Frankfurter** — американське слово, що означає “сосиска” (“франкфуртер”, від назви німецького міста Франкфурт).



**Bologna sausage** — “болонська копчена ковбаса” (від назви італійського міста Болонья).



**Pepperoni** — “пепероні” (назва італійського походження, ‘peperoni’ в італійській мові означає “солонкі перці”, але сама ковбаса має американо-італійське походження).



**Italian sausage** — “італійська ковбаса”.



**Mettwurst, braunschweiger** — німецькі назви ковбас: сервелат (“метвурст”) та варена ковбаса брауншвейгська (“брауншвайгер”).



**Salami** — “салями”, від італійського слова ‘salame’, що означає «ковбаса».



**Wiener (Vienna sausage)** — “віденська ковбаса” (від назви столиці Австрії м. Відень).



**Polony** — варено-копчена свина ковбаса (від назви Польщі — Polonia).



11. **Interactive! Watching.** Watch the video about different sausages “Types of Sausage and the Absolute Best Ways to Cook them”.

<https://www.youtube.com/watch?v=6STcGN0f6t8>



*Answer the questions:*

1. Which sausage would you like to try?
2. Which sausage would you like to produce?
3. Do you like sausages?



## Unit 33

### MEAT PRESERVATION — PRESERVATION AND STORAGE

1. Read the text “Preservation and storage. Cold storage.”

#### PRESERVATION AND STORAGE. COLD STORAGE

**Introduction.** Meat preservation helps to control spoilage by inhibiting the growth of microorganisms, slowing enzymatic activity, and preventing the oxidation of fatty acids that promote rancidity. Chemical properties of meat, such as pH and moisture content, affect the ability of microorganisms to grow on meat. Natural protective tissues (fat or skin) can prevent microbial contamination, dehydration, or other detrimental changes. Covering meats with paper or protective plastic films prevents excessive moisture loss and microbial contamination.

**Cold storage.** Temperature is the most important factor influencing bacterial growth. Pathogenic bacteria do not grow well in temperatures under 3 °C (38 °F). Therefore, meat should be stored at temperatures that are as cold as possible. Refrigerated storage is the most common method of meat preservation. The typical refrigerated storage life for fresh meats is 5 to 7 days.

Freezer storage is an excellent method of meat preservation. It is important to wrap frozen meats closely in packaging that limits air contact with the meat in order to prevent moisture loss during storage. The length of time meats are held at frozen storage also determines product quality. Under typical freezer storage of -18 °C beef can be stored for 6 to 12 months, lamb for 6 to 9 months, pork for 6 months, and sausage products for 2 months.



Figure 44 Frozen dumplings

2. **Vocabulary.** Read, copy and learn the key words and terms.

meat preservation	зберігання, консервування м'яса
cold storage	зберігання у холодильнику
to store	зберігати
storage	зберігання
storage life	строк зберігання
freezer storage	зберігання в морозильній камері
frozen storage	заморожене сховище
length of time	тривалість часу
to influence	впливати
to wrap	загортати, пакувати
to prevent	уникати, запобігати
to determine	визначати, вимірювати
to grow	рости, зростати
growth	ріст, зростання
quality	якість

common method	поширений метод / спосіб
moisture loss	втрати вологи
detrimental changes	згубні зміни
in order to	для того щоб
fat	жир; сало
skin	шкіра
protective plastic films	захисні пластикові плівки
excessive moisture loss	надмірна втрата вологості
microbial contamination	мікробне забруднення

3. Read these synonyms and translate them into Ukrainian.

### Synonyms

preservation — storage, cold storage — refrigerated storage

4. Translate the following word combinations with the new words.

- a. **storage:** storage life, cold storage, freezer storage
- b. **quality:** meat quality, product quality

5. **Speaking.** Answer the questions.

1. What is the most important factor influencing bacterial growth?
2. Do pathogenic bacteria grow well in temperatures under 3 °C?
3. Is refrigerated storage the most common method of meat preservation?
4. What is the typical refrigerated storage life for fresh meats?
5. What method is an excellent method of meat preservation?
6. What temperature is typical for freezer storage of meat?
7. How long can we store meat under the temperature of —18 °C?

6. **Interactive!** Play the game: check your **MEAT vocabulary** with the **flash cards**.

<https://wordwall.net/uk/resource/38842637/meat>

## Unit 34

### FREEZING AND THAWING

1. **Lead-in.** Think over.

🍷 Why is freezing very important in meat preservation?

2. Read the text “Freezing and thawing.”

### FREEZING AND THAWING

The rate of freezing is very important in maintaining meat quality. Rapid freezing is superior; if meats are frozen slowly, large ice crystals form in the meat and rupture cell membranes. When this meat is thawed, much of the original moisture found in the meat is lost as purge (juices that flow from the meat). For this reason, cryogenic freezing (the use of supercold substances such as liquid nitrogen) or other rapid methods of freezing meats are used at the commercial level to maintain maximal product quality. However, freezing does not kill most microorganisms; they simply become dormant. When the meat is thawed, the spoilage continues where it left off.

Thawing meats often can cause more detrimental quality changes than freezing. In contrast to freezing, thawing should be a slow process. Meats are best thawed in the refrigerator with packaging left intact, so that moisture loss is minimized.

3. **Vocabulary.** Read and copy these words and word combinations.

freezing	замороження
the rate of freezing	швидкість замерзання
rapid freezing	швидке заморожування
cryogenic freezing	криогенне заморожування
to continue	продовжувати
to maintain	підтримувати, вдержувати
to thaw	розморожувати, танути
to become dormant	ставати бездіяльним / сплячим
to leave intact	залишати недоторканим
to leave (left, left) off	припиняти, переставати, покидати
to be left off	залишати осторонь
to rupture cell membranes	руйнувати клітинні мембрани
rapid	швидкий
spoilage	псування
supercold substances	надхолодні речовини
liquid nitrogen	рідкий азот
moisture	вологість
at the commercial level	на комерційному рівні
for this reason	з цієї причини
however	однак
detrimental quality changes	шкідливі зміни якості
in contrast to	на відміну від
to cause	спричиняти
slow	повільний

Meats are best thawed in the refrigerator with packaging left intact.	М'ясо найкраще розморожувати в холодильнику, залишивши неушкодженою упаковку.
superior	найкращий, найліпший
purge	очищення; чистка

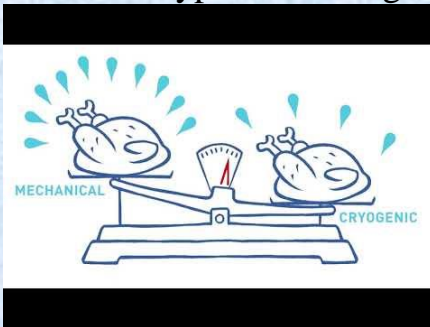
4. *Decide whether the following statements are true or false.*

1. The rate of freezing is very important in maintaining meat quality. T/F
2. Slow freezing is superior. T/F
3. Large ice crystals form in the meat by rapid freezing. T/F
4. Cryogenic freezing is the use of supercold substances such as liquid nitrogen. T/F
5. Freezing does not kill most microorganisms. T/F
6. Freezing should be a rapid process; thawing should be a slow process. T/F

5. **Interactive! Watching.** Watch a video “Mechanical Vs. cryogenic freezing & chilling for food products - Air Liquide” and decide:

📌 Which type of freezing is better for meat?

[https://www.youtube.com/watch?v=DWd3062qR\\_Q](https://www.youtube.com/watch?v=DWd3062qR_Q)



## Unit 35

### VACUUM PACKAGING AND CANNING

1. Read the text “Vacuum packaging and canning” and translate it.

### VACUUM PACKAGING AND CANNING

**Vacuum packaging.** Oxygen is required for many bacteria to grow. For this reason, most meats are vacuum-packaged, which extends the storage life under refrigerated conditions to approximately 100 days. In addition, vacuum packaging minimizes the oxidation of unsaturated fatty acids and slows the development of rancid meat.



Figure 45 Vacuum-packaged meat



Figure 46 Canned meats

**Canning.** The second most common method of meat preservation is canning. Canning involves sealing meat in a container and then heating it to destroy all microorganisms capable of food spoilage. Under normal conditions canned products can safely be stored at room temperature indefinitely.

2. **Vocabulary.** Read, copy and learn the key words and terms.

vacuum packaging	вакуумна упаковка
to be required	потрібно, вимагати(ся)
to be vacuum-packaged	бути упакованими у вакуум
to extend	подовжувати, розширювати
to slow	уповільнювати
under refrigerated conditions	в умовах охолодження
in addition,	на додаток
oxygen	кисень
oxidation	окислення, оксидація
unsaturated fatty acids	ненасичені жирні кислоти
development	розвиток
rancid	прогірклий, злежалий, протухлий
canning	консервування
canned	консервований
to involve	залучати, втягувати
to seal meat	герметизувати / герметично закривати м'ясо
container	тара
to heat	нагрівати
to destroy	знищувати, зруйнувати
capable of	здатний до
safely	безпечно, надійно
for this reason,	з цієї причини

3. **Speaking.** Work in pairs. Answer the questions.

1. Why are most meats vacuum-packaged?
2. For how long does vacuum packaging extend the storage life of meat under refrigerated conditions?
3. Does vacuum packaging of meats slow the development of rancid meat?
4. What is the second most popular method of meat preservation?
5. What processes does canning involve?

4. **Interactive!** Do the multiple-choice test “Meat Quiz” and check up your translation skills. Choose the correct variant. <https://wordwall.net/resource/38508717/meat-quiz>

## Unit 36

### DRYING, FERMENTATION, IRRADIATION

1. Read the text “Drying, fermentation, irradiation.”

### DRYING, FERMENTATION, IRRADIATION

**Drying.** Drying is another common method of meat preservation. Drying removes moisture from meat products so that microorganisms cannot grow. Dry sausages, freeze-dried meats are examples of dried meats capable of being stored at room temperature without rapid spoilage.

**Fermentation.** One ancient form of food preservation used in the meat industry is fermentation. Fermentation involves the addition of certain harmless bacteria to meat. These fermenting bacteria produce acid as they grow, lowering the pH of the meat and inhibiting the growth of many pathogenic microorganisms.



**Irradiation.** Irradiation, or radurization, is a pasteurization method accomplished by exposing meat to doses of radiation. Radurization is as effective as heat pasteurization in killing food-spoilage microorganisms.

Right above: Figure 47 Canned dried beef

Left: Figure 48 Dried sausage

2. **Vocabulary.** Read, copy and learn the key words and terms.

<b>drying</b>	сушіння
to dry	сушити
to remove	усувати
dry sausages	сухі ковбаси
freeze-dried meats	сублімовані продукти

freeze-drying	сушіння заморожуванням
example	приклад
without	без
<b>fermentation</b>	бродиння, ферментація, окиснення
addition	додавання
certain	певний
harmless bacteria	нешкідливі бактерії
acid	кислота
lowering	знижуючи
inhibiting	гальмуючи
<b>irradiation</b>	іrrадіація
radurization	радуризація
to accomplish	виконувати, досягати, звершувати
by exposing meat to	піддаючи м'ясо
food-spoilage microorganisms	мікроорганізми, що псують харчові продукти

3. **Speaking.** Answer the questions.

1. What are the examples of dried meat products?
2. Is fermentation an ancient form of meat preservation?
3. What does fermentation involve?
4. Is irradiation a pasteurization method?
5. By radurization meat is exposed to doses of radiation, isn't it?

4. **Interactive! Watching.** Watch this video "HOW TO DRY MEAT AT HOME USING AN OVEN | HOW TO DRY MEAT | SIMPLY JOECY"

and tell: <https://www.youtube.com/watch?v=1EnwEOTbwhI>

What is the only ingredient to dry meat at home using the mini-oven?



## Unit 37

### CURING AND SMOKING

1. **Lead-in.** Answer the questions.

- Do you like ham?
- Do you like smoked sausages?
- Are smoked sausages healthy products?

2. Read the text “Curing and smoking.”

### CURING AND SMOKING

Meat curing and smoking are two of the oldest methods of meat preservation. They not only improve the safety and shelf life of meat products but also enhance the colour and flavour. Smoking of meat decreases the available moisture on the surface of meat products, preventing microbial growth and spoilage. Ham and sausage are the examples of meat curing, as commonly performed in products such as ham or sausage, involves the addition of mixtures containing salt, nitrite, and other preservatives.

Salt decreases the moisture in meats available to spoilage microorganisms. Nitrite prevents microorganisms from growing and retards rancidity in meats. Nitrite also produces the pink colour associated with cured products.

3. **Vocabulary.** Read, copy and learn the key words and terms.

curing	консервування, маринад, заготівля
smoking	коптіння
to improve	покращувати
to decrease	зменшувати(ся)
to enhance	посилити, збільшувати, підвищувати
to retard	відставати, сповільнювати
shelf life	строк зберігання
safety	безпека, забезпека, гарантія
surface	поверхня
preventing	запобігаючи
flavour	смак, аромат
mixture	суміш
salt	сіль
nitrite	азот
containing	який містить
preservatives	консерванти
rancidity	прогірклість, гіркість, протухлість
available	доступний
cured products	копчені вироби
meat curing	засолювання м'яса, посолка м'яса
ham	шинка, окіст
sausage	ковбаса, сосиска

4. **Speaking.** Work in pairs. Answer the questions.

1. What are the oldest methods of meat preservation?
2. Do meat curing and smoking improve the safety and shelf life of meat products?
3. Meat curing and smoking also enhance the colour and flavour of meat products, don't they?
4. What meat products are the examples of meat curing?
5. What is the role of salt in meat preservation?
6. What is the role of nitrite in meat preservation?





Figure 49 Ham



Figure 50 Smoked sausage

5. **Interactive! Watching.** Watch a video about industrial curing of bacon “This Is How Bacon Is Really Made”.

<https://www.youtube.com/watch?v=4wPHyaKUIv8>

Or: You can watch a video about making traditional bacon in Britain “How English Bacon Is Made | Regional Eats.” (juniper berries – ягоди ялівцю)

[https://www.youtube.com/watch?v=\\_BBC3WQ2MTs&list=TLPQMjMxMTIwMjFb1qOQsUUWIA&index=2](https://www.youtube.com/watch?v=_BBC3WQ2MTs&list=TLPQMjMxMTIwMjFb1qOQsUUWIA&index=2)



Answer the question.

What ingredients are used for making bacon?

## Unit 38

### MEAT CANNING, SPICES

1. **Lead-in.** Talk about the following.

1. Do you often eat canned meat?
2. Have you ever eaten home-made canned meat? Did you like it?

2. Read the text “Production of canned meat”.

### PRODUCTION OF CANNED MEAT

Canned meat provides high-quality, protein-rich food. Canned meat products include whole muscles, meat stews, luncheon meat, sausages, sauces with meat pieces, and paste products. Meat canning essentially includes three main operations: can filling, exhaustion, and heat treatment. Heat treatment is the combination of two components: temperature and time. Canned meat products are sterilized at temperatures 101 degrees Celsius — 130 degrees Celsius. In general, 30% of the can

volume must be a liquid (brine or sauce) in order to allow good heat transfer. In canned meats there are complex changes to the flavour, aroma and texture.

2 To get a safety meat product usually:

— All incoming meat is checked to raw material quality specifications and temperature requirements. All the raw material is X-rayed for bones and foreign material.

Все м'ясо, що надходить, перевіряється на відповідність вимогам до якості сировини та температурних вимог. Вся сировина піддається рентгенографії на кістки та сторонні речовини.

— All raw material is weighed before and after marination to ensure consistent results every time.

Усю сировину зважують до та після маринування, щоб забезпечити стабільні результати кожного разу.

— All cans are weighed after being filled to ensure net weight of label is achieved.

Усі банки зважуються після наповнення, щоб забезпечити досягнення ваги нетто етикетки.

3 Let's have a look at the **INGREDIENTS for LUNCHEON CHICKEN MEAT**: Mechanically Separated Chicken, Contains 2% or Less of the Following: Salt, Sugar, Sodium Phosphate, Spices, Sodium Nitrite.



And here are the nutrition facts about this luncheon chicken meat:

<b>Nutrition Facts</b>	Amount/Serving	% DV*	Amount/Serving	% DV*
	<b>Total Fat</b> 9g <b>14%</b> <b>Total Carb.</b> 1g <b>0%</b>			
	Sat. Fat	3g <b>15%</b>	Dietary Fiber	0g <b>0%</b>
	Trans Fat	0g <b>0%</b>	Sugars	0g <b>0%</b>
<b>Calories</b> 110	<b>Cholest.</b>	55mg <b>18%</b>	<b>Protein</b>	7g
Calories from Fat 80	<b>Sodium</b>	450mg <b>19%</b>		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 0% • Vitamin C 0% • Calcium 8% • Iron 6%				

3. Match the headings to the paragraphs.

A	B
Paragraph 1	Check up of raw material and finished canned meat product
Paragraph 2	Ingredients and nutrition facts
Paragraph 3	Canned meat and meat canning operations

4. **Writing.** Translate paragraph 1 of the text “Canned meat” into Ukrainian.

5. **Speaking.** Answer the questions.

1. What do canned meats provide?

2. What products do usually canned meats include?
3. What are the main meat canning operation?
4. What is the temperature of sterilization of canned meat?
5. What do they do with all the incoming meat for canning?
6. Is all raw material weighed before and after marination?

6. **Vocabulary.** Read and copy the words and word combinations.

meat canning	консервування м'яса
canned meat	консервоване м'ясо
can	консервна металева банка
exhaustion	виснаження
can filling	наповнення банок
heat treatment	теплова обробка
raw material	сировина
incoming meat	м'ясо, яке надходить
to weigh	важити
to check	перевіряти
saucers with meat pieces	соуси з шматочками м'яса
luncheon meats	обідні м'ясні страви
meat stews	м'ясні рагу
paste products	пастоподібні продукти
brine	розсіл
sauce	соус
volume	об'єм
to allow good heat transfer	забезпечувати хорошу теплопередачу
to X-ray	просвічувати, робити рентгенограму
sodium phosphate	фосфат натрію
spices	прянощі
black/white pepper	чорний / білий перець
paprika	паприка
chilli	чілі, перець червоний гіркий
pimento	гвоздичний перець, запашний перець, пімент
nutmeg	мускатний горіх
coriander seed	насіння коріандру
colouring agent	барвник
flavouring agent	ароматизатор

**Technology of meat** What spices and herbs are used in canned meats and sausages? Spices and herbs serve as flavouring agents for various meat products. *Coriander seed* is used in frankfurters, minced ham, luncheon meat. 0.3-1.0 g / kg. *Nutmeg* is used in bologna and minced ham sausages, frankfurters, liver sausage and gelatinous meat mixes. 0.3-1.0 g / kg. The most common natural spice in sausage making is *pepper*. *Pepper* is used in a variety

(almost all) meat products .1–2.5 g / 1 kg. *Paprika* is used in frankfurters, minced specialties and other products. Sometimes used as a colouring agent. 1-5 g / 1 kg. *Chilli* is used for spicy products. *Pimento* is used in different sausage products. Sometimes *pimento* is used in frankfurters and some smoked products. 0.3-3.0 g / kg.



*Ground coriander and coriander seeds*



*Cayenne pepper*

7. **Interactive! Watching.** Watch a video “How Factories Produce Canned Meat | How It's Made” about an American meat cannery KEYSTONE MEATS from Ohio.

Answer the questions:

1. How is meat checked before canning?
2. What meats are canned at this cannery?
3. What is the only ingredient added to meat?

<https://www.youtube.com/watch?v=p40gaCou2Qs>



cannery — консервный завод

steam — пара

pressure cooker — скороварка

## Unit 39

### BIOCHEMISTRY OF EGGS

1. Read the text “Eggs” and find the names of vitamins and minerals that are present in eggs.

#### EGGS

Eggs make a useful contribution to the daily intake of vitamin D, retinol, riboflavin, iodine, iron and protein in the diet. For the elderly they can be an important source of protein, iron, vitamin B12 and vitamin D.

The shell colour is related to the breed of hen rather than to nutrient content and in this respect it is important. Similarly, a deep yellow yolk does not necessarily indicate a high vitamin A content.



Figure 51 Shell, white, yolk

When eggs are boiled or fried the proteins coagulate first in the white at about 60 deg C, then in the yolk. This property of coagulation makes eggs suitable for binding dry ingredients together in cooking, and for thickening sauces and soups. The black discoloration which is sometimes present around the yolk of hard-boiled eggs is iron sulphide. This blackening can be reduced by cooling the eggs in water immediately after cooking.

When egg whites are beaten, the proteins will hold air and form a stable foam which coagulates or sets at a very low temperature. Eggs are also used as raising agents, for example, in sponge cakes. In mayonnaise eggs are used to promote emulsification.

Egg white has found many uses in the food industry. In addition to the well-known and extensive use of egg white in the bakery and confectionary trade, it has been employed on photographic applications, in wine clarification, as an antioxidant, as a binder in sausage type products, and in the production of artificial fibers.

During heating some of the heat-sensitive B-vitamins are lost. For example, the average loss of thiamin and riboflavin which results from boiling, frying, scrambling is between 5 and 15 per cent.

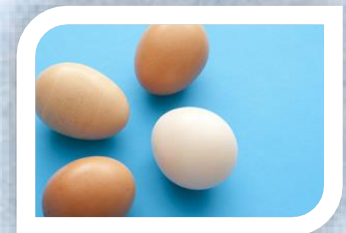


Figure 52 Eggs

### Vocabulary

2. Match the words (1-6) with the definitions (A-F).

- |                 |                      |
|-----------------|----------------------|
| 1 ___ egg       | 4 ___ egg white      |
| 2 ___ coagulate | 5 ___ yolk           |
| 3 ___ shell     | 6 ___ scrambled eggs |

- A the middle part of an egg that is yellow
- B the round object with a shell that a female bird and a baby bird develops in.
- C the clear part of an egg that becomes white when you cook it
- D the hard-outer part of an egg
- E eggs that are cooked with their white and yellow parts mixed together
- F if a liquid coagulates, it becomes thick and solid

**Key answers:** 1 B, 2 F, 3 D, 4 C, 5 A, 6 E

3. **Vocabulary.** Read, copy and learn the following words and word combinations.

egg	яйце
(egg) white	(ячний) білок
yolk	жовток
shell	шкаралупа, шкарлупа
scrambled eggs	ячня зі збитих яєць
scrambling	ячня; приготування яєшні

to coagulate	коагулювати
coagulation	коагуляція
hard-boiled eggs	крутий ( <i>про яйця</i> )
heating	нагрівання
heat-sensitive	тепло-чутливий
average	середній
loss	втрати
to beat (beat, beaten) egg whites	збивати яєчні білки
to form	утворювати
foam	піна, пінка
stable	стійкий, постійний
confectionery trade	торгівля кондитерськими виробами
bakery trade	торгівля хлібобулочними виробами
to result from	впливати з
to set at a very low temperature	осідати (схоплюватися) при дуже низькій температурі
to reduce	зменшити, скоротити
blackening	почорніння
cooling	охолодження
thickening	загустіння
discoloration	знебарвлення
iron sulphide	сульфід заліза
to be present in	бути присутнім в
to use as	використовувати в якості
raising agent	речовина для підняття тіста
wine clarification	очищення вина
In addition to...	на додаток до... ; крім...
to find (found, found) an extensive use	знайти широке використання
to make a useful contribution to	зробити корисний внесок у
to be related to	бути пов'язаним з
to be employed on	застосовуватися на
to promote emulsification	сприяти емульгуванню
suitable for binding	придатний для зв'язування
dry ingredients	сухі інгредієнти
breed of hen	порода курів
nutrient content	вміст поживних речовин
sponge cake	бісквіт, бісквітне тістечко
binder	в'язуча (сполучна) речовина
artificial fibers	штучні волокна
property	властивість
source	джерело

iodine	йод
similarly,	так само; подібно до того
immediately	негайно
to indicate	вказувати (на)
rather than	а не; не стільки, скільки
first... then...	сперш... потім...

4. Read the synonyms that are translated into Ukrainian as “застосовувати”, “вживати”, “використовувати”. Find these synonyms in the text “Eggs”.

---

### Synonyms

---

to use — to apply — to employ — to utilize

5. Read the food idiom with the word “egg” and make up your own sentences with this idiom.

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### Food idiom

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**have egg on one’s face** — збентежуватися, почувати себе дурним

- **Meaning:** Be embarrassed, feel foolish
- **Examples:** Fred **had egg on his face** after claiming he could climb the tree but then having to give up. Sarah **has egg on her face** since everyone knows she was lying to her best friend.

6. **Speaking.** Answer these questions.

1. What are eggs made of (structure)?
2. What nutrients are found in eggs?
3. What process happens in eggs when they are boiled or fried?
4. Where are eggs widely used?
5. How are eggs usually cooked?
6. Can you cook scrambled eggs?

7. **Writing.** Make up a plan to the text “Eggs”.

- Paragraph 1 \_\_\_\_\_
- Paragraph 2 \_\_\_\_\_
- Paragraph 3 \_\_\_\_\_
- Paragraphs 4-5 \_\_\_\_\_
- Paragraph 6 \_\_\_\_\_

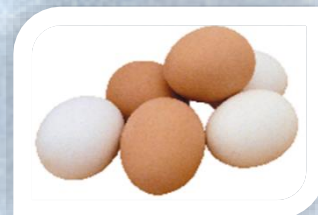


Figure 53 Two eggshell colours

## Unit 40

### EFFECTS OF MEAT COOKERY

1. **Lead-in.** Answer these questions.

1. Can you cook meat?
2. Do you prefer boiled, fried or grilled meat?

2. Read the text “Effects of meat cookery”.

### EFFECTS OF MEAT COOKERY

**1** Cooking kills bacteria and parasites. Bacteria are everywhere. Parasites are rare. Most of the bacteria are on the surface of the meat and are soon killed by cooking unless the meat surface has been mixed deep into the meat — **HAMBURGERS MUST BE COOKED ALL THE WAY THROUGH!**

**2** Cooking changes and strengthens the taste and aroma of meat. The strongest taste is found on the outsides of roasts.

**3** Cooking changes the colour of meat — typically from red to brown. Meat with an appreciable myoglobin concentration changes from red to grey or greyish-brown when cooked. Myoglobin is the muscle protein which provides the red colour of raw meat. The colour is changed by heat and the brown colour associated with cooked meat develops at temperatures above 65° C. Heat causes the proteins to coagulate and the meat becomes firm. Shrinkage occurs and this causes extrusion of meat juices and loss of weight. Losses of fat and meat juice increase as the temperature rises. Thus, the effects of frying and grilling are similar.

**4** Cooking changes the texture of meat. The key point many consumers are missing is — **COOKING MAKES TENDER MEAT TOUGH** whereas **COOKING MAKES TOUGH MEAT TENDER**. Why?

**5** To make meat more tender, stewing or braising can be used for preparation. Pressure cooking is also useful for this purpose.

**6** Cooking has major effects on the connective tissue of meat. Firstly, cooking causes collagen fibres to contract. Secondly, further cooking causes the gelatinization of collagen fibres. Contraction starts before gelatinization, and both are somewhere between 60 and 70° C.

**7** Cooking does not affect the minerals present in meat but a proportion of those which are soluble pass into the drip or dissolve in the cooking water. There is not significant loss of nutrients from meat during freezing.

(From: <https://animalbiosciences.uoguelph.ca/~swatland/HTML10234/LEC17/CHAP17.html>)

3. Decide whether the following statements are true or false.

1. Cooking kills bacteria on the surface of meat. T / F
2. Cooking doesn't change the taste and aroma of meat. T / F
3. Cooking changes the colour of meat from red to brown. T / F



Figure 54 Braised beef



4. Cooking doesn't change the texture of meat. T / F
5. To make meat more tender, boiling can be used for preparation. T / F
6. Cooking has major effects on the connective tissue of meat. T / F
7. Cooking affects some minerals present in meat. T / F

4. **Speaking.** *Work in pairs. Discuss these questions.*

1. What is the role of cooking?
2. Are most of the bacteria on the surface of the meat?
3. How does cooking change the taste and aroma of the meat?
4. How does cooking change the colour of meat?
5. What is myoglobin and what does it provide?
5. What processes happen in the connective tissue of meat under cooking?
6. Cooking doesn't affect the minerals present in meat, does it?

5. **Vocabulary.** *Read and learn these synonyms. Find in the text the sentences with these synonyms.*

---

### Synonyms

---

to increase — to rise  
 stewing — braising  
 to affect — to have an effect on

6. *Copy and learn the following terms and words.*

myoglobin	міоглобін
cookery, cooking	кулінарна обробка
shrinkage	усушка; стиснення; збігання; скорочення
extrusion	видавлювання; витіснення
contraction	скорочення, стискання
drip	крапельниця; стікання
braising	тушкування
freezing	замороження
frying	смаження
grilling	гриль, смаження на рашпері
pressure cooking	приготування під тиском
stewing	тушкування
collagen fibres	колагенові волокна
connective tissue	сполучна тканина
raw meat	сире м'ясо
surface	поверхня
texture	текстура; будова тканини; якість
tender	делікатний, ніжний

tenderloin	вирізка
fat	жир
meat juice	м'ясний сік
tough	твердий, жорсткий, міцний
to affect	впливати
to become firm	ставати твердим
to cause	викликати, спричиняти
to change	змінювати
to contract	стискати(ся)
to develop	розвиватися
to dissolve	розчинити
to increase	збільшувати
to rise	підійматися
to strengthen	зміцнити
significant loss	значна втрата
further	подальший
soluble	розчинний, здатний розпадатися
effects	вплив
to have major effects on	мати значний вплив на
gelatinization	желатинування
consumer	споживач
roasts	печеня; смажене м'ясо; великі шматки смаженого м'яса
the outsides of roasts	зовнішні частини смаженого
thus	таким чином

7. **Writing.** Make up a plan to the text “Effects of meat cookery”.

- Paragraph 1 \_\_\_\_\_  
Paragraph 2 \_\_\_\_\_  
Paragraph 3 \_\_\_\_\_  
Paragraph 4 \_\_\_\_\_  
Paragraph 5 \_\_\_\_\_  
Paragraph 6 \_\_\_\_\_  
Paragraph 7 \_\_\_\_\_



*Figure 55 Sunday Easter roast.*

8. **Interactive! Watching.** Watch the presentation “Meat Cookery” by Kamea William and tell: 1. What are the most common methods of cooking meats? 2. Which method of cooking meat do you usually use in your family?  
<https://www.slideserve.com/kamea/meat-cookery>



## Unit 41

### CURING OF BEEF

1. Read and translate the text in writing.

#### CURING OF BEEF

1 The curing of dried beef is somewhat more difficult than the curing of most pork products. This is due to the fact that there is a greater variation in the quality of the meat itself and the length of time of curing and other factors.

2 An average pickle for curing beef hams may be made up as follows: to 100 gallons of water add 245lbs of salt, 20 lbs of brown sugar and 5 lbs of saltpetre or its equivalent of nitrate of soda. The length of time to cure depends on the factors mentioned above, usually from 6 to 8 days to a pound is sufficient, depending on the temperature. Many packers use a temperature of 3 deg F and find it satisfactory. Others cure at a temperature of 28 to 30 deg F, regarding the cure but allowing the time to extend 25 per cent longer.

3 After curing, the beef hams should be soaked from 20 to 24 hours in fresh 60 deg F water, and then washed in warm water at a temperature of 120 to 130 deg F before being hung in the smoke house. The time required for smoking depends upon the weight of the hams. Sometimes four days may be sufficient, or it may require seven or eight days. Ninety-six hours at a temperature of 135 deg F is usually sufficient time to smoke.



**Left:** Figure 56 Beef ham as a cured-cooked product, made of one entire piece of muscle

2. Find in the text the English equivalents for the following Ukrainian words and word combinations:

a. копчений; б. продукти зі свинини; с. тривалість часу; д. розсіл; е. яловичий окіст; ф. коптильня; г. коптити; h. достатній час.

3. Copy out the sentences which render the main idea of the text.

4. Match the heading to the paragraph.

1. Ingredients for a pickle, time and temperature regimes to cure beef hams.	Paragraph 1
2. The beef hams after curing.	Paragraph 2
3. To cure dried beef is more difficult than to cure most pork products.	Paragraph 3

5. **Vocabulary.** Learn the following words and word combinations.

to cure	солити, в'ялити; заготовляти
curing	соління; в'ялення
beef	яловичина
dried	сухий; сушений
somewhat	у певній мірі; частково; достатньо
most	більшість
pork products	продукти зі свинини
due to	завдяки (чому)
a greater variation	більша варіація / більше різноманіття
quality	якість
length of time	тривалість часу
average	середній; звичайний; нормальний
pickle	розсіл
a beef ham	яловичий окіст
ham	окіст; шинка; бедро, ляжка
1 gallon	галлон (міра рідких і сипучих тіл); англ. — 4,54 л; амер. — 3,78 л
to add	додавати
lb (1 pound)	фунт — 453,59 г
salt	сіль
brown sugar	жовтий цукор-пісок; бастр
saltpeter	селітра
nitrate	нітрат; сіль азотної кислоти
to depend on	залежати від
sufficient	достатній
packer	заготівельник / експортер харчових (особливо м'ясних) продуктів
regarding	відносно; про
to allow	приймати до уваги, до розгляду; допускати; визнавати
to extend	розширювати; продовжувати
to soak	замочувати; занурювати (в рідину)
to wash	мити; промивати
to be hung	підвішувати; вивішувати

smoke-house	КОПТИЛЬНЯ
weight	вага
to require	вимагати, потребувати
required	необхідний, обов'язковий
to smoke	КОПТИТИ
mentioned above	вказаний (зазначений) вище
as follows	наступний, наступні
pickle	маринад; розсіл; соління
luncheon meats	обіднє м'ясо

6. **Speaking.** Answer the questions.

1. Is the curing of beef more difficult than the curing of most pork products?
2. How is an average pickle for curing beef hams made up?
3. The length of time to cure depends on the temperature, doesn't it?
4. What temperature is necessary for curing ham?
5. How should the beef hams be soaked (time and temperature)?
6. How is meat treated after curing?
7. The time required for smoking depends upon the weight of the hams, doesn't it?
8. What is the time regime and temperature to cure beef?

## Unit 42

### LOCAL MEAT PROCESSING ENTERPRISE

1. **Lead-in.** Talk about the following.

1. What are the leading meat processing plants in your country / region?
2. Is there a meat processing plant in your city / town / village?
3. Can you buy meat products of this company at the local shops / supermarkets?

2. **Reading.** Read the text "The meat packing factory MARSHALOK".

### THE MEAT PACKING FACTORY MARSHALOK

The Meat Packing Factory MARSHALOK has been operating in the Ukrainian market since 1996 and offers the following products: sausages; frozen pre-cooked products; cheeses; confectionery and culinary products. MARSHALOK production complex is located in Bila Tserkva, Kyiv region. The company has four production shops: 1 — sausage manufacturing shop, 2 — confectionery shop, 3 — shop for the production of frozen semi-finished products; 4 — cheese-making shop. Warehouses and sewage facilities are also located at the production complex territory. There is no slaughterhouse in the territory.



The company uses modern Austrian equipment and tests its products at the laboratories.

The company MARSHALOK produces the following products: different types of sausages (cooked sausages, semi-smoked sausages, cooked-smoked sausages, raw-smoked sausages); meat delicatessen; fried home-made sausage; semi-finished products (lula kebabs, chicken cutlets Kyivski, cabbage rolls with minced meat

(holubtsi), pancakes with minced meat filling (mlyntsi); confectionery and culinary products (cakes, biscuits); cheeses (soft and in brine), butter.

Fresh products are delivered to sales outlets twice a day. 100,000 customers buy MARSHALOK products every day. The trademark is MARSHALOK.

(From: [https://marshalok.com.ua/pdf/Marshalok\\_catalog.pdf](https://marshalok.com.ua/pdf/Marshalok_catalog.pdf))



3. **Speaking.** Answer the questions.

1. Where is the meat-packing factory MARSHALOK located?
2. How many production shops does the factory have?
4. What production shops does the company have?
5. Is there a slaughterhouse in its territory?
6. Does the meat-packing plant produce only meat products?
7. What kinds of sausages does the company MARSHALOK produce?

4. **Vocabulary.** Read the following words and word combinations. Copy out the words you don't know.

meat-packing factory / plant	м'ясопереробне підприємство
to operate in the market	працювати на ринку
to offer the following products	пропонувати наступні продукти
shop/workshop	цех
section	дільниця
to be located	бути розташованим
production complex	виробничий комплекс
sausage manufacturing shop	ковбасний цех
confectionery shop	кондитерський цех
shop for the production of frozen semi-finished products	цех з виробництва заморожених напівфабрикатів
warehouse	склад
sewage facilities	очисні споруди
slaughterhouse	бойня
to produce	випускати
dry-cured sausage	сиров'ялена ковбаса
culinary products	кулінарні продукти
cutlets	котлети
dumplings	пельмені, галушки
vareniks	вареники
to deliver	доставляти
sale outlet	торгівельна точка

semi-finished products	напівфабрикати
frozen	заморожений
consumer	споживач
brined cheeses	розсільні сири
soft cheeses	м'які сири

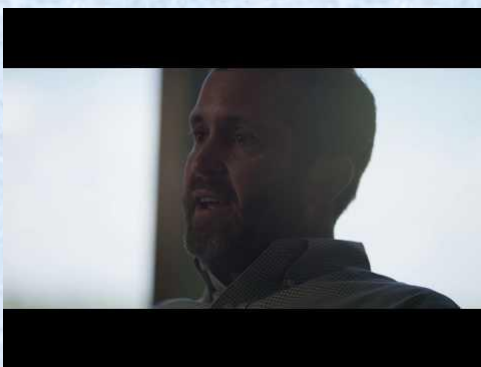
5. **Writing.** Describe any meat processing plant of Ukraine / a local meat processing plant. Use the scheme:

- I'd like to tell about our local meat processing plant ...
- It is located in ...
- The trademark of this meat processing factory is ...
- The meat processing plant was established in ...
- The meat processing plant has ... production shops.
- They are the following: ...
- The meat processing plant *has / doesn't have* its own slaughterhouse.
- The company ... produces ...
- The company sells its products in ...

6. **Interactive! Watching.** Watch a video about the meat processing company in the USA "Tyson Beef Packing Plant, Dakota City, NE" and get ready to answer the questions:

1. How many people work for the company?
2. Where is the meat packing plant located?
2. The Tyson Beef Packing Plant produces fresh meats, doesn't it?
3. Are human safety and food safety the key priorities of the company?  
(carcass — туша, safety — безпека)

<https://www.youtube.com/watch?v=W9eKwjdo420>



7. **Interactive! Vocabulary.** Check your meat and poultry vocabulary with this presentation.



Meat and Poultry  
Vocabulary.pptx

**ПИТАННЯ ДО ЕКЗАМЕНУ  
З НАВЧАЛЬНОЇ ДИСЦИПЛІНИ «ІНОЗЕМНА МОВА ЗА  
ПРОФЕСІЙНИМ СПРЯМУВАННЯМ (АНГЛ.)»**

1. Where do you study?	I study at Bila Tserkva Professional College of Technologies and Economics.
2. What is the name of your specialty?	The name of my specialty is Preservation, Canning and Processing of Meat / technology of meat.
3. What is the name of your future profession?	Food technologist.
4. Which department do you study at?	I study at the Food Technologies department.
5-A. What year of study are you in?	I am a third-year student.
5-B. What is your favourite subject?	My favourite subject is ...PE (biology, etc.)
6. What specialized subjects do food technologist students study?	The technological students study technical and chemical control, microbiology, biochemistry, technology of meat and meat products, chemistry.
7. Where can food technologists work?	Food technologists can work at meat-processing plants, supermarkets.
8. Where would you like to work as a food technologist?	I'd like to work at a meat processing plant (supermarket etc.)
9. Would you like to continue your technological studies at University?	Yes, I would. / No, I wouldn't. I'd like to continue my studies at University.
10. Do you like your profession? Would you like to change your profession?	Yes, I do. / No, I don't/ I'd like to change my profession.
11. Do you have a hobby? What is your hobby?	Yes, I do. I like listening to music (Net surfing, traveling...) / I have no hobby.
12. Are you single or married?	I am single (married).
13. Do you like travelling?	Yes, I do. / No, I don't.
14. What tickets do we know?	Single tickets and return tickets; first class tickets, business class tickets, economy class tickets.
15. Have you ever stayed at a hotel?	Yes, I have. / No, I haven't.
16. What rooms can hotels offer?	Single room or double rooms.
17. What countries does Ukraine border on?	Ukraine borders on Russia, Belarus, Moldova, Poland, Slovakia, Romania and Hungary.



18.What seas is Ukraine washed by?	Ukraine is washed by the Black Sea and the Sea of Azov.
19.What are the largest cities of Ukraine?	The largest cities of Ukraine are Kyiv, Kharkiv, Dnipro, Zaporizzhia, Donetsk, Lviv, Odesa.
20.What is your native town / village?	My native town is Bila Tserkva. It is in Kyiv region. / My native village is Trushky. It is in Bila Tserkva district, Kyiv region.
21.Where do you come from?	I come from Ukraine. I live in ...
22.What are the most widespread languages in the world?	The most widespread languages are English, Chinese, Arabic, Spanish, Russian, German, Hindi and French...
23.What languages can you speak?	I can speak Ukrainian, English, Polish and Russian. And I know some Latin.
24.What is your native language?	My native language is Ukrainian (Russian, Bulgarian...)
25.What four nations live in the United Kingdom?	The English, the Scottish, the Welsh and the Irish.
26.What are the four countries of the UK?	The United Kingdom consists of England, Scotland, Wales and Northern Ireland?
27.What are the largest cities of the United Kingdom?	The largest cities of the UK are London, Manchester, Liverpool, Belfast, Cardiff, Edinburgh, Birmingham, Newcastle.
28.What is the national dress of the men in Scotland?	A kilt.
29.What is the national symbol of England?	A red rose.
30.Is Britain a monarchy, a republic or a federation?	Britain is a monarchy.
31.Would you like to visit Britain?	Yes, I would. / No, I wouldn't.
32.Which part of Britain would you like to visit?	I'd like to visit England (Scotland...)
33.Would you like to visit London?	Yes, I would. / No, I wouldn't.
34.Which places of interest would you like to see in London?	I'd like to see Buckingham Palace (the London Eye, the British Museum...)
35.What is the population of Great Britain?	About 60 million.
36.What seas is Great Britain washed by?	Great Britain is washed by the Atlantic Ocean the North Sea, the Irish Sea and the English Channel.

37. What are the longest rivers of Great Britain?	The Thames and the Severn.
38. What mineral resources is Britain rich in?	Britain is rich in coal, iron ore, gas, oil.
39. What mineral resources is Ukraine rich in?	Ukraine is rich in coal, gas, nickel and some other metals.
40. What are the largest rivers of Ukraine?	The Dnieper, the Dniester, the Bug, the Donets.
41. Which places of Ukraine have you visited?	I have visited Kyiv, Odesa (Lviv, the Carpathian Mountains...)
42. What is your first name and last name?	My first name is Yulia, my last name is Osadcha.
43. Do you have a favourite restaurant or café?	Yes, I do. My favourite restaurant is ... / No, I don't.
44. What documents are necessary to produce at the customs?	We need a passport, visa and declaration.
45. What does Ukraine grow?	Ukraine grows wheat, sunflower, corn, buckwheat, fruits, berries and vegetables.
46. Does the United Kingdom have a constitution?	No, there is no constitution in Britain.
47. What kind of state is Ukraine?	Ukraine is a republic.
48. Who heads the state in Britain?	The King is the head of the state.
49. Who heads the state in Ukraine?	The president is the head of the state in Ukraine.
50. What is the name of the British King?	Charles III (the Third).
51. How many classes do you have a day?	I usually have 3 or 4 classes a day.
52. When do classes begin?	The classes begin at 8.30 a.m.
53. Do you like technological practices?	Yes, I do. / No, I don't.
54. Do you like exams?	Yes, I do. / No, I don't.
55. Do you like home works?	Yes, I do. / No, I don't.
56. Do you like to study at College?	Yes, I do. / No, I don't.
57. What is your favourite meat product?	My favourite meat product is shish kebabs (salami, frankfurters, baked pork, home-made sausage, canned meat...)
58. What types of sausages do they produce in Ukraine?	In Ukraine they produce smoked, semi-smoked, cooked sausages, frankfurters.
59. How are minerals classified?	There are major minerals, microminerals, trace minerals.
60. Which vitamins and minerals are present in meat?	Meat contains iron, vitamin B12, zinc, selenium, niacin, and vitamin B6.

61. What nutrients are there in foods?	Fats, carbohydrates, proteins, amino acids, minerals and vitamins.
62. What kinds of meat do you know?	Beef, pork, chicken, veal, turkey, liver, kidney, tripe, mutton (lamb), bacon, white bacon.
63. What nutrients are there in beef?	Protein, fat, water.
64. Do Ukrainians prefer beef or pork?	Ukrainians prefer pork, especially lard.
65. What meat do you prefer?	I like....
66. What methods are used in cooking of meat?	Grilling, stewing/braising, frying, freezing.
67. How does cooking change meat?	Cooking changes the color, aroma, taste, texture of meat.
68. What are the main technological processes in meat processing?	Freezing, curing, drying, blanching, canning.
69. What are the main constituents of food?	Water, dietary fibre, colors, flavours.
70. Can you cook meat? What is your favourite meat dish?	e.g. fried chicken / roast beef / home-made sausage....

**ДОДАТКИ**  
**APPENDIX**

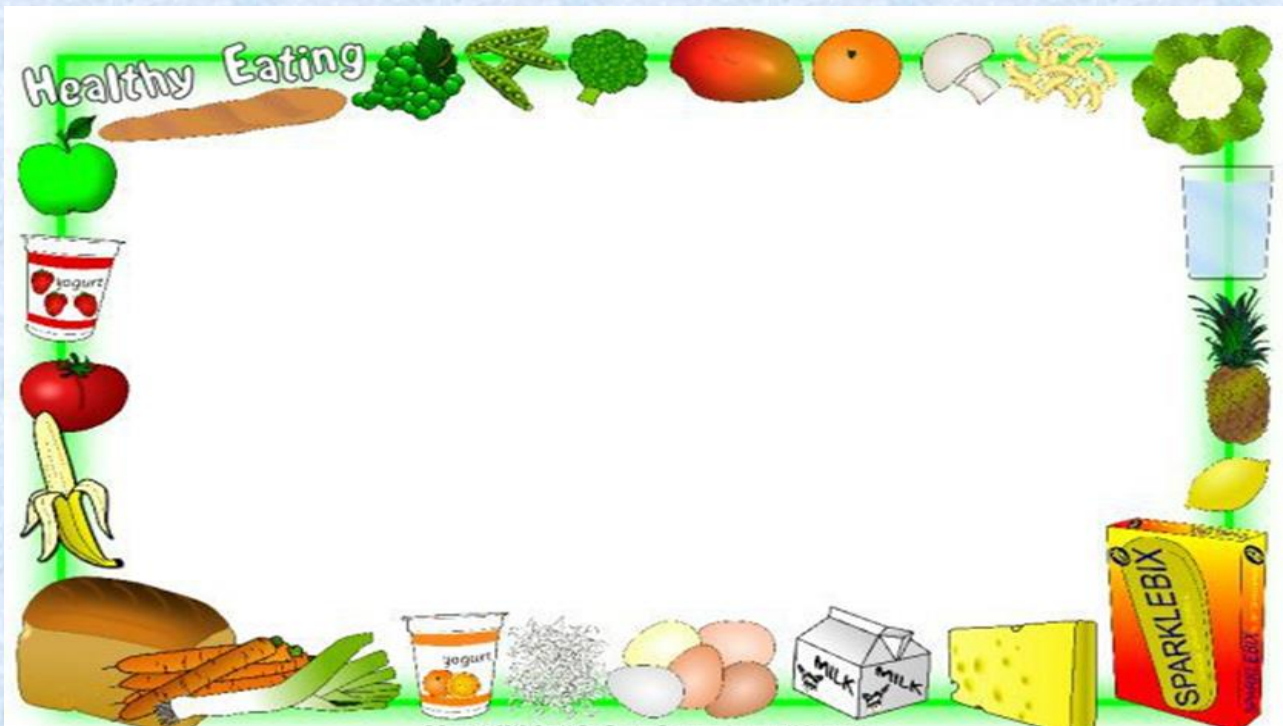
ВИПИСКА З ТЕМАТИЧНОГО ПЛАНУ РОБОЧОЇ НАВЧАЛЬНОЇ ПРОГРАМИ  
для спеціальності 181 “Харчові технології”, освітня програма **“Зберігання,  
консервування і переробка м’яса”**

Розділ № n/n	Назва розділу, модуля, теми програми
<b>1</b>	<b>Перехідно-підготовчий етап.</b>
1.1	Іноземна мова – мова ділового спілкування.
1.2	Мій навчальний заклад.
<b>2</b>	<b>Базовий етап. Соціокультурний компонент. Лінгвокраїнознавство. Лексико-граматичний мінімум.</b>
2.1	Країна, мова якої вивчається.
2.2	Україна та країна світу, мова якої вивчається.
<b>3</b>	<b>Ділова поїдка за кордон.</b>
3.1	Ділова поїдка за кордон. Замовлення квитків. Митниця. Паспортний контроль.
3.2	Поїдка країною та містом. Транспорт. Оголошення
3.3	У готелі. Побутове обслуговування.
3.4	Ресторан. Національна кухня.
3.5	Медична допомога.
3.6	Телефонний етикет.
3.7	Ділові контакти, зустрічі.
3.8	Ділова документація. Ділова переписка.
3.9	Працевлаштування. Анкета. Резюме. Співбесіда.
3.10	Структура компанії. Презентації.
<b>4</b>	<b>Професійно-орієнтований етап.</b>
4.1	Хімічний склад продуктів та їх харчова цінність.
4.2	Вода, її роль у життєдіяльності живих організмів.
4.3	Вуглеводи. Їх біологічна роль. Класифікація вуглеводів.
4.4	Загальна характеристика жирів, їх властивості.
4.5	Білки, їх амінокислотний склад. Структура, властивості, класифікація білків. Значення білків у харчових виробництвах.
4.6	Мінеральні речовини, їх значення та поширення в продуктах харчування.
4.7	Вітаміни. Характеристика окремих представників водорозчинних та жиророзчинних вітамінів у продуктах харчування та їх значення.
4.8	М’ясо та його харчова цінність.
4.9	Зміни м’яса при тепловому впливі. Утворення речовин, які формують смак, аромат м’ясопродуктів.
4.10	Основні технологічні процеси обробки м’яса.

4.11	Холодильна обробка та зберігання м'яса і м'ясопродуктів.
4.12	Виробництво ковбасних виробів. Асортимент ковбасних виробів.
4.13	Копчення м'яса.
4.14	Виробництво м'ясних консервів. Сировина, прянощі і матеріали, які використовують у консервному виробництві.
4.15	Біохімія яйця. Харчова цінність яєць.
4.16	Основи проектування підприємств м'ясної промисловості.
<i>Всього:</i>	180 годин.

## ВИСНОВОК CONCLUSION

Вивчення іноземної мови за професійним спрямуванням через роботу з інтерактивними підручниками, за інтерактивними методами дають підстави стверджувати, що вони суттєво підвищують мотивацію студентів до вивчення іноземної мови, приють розвитку їхніх мовленнєвих навичок і розширюють можливості вдосконалення фахової компетентності. Інтерактивний підручник, створений у програмі *Flip Book International* з додаванням інтерактивних вправ з сервісу *Wordwall* надасть комфортні умови навчання, за яких студент відчуває успішність, оскільки ці вправи підібрані для створення «ситуації успіху». Зміст інтерактивного підручника наповнений текстами соціокультурного, соціологічного, загальнонаукового характеру та автентичним текстами професійного характеру; спрямований на розвиток умінь говоріння, читання, аудіювання, поглиблене вивчення лексичних одиниць, збагачення лексичного запасу студентів за допомогою термінів, синонімів, ідіоматичних виразів, зв'язаних з їжею, візуалізація навчального матеріалу за допомогою відео та релевантного ілюстративного матеріалу сприяє освітньому процесу, розвитку критичного мислення, поглиблює світогляд та знання студентів-технологів про сферу харчових технологій. Представлений навчальний матеріал охоплює культуру, буття країни (України, Великої Британії) і розвиток харчових технологій чотирьох країн — України, Великої Британії, США і Індії.



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