**Учебная дисциплина:** Английский язык 1 курс

**Преподаватель:** Арутюнова Н.К.

**Электронный адрес:** nona41771@mail.ru

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 **Meals**

food [fuːd] питание, еда

ham [hæm] ветчина

sausage ['sɔsɪʤ] колбаса, сосиска

meat [miːt] мясо

egg [eg] яйцо

soup [suːp] суп

bread [bred] хлеб

porridge ['pɔrɪʤ] каша

fish [fɪʃ] рыба

chicken ['ʧɪkɪn] цыплёнок

pork [pɔːk] свинина

beef [biːf] говядина

steak [steɪk] бифштекс, стейк

spice [spaɪs] специя, пряность

butter ['bʌtə] масло

potato [pə'teɪtəu] картофель

macaroni [ˌmæk(ə)'rəunɪ] макароны

cheese [ʧiːz] сыр

salt [sɔːlt] соль подробнее

sandwich ['sænwɪʤ] бутерброд

caviar ['kævɪɑː] икра

vegetables ['veʤ(ə)təbls] овощи

fruit [fruːt] фрукт

baked [beɪkt] печёный, выпеченный

fried [fraɪd] жареный

sugar ['ʃugə] сахар

candy ['kændɪ] конфета

cake [keɪk] кекс, торт

cookie ['kukɪ] печенье

juice [ʤuːs] сок

ice cream [ˌaɪs'kriːm] мороженое

pancake ['pænkeɪk] блин, оладья

pie [paɪ] пирог подробнее

sweet [swiːt] сладкий (о вкусе)

bitter ['bɪtə] горький (на вкус)

salted ['sɔːltɪd] солёный (о вкусе)

sour ['sauə] кислый (на вкус)

**Задание:** *перепишите слова в тетрадь. Прочтите и переведите текст, выпишите слова, относящиеся к продуктам питания.*

**My Meals**

It goes without saying that I prefer to have meals at home. At the weekend I like to get up late and have a good breakfast of scrambled eggs, or pancakes, or something like that. But on weekdays I'm always short of time in the morning. So I just have a cup of strong tea or coffee and a couple of sandwiches.

As I spend a lot of time at school (usually eight or nine hours) it's necessary to have a snack at midday just to keep me going. That's why I have to go to the school canteen to have lunch. Our school canteen leaves much to be desired. It has become a tradition with our canteen to serve chops and watery mashed potatoes every day with a glass of cocoa or stewed fruit.

But I enjoy my evening meal at home. My mother is a wonderful cook and her dinners are always delicious and various.

To begin with, we usually have some salad- tomato and cucumber salad or mixed salad (I like it very much). For the first course we have some soup- noodle, mushroom or cabbage soup, or maybe some fish soup for a change. For the main course we have meat, chicken or fish dishes, for example, steak or fried fish with spaghetti or potatoes (boiled or fried). We also have a lot of vegetables- green peas, carrots, tomatoes, cucumbers. I prefer meat to fish but my mother makes me eat fish from time to time. She says it's good for my brains.

For dessert we have some fruit, fruit juice or just a cup of tea with a slice of cake.

On Sundays we sometimes go to McDonald's. I like everything there: cheeseburgers, hamburgers and Big Macs, apple pies and fruit cocktails. But unfortunately we can't afford to go there very often, because it's rather expensive for a family and besides, they say it's not very healthy to eat at McDonald's.

**Products**

The diversity of food available in modern supermarkets is impressive. In different shop departments, we can buy different types of products, for example: ***fruit*** (bananas, apples, oranges, lemons, grapes, plums, pears, pine apples and water melons), ***vegetables*** (tomatoes, potatoes, cucumbers, onions, beet, pepper), ***dairy products*** (milk, cream, sour cream, cheese, cottage cheese), bread and bakery, ***groceries*** (grains, cereals, pasta, flour, sugar, salt, spices, vegetable oil, canned goods), ***drinks*** (sparkling water, mineral water, juices, alcoholic drinks).