

Дата: 12.10.22

Група №16

Урок: №18-19

Тема уроку: «National Ukrainian dishes. British cuisine and eating habits.»

**Мета уроку:** ознайомити учнів з новою лексикою теми, з походженням та історією розвитку української кухні, розглянути найвідоміші страви в Україні та особливості їх приготування. Формувати навички читання, перекладу, усного мовлення та письма.

Матеріали уроку: **Wednesday, the 12th of October**

**Class Work.**

**Lesson №18-19**

**Topic: “National Ukrainian dishes. British cuisine and eating habits”**

**1. Переписати слова та перекласти на українську мову.**

A cuisine, a course, an occasion, a specialty, to consist of, to include, to stew, fresh, frozen, home-made, low-fat, raw, spicy, sweet, takeaway, boiled rice, grilled sausages, roast chicken, fried eggs, baked potatoes, steamed vegetables, meat, fish, seafood, fruit, vegetables, sausage, duck.





**BACON ROLY-POLY**



**BANGERS AND MASH**  
mashed potatoes and sausages



**BLACK PUDDING**  
of onions, pork fat, oatmeal and blood (usually from a pig)



**COTTAGE PIE**  
Made with minced beef and vegetables topped with mashed potato.



**BOILED OATS**



**BREAKFAST**



**CUMBERLAND SAUSAGE**  
famous pork sausage is usually presented coiled up like a long rope



**BUBBLE AND SQUEAK**  
of potato and cabbage, but carrots, peas, brussels sprouts, and other vegetables can be added.



**FISH AND CHIPS**

## 2. Прочитайте текст та ознайомтесь з новим матеріалом.

Text "Ukrainian Dishes".

Ukrainian cuisine has been formed during many centuries. Among Slavic cuisines Ukrainian is considered the most diverse and the richest by right. It spread out over the borders of Ukraine a long time ago. The most typical feature of the Ukrainian National Cuisine is a combined heat treatment of the vegetables and meat in the oil or butter, so called "Ukrainian frying", and only after that, stewing, boiling or baking. Ukrainian Cuisine is quite regional. That is why the same traditional dish, for example Ukrainian Borshch, tastes differently and prepared differently in every region. For every national cuisine the place, where food is cooked, has the great influence. In Ukraine such a place was an oven, fire of a closed type. That is why Ukrainian Cuisine mainly uses the techniques of boiling, stewing

and baking. Even Cossacks, after shooting a game, were trying to make a bouillon out of it, but not to fry it, which is more typical for Germans, for example. Ukrainian Cuisine borrowed some techniques from neighbors, for example Russian, Polish, Tatar and Turkish Cuisines, partially modifying them. For example, frying of products in the overheated oil or butter, which is peculiar for the Turkish Cuisine, was regenerated into the “Ukrainian frying (so called “paseruvannia”) browning of vegetables which are used for borshch or second courses. From Germans Ukrainians borrowed ground meat (“sichenyky”) – Cutlet type dishes out of ground meat, eggs, vegetables, mushrooms, and so on. From Hungarians Ukrainians borrowed the usage of paprika.

Ukrainians prefer to eat at home, leaving restaurants for special occasions and generally avoid exotic meats and spices. The traditional Ukrainian food includes pork, beef, chicken, fish and mushrooms. Ukrainians eat a lot of potatoes, grains, fresh and pickled vegetables. Popular ingredients in the cuisine of Ukraine are berries, fruits and herbs.

If to talk about meat, pork is widely spread in Ukraine, comparing with beef, which is more typical for Russian Cuisine or mutton for Tatar. Oxen were more like the working animals in Ukraine, and their meat was not as tasty and soft as the pig’s meat. It has also been considered not as clean as pork. I want to say some words about potato. Potatoes became widely spread in Ukraine in 18-th century. Even though it didn’t become “second bread”, like in Belorussia, but became very popular and used in first, second courses and garnish for fish and meat dishes. Also, potatoes began to be used in getting starch, used for preparing different types of sweet dishes, including “kissel” – a sweet drink, resembling thin jelly.

In 18-th century sunflower and mustard appeared in Ukraine. This played an important role in the development of the Ukrainian Cuisine. Sunflower oil began to be widely used instead of the imported Greek olive oil. Mustard is used for making oil and spices for meat and other dishes. Nowadays sunflower oil supplanted nearly all other oils. There are two types of sunflower oil widely used: hot extracted with a strong peculiar smell of fried sunflower seeds ( it is favorite type among Ukrainians, used mainly in salads ), and cold extracted type, used for frying; it is better known and used abroad.

The most popular and well-known Ukrainian dish is surely Borshch, an aromatic and appetizing cabbage-soup of some 20 (twenty) ingredients. It may be cooked with beef, chicken or pork, baked beets, beans and mushrooms. Borshch is served as the main course with sour cream and pampushki, soft rolls, soaked in garlic. In Ukrainian food borshch occupies the first place.

Holubtsi are stuffed cabbage rolls, filled with rice, carrots and minced meat. Cabbage leaves are steamed to make them soft and then the filling is added. The holubtsi are placed in a large pot, covered with tomato soup or sauce, and baked.

Traditional in the Ukrainian menu are varenyky, a type of boiled dumplings with various fillings: potatoes, meat, mushrooms, chopped liver, curd, cherries and other berries.

A popular and well-known Ukrainian dish is “Kholodets”. It is a brawn, made from boiling pigs’ trotters. The meat is picked off the bone and the gravy sets around it into a jelly as it cools. It is served with horseradish or mustard.

“Deruny”- pancakes, made from grated potato and flour, and fried. Deruny are served with sour cream. Nalysnyky are pancakes, often made with soured milk for a lighter batter. Thinner pancakes are called nalysnyky. They are rolled and served with a stuffing, usually curd, or fruit, or jam.

**3. Випишіть з тексту назви українських страв, котрі згадуються в тексті.**

**4. Дайте відповіді на запитання:**

Which is your favourite traditional Ukrainian dish?

Name of as many national British dishes as you can.

Have you ever eaten British dishes?

Did you like or dislike them? Did it taste good or bad?

**Д/з: Знайдіть в Інтернеті та выпишіть назви британських традиційних страв.**

**Конспекти надсилати протягом одного робочого дня**

**від дати уроку на пошту свого викладача:**

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