

Дата: 18.11.2022

Група №35

Урок №1-2

Topic: «Vegetarianism. A recipe for a favourite dish »

Мета уроку: Ознайомити здобувачів освіти з новою лексикою теми.
Вдосконалювати навички усного мовлення та письма. Розвивати культуру спілкування та мовленнєву реакцію учнів.

Матеріали уроку:



1.Let's discuss

Answer the questions:

1. It is possible to say that all people can be divided into meat-eaters and vegetarians. Which group do you belong to and what arguments can you give in favor of eating or not eating meat?
2. How many people in the class are vegetarians? When did they become vegetarians?
3. Why do you think the number of vegetarians is increasing?
4. Do you agree that people avoid eating meat for health reasons? Why / why not?
5. What is the difference between a vegetarian and a vegan?



2.Read. You probably know some vegetarians, or perhaps you're one yourself. But the term "vegetarian" can mean different things to different people:

- A true vegetarian eats no meat at all, including poultry and fish.
- A lacto-ovo vegetarian eats dairy products and eggs, but excludes meat, fish, and poultry.
- A lacto vegetarian eats dairy products but not eggs.
- An ovo vegetarian eats eggs but not dairy products.

And lots of people won't eat red meat or pork but do eat poultry and/or seafood.

Less commonly practiced is the form of vegetarianism known as veganism. A vegan (pronounced: **vee-gun**) doesn't consume **any** animal-derived foods or use animal products or byproducts, and eats only plant-based foods. In addition to not eating meat, poultry, seafood, eggs, or dairy, vegans avoid using products made from animal sources, such as fur, leather, and wool. While those are obvious animal products, many animal byproducts are things we might not even realize come from animals.

3. Study some facts about vegans below and act out a dialogue between a vegan and a meat eater.

1) Vegetarians regard the flesh of all animals, including that of fish and poultry, as meat. Most vegetarians avoid eating meat because of moral or religious beliefs. They believe it is wrong to kill animals for food. Many vegetarians also think that eating meat is unhealthy.

2) Some vegetarians exclude milk and eggs as well as meat from their diet because these foods come from animals.

3) Vegans are healthier because they also tend to avoid or use less alcohol, caffeine and refined foods and try to be more physically active non-smokers.

4) A vegetarian diet must be well planned to replace the protein and other nutrients provided by meat. Beans, nuts, peas, plenty of whole grains, fruit and vegetables and many other vegetarian foods contain large amounts of protein. However, these foods must be eaten in particular combinations, for example, beans and rice.

4. Виписати нову лексику та перекласти на українську мову.

Peel, pour, slice, grate, stir, chop, mix, beat, melt, squeeze, bake, roast, boil, fry, recipe, sauce, ingredients, delicious, serve, slice, heat the oil, cook gently, stirring, add.

5. До поданих словосполучень підібрати відповідні слова із завдання

- a) The mixture with a wooden spoon –
- b) The potatoes and boil in a pan-
- c) The cheese and add to the sauce□-
- d) The sauce over the meat and serve□-
- e) The ham as thinly as possible□-
- f) The eggs until light and fluffy-
- g) A lemon over the fish-
- h) A little butter in a frying pan□-
- i) The vegetables into small pieces-
- j) All the ingredients together –

6 A simple recipe

Complete the following recipe with the words and phrases below:

Spicy Stir-fry Beef

Preparation: 30 minutes

Cooking: 5 minutes

Ingredients:

450 grams fillet of beef

1 tablespoon of soft brown sugar

1 tablespoon of dark soy sauce

2 cm piece of fresh ginger, grated

a pinch of salt

2 tablespoons of oil

6 spring onions

freshly ground black pepper

serve heat the oil stirring
slice cook gently add

1. the beef into thin strips about 3 cm long.
2. Mix the sugar, spices and soy sauce in a bowl. the beef, ginger and salt and stir well.
3. in a wok and stir-fry the onions for one minute.
4. Add the beef and fry, constantly, for four minutes, or until the meat is browned.
5. Stir in a little more soy sauce and black pepper and for a minute or two.
6. with plain boiled rice.

Домашнє завдання: вивчити нову лексику. На основі вправи №6 написати за цим зразком свій власний рецепт улюбленої страви.

Виконані завдання надсилати на пошту:

Карнах Е.В.- emiliya.karnakh@gmail.com