

Unit 3. CEREALS AND LEGUMES

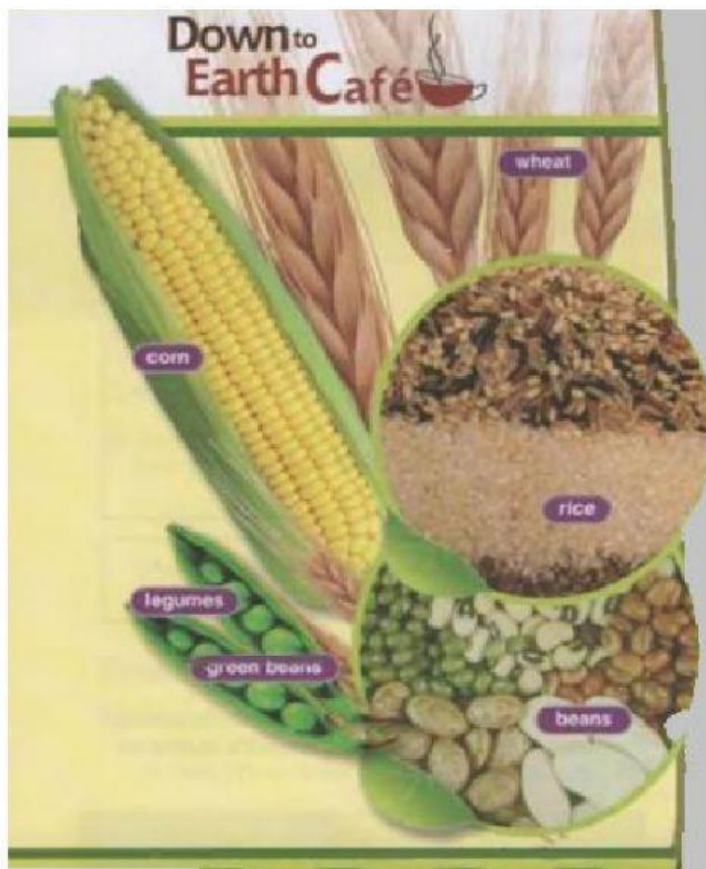
Ex.1 Let's remember the words

WORDS

- *wheat* - пшениця
- *lentils* - сочевиця
- *rice* - рис
- *rye* - жито
- *oat* - овес
- *millet* - пшоно
- *corn* - кукурудза
- *beans* - боби



Ex.2 Read the webpage for a restaurant.



OUR MISSION

Down To Earth Cafe strives to provide wholesome food without sacrificing taste. We also support local industries whenever we can. Our **legumes** and **grains** come from fields at small, nearby farms. This includes rice, **wheat** and several other products.

COMMITMENT TO HEALTH

We know that bran is an important source of nutrition. That's why our meals include **whole grain** breads. We also serve **brown rice** instead of **white rice**.

AWARD-WINNING FOOD

Did you know that our Fresh Feast Burrito just won its third Culinary Choice Award? Come on in and try it!

It includes black **beans** and **corn**. Also, choose brown or **wild rice**. Eat it by itself, or add a side of buttered **green beans**.

Ex.3 Choose the correct answer according to the text.

1. What is the purpose of the webpage?

2. Which item is NOT served at the restaurant?

3. How does the restaurant support local industries?

Ex.4 Write a word or phrase that is similar in meaning to the underlined part.

1 The restaurant serves bread that is made from wheat with the bran layer intact.

__ h o __ __ __ a __ n

2 The chef made chicken with a side of legumes that are picked early and eaten in the pod.

g __ __ e n __ e a __ s

3 The culinary instructor reviewed differences between legume seeds that come from climbing plants.

b __ __ __ s

4 A black grain that grows in shallow water is less common than other types.

__ i l __ __ i __ e

5 The chef prefers to buy plant seeds used as food from local sources whenever possible.

__ r __ i __ s

6 I like to eat small grains that grow on grasses with steamed vegetables.

r __ __ __

Ex.5 Read the sentence pairs. Choose which word or phrase best fits each blank.

white rice / brown rice

- 1. _____ still has the bran layer intact.
- 2. The bran layer is removed to make _____ .

legume / bran

- 1. Many types of _____ can be eaten raw off the vine.
- 2. Some people add _____ to their meals to improve nutritional value.

wheat / corn

- 3. Most breads are made from _____.
- 4. The _____ grows on very tall stalks.

Ex.6 Match the picture and the name of items.



amaranth

barley

buckwheat

chia

corn

millet

oats

rice

rye

wheat

sorghum

green lentils