

## **Unit 3. CEREALS AND LEGUMES**

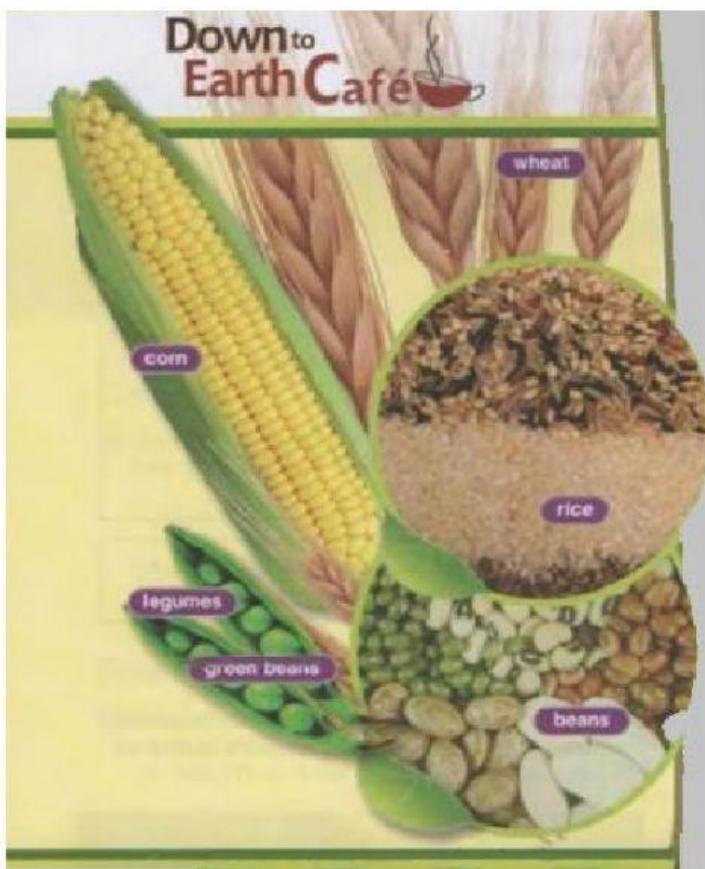
### **Ex.1 Let's remember the words**

#### **WORDS**

- **wheat** - пшениця
- **lentils** - сочевиця
- **rice** - рис
- **rye** - жито
- **oat** - овес
- **millet** - пшено
- **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?

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2. Which item is NOT served at the restaurant?

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3. How does the restaurant support local industries?

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**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

