

Healthy takeaway UK

Name, Surname

Task 1. Write down vocabulary 5c, p.135

5c		
boiled /bɔɪld/ (adj)	қайнатылған	вареный
calorie /ˈkæləri/ (n)	калория	калория
compared to (phr)	салыстырғанда	по сравнению с
dish /dɪʃ/ (n)	тағам	блюдо
fried /fraɪd/ (adj)	қуырылған	жареный
immigrant /ˈɪmɪgrənt/ (n)	келімсек	иммигрант
nation /ˈneɪʃən/ (n)	халық	народ
order /ˈɔːdə/ (v)	тапсыру	заказывать
owner /ˈəʊnə/ (n)	ие, қожайын	владелец
snack /snæk/ (n)	басытқы	закуска

Task 2. Watch the video and read the text



UK!

▶ VIDEO

Healthy
Takeaway

Brits love takeaway food, but some dishes are healthier than others.

Chinese food
The first Chinese restaurant opened in London over a hundred years ago, and now it's one of the nation's favourite takeaways. But next time, try noodles with bean sprouts, which has very few calories compared to crispy duck pancakes or spring rolls.

Indian food
British people love curries. They spend £250 million a year on them – and they usually order too much food! Why not share your chicken tikka masala with a friend? And make sure you order boiled rice, which has very little fat, rather than fried rice.

Kebabs
Immigrants from Turkey and Cyprus brought kebabs to Britain. Now they're a favourite nighttime snack. But ask the owner just to put a bit of meat in the pitta bread, and fill it up with salad.

**Ordering takeaway tonight?
Make a healthy choice!**

Task 3. True or False? Write T for true and F for false

1. British people don't like takeaway food.	
2. The first Chinese restaurant opened in London in 17 th century.	
3. Brits love Indian food.	
4. Chicken tikka masala is one of Turkish dishes.	
5. The most favourite nighttime snack is kebab.	

Task 4. Look at the pictures p.58 and move the names of the dishes.

kebab
(lamb in pitta bread)

fruit salad

noodles with bean sprouts

spring rolls

chicken tikka masala

Paulo's Menu

Main meals

Side Dishes

Desserts

crispy duck pancakes

chicken with boiled rice

ice cream

vegetable soup

Task 5. Tick the odd one out

DANA'S RESTAURANT!

**Side dishes:**

duck pancakes – spring rolls – boiled rice – chicken salad

Main meals:

kebab – ice cream – noodles with bean sprouts – chicken tikka masala

Desserts:

fruit salad – ice cream – chocolate cake – vegetable soup

Drinks:

mineral water – cola – spring rolls – lemonade