

Unit 1. FRUIT, VEGETABLES, SPICES AND HERBS

Ex.1 Let's remember the fruit. Complete the table

Type of fruit	Name of fruit
Citrus fruit	
melons	
berries	
Tree fruit	
Tropical fruit	

Ex.2 Match the words and phrases (1-6) with the definitions (a-f)

1 ____ raw
2 ____ berry
3 ____ citrus

4 ____ melon
5 ____ tropical
6 ____ tree fruit

A. having thick skin and a sour flavor
B. growing in warm wet climates
C. a juicy, hard-skinned fruit
D. not being cooked or processed
E. a small fruit with many seeds
F. fruit that grows from trees



Ex.3 Read the sentence pairs. Choose which word best fits each blank

Vitamin C / fiber

1. I need to eat more _____ to improve my digestion.
2. Consuming _____ reduces your chance of getting sick.

Juice / fruit

1. I like to drink fresh _____ in the morning.
2. The chef picks _____ from his garden daily.

Squeeze / peel

1. Will you _____ that orange so I can add it to the fruit salad?
2. _____ the lime and drip the juice over the vegetables

Ex.4 Let's remember the vegetables.

WORDS



- **root vegetables** - коренеплоди (морква)
- **tuber vegetables** - бульбові овочі (картопля)
- **leaf vegetables** - листові овочі (салат)
- **inflorescent vegetables** - суцвіття (кольорова капуста)
- **bulb vegetables** - цибулинні овочі (чеснік)
- **stalk vegetables** - зелень (кріп)

Ex.5 Listen to a conversation between two chefs. Make the following statements as TRUE or FALSE

	TRUE	FALSE
1. The woman was not supposed to use frozen carrots.		
2. The woman overcooked multiple ingredients.		
3. The man recommends adding the onions earlier.		

Listen again and complete the dialogue

Chef 1	I don't know _____ . The soup is a disaster.
Chef 2	That doesn't _____ . What's the problem?
Chef 1	Well, for one thing, the carrots should be firm, but they are _____ .
Chef 2	How did you prepare them?
Chef 1	I _____ and then boiled them before I put them in the soup.
Chef 2	It sounds like _____ them. You need to start cooking them when they're still frozen.
Chef 1	Really? I _____ .

Ex.6 Let's know more about spices and herbs. Read the text and choose the correct answer.



'TIS THE SEASON

The holidays are here, and many people worry about maintaining healthy eating habits. But Chef Jack Polley has a solution.

"**Spices and herbs** are the key," Polley said. "They have very little fat and few calories. Some have none at all. This is a great way to create healthy yet flavorful food."

Spices and herbs complement nearly any food. Whether you like hot or mild, salty or sweet, there is something for you.

"Don't just use basics like **salt, pepper and garlic**," Polley said. "Try something new. **Basil leaves** are one of my favorites. It's true that fresh herbs aren't always easy to get in winter. But you can find almost anything **ground or dried**."

To **season** your food with something new, see our spice and herb list on p.92. Added bonus: Spices fill your home with delicious **aromas**.

1. What is the main idea of the text?

- a) appropriate spices for particular foods
- b) recommended spice storage methods
- c) improving food with spices
- d) where to find the best spices

2. Which of the following is NOT a benefit of spices and herbs?

- a) They contain very little fat and few calories
- b) They can grow in your garden all year long
- c) They add interesting flavors to any food
- d) They have delicious aromas

3. Which of the following is one of the chef's favourite spices or herbs?

- a) Pepper
- b) Garlic
- c) Salt
- d) Basic leaves

