

III Culture page for Ukraine 2

A. Look at the pictures. Do you know any of these famous Ukrainian foods? Listen, read and check your answers.



Meals in Ukraine

Ukrainian people love good food and there are lots of great Ukrainian dishes to try!



Breakfast

Begin the day with a healthy breakfast! Many Ukrainians eat hot cereal with milk. They drink tea or *uzvar* (a drink made from boiled fruit) for breakfast.



Lunch

Ready for lunch? Try *varenyky*! There are many different kinds of these yummy dumplings, but vegetable, meat and cheese *varenyky* are very popular. Sweet *varenyky* with fruit are great too!



Dinner

Soups are popular in Ukraine and the most famous dinner soup is *borsch*. There are about thirty different types of this hot vegetable soup. Many people eat *borsch* with potato pancakes. It's great on a cold day!

Glossary

breadcrumbs = very small pieces of bread

Do you know...?



There are different types of Ukrainian bread for holidays. *Paska* and *babka* are types of sweet bread made for Easter celebrations. At Christmas, Ukrainians make a type of bread called *kalach*.



You can order *chicken Kyiv* in restaurants all over the world! This tasty dish is made from chicken, butter and breadcrumbs. It's delicious! Try it!

B. Read the text again and write T for True and F for False.

1. Cereal is a popular breakfast in Ukraine.
2. All *varenyky* are sweet.
3. *Borsch* is a cold soup.
4. There are different ways to make *borsch*.
5. *Paska* is made at Easter.
6. You can only get *chicken Kyiv* in Ukraine.



Project

Write a blog!

Write a short blog about your favourite Ukrainian dishes. Write about what they are, when you usually eat them and why you like them. Then present it to the class.

QUIZ:

Are you a healthy eater?



1. How many meals do you have a day?

- a. 3-4 small meals.
- b. 2 meals.
- c. I don't know. I eat all day.

2. What kind of snacks do you eat when you're hungry?

- a. Fruit.
- b. A sandwich.
- c. Chocolate bars or sweets.

3. Do you eat fruit and vegetables?

- a. Yes, every day.
- b. Sometimes.
- c. Fruit and vegetables? What are they?

4. How much milk do you drink a day?

- a. Over three glasses.
- b. I just have some with my cereal.
- c. I hate milk!

5. How many soft drinks do you drink a day?

- a. I only drink water.
- b. Just one can.
- c. 3-4 cans a day.

6. Do you eat junk food?

- a. Not very often.
- b. 2-3 times a week.
- c. Very often. It's so tasty!



YOUR SCORE

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Mostly **a**s:

Congratulations! You are a very healthy eater! You are very careful with what you eat. Good for you!

Mostly **b**s:

Well, it's not all good but we can't say it's all bad. You know what's healthy for you but you don't always eat right. Keep trying.

Mostly **c**s:

You've got some very bad eating habits. You eat a lot of junk food and that's very bad for you. You must change your eating habits NOW!

