***I. Прочитайте и письменно переведите текст.***

Three-four meals a day - breakfast, lunch, dinner and supper (or late tea)-are enough for most people. The meals should be varied, well cooked and attractive to look at-otherwise, however good they are, no one will want to eat them. Fresh food is better than tinned food and freshly cooked food is better than food that has been left in the oven or reheated after having become cold. Milk and butter (or margarine) are needed every day, with meat or fish or eggs (note or, not and). Fresh green vegetables or fruit are also needed even' day. Every growing person, which means everyone up to the age of 20, should drink at least a pint of milk daily.

It is best not to eat last thing at night and not to swim or take a bath just after a meal. In order to give the digestive system time to get to work on food, it is always a good thing to pause for thought - and digestion.

A point to remember is that most people eat too much sugar, as they are fond of sweets, cakes and pastry. Too much meat can also be harmful. In the 18th century people ate meat for breakfast, lunch, tea, dinner and supper and they died early of various diseases.

The most important rule is moderation - eating neither too much nor too little.

***II. Вставьте, где необходимо, артикли:***

Usually … breakfast is served at … 8 o’clock in … morning.

He is … waiter.

We shall go to … restaurant together with … friends.

I like … coffee without … sugar.

***III. Поставьте глаголы, стоящие в скобках в настоящем простом времени.***

What (can) I do for you?

Sorry, we (not to have) fruit ice-cream today.

The menu (to be) on the table.

I (to be) a waiter.

Usually they (to order) three helpings of boiled pike.

He (to prefer) strong coffee.

Our cook (to make) wonder full plum-cake.

I (not to like) soups.

***IV. Переведите на русский язык названия следующих продуктов и блюд***

ground pepper shrimp

Sweden baked milk beets

scrambled eggs onions

cornflakes

with garlic sauce

cherries beef with mushrooms

partridge

berry

boneless chicken with vegetables

earth nut

fish assorty

duck

smoked trout

sheat-fish

grapefruit juice

.

***V.Переведите следующую пословицу***:

Health is better than wealth.

Задание выслать на e-mail [i.baldina57@gmail.com](mailto:i.baldina57@gmail.com)

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