

**МАРІУПОЛЬСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ
КАФЕДРА ТЕОРІЇ ТА ПРАКТИКИ ПЕРЕКЛАДУ**

ПАНОВА Я.Є.

MEALS

МЕТОДИЧНІ ВКАЗІВКИ

МАРІУПОЛЬ, 2017

УДК 101:81(075)
ББК 81в я73

Рецензенти: к.філол.н., доцент кафедри теорії та практики перекладу
Пефтієва О.Ф., к.п.н., доцент кафедри італійської філології та перекладу
Мараховська Н.В.

Панова Я.Є. Meals: методичні вказівки для студентів вищих закладів освіти /
Укладач: Панова Я.Є. – Маріуполь: вид-во МДУ, 2017. – 33 с.

Методичні вказівки за темою «Meals» знайомлять студентів з базовими поняттями, необхідними для перекладу англомовних текстів та комунікації пов'язаних з темою «Їжа».

У методичних вказівках пропонується для вивчення достатній вокабуляр, який допоможе студентам у опануванні запропонованої теми. Надаються два тексти для опрацювання, до яких пропонується ряд завдань на закріплення та розвиток комунікативних здібностей. Окрім текстів, представлено вправи для розвитку мовленнєвих навичок, діалогічного, полілогічного мовлення, аналізу наданої інформації, переказу основних аспектів текстів, а також ряд творчих завдань. Деякі завдання орієнтовано на вміння аргументувати свою точку зору.

Для студентів вищих навчальних закладів філологічних, перекладацьких відділень (факультетів) університетів, викладачів і всіх тих, хто цікавиться перекладами різномовних текстів.

УДК 101:81(075)

ББК 81в я73

© Панова Я.Є.

ВСТУП

Методичні вказівки за темою «Meals» представляють собою методичне видання допоміжного характеру для роботи над темою «Meals» з практичного курсу англійської мови як першої іноземної мови для студентів ОР «Бакалавр» спеціальності «Переклад» та основної іноземної мови для студентів спеціальності «Міжнародна економіка», «Політологія», «Міжнародні відносини» денної та заочної форми навчання. Навчальний посібник відповідає вимогам програми з англійської мови для університетів за темою «Meals». Методичні вказівки знайомлять студентів з базовими поняттями, необхідними в усному мовленні та для перекладу англійських текстів за запропонованою темою.

У першій частині представлено вокабуляр, що охоплює всі найважливіші аспекти теми: назви овочів, фруктів, ягід, м'яса, риби, а також процесу приготування та необхідних для цього девайсів. У другій та третій частинах пропонуються тексти для читання, переказу та обговорення. А також надаються комунікативні та творчі вправи, які допоможуть розвинути навички мовлення та значно збагатити лексичний запас. У четвертій частині дається контрольний переклад на перевірку та закріплення здобутих знань.

Завданням методичних вказівок є забезпечення фонових знань, необхідних перекладачеві, а також засвоєння відповідної лексики та розвиток власне перекладацьких та комунікативних навичок та вмінь студентів. Для вирішення вищевказаних завдань матеріал посібника подано у 4 частинах, які містять систематичний виклад інформації щодо питань приготування їжі, поводження у кафе та ресторанах, дотримання здорового способу життя, обговорення теми дієти та правильного харчування.

Все вищезазначене актуалізує необхідність створення подібних методичних вказівок, як додаткового матеріалу для кращого засвоєння вказаної теми з практичного курсу англійської мови, у якому надано основну інформацію про ситуації та проблеми, пов'язані із їжею. Поряд з текстами

для перекладу представлено вправи для розвитку навичок говоріння, аналізу наданої інформації, творчого мислення. Окремі завдання спрямовані на обговорення та аргументацію своєї точки зору.

Методичні вказівки розраховані на студентів вищих навчальних закладів філологічних, перекладацьких відділень (факультетів) університетів, викладачів і всіх тих, хто вивчає англійську мову.

CONTENTS

PREFACE	3
PART I. VOCABULARY	7
PART II. WORK WITH TEXT 1	16
PART III. WORK WITH TEXT 2	20
PART IV. TEST TRANSLATION	33
LITERATURE	34

PART 1. VOCABULARY

1. Translate into Ukrainian

Help yourself to...	to taste / try smth
home-made food	to smell / taste delicious
ready-to-cook foods	to smell / taste of smth
takeaway food	to smell / taste like smth
junk food	to (be) go off / stale / sour
to feed smb on wholesome food	

QUALITY OF FOOD

tasty	mild
tasteless	salty
nutritious	tender
fatty	tough
stodgy	fresh
savory	juicy
organic	sweet
raw	jelly
burnt	canned / tinned
frozen	underdone / undercooked / over-
smoked	cooked / overdone
bitter	well-done
hot / spicy	medium-rare
sour	

PROCESS OF COOKING

steam	to mash
to bake	to cool
to boil	to poke
to fry	to spoon
to roast	to cream
to grill / to broil	to knead dough
to deep-fry	to whip / beat an egg with a whisk
to stew	to grease the cake tin
to simmer	to spread (with)
to stuff (with)	to sieve flour
to stir	to drain (pasta) in a colander
to mix / combine	to carve meat
to add	to mince meat
to pour	to beat up meat
to roll	to scale fish
to dice / cube	to shell an egg
to squeeze	to add smth to taste
to grind	to dress the salad with
to grate	to sprinkle with (salt)
to peel	
to bone	

DEVICES

a saucepan / casserole
 a frying pan
 a sieve - сито
 a mixing bowl
 a rolling pin

BREAD

white / wheat bread	a wafer / a waffle
brown / rye bread (with bran)	a sponge cake
a roll / bun	plumcake
a bagel	a doughnut
public/ bread-ring	a rusk
a croissant	bread crumbs
a gingerbread	a loaf of bread
a muffin	a slice of bread
a pie	to keep bread in a bread bin
pudding	the crust of bread / crusty
baking	
pastry, biscuits / cookies/ piecrust/	
chips/ a gateau	

SWEETS

a lollipop	a tart
a bar of chocolate	a pancake
a mince pie	meat, cheese, cherry dumplings
an apple pie	

GROCERY

a packet of salt	a can of coffee
granulated sugar	ready-ground coffee
castor sugar	instant coffee
loaf sugar	cocoa

yeast	cornflakes
a filling	semolina
barley	muesli
buckwheat (boiled buckwheat)	macaroni
corn	noodles
millet	spaghetti
oats = oatmeal – obec	vermicelli
porridge / oatmeal	
rice	

MEAT AND MEAT PRODUCTS

pork	meat balls
beef	beef steak
veal	roast beef
mutton	frankfurters
lamb	(smoked) sausage
liver	bacon
rabbit	ham
fat / lean meat	pate
barbeque	fat/ suet/ lard
stock / broth	sirloin
minced meat/ mince	
chops, cutlets	

POULTRY AND GAME

chicken	duck
---------	------

turkey
goose
partridge

quail
pheasant
(hazel) grouse

FISH AND SEAFOOD

salmon
tuna
plaice
herring
carp
perch
pike
sprat
trout
cod
sardine
crucian
zander
mackerel
kippers

halibut
eel
red-finned mullet
pig-fish
cat-fish
hake
kilka
pangasius
a shrimp / a prawn
a lobster
caviar
crawfish (crayfish)
an oyster
a mussel

DAIRY PRODUCTS

whole / low-fat / pasteurized milk
condensed milk
butter
cream
sour cream

kefir
yoghurt
curds, cottage cheese
margarine
mayonnaise

hard / soft cheese

an egg shell

processed cheese

a white / a yolk

soft-boiled / hard-boiled / poached /

fried / scrambled

VEGETABLES

broccoli

a pumpkin

cauliflower

a turnip

cabbage

a radish

carrot

dill/fennel

tomato

lettuce

garlic

parsley

potatoes

onion

beet

garlic

Brussels sprouts

vegetable marrow

an aubergine / an eggplant

celery

a courgette / a zucchini

NUTS

walnut

almond

coconut

date

hazelnut

cashew

peanut

nutmeg

BERRIES, FRUIT

currants (red, black)	raisins, sultanas
tangerine	persimmon
watermelon	raspberries
melon	pineapple
grapefruit	pomegranate
cranberries	apple
gooseberries	pear
strawberries	plum
white, sweet cherry	peach
kiwifruit	banana
dried apricots	orange
fig	grapes
prunes	

SPICES

sunflower /vegetable / olive oil	nutmeg
bay leaf	cinnamon
mustard	chili
vinegar	curry
ketchup	dressed, seasoned with
horseradish	heavily /lightly spiced

BEVERAGE

mineral / spring water	instant coffee
(fruit) juice	dark / light / bitter beer / lager
lemonade	a pint of beer / half-pint of beer –
fizzy drink / soda / pop	ПИНТА ПИВА (0,57 л) / ПОЛ ПИНТЫ
coke	ПИВА
stewed fruit	dry / fortified wine
hot chocolate	brandy (cognac)
cocoa	sherry
cocktail	(Scotch) whisky
milkshake	liqueur
a blend of tea	champagne
strong / middling / weak tea	to drink to...
to brew tea	a cork, a stopper
strong / black / white coffee	to pull a cork with a corkscrew
to grind coffee beans on a coffee	
grinder	

PART 2. WORK WITH THE TEXT 1.

Task 1. Read and translate the text.

Meals in Ukraine

The hospitality of Ukrainian people is well-known throughout the world. When a foreigner sets foot in Ukraine first he gets acquainted with our cookery – national dishes and meal-times. Frequently he gets to know that in his country they are not the same as in his. But he has to do in Ukraine as the Ukrainians do. The usual meals in Ukraine are breakfast, lunch, dinner and supper. Sanatoriums, rest-homes, hospitals and other public establishments generally follow this order of meals.

Breakfast is the first meal of the day. Lunch is a light meal usually in the middle of the day.

Dinner is the chief and the most substantial meal. It isn't served at a definite hour in our country. When it is in the middle of the day, the lighter evening meal is called supper.

Working people usually have a break for dinner at their place of employment. During the break they have either dinner or lunch.

In great many Ukrainian families dinner is followed by a cup of tea with a slice of lemon, jam or home-made pastry.

If you have a special dinner, a housewarming party for example, you should know how to lay the table on such an occasion.

First you spread the table-cloth and put out table-mats to protect the table from the hot dishes: a tureen of soup, a bowl of hot vegetables, a platter of meat, a boat of sauce, etc. Then you should put the knives and the soup spoon on the right-hand side and the fork on the left. A spoon for the sweet is usually put across the top.

On the left of each guest you may put a small plate for bread and on the right a wine glass. Don't forget to put out the table napkins for each guest and place a salt-cellar if necessary.

Task 2. Answer the questions to the text.

1. What is a traditional meals order in Ukraine?
2. Do you and your family follow these traditions?
3. How to arrange the table?
4. In what cases we cannot follow the above rules as for the laying the table?
5. Is it important to observe table manners and in what cases they may be not so strict?

Task 3. Tell about your last receiving the guests.

Use the following phrases: it was (smb's birthday party, new year celebration, anniversary, housewarming party, old friends meeting...); for the first/second course we had (there was, the 1,2 course included)...; for the dessert...; the party lasted...

Tell: who has come to the event, whether you liked or not the party, are you going to repeat it?

Task 4. Retell the text using the following topical vocabulary:

hospitality - ГОСТИННІСТЬ

to get acquainted with – знайомитися з

establishment - заклад

substantial – істотний, важливий

to lay the table – накривати на стіл

pastry - випічка

occasion – випадок, подія

to spread - розстилати

to protect - захищати

tureen – супник, супниця

platter – дерев'яна тарілка

napkin - серветка

salt-cellar - сільниця

Task 5. Make up dialogues on the given situations:

1. Customer and a waiter. A customer is a vegetarian and orders everything from a vegetarian menu.
2. Customer and a waiter. A customer is a vegetarian but the waiter is trying to persuade him to try something of meat.
3. A company of friends (2-3 persons) are going to have a lunch at an Italian restaurant.
4. Mother and a child at the confectionary store. Child is trying to make mother buy as many sweets as possible but mother is resisting. It's up to you to decide who wins.
5. Two friends at the café, one of them is keeping diet and the other wants to talk her out of it.
6. Make up extraordinary situations at the restaurants by yourselves.

Use the given expressions in the above dialogues:

Menu includes\ consists of...

For the first\second course...

What do you recommend to go with fish(soup, meat...)

To get a quick meal

I'm hungry\ starving\thirsty

To reserve a table

The house speciality

Would you like a refill?

Help yourself (to some more)

I'm satisfied\full

I'll treat you\ it's on me

Who is going to stand treat?

Have a pleasant meal\ enjoy

To be an immense\great\small eater

I'd like to have a bite\ snack

Would you like some more gravy\dressing?

How is it cooked?

Task 6. Watch video “At the restaurant”, act it out.

Task 7. Imagine yourself at the “Master-chief” kitchen. Pick up the cards with different kind of products (sometimes completely incongruous). You have ten minutes to concoct a recipe of a delicious dish out of the given products. Represent your dish in front of the audience.

Task 8.

Make presentation of your own specialized restaurant. Make a menu, explain what is the zest of your establishment.

Task 9.

Make a presentation of any national cuisine to your choice. Expand on its national dishes, traditions, origin. All the students should pick up different countries not to be repeated.

PART 3. WORK WITH TEXT 2.

Task 1. Read and translate the text.

The three fat women of Antibes (*by Somerset Maugham*)

One was called Mrs. Richman and she was a widow. The second was called Mrs. Sutcliffe; she was American and she had divorced two husbands. The third was called Miss Hickson and she was a spinster.

They were great friends, Miss Hickson, Mrs. Richman and Arrow Sutcliffe. It was their fat that had brought them together' and bridge that had cemented their alliance. They would have been independent of anyone else if they had not needed a fourth at bridge. It was for this reason that Frank invited Lena Finch to come and stay with them at Antibes. They were spending some weeks there on Frank's suggestion. She proposed then that they should take a house at Antibes, where they could get plenty of exercise — everyone knew that nothing slimmed you like swimming.

With a cook of their own they could at least avoid things that were obviously fattening. The plan worked very well.

But the fourth at bridge continued to be the difficulty. One morning when they were sitting in pyjamas on the terrace, drinking their tea (without milk or sugar), Frank looked up from the letters.

'Lena Finch is coming down to the Riviera,' she said. 'What about asking her to come here for a fortnight?'

'Does she play bridge?' asked Beatrice.

'You bet your life she does,' boomed Frank in her deep voice. 'And a damned good game too. We should be absolutely independent of outsiders.'

It was settled. And three days later Lena Finch arrived. Frank met her at the station. She was in deep mourning for the recent death of her husband. Lena was not, however, unduly depressed. Frank introduced the stranger to her two friends and they sat down in what was known as the Monkey House. It was crowded with chattering people, who were seated at the tables having drinks. The conversation was gay and easy, and presently they strolled back to the villa for luncheon.

In each napkin were two little antifat rusks. Lena gave a bright smile as she put them by the side of her plate.

'May I have some bread?' she asked.

The grossest indecency would not have fallen on the ears of those three women. Not one of them had eaten bread for ten years.

Frank, the good hostess, recovered herself first.

'Of course, darling,' she said and turning to the butler asked him to bring some. 'And some butter,' said Lena in that pleasant easy way of hers.

There was a moment's embarrassed silence.

'I don't know if there's any in the house,' said Frank, 'but I'll inquire'.

The butler brought a long crisp roll of French bread. Lena slit it in two and plastered it with the butter, which was miraculously produced.

A grilled sole was served. The rest of the luncheon consisted of lamb cutlets, with the fat carefully removed, and spinach boiled in water, with stewed pears to end up with, Lena tasted her pears and gave the butler a look of inquiry. That resourceful man understood her at once and though powdered sugar had never been served at that table before handed her without a moment's hesitation a bowl of it. She helped herself liberally. The other three pretended not to notice. Coffee was served and Lena took three lumps of sugar in hers.

"You have a very sweet tooth," said Arrow in a tone which she struggled to keep friendly.

"We think saccharine so much more sweetening," said Frank, as she put a tiny tablet of it into her coffee.

"Disgusting stuff," said Lena.

Beatrice's mouth drooped at the corners, and she gave the lump sugar a yearning look.

"Beatrice," boomed Frank sternly.

Beatrice stifled a sigh, and reached for the saccharine.

Frank was relieved when they could sit down to the bridge table. It was plain to her that Arrow and Beatrice were upset. She wanted them to like Lena and she was anxious that Lena should enjoy her fortnight with them. For the first rubber Arrow cut with the newcomer.

"Do you play Vanderbilt or Culbertson?" she asked her.

"I have no conventions," Lena answered in a happy-go-lucky way, "I play by the light of nature."

"I play strict Culbertson," said Arrow acidly.

The three fat women braced themselves to the fray. No conventions indeed! They'd learn her. When it came to bridge even Frank's family feeling was forgotten and she settled down with the same determination as the others to trim the stranger in their midst. But the light of nature served Lena very well. She had a natural gift for the game and great experience. She played with imagination, quickly, boldly, and with assurance. The other players were in too high a class not to realise very soon that Lena knew what she was about, and since they were all thoroughly good-natured, generous women, they were gradually mollified. This was real bridge. They all enjoyed themselves. Arrow and Beatrice began to feel more kindly towards Lena, and Frank, noticing this, heaved a fat sigh of relief. It was going to be a success.

After a couple of hours they parted, Frank and Beatrice to have a round of golf, and Arrow to take a brisk walk with a young Prince Roccamare whose acquaintance she had lately made. He was very sweet and young and good-looking. Lena said she would rest.

They met again just before dinner. "I hope you've been all right, Lena dear," said Frank. "I was rather conscience-stricken at leaving you with nothing to do all this time."

"Oh, don't apologise. I had a lovely sleep and then I went down to Juan and had a cocktail. And d'you know what I discovered? You'll be so pleased. I found a dear little tea-shop where they've got the most beautiful thick fresh cream. I've ordered half a pint to be sent every day. I thought it would be my little contribution to the household."

Her eyes were shining. She was evidently expecting them to be delighted.

"How very kind of you," said Frank, with a look that sought to quell the indignation that she saw on the faces of her two friends. "But we never eat cream. In this climate it makes one so bilious."

"I shall have to eat it all myself then," said Lena cheerfully.

"Don't you ever think of your figure?" Arrow asked with icy deliberation.

"The doctor said I must eat."

"Did he say you must eat bread and butter and potatoes and cream?"

"Yes. That's what I thought you meant when you said you had simple food."

"You'll get simply enormous," said Beatrice.

Lena laughed gaily.

"No, I shan't. You see, nothing ever makes me fat. I've always eaten everything I wanted to and it's never had the slightest effect on me."

The stony silence that followed this speech was only broken by the entrance of the butler.

"Mademoiselle est servie," he announced.

They talked the matter over late that night, after Lena had gone to bed, in Frank's room. During the evening they had been furiously cheerful, and they had chaffed one another with a friendliness that would have taken in the keenest observer. But now they dropped the mask. Beatrice was sullen. Arrow was spiteful and Frank was unmanned.

"It's not very nice for me to sit there and see her eat all the things I particularly like," said Beatrice plaintively.

"It's not very nice for any of us," Frank snapped back.

"You should never have asked her here," said Arrow.

"How was I to know?" cried Frank.

"I can't help thinking that if she really cared for her husband she would hardly eat so much," said Beatrice. "He's only been buried two months. I mean, I think you ought to show some respect for the dead."

"Why can't she eat the same as we do?" asked Arrow viciously. "She's a guest."

"Well, you heard what she said. The doctor told her she must eat."

"Then she ought to go to a sanatorium."

"It's more than flesh and blood can stand, Frank," moaned Beatrice.

"If I can stand it you can stand it."

"She's your cousin, she's not our cousin," said Arrow. "I'm not going to sit there for fourteen days and watch that woman make a hog of herself."

"It's so vulgar to attach all this importance to food," Frank boomed, and her voice was deeper than ever. "After all the only thing that counts really is spirit."

"Are you calling *me* vulgar, Frank?" asked Arrow with flashing eyes.

"No, of course she isn't," interrupted Beatrice.

"I wouldn't put it past you to go down in the kitchen when we're all in bed and have a good square meal on the sly."

Frank sprang to her feet.

"How dare you say that, Arrow! I'd never ask anybody to do what I'm not prepared to do myself. Have you known me all these years and do you think me capable of such a mean thing?"

"How is it you never take off any weight then?"

Frank gave a gasp and burst into a flood of tears.

"What a cruel thing to say! I've lost pounds and pounds."

She wept like a child. Her vast body shook and great tears splashed on her mountainous bosom.

"Darling, I didn't mean it," cried Arrow.

She threw herself on her knees and enveloped what she could of Frank in her own plump arms. She wept and the mascara ran down her cheeks.

"D'you mean to say I don't look thinner?" Frank sobbed. "After all I've gone through."

"Yes, dear, of course you do," cried Arrow through her tears. "Everybody's noticed it."

Beatrice, though naturally of a placid disposition, began to cry gently. It was very pathetic. Indeed, it would have been a hard heart that failed to be moved by the sight of Frank, that lion-hearted woman, crying her eyes out. Presently, however, they dried their tears and had a little brandy and water, which every doctor had told them was the least fattening thing they could drink, and then they felt much better. They decided that Lena should have the nourishing food that had been ordered her and they made a solemn resolution not to let it disturb their equanimity. She was certainly a first-rate bridge player and after all it was only for a fortnight. They would do whatever they could to make her stay enjoyable. They kissed one another warmly and separated for the night feeling strangely uplifted. Nothing should interfere with the wonderful friendship that had brought so much happiness into their three lives.

But human nature is weak. You must not ask too much of it. They ate grilled fish while Lena ate macaroni sizzling with cheese and butter; they ate grilled cutlets and boiled spinach while Lena ate *pâté de foie gras*; twice a week they ate hard-boiled eggs and raw tomatoes, while Lena ate peas swimming in cream and potatoes cooked in all sorts of delicious ways. The chef was a good chef and he leapt at the opportunity afforded him to send up one dish more rich, tasty and succulent than the other.

"Poor Jim," sighed Lena, thinking of her husband, "he loved French cooking." The butler disclosed the fact that he could make half a dozen kinds of cocktail and Lena informed them that the doctor had recommended her to drink burgundy at luncheon and champagne at dinner.

The three fat women persevered. They were gay, chatty and even hilarious (such is the natural gift that women have for deception) but Beatrice grew limp and forlorn, and Arrow's tender blue eyes acquired a steely glint. Frank's deep voice

grew more raucous. It was when they played bridge that the strain showed itself. They had always been fond of talking over their hands, but their discussions had been friendly. Now a distinct bitterness crept in and sometimes one pointed out a mistake to another with quite unnecessary frankness. Discussion turned to argument and argument to altercation. Sometimes the session ended in angry silence. Once Frank accused Arrow of deliberately letting her down. Two or three times Beatrice, the softest of the three, was reduced to tears. On another occasion Arrow flung down her cards and swept out of the room in a pet. Their tempers were getting frayed. Lena was the peacemaker.

"I think it's such a pity to quarrel over bridge," she said. "After all, it's only a game."

It was all very well for her. She had had a square meal and half a bottle of champagne. Besides, she had phenomenal luck. She was winning all their money. The score was put down in a book after each session, and hers mounted up day after day with unflinching regularity. Was there no justice in the world? They began to hate one another. And though they hated her too they could not resist confiding in her. Each of them went to her separately and told her how detestable the others were. Arrow said she was sure it was bad for her to see so much of women so much older than herself. She had a good mind to sacrifice her share of the lease and go to Venice for the rest of the summer. Frank told Lena that with her masculine mind it was too much to expect that she could be satisfied with anyone so frivolous as Arrow and so frankly stupid as Beatrice.

"I must have intellectual conversation," she boomed. "When you have a brain like mine you've got to consort with your intellectual equals."

Beatrice only wanted peace and quiet.

"Really I hate women," she said. "They're so unreliable; they're so malicious."

By the time Lena's fortnight drew to its close the three fat women were barely on speaking terms. They kept up appearances before Lena, but when she was not there made no pretences. They had got past quarrelling. They ignored one another, and when this was not possible treated each other with icy politeness.

Lena was going to stay with friends on the Italian Riviera and Frank saw her off by the same train as that by which she had arrived. She was taking away with her a lot of their money.

"I don't know how to thank you," she said, as she got into the carriage. "I've had a wonderful visit."

If there was one thing that Frank Hickson prided herself on more than on being a match for any man it was that she was a gentlewoman, and her reply was perfect in its combination of majesty and graciousness.

"We've all enjoyed having you here, Lena," she said. "It's been a real treat." But when she turned away from the departing train she heaved such a vast sigh of relief that the platform shook beneath her. She flung back her massive shoulders and strode home to the villa.

"Ouf! " she roared at intervals. "Ouf!"

She changed into her one-piece bathing-suit, put on her espadrilles and a man's dressing-gown (no nonsense about it) and went to Eden Roc. There was still time for a bathe before luncheon. She passed through the Monkey House, looking about her to say good morning to anyone she knew, for she felt on a sudden at peace with mankind, and then stopped dead still. She could not believe her eyes. Beatrice was sitting at one of the tables, by herself; she wore the pyjamas she had bought at Molyneux's a day or two before, she had a string of pearls round her neck, and Frank's quick eyes saw that she had just had her hair waved; her cheeks, her eyes, her lips were made up. Fat, nay vast, as she was, none could deny that she was an extremely handsome woman. But what was she doing? With the slouching gait of the Neanderthal man which was Frank's characteristic walk she went up to Beatrice. In her black bathing-dress Frank looked like the huge cetacean which the Japanese catch in the Torres Straits and which the vulgar call a sea-cow.

"Beatrice, what are you doing?" she cried in her deep voice.

It was like the roll of thunder in the distant mountains. Beatrice looked at her coolly.

"Eating," she answered.

"Damn it, I can see you're eating."

In front of Beatrice was a plate of *croissants* and a plate of butter, a pot of strawberry jam, coffee and a jug of cream. Beatrice was spreading butter thick on the delicious hot bread, covering this with jam, and then pouring the thick cream over all.

"You'll kill yourself," said Frank.

"I don't care," mumbled Beatrice with her mouth full.

"You'll put on pounds and pounds."

"Go to hell!"

She actually laughed in Frank's face. My God, how good those *croissants* smelt!

"I'm disappointed in you, Beatrice. I thought you had more character."

"It's your fault. That blasted woman. You would have her down. For a fortnight I've watched her gorge like a hog. It's more than flesh and blood can stand. I'm going to have one square meal if I bust."

The tears welled up to Frank's eyes. Suddenly she felt very weak and womanly. She would have liked a strong man to take her on his knee and pet her and cuddle her and call her little baby names. Speechless she sank down on a chair by Beatrice's side. A waiter came up. With a pathetic gesture she waved towards the coffee and *croissants*.

"I'll have the same," she sighed.

She listlessly reached out her hand to take a roll, but Beatrice snatched away the plate.

"No, you don't," she said. "You wait till you get your own."

Frank called her a name which ladies seldom apply to one another in affection. In a moment the waiter brought her *croissants*, butter, jam and coffee.

"Where's the cream, you fool?" she roared like a lioness at bay.

She began to eat. She ate gluttonously. The place was beginning to fill up with bathers coming to enjoy a cocktail or two after having done their duty by the sun and the sea. Presently Arrow strolled along with Prince Roccamare. She had on a

beautiful silk wrap which she held tightly round her with one hand in order to look as slim as possible and she bore her head high so that he should not see her double chin. She was laughing gaily. She felt like a girl. He had just told her (in Italian) that her eyes made the blue of the Mediterranean look like pea-soup. He left her to go into the men's room to brush his sleek black hair and they arranged to meet in five minutes for a drink. Arrow walked on to the woman's room to put a little more rouge on her cheeks and a little more red on her lips. On her way she caught sight of Frank and Beatrice. She stopped. She could hardly believe her eyes.

"My God!" she cried. "You beasts. You hogs." She seized a chair. "Waiter."

Her appointment went clean out of her head. In the twinkling of an eye the waiter was at her side.

"Bring me what these ladies are having," she ordered.

Frank lifted her great heavy head from her plate.

"Bring me some *ptũ de foie gras*," she boomed.

"Frank!" cried Beatrice.

"Shut up!"

"All right. I'll have some too."

The coffee was brought and the hot rolls and cream and the *ptũ de foie gras* and they set to. They spread the cream on the *ptũ* and they ate it. They devoured great spoonfuls of jam. They crunched the delicious crisp bread voluptuously. What was love to Arrow then? Let the Prince keep his palace in Rome and his castle in the Apennines. They did not speak. What they were about was much too serious. They ate with solemn, ecstatic fervour.

"I haven't eaten potatoes for twenty-five years," said Frank in a far-off brooding tone.

"Waiter," cried Beatrice, "bring fried potatoes for three."

"*Trus bien, Madame.*"

The potatoes were brought. Not all the perfumes of Arabia smelt so sweet. They ate them with their fingers.

"Bring me a dry Martini," said Arrow.

"You can't have a dry Martini in the middle of a meal, Arrow," said Frank.

"Can't I? You wait and see."

"All right then. Bring me a double dry Martini," said Frank.

"Bring three double dry Martinis," said Beatrice.

They were brought and drunk at a gulp. The women looked at one another and sighed. The misunderstandings of the last fortnight dissolved and the sincere affection each had for the other welled up again in their hearts. They could hardly believe that they had ever contemplated the possibility of severing a friendship that had brought them so much solid satisfaction. They finished the potatoes.

"I wonder if they've got any chocolate éclairs," said Beatrice.

"Of course they have."

And of course they had. Frank thrust one whole into her huge mouth, swallowed it and seized another, but before she ate it she looked at the other two and plunged a vindictive dagger into the heart of the monstrous Lena.

"You can say what you like, but the truth is she played a damned rotten game of bridge, really."

"Lousy," agreed Arrow.

But Beatrice suddenly thought she would like a meringue.

Task 2.

Answer the questions concerning the text:

1. Who are the main characters and what were they doing together?
2. How did the food of the characters differ during their stay?
3. What was the talent their chief and battler disclosed?
4. What happened after Lena's leaving?
5. What was the Arrow Sutcliffe's reaction when she saw her friends eating?
6. Describe the way they were eating.
7. What was the Frank's revenge on Lena?

Task 3.

Find in the text phrases and words similar to the following:

1. To eat noisily
2. To eat quickly with great eagerness.
3. To like eating sweet things.
4. To regain self-control.
5. To take fat away.
6. To put butter on top.
7. To cut into two parts.
8. To give coffee to somebody.
9. To walk in a slow, relaxed way.
10. To drink very fast by swallowing great quantities at once.

Task 4.

Retell the text from the point of view of each character.

Task 5.

Discuss the problem of overweight in groups.

Task 6.

Give your arguments for and against dieting.

PART 4. TEST TRANSLATION

Check your knowledge on topic “Meals” by making a translation from Ukrainian into English using the topical vocabulary from Part I.

Чи можна визначити за столом характер людини? Дослідження закордонних психологів показали, що так. Експерт японської асоціації природного харчування Куріяма виділяє шість груп людей у залежності від їхніх улюблених страв.

Любителі тушкованої моркви й інших овочів найчастіше жадібні до знань і амбіційні, але в побуті це мирні люди, які зовсім не піклуються про здоров'я. М'ясоїди, фанати соковитого біфштекса імпульсивні, часто домагаються успіху в житті, але в їхній кар'єрі злетів і падінь порівну.

Любителям фруктів властива підвищена емоційність. Вони займаються творчими професіями, уважні до інших і легко заводять друзів. Ви любите яблука? Отже, ви людина старанна і трохи...старомодна. А людина, що любить полуницю, небайдужа до красивих речей.

«Рибні душі» відрізняються спокоем і постійністю, користуються повагою, але трохи холодні у стосунках. На таку людину можна спокійно обіпертися в сімейному житті.

Гострі приправи подобаються темпераментним, схильним до пригод людям, що люблять ризик і відрядження. Вони егоїстичні і не терплять заперечень.

Любителі жирного часто піднімаються на верхню сходинку професійних сходів. Вони відкриті, чарівні і люблять флірт.

Норвезький вчений Олаф Ліндстем вивчає вплив на людську психіку овочів. Якщо вірити професору, салат розвиває музикальність, цибуля порей – логічне мислення, морква і шпинат уселяють меланхолію, картопля діє заспокійливо.

Скнари віддають перевагу прісним стравам. Егоїсти ж віддають перевагу кислому смаку. А схильні до самопожертви і романтики не можуть устояти

перед солодошами і кондитерськими виробами. Пристрасть до солоних делікатесів відчувають не тільки вагітні жінки, але і люди творчі, працьовиті і самовіддані.

Відомий дієтолог Г.Уїлсон пише про «емоційну їжу». Коли ми просто щасливі і задоволені життям, нас тягне на солодке. Коли ми сердимося, віддаємо перевагу холодним закускам. Почуття самотності збільшує потребу організму в рідині: супах, соках, молоці. Обсіли турботи, гнітить страх, і от уже ми самі того не завважуючи, налягаємо на тверде, холодне або солодке. У такі хвилини шоколад виявляється поза конкуренцією.

Література

1. Войтенко В.В., Войтенко А.М. “Conversational English”/ В.В. Войтенко, А.М. Войтенко, Москва: Айрис-пресс, 1999. – 495с.
2. Гужва Т. Английский язык. Разговорные темы. Часть 1/ Гужва Т. Учебное пособие. — К.: Тандем, 1995. — 352 с.
3. Кузьмінська Л.С., Таран І.М. Практичний курс англійської мови: Посібник з практики усного та писемного мовлення: Навч.посіб. для студ. вищ. навч. закл./ Л.С. Кузьмінська., І.М.Таран– К.: Вид. центр КНЛУ, 2002. – 228 с.
4. Тучина Н.В., Меркулова Т.К., Кузьмина В.С. “Read and Speak English with Pleasure”/ Н.В. Тучина, Т.К. Меркулова, В.С. Кузьмина, Київ: Майстер-клас, 2005. – 414с.
5. Тучина Н., Зайцева Н., Красовицкая Л., Кривчикова Г., Каминин И. “A Way to Success. English for University Students”/ Тучина Н., Зайцева Н., Красовицкая Л., Кривчикова Г., Каминин И., Фолио, 2008-2011. – 336 с.