

# Unit 5

## Bread and Butter

LESSON 1 LESSON 1 LESSON 1 LESSON 1 LESSON 1

### Speaking 1

#### 1 Answer the questions.

1. What kinds of food do you like? What is your favourite dish?
2. What food is most popular with the school children?
3. What is a typical breakfast for you? Is it good to skip it? Why? Why not?
4. How many meals a day do you usually have?
5. What is a three-course meal? Where can you have it?
6. Which is the main meal of the day? When do you have it?
7. How often do you have snacks during the day? What do you usually have for a bite?
8. How often do you eat out? What kind of places do you usually go to?
9. Do you prefer home cooked meals to junk food or snacks?
10. How often do you have family meals?
11. What food do you treat yourself to on special occasions like birthday parties, weddings and other celebrations?
12. What kind of food do vegetarians eat?
13. What are usually the reasons for a person to go on a diet?
14. Who usually serves breakfast (lunch, supper) in your family?

#### 2 Phonetics practice: read the words and phrases below.

nutrition – nutrient	meal – male	utilize – authorize	fewer – fever	anxiety – anxious
diversity – divorce	greasy – grizzly	ensure – insure	processed –	texture – textile
latter – later	fries – freeze	chef – chief	proceed	acquaint – acquit
dairy – diary	boost – boast	enable – unable	dessert – desert	conquer –
urge – edge	diet – diabetes	obesity – obese	relieve – relief	conquest

#### 3 Reading practice: read the text, focusing on the pronunciation and intonation.

Most Canadians regularly eat bio-engineered food. Anyone who consumes cheese, potatoes, tomatoes, soybeans, corn, wheat, and salmon is taking in genetically modified food. In addition, 75 percent of processed food contain GM ingredients. Some of the items that have a high likelihood of containing GM material might surprise you. They include chocolate bars, baby food, margarine, canned soup, ice cream, salad dressing, yoghurt, cereals, cookies, and frozen French fries. And, there's nothing new about it.

# Reading 1

4 Read the article and for questions 1-6 choose the answer which you think fits best according to the text.

## The Future Of Food: Experts Predict How Our Plates Will Change

1. **Marion Nestle**, professor of nutrition and public health at New York University.

Unless there are big changes, a two-approach food system will have developed by the end of the second decade of this century. Within the next 20 years the followers of the one approach will be eating industrialized food produced as cheaply as possible but at the expense of the health of its workers and deterioration of natural resources. The other approach will be enjoying home gardens and locally produced food, though at a greater cost. Still I'm hoping for the enormous expansion of this latter approach to food choices as the healthiest and the most beneficial in all respects.

2. **Richard Branson**, the founder of Virgin Group.

Twenty years from now companies like *Beyond Meat* will be making food that tastes just like meat, thus they will eliminate the need to eat cattle and other animals. In twenty years' time production of meat will have been considerably reduced. This will be utilizing 35 times as little lamb, 15 times as little water and could be as much as 20 times less costly. I gave up eating meat six months ago to see whether I will miss beef and surprisingly, for myself, I haven't missed it at all. If we convince many other people to do the same population at large will get healthier and it will take the pressure off the land as well.

3. **Bee Wilson**, the author of *Consider the Fork: A History of How We Cook and Eat*.

Since I have been writing a book about the history of kitchen technology, I have been asked about the future of cooking a lot. And my wager is that the cooking of the future will look much more like the cooking of the past than anyone usually predicts. I foresee that there will be innovations in the way we shop for food and the kinds of pans and stoves we use. I also predict a pressure cooker will undergo a revival, because this tool represents savings not just of fuel but of time, without leaving out any bit of flavour. And in 20 years, I'm convinced that most people will be buying groceries through online delivery services and will feel amazed that they ever struggled to carry so many heavy bags from the car to the front door every week. And we'll have more desire for homemade food.

4. **Corey Lee**, the head chef of San Francisco's celebrated restaurant *Benu*.

In the next decade nutritionists will be centring food innovation on understanding flavor – its composition, how we perceive it and ways to measure it. I think chefs will be able to quantify how much and what kind of tomato flavor is in their Bolognese, and consumers will be able to make choices according to their preferences. Perhaps someone who will examine carefully a label in a supermarket in 20 years will be looking at a totally different set of measurements than we do now. I hope people will be passionate about the culture of food.

5. **Anna Lappé**, the founder of Real Food Media Project and author of *Diet for a Hot Planet*.

My prediction is that refrigerators of the future will be filled with low carbon items like whole, unprocessed food, organically grown produce, more plant-based food and sustainably raised meat and dairy, with less packaging. People will understand that food waste



is not just a waste of money but a dangerous contributor to global warming. In some ten-fifteen years' time it will have become commonplace for schools – from schools to colleges – to have on-campus edible gardens and farms, educational institutions will be buying food directly from regional farmers.

**6. *Albert Case, the CEO and chairman of Revolution, which deals with solving food problems.***

We know that what (and how much) we eat has a significant impact on our lives—so more innovation is needed to give people better tools to make better choices, and to serve up healthier and more convenient options. And that needs to start in schools. Healthier school lunches will help improve learning, and instill better eating and even behavioral habits. The notion that we are what we eat was first suggested more than two centuries ago. It is time we embraced that idea, and took steps to ensure a brighter future for food.

1. According to Marion Nestle, twenty years from now
  - a) there will be greater class distinctions in society
  - b) there will be two major kinds of food
  - c) organic food will be very expensive
  - d) the government will focus on health and environmental policies
2. According to Richard Branson, in twenty years' time
  - a) he will convince people to give up meat
  - b) people will save rainforests
  - c) people will become healthier
  - d) real meat will be replaced by food with artificial flavours
3. Bee Wilson believes that in the future
  - a) online shopping will be the only kind of shopping available
  - b) the pressure cooker will no longer be in use
  - c) kitchen equipment is likely to undergo some changes
  - d) people will be forced to carry heavy bags.
4. In Corey Lee's opinion, in the future
  - a) people will have different flavour preferences
  - b) food will be labelled differently
  - c) chefs will be more qualified
  - d) food will be measured differently
5. The word "sustainably raised" in paragraph 5 implies
  - a) grown in an environmentally and socially responsible way
  - b) grown on a more regular basis than now
  - c) grown separately from other species and plants
  - d) grown for future generations
6. According to Albert Case,
  - a) healthy eating will invariably lead to better academic performance
  - b) healthy eating will facilitate learning
  - c) healthy eating is more convenient
  - d) healthy eating is a thing of the past

**5      Ask six questions (general, special or alternative) about *the future of food*.**

*What two different approaches to food will people have in the future according to Marion Nestle?*

1. ....
2. ....
3. ....

4. ....
5. ....
6. ....

**6** Write down arguments for the statement People will change their eating habits in the future. Use the information from the above text. Start with linking words and phrases.

**! Remember to answer WHY-questions: Why will people change their eating habits in the future?**

1. First, people will give preference to locally produced food and will grow their own fruit and vegetables.
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....

## Vocabulary Practice 1

### General and Topic Vocabulary

<b>to treat</b> 1) обращаться с кем-л (хорошо, плохо) 2) лечить к-л от болезни 3) угощать к-л	treat sb/sth badly/cruelly/ fairly treat sb <b>as/ like</b> treat sb <b>for</b> a disease ( <b>with</b> sth) treat sb <b>with</b> respect/caution etc treat sb <b>to</b> a meal, sweets/ etc	She treated the child <b>with</b> kindness. They treated us <b>as</b> honored guests. I treated you <b>like</b> my own sister. He treated me <b>for</b> a cold <b>with</b> a new drug. You've treated us <b>to</b> a delicious dinner. Treat yourself! (= <i>Угощайтесь!</i> )
<b>a treat</b> угощение, наслаждение, удовольствие, радость, подарок	a (real) treat <b>for</b> sb  <b>as</b> a treat <b>be a treat to do</b> sth (it is) my treat	Their visit was a real treat <b>for</b> us.  He took his son to a cricket match <b>as</b> a birthday treat. It is a treat (for me) to have a talk with you. "It's my treat," he said and paid the bill.
<b>treatment</b> обращение с к-л, лечение	<b>give/provide/get/receive/take/ undergo</b> treatment <b>for</b> a disease <b>be under</b> treatment	I've received treatment <b>for</b> an injured knee. These drugs are <b>for</b> the treatment <b>of</b> tropical diseases.  She is taking a new <u>course of treatment</u> .
<b>to feel (felt)</b> чувствовать (себя), ощущать  полагать  сочувствовать	feel <b>about</b> sth(=have an opinion) feel <i>bad/ well/ sorry/ good</i> (= <i>happy</i> )/ <i>fine/ sad</i> ( <b>about</b> sth) feel sth <b>for</b> sb feel like <u>doing</u> (=want to do) <i>Gr!</i>	How do you feel <b>about</b> this problem?  I feel well, but a bit cold.  I felt pity <b>for</b> this poor girl.  She felt proud of her children. Feel <u>free to say</u> what you like. She feels <b>like</b> resting.



<b>feeling</b> чувство, ощущение, эмоция, волнение мнение, отношение	<b>have/express/show/experience</b> one's feelings of sth <b>hurt sb's feelings</b> a feeling <b>on/about/for/against</b>	I have a terrible feeling <b>of</b> guilt for my failure. He expressed strong feelings <b>on</b> the issue of smoking at school and <b>against</b> long haircuts. He has a natural feeling <b>for</b> maths tasks.
<b>time (uncount)</b> время, момент, мгновение <b>a time (count) =</b> <i>an indefinite period</i> промежуток времени	<b>at the</b> appointed/present/right/ wrong time/ <b>in</b> sb's time <b>in</b> good time (= <i>early enough</i> ) <b>pass the/spend/waste/lose time</b> <b>doing</b> sth (gr!)  to tell <b>the time</b> <b>for</b> the time being (= <i>for now</i> ) to have a good/ great/ bad time <b>at times = from time to time</b> (be/ come) <b>in</b> time <b>for</b> <b>in</b> time to do  <b>in</b> <u>no</u> time (=soon) (be) <b>on</b> time ( <i>at the correct time</i> ) <b>in</b> 10 days'/five years' etc time <b>make/find</b> time <b>to do</b>	Time <b>flies/ passes</b> .  Time will <b>tell</b> if we are right.  <b>In</b> time you will forget everything. <b>In</b> my time people didn't wear such clothes. It's (about/ high) time (for us) to leave. (Gr.) Don't hurry. Take your time. The clock <b>keeps/ shows</b> good time. Now, <b>for</b> the time being, he is living with me. You'll see him <b>in</b> no time. (= <i>very soon</i> ) I am <b>pressed for</b> time./ I am <b>short of</b> time. We arrived <b>in</b> (good) time <b>for</b> the concert. (= <i>some (a long) time before the concert started</i> ). I completed the work <b>in</b> time <b>to</b> meet the deadline.  The train was <b>on</b> time.  I am leaving <b>in</b> a week's time.  <b>Make time</b> <b>to talk</b> to him.
<b>to serve</b> 1) подавать (еду, напитки) 2) служить, быть кем-л, чем-либо	serve sth <b>to</b> sb/ serve sb <b>with</b> sth serve <b>as</b> mayor, president serve <b>as</b> a reminder/ warning serve <b>in</b> the army	She served dinner <b>to</b> us.  I'll serve you <b>with</b> coffee and cake.  His illness served <b>as</b> an excuse.  It serves him <b>right</b> . ( <i>Так ему и надо!</i> ) Her talent for organization <b>served</b> her well.
<b>service</b> – служба, работа  услуга, сервис, обслуживание  рейс, сообщение, движение	do/ offer/ perform/ <b>a service</b> be <b>in/ out of</b> service be <b>of</b> service <b>to</b> sb be <b>at</b> sb's service ( <i>formal</i> )	The bus isn't <b>in</b> service. ( <i>can't be used</i> ) The airline provides <b>daily</b> service <b>from ...to</b>   There is a regular <b>bus service</b> in this district.   Can I be <b>of</b> any service <b>to</b> you?
<b>to reduce</b> ослаблять, понижать, сокращать, уменьшать	reduce pain/stress/risk/poverty reduce sth <b>by</b> sth reduce sth <b>from</b> .... <b>to</b> reduce sth <b>in</b> size/ number etc	Try to reduce the amount of fat in your diet. They reduced the budget <b>by</b> 20 percent. We'll reduce risks <b>to</b> the minimum. He reduced the price <b>from</b> 50 <b>to</b> 30 dollars.
<b>reduction</b> снижение, сокращение  спад, уменьшение  скидка	reduction <b>in</b> sth/ <b>for</b> sb (a slight) reduction <b>of/on</b> sth <b>make a reduction</b>	There has been a slight reduction <b>in</b> tourism. We offer \$50 reduction <b>for</b> all guests in June. There are reductions <b>on</b> ladies' clothes in the shops.  There is the reduction <b>of</b> interest rates.
<b>reason</b> 1) причина, повод, основание, довод 2) разум, рассудок, ум; благоразумие <b>to reason</b>	reason <b>for</b> (sth/doing sth)/ <b>to do</b> <b>for</b> the simple/ good reason (that)  <b>for</b> some/no reason <b>have/see/listen to</b> reason There is <b>every reason</b> to do sth a convincing/ strong/ sound ~	He <b>gave</b> no reason <b>for</b> his strange behaviour. <b>For</b> some reason, they didn't want to see us. The reason <b>behind</b> his decision remained unclear.  I am willing, <b>within</b> reason, to pay for your help.  You advice <b>stands to</b> reason (= <i>is logical</i> )  I tried <b>to reason</b> <b>with</b> her. There is no <b>good reason</b> to help him.
<b>reasonable</b> разумный, здравый, не- дорогой, приемлемый	be reasonable <b>about</b> sth/ <b>to do</b> a reasonable <i>price/explanation/</i> <i>excuse/approach/distance</i>	Your idea <b>sounds</b> reasonable. The hotel is within a <b>reasonable</b> distance from the beach. (= <i>not far</i> )
<b>trouble</b> – 1) волнение, беспокойство, тревога, беда, неприятность, горе 2) труд, усилие, заботы, хлопоты 3) источник неприятностей	have (a lot of) trouble <b>with</b> (be) <b>in</b> (deep/big) trouble <b>get/run into</b> trouble <b>keep/stay out of</b> trouble <b>take the trouble to do</b> <b>save sb the trouble of</b> doing	We are having a lot of trouble with our car. We had no trouble <b>finding</b> their house. (Gr.) He got into trouble when he tried to cheat at the exam.  The teacher took the trouble to learn all the names on the first day. If you ask me for advice, I will save you the trouble of making a mistake.
<b>to trouble</b> беспокоить, тревожить, нарушать	trouble sb <b>with</b> sth not trouble <b>to do</b> (Gr.) be deeply troubled <b>by</b> sth	I don't want to trouble my parents <b>with</b> my bad marks.  <b>May I</b> trouble you <b>for</b> the salt? They never troubled <b>to</b> ask what I would like.
<b>to become</b> (became, become)	become + adjective become + noun	The problem became worse. The sky became dark. He became president in 2001. ( <i>no art</i> )

<b>health</b> ( <i>uncount</i> ) здоровье, жизнеспособность, благосостояние, процветание	<b>be in good/ poor health</b>   (sth) be good/ bad <b>for</b> one's health <b>maintain/ promote health</b>   <b>ruin/ damage</b> one's health bad/ broken/ delicate/ ill/ poor/ good health; mental/ physical health <i>She swims <b>for</b> health. His health has improved recently.</i>
<b>food</b> ( <i>uncount</i> ) – things that people and animals eat <b>foods</b> – particular <u>types</u> of food: fatty/salty foods/ essential foods/ milk/brand name foods	<b>cook/prepare/heat/eat</b> food   frozen/healthy/junk/fast/tinned food   fatty/tasty/delicious heavy light nourishing simple spicy food <i>I love Italian food.   All the food <u>is</u> organic. There <u>is</u> enough food for everyone. Your offer has given us plenty food <b>for</b> thought.</i>
<b>a diet</b> ( <i>count</i> ) пища, питание, еда <b>diet</b> ( <i>uncount</i> ) режим питания, диета	<b>eat/have a healthy/balanced/ a low-/high-calorie/salt-free diet</b> <b>be/go on a diet</b>    <b>follow a diet, stick to a diet</b>   <b>in sb's diet</b> <i>The bird has a diet <b>of</b> nuts and berries.          Poor diet can affect sick people. (no article)</i>
<b>to eat</b> ( <i>ate, eaten</i> ) есть, поесть	eat heartily/ properly   be a hearty/ light <b>eater</b>   eat lunch/ a meal etc eat <b>out</b> (= to eat <b>at</b> a restaurant); eat <b>in</b> (= at home)   eating habits
<b>meal</b> ( <i>noun</i> ) a regular occasion when you eat, especially breakfast, lunch, or dinner.	<b>cook/prepare/make a meal</b>   <b>order/serve a meal</b>   <b>go out for a meal</b> eat/have/enjoy a meal   <b>have two/three meals a day</b>   <b>skip a meal</b> a big/heavy/decent/hearty/solid meal   have a square meal   a light/small/simple meal; a main meal (the main meal of the day)
<b>breakfast/ lunch/ dinner</b> <b>dinner</b> – 1) the main meal of the day; 2) a formal evening meal   <b>supper</b> – an evening meal (light and informal)	eat/have/make/prepare breakfast/lunch/dinner/supper ( <i>no article!</i> ) eat/have sth <b>for</b> breakfast/lunch/dinner   <b>go out (for dinner)</b>   <b>invite/ask sb to dinner</b>   <b>take sb out to lunch</b>   <b>at breakfast/lunch/dinner/supper (no art!)</b>   (have) a full/ nutritious/substantial/delicious breakfast/lunch etc   a business/ working lunch   <i>The dinner is tasty.</i>
<b>a course</b> one of the parts of the meal	the first/ main course   a three-course/ four-course meal <i>What will you <b>have for</b> the first course?</i>
<b>a dish</b> – a type of cooked food <b>dishes</b> – all the items for a meal: plates, cups, bowls etc	1) a main/favourite/side dish: <i>Her favourite dish is roast chicken.</i> 2) <b>do the washing up/ do the dishes/ wash the dishes</b> (= to wash up)   load a dishwasher   dirty /plastic dishes   a set of dishes
<b>fruit</b> ( <i>uncount</i> ) fruits – particular types of fruit: citrus fruits	<i>Apples and oranges are fruit. Fruit is <u>ripe</u> – you can eat it.</i> fresh/dried/tinned fruit   <i>Eat plenty of fresh fruit and vegetables.</i> (enjoy) one's/ <b>the fruits of labour</b> (= плоды труда)
<b>1) make of</b> <b>2) make from</b>	1) you use this when saying which material is used to make sth; the material hasn't been changed: <i>The statue is <b>made of</b> bronze. We made a dress <b>of</b> a single piece of silk.</i> 2) create sth by completely changing the materials the thing is made from <i>The Irish stew is <b>made from</b> meat, onions and potatoes.</i>
<b>a cook, a cooker</b> (the) cooking a cookout cooked ( <i>adj.</i> )	<i>a cook = a person who prepares and cooks food: the chef, head cook</i> <i>a cooker = an appliance used for cooking food: a pressure cooker</i> <i>cooking = the process of preparing food: <b>to be good at cooking; to do the cooking</b>; home cooking, cooking oil; to have a cookout (= a party outdoors); a cooked breakfast (= traditional English breakfast)</i>
<b>to cook</b> 1. ГОТОВИТЬ 2. ЖАРИТЬСЯ, ВАРИТЬСЯ, ГОТОВИТЬСЯ	1) prepare food, a dish or a meal: cook sth <b>for</b> sb; cook sb sth <i>Shall I cook (you) dinner tonight? I will cook it for you. I can cook.</i> 2) when food cooks, it is <u>heated</u> so that it is ready to eat: <i>While the rice is <b>cooking</b>, add the saffron to the stew. (No Passive!)</i>
<b>a recipe</b> – a set of instructions for cooking with ingredients	a traditional Indonesian recipe   a recipe <b>for</b> apple pie <i>The chicken and mushroom pie is <b>made from</b> a traditional recipe.</i>
<b>a table</b>	<b>lay/ set the table</b>   <b>clear the table</b>   <b>at table</b>   <b>sit (down) at</b> (the) table
<b>a menu</b>	<b>ask for the menu</b>   <b>be on the menu</b>   <i>What is on the menu today?</i>
<b>helping</b> 1. порция 2. добавка	1. <i>They ordered three <b>helpings</b> of meat and vegetables.</i> 2. <b>a second helping</b>   <i>You will have a second helping if you ask for it.</i>





## Prepositions

### 7 Fill in the correct preposition.

1. How do you feel ... the topical issue of GM food? 2. He is being treated ... pneumonia ... a highly effective drug. 3. That gourmet dinner in a posh restaurant was a real treat ... me. 4. He was at the entrance to the club right ... the appointed time. 5. A beautiful waitress served most delicious dinner ... us. 6. After dinner we were served ... traditional English trifle. 7. We were ... good time ... the reception, not to miss the most interesting moments. 8. Is she still ... treatment after that disastrous meal? 9. Our train arrived ... time but there was no one to meet us. 10. I will leave you here ... the time being. 11. For her age she is... remarkably good health. 12. If you go .... a diet, you'll definitely lose some weight. 13. I like to have fried eggs and black pudding ... breakfast. 14. Having dark chocolate every now and then is actually good ... your health. 15. You'd better stay off seafood in unfamiliar restaurants ... reasons of safety. 16. Sorry, the coffee machine is ... .. service. 17. Can I be ... any service ... you, ladies? 18. If you stick ... a diet rich in nutrients you can reduce the risk of heart attack ... 10 percent. 19. What's the reason ... the popularity of fast food? 20. There has been a surprising reduction ... consumption of junk food of late. 21. In the Christmas sales we will be offering significant reductions ... all goods ... all our customers. 22. Do you have oysters ... the menu tonight? 23. He invited her ... dinner and treated her ... a royal. 24. The findings of recent research into GM food give a lot of food ... thought. 25. I am ... your service all evening, Madame. May I treat you ... some dessert from our menu? 26. The company ran ... trouble when it tried to expand too quickly. 27. Wine is made .... grapes. 28. I didn't read the recipe .... cream soup carefully. 29. We missed you last night .... dinner. 30. Do you fancy going .... a meal? 31. Are you going to have soup .... the first course? 32. He used to eat ..... every day, but now he can't afford it and has to eat ..... 33. Are you excellent ... cooking?



## Word Formation

### 8 Look at Appendix 3 and give the missing form of the words below.

verb	noun 1	noun 2	adjective 1	adjective 2	adjective (negative)	adverb
produce				=====		
	service				=====	=====
	=====	=====			uneatable	=====
=====	fruit	=====				=====
			cooked		=====	=====
		predictability		=====		
consume				=====	=====	=====
=====		nutritionist			=====	
	reason	=====		=====		
		=====	reducible	=====	=====	=====
direct				=====		
		representative		=====	=====	
	option	=====		=====	=====	=====
trouble		=====			=====	=====
			creative	=====	=====	
	treat			=====	=====	=====



# Grammar Practice 1

## Future Tenses

Future Simple	Be going to	Future Continuous	Future Perfect
decision taken at the moment of speaking (on-the-spot-decisions) <i>I'm thirsty. I will have a cup of tea.</i>	planned actions or intentions <i>Now, that he's passed his exams he is going to train to be a doctor.</i>	actions in progress at a stated future time <i>This time next week I'll be taking part in a TV show.</i> <b>stative verbs not used!</b>	actions finished before a stated future time   <i>We'll have taken all our exams by next month.</i> <b>stative verbs not used!</b>
actions or predictions which may (not) happen in the future <i>They will probably come to Moscow next year. The winter will be fine here soon.</i>	actions intended to be performed in the near future <i>I am going to treat him to a tasty meal on Sunday.</i>	actions which are the result of a routine, plans or a fixed arrangement <i>I'll be swimming on Friday. (I swim every Friday. It's part of my routine)</i>	<b>Note:</b> not ... until/ till are used with Future Perfect in negative sentences. <i>He won't have completed the task until Tuesday.</i>
predictions, hopes, fears, threats, offers, promises, warnings, requests, comments etc with <i>expect, hope, believe, perhaps, I'm sure, I'm afraid, probably, think, I promise, I won't tell anybody about it.</i>	<u>evidence</u> that something will definitely happen in the near future, because we <u>see</u> or <u>know</u> it. <i>The clouds are dark. It's going to rain. It's so hot here. I'm going to faint.</i>	<u>Questions</u> when we ask politely about people's plans to see if they can do sth for us or because we want to offer to do sth for them. <i>Will you be driving to town today? Can you give me a lift?</i>	Future Perfect Continuous
			duration of an action up to a certain time in the future <i>By next year he will have been living in Spain for twenty years.</i>
things we are not yet sure about or we haven't decided to do yet <i>Perhaps we'll go the wedding.</i>	things we are sure about or have decided to do in the near future <i>They are going to visit us on Saturday.</i>	Present Simple (with future meaning)	Present Continuous (with future meaning)
		timetables, programmes <i>The lecture begins at 8.30.</i>	fixed arrangements in the near future <i>She's eating out tonight.</i>
We can use the <b>future simple</b> , <b>future continuous</b> or <b>future perfect</b> to make a prediction about the present or past, that is to say what we believe may be happening or have happened. "There is somebody at the door. – That'll be the postman. – <b>Наверное, это почтальон.</b> Don't call her now – she'll be sleeping. – Она, <b>наверное, сейчас спит.</b> It's seven o'clock. Dad <b>will have left</b> the office by now. – Папа, <b>вероятно, уже ушел с работы.</b>			
Questions with <b>Shall + I/ we + do</b> for suggestions, offers, asking for advice <i>Shall we have dinner? What shall I wear?</i>		Questions with <b>Will + you/he/she/they + do</b> a polite request, asking for help <i>Will you help me? - Помоги мне, пожалуйста.</i>	
Time expressions usually used with			
Future Simple & Continuous	Future Perfect		Future Perfect Cont.
tomorrow, tonight, next week/ month/ year etc, in two/three days, the day after tomorrow, soon, in a week, month, one of these days (= "на днях" in the future)	before, by, by then, by the time, in a year, in two years' time <b>Note:</b> <u>before</u> sb does, sb will have done <u>by the time</u> sb does, sb will have done <u>by that time</u> sb will have done		by ... for <i>By that time I will have been working for a month there.</i>



## 9 Fill in "will" or "be going to".

1. Why are you wearing your old clothes? – Because I ..... (wash) the car.
2. Have you got any aspirin? – Yes. It's in the bathroom. I ..... (get) it for you.
3. Why are you making sandwiches? – We ..... (have) a picnic on the beach.  
– What a lovely idea! I ..... (get) the towels and the swimming costumes.
4. I'm going now! Bye! – Bye! What time ..... (you/be) back tonight? – I don't know. I ..... (phone) you later.
5. You still owe me twenty dollars. Don't you remember? – You are right. I'm sorry. I ..... (give) it back tomorrow or one of these days. – ..... (you/ do) it tomorrow?
6. Do you like the tie I bought for Paul's birthday? – Mmm. I'm sure he ..... (love) it. What ..... (you/do) for his birthday? – We're going out for a meal.
7. Your exams start in two weeks' time. When ..... (you/start) revising? You haven't done any yet. – I know. I ..... (do) some tonight.
8. Mind the baby! She ..... (touch) the fire.
9. What ..... (you/do) for Christmas this year? Have you made any plans? – Yes, we are going to my husband's family on Christmas Eve. We ..... probably (come) back home on Boxing Day, but we haven't decided yet.
10. What ..... (life/be) like in the year 3,000? – People probably ..... (live) longer than now. – I've told my tutor I ..... (do) some research into that issue.
11. Look! The police car ..... (stop) outside our neighbours' house. I wonder why.
12. There ..... (not be) any rain today, but I hope it ..... (rain) tomorrow.
13. A coffee for me and my friend ..... (have) an orange juice.
14. I think I ..... (give) my parents a ring, or they ..... (be) worried about me.
15. Look out! That tree ..... (to fall). – ..... (you/stay) away from the road, please?

## 10 Fill in the correct future or present form.

1. What time ..... (your evening class/end)? – At half past eight. .... (I/come) and collect you? – Thanks, but I ..... (meet) my sister for a drink.
2. Excuse me sir, ..... (you/eat) lunch in the hotel today as usual or ..... (you/go) to the Healthy Food Exhibition?
3. My plans have changed. I ..... (not/go) to the culinary show with you on Tuesday afternoon. I ..... (take) my Music exam at that time.
4. Can I help you, Jane? You ..... (wash) up? – No. Mary ..... (do) the washing. I ..... (take) some food to Granny. – I ..... (accompany) you? – No, thanks.
5. .... (you/still/live) in this house in ten years' time?
6. This Christmas we ..... (visit) some friends in Australia, so on Christmas Eve we ..... (lie) on the beach, I hope. – I think, I ..... (join) you for the latter.
7. Why have you brought your sports kit to the office? – I ..... (play) tennis after work. I ..... (play) it every Friday. I ..... (play) next Friday as usual.
8. Your plane ..... (leave) at nine-thirty, so I think, I ..... (collect) you from your house at seven. – I ..... (already/head) for the airport at that time.
9. Don't phone between 8.00 and 9.00. I ..... (study) then. – When ..... (I/phone)?
10. .... (you/see) Jane tomorrow? – Why are you asking? – You ..... give her a message from me? – Yes, we ..... (meet) at 7. I ..... (treat) her to dinner.
11. Luke is really excited. He ..... (start) a new job next week.
12. We ..... (have) a party next Saturday. Would you like to come?
13. Don't worry about our guests. They ..... (arrive) any minute.
14. I'm sorry I must be off. My flight ..... (leave) in three hours.

15. The Stevens ..... (see) a bank manager tomorrow to talk about their mortgage.
16. By the time Jean gets back, it ..... (already/ be) too late to talk to her.
17. I've pressed the button. Now what ..... (I/ do) and what ..... (happen)?
18. We ..... (go) to the park later. – Are you crazy? Look at the clouds. It ..... (rain). You ..... (get) soaked. You'd better go inside.
19. .... (you/do) anything on your next holiday? – Yes, I ..... (visit) a friend in Stockholm. I've already arranged the trip. – ..... (anybody/ go) with you? I think my brother ..... (come) but he isn't sure yet.
20. Look! We ..... (have) more rain. – Yes, I see the clouds. I ..... (get) the chairs in.

## 11 Translate the sentences into English using *shall* or *will*. Make use of the Vocabulary of the Unit.

1. Мне не хочется идти ни в какой ресторан сегодня. – Приготовить ужин?
2. Мне ей позвонить или ты сама спросишь у неё рецепт торта?
3. Здесь так жарко! Я готовлю с самого утра. – Открыть окно? – Да, пожалуйста.
4. Ты помоешь посуду? – Я думаю, я загрузу посудомоечную машину.
5. Подайте нам обед в саду, пожалуйста. Погода сегодня чудесная.
6. Спектакль ещё только через час. Что будем делать?
7. Что вы будете на первое? – А какие супы есть в меню? – Вам принести его?
8. Приготовить пирог с грибами по старинному рецепту? – Конечно!
9. Какой вкусный суп ты сварила! Объеденье! – Съешь еще (вторую порцию)?
10. Накрыть стол в саду или в гостиной? – В гостиной. Кажется, дождь собирается.
11. Ну, что будем делать сегодня вечером? Хочешь пойти в кино?
12. Из чего ты сделаешь столик? – Наверное, я сделаю его из бронзы и дерева.
13. Вот мне мама даст рецепт вишневого пирога, я приготовлю его и угощу тебя им. Я надеюсь, что он будет съедобный. – Помочь тебе приготовить его?
14. Она, что, не поможет нам убрать со стола? – Конечно, поможет.

## 12 Fill in with the correct future form.

Have you ever wondered what exactly (1) ..... (you/ do) in ten years' time? According to computer expert Albert Swan, computers (2) ..... (soon be able) to make accurate predictions about the future. He (3) ..... (hold) a press conference next week to describe the computer which he calls 'Computafuture'. "This computer can tell us what life (4) ..... (be) like," explains Albert Swan. For example, *Computafuture* can predict how many people (5) ..... (live) in a particular area, or whether there (6) ..... (be) a lot of rain during a particular period. Albert Swan also believes that computers (7) ..... (replace) teachers completely, and in thirty years' time the computers (8) ..... (also/do) most of the jobs now being done by the police. And the schoolchildren (9) ..... (study) on-line. "Computers are becoming more intelligent all the time," says Albert Swan. "Soon they (10) ..... (direct) traffic and (11) ..... (teach) our children, and (12) ..... (tell) us about the future. When I study the data, given by *Computafuture*, I know, it (13) ..... (be) a perfect world. I (14) ..... (face) that future. At least that's my life plan."





## LISTENING 1

**13** You will hear a radio interview with a famous cardiologist. For statements 1-7, choose the best answer (True, False, Not Stated). You will hear the conversation twice.

1. Heart attacks are more common now than they were in the past.  
1) True                      2) False                      3) Not stated
2. Dr Shaw says most people would eat a healthier diet if they had more time.  
a) True                      b) False                      c) Not stated
3. If you have a healthy diet, with lots of fruit and vegetables, you may skip exercise.  
a) True                      b) False                      c) Not stated
4. Dr Shaw recommends joining a gym.  
a) True                      b) False                      c) Not stated
5. Dr Shaw says men in their 50s tend to smoke and drink too much coffee.  
a) True                      b) False                      c) Not stated
6. Dr Shaw implies men are more at risk of heart attacks than women.  
a) True                      b) False                      c) Not stated
7. A potential heart attack causes an important life change.  
a) True                      b) False                      c) Not stated



## WRITING PRACTICE 1

### Paraphrasing skills

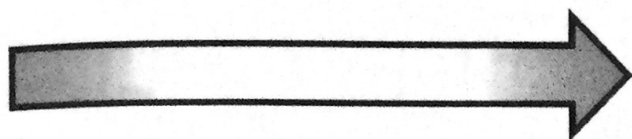
**14** Paraphrasing Practice. Use the following expressions while paraphrasing the sentences.

sb/ sth becomes stronger to strengthen sth to create family bonds	give sb an opportunity be an opportunity give sb a chance	deal with sth share sth with sb sit down for a meal
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1. Family meals help improve children's eating habits. – *Children who eat family meals eat more fruit, vegetables and less snack food than those who don't.*
2. Dining together helps children communicate with their parents more and deal with any difficult situation which may arise at school.  
.....
3. Family meals give parents an opportunity to share family values.  
.....
4. Family meals help children cultivate dining manners.  
.....

5. Family relationships become stronger if a family shares meals at least three times a week.

.....



## Home Assignment 1

### 15 Put the verbs in brackets in the correct future form.

1. .... (you/go) somewhere? – I ..... (walk) the dog. – Wait a minute, I ..... (come) with you. .... (I/take) some treat for the dog?
2. ....(we/ go) for a picnic at the weekend? – Why not? I ..... (make) a cake.
3. Have you got a present for Tony's birthday? – Yes, I ..... (give) him a tablet.
4. Ladies and gentlemen, this is your captain speaking. We ..... (take off) in five minutes, so please fasten your seat belts. .... (you/ switch off) your mobile phones, please?
5. Lucy is bad at cooking, she ..... (spoil) the whole thing. – Whom ..... (I/ask) then to make dinner? – I ..... (cook) it if you like.
6. Tomorrow morning I ..... (go) to France for the day. It's a school trip. I have to be at school at five in the morning. – How ..... (you/get) to school? – My father ..... (give) me and a few of my friends a lift.
7. What would Jennie like to drink? – She ..... (have) a glass of wine, I think.
8. Look! It ..... (be) a lovely day. .... (we/have) an outing to a bowling alley? – No, I can't. I ..... (throw) a party for my friends in the country.
9. I must phone Tomas. – Well, don't phone him now. He ..... (give) a lecture.
10. Hurry up, my TV series ..... (start) in ten minutes. I don't want to miss anything.
11. This time next week I ..... (lie) on the beach in the Crimea.
12. According to this timetable, the bus ..... (arrive) at 6.00.
13. When you get to the station, I ..... (wait) for you outside.
14. In ten years' time I ..... (work) for a different company.
15. .... (you/drive) to the city centre today? Do you think you can give me a lift?
16. There is someone at the gate. – Oh. That ..... (be) the delivery man.
17. Watch out. You ..... (bang) your head on the lampstand.
18. What are your plans for tonight? – I ..... (treat) Joan to dinner tonight.

### 16 Fill in the correct future form.

My cousin Louise is only fourteen but she is already a wonderful cook and always makes up incredible recipes. Next Saturday starting from the morning she (1) ..... (take) part in her school 'Best Chef' competition. Louise has already made up her mind what she (2) ..... (cook). I haven't even heard of such exotic dishes! We usually do our food shopping at the local market. Tomorrow it (3) ..... (open) at 8 o'clock, so the first thing we (4) ..... (do) is driving there to get the necessary ingredients. My husband usually takes us to the food market, but this time tomorrow he (5) ..... (work), which means we (6) ..... (have) to manage on our own. All our family (7) ..... (come) to see Louise in the show and give her all the support we can.. I only hope Louise (8) ..... (do) her best and (9) ..... (take) first prize!



## 17 Translate the sentences into English. Make use of General and Topic Vocabulary.

1. Мы сегодня будем *ужинать дома*, Хелен приготовит моё любимое блюдо. Приходи, я уверен, что тебе понравится. – Спасибо, тогда я принесу вино.
2. В мае начнётся очередной *курс лечения*, поэтому он сейчас *соблюдает диету*.
3. Твой яблочный пирог такой вкусный! Ты *делаешь* его *по* традиционному *рецепту*? – Да. Дать тебе *еще (добавки)*? – Конечно.
4. Осторожно! Эти тарелки сейчас упадут. Ну вот, какой же ты неловкий!
5. Одевайся быстрее. *Через несколько минут* они будут *подавать обед*.
6. Погода сегодня чудесная. Пойдем гулять? – К сожалению, сейчас я занята, встречаюсь с родственниками через полчаса, мы *ужинаем в ресторане*.
7. Таня очень *замечательно готовит*. Она собирается стать поваром и думает, что через десять лет будет управлять (to run) своим собственным рестораном.
8. Завтра мы уезжаем к морю. Три следующие недели будем загорать, купаться и есть фрукты. – А детей вы берёте? – Конечно, мы едем всей семьей.
9. Ты не будешь проходить мимо аптеки? Мне нужно лекарство от головной боли (a medicine for). – Я дам тебе таблетку. Я обычно *лечу ими* свою головную боль.
10. Обещай мне, что будешь *относиться ко всем с уважением*. И ... дружелюбно!
11. Что делаешь вечером? – Том ведет меня сначала в кино, а потом в ресторан. Он хочет *угостить меня* чем-то экзотическим.
12. Я надеюсь, ты *отлично проведешь время* на этом курорте. Тебя проводить?
13. Концерт начнётся в семь. Подвезёшь меня? *Совсем не хочется ехать на метро*.
14. Что у нас на обед? – Рыба и овощи. – Тогда я *поем в каком-нибудь кафе или ресторане*. Ты же прекрасно знаешь, что рыба не мое любимое блюдо.
15. На следующей неделе будет *значительное снижение цены* на эту модель туфель. – Я обязательно приду. Эти туфли будут *настоящим подарком* для меня.
16. В этом ресторане очень вкусная еда. Пойдём туда сегодня вечером? Я *угощаю*.
17. Ты поможешь мне *накрыть на стол*? Времени осталось очень мало, скоро гости придут. Что-то *небо темнеет*. Кажется, дождь собирается. Пойду закрою окна.
18. Наша гостиница *предлагает* самое лучшее *обслуживание*. Мы *обращаемся с каждым клиентом как с членом королевской семьи* (a royal).

18



**Writing a letter: You have received a letter from your English-speaking pen friend Liz who writes:**

*.... and that's why I'm so curious to know about your country's food. What are the national dishes? What are your own personal favourites? When do you eat your main meal of the day? Have your country's eating habits changed for the last decades? ...*

*... Yesterday I tried to cook a Japanese recipe. Everybody asked for a second helping. I was happy to treat my family to a new dish. ...*

**Write back to Liz.**

In your letter (100-140 words)

1. answer her questions
2. ask **3 questions** about the new dish she cooked.