

## Lesson 6. We cook ourselves

**1. Name the dishes that you can cook. Listen to all your classmates and answer the questions.**

1. What are the most popular dishes? 2. Are their recipes simple or complex? 3. Are the ingredients common or exotic [ɪg'zɔ:tɪk]? 4. What are the most popular ingredients? 5. Why do most of you like them?

**2a. Match the proverbs and their equivalents.**

1. All bread is not baked in one oven. 2. Half a loaf is better than no bread. 3. You can't make an omelette without breaking eggs. 4. After breakfast sit a while; after supper walk a mile. 5. Don't make your sauce until you have caught the fish. 6. An apple a day keeps the doctor away.

А. Без труда не вытащить и рыбку из пруда. В. Лучше синица в руках, чем журавль в небе. С. Не стриги всех под одну гребёнку. D. Завтрак – съешь сам, обед – подели с другом, а ужин – отдай врагу. Е. Лук – от семи недуг. F. Цыплят по осени считают.

bake (v) – baker (n) – bakery (n)


**2b.**   Listen to the proverbs and repeat them.

**2c. Which is your favourite proverb from the list?**

**3a. Answer the questions.**

A: What is a simple recipe to make bread? Where can you find flatbread? Where do people bake bread? What did people add to bread sometimes?

B: When were the first croissants made? Where were they made? How could the bakers of the first croissants help fight the enemy (сражаться с врагом)?

**3b.**  Read the texts and check your answers. Student A reads text A, student B reads text B. Then interview each other to find out the correct answers to the questions about the text you haven't read.

## A. A slice of bread

All bread starts from a simple recipe: you mix flour and water and cook it. Yet from this simple beginning come hundreds of different kinds of bread. There are flatbreads from the Middle East and Asia and small thin sticks from Italy and southern Spain. The typical French **loaf** is long, thin, soft and white inside; German bread is often dark and heavy. In many countries – Britain and Israel, for example – you can find plaited **loaves** (плетёнки). Bread can be cooked in several ways: often it is baked in an oven, but chapattis [tʃə'pætɪz] (from India) and tortillas [tɔ:'ti:əz] (from South America) are fried. Bread can also include things other than flour, for instance eggs, onions, sausages, potatoes or fruit.



loaf – loaves

## B. Croissants

When you think of the croissant you probably think of France, because the word sounds very French, but according to one story they were first made in Hungary in 1686. The Turkish [ˈtɜ:kɪʃ] army was outside the walls of the city of Budapest [ˌbʊ:də'pest]. Early one morning the bakers (пекари) of Budapest were making bread when they heard some noise, as at that time the Turks [tɜ:ks] were making a tunnel [ˈtʌn(ə)l] through the city walls. They were sure that nobody could hear them so early in the morning. The bakers woke the city up and Budapest was saved. To celebrate the occasion, the bakers made bread in the shape of the crescent [ˈkreɪz(ə)nt] (полумесяц) moon on the Turkish flag – and croissants are still eaten today, hundreds of years after the battle and thousands of miles from Budapest.



3c.  Discuss which proverb you can use to sum up text B.

4a.  Listen and read Alesya's letter. Explain why she feels proud (гордится).

4b.  Read the letter again and guess what the words in bold mean.

Dear Mum and Dad,

This weekend I spent with Natalie and her granny. We wanted to learn to cook. Natalie's granny was very kind to let us use her kitchen and help us with useful advice.

Can you imagine?! We **ourselves** prepared and cooked a three-course meal. It was great fun! There was only one problem. Natalie's granny worried a lot and kept saying: "Be careful with the knives! Be careful not to cut **yourselves**! You should remind (напоминать) **yourselves** to be careful."

Nevertheless, Natalie made very good soup, all by **herself**. I **myself** made pork chops and roast potatoes. Natalie's granny helped us with the gravy and also made a beautiful cake. She didn't take a recipe from a cookery book. She invented it **herself**! I should remind **myself** to write down the recipe for this cake before I go home. You will see how good it is.

Bye for now. Lots of love, Alesya

5. Look at the words in bold (ex. 4b). Complete the rule. See p. 256.



### Grammar focus: *Reflexive pronouns*

I – myself

we – ...

you – yourself

you – ...

he – himself

they – themselves

she – ...

it – ...

6a. Fill in the blanks with the correct pronouns.

1. Can you fry a piece of meat ... ? 2. Does your mum make pies ... ? 3. Does your dad make fried potatoes ... ? 4. Do your friends make breakfast ... ?

6b.  Interview your partner using the questions above.



Reflexive pronouns (cloze test)

7.  Write what you can do in the kitchen yourself.

A glass of ..., a bottle of ..., a cup of ...	A slice of ..., a piece of ..., a chunk of ...	A pound of (фунт = 454 грамма) ..., a gram of ..., a kilo of ...
water, milk, juice, tea, coffee	cheese, meat, bread, pie	cheese, meat, butter flour, sugar, coffee

## Lesson 6. Reflexive pronouns / Возвратные местоимения

В английском языке нет возвратного местоимения *себя*. Для обозначения перехода действия на само лицо употребляются восемь возвратных местоимений, оканчивающихся на *-self* (*-selves* во множественном числе):

I – myself, you – yourself, he – himself, she – herself, it – itself, we – ourselves, you – yourselves, they – themselves

На русский язык они переводятся глаголом с постфиксом “-ся (-сь)” или местоимением “себя” (“себе”, “собой”, “сам”):

They talked about *themselves*. – Они говорили о себе.

I can take care of *myself*. – Я могу позаботиться о себе сам.

## UNIT 4

### Lesson 2. Present Perfect or Present Perfect Continuous

*Present Perfect* означает прошлое действие, завершившееся к настоящему моменту, так что результат этого действия очевиден:

The teacher ***told*** us to read four books. I ***have*** already ***read*** two (**How many?**). I ***have eaten*** half a bowl of soup (**How much?**), but I can't eat any more.

I / You / We / They ***have (not) V3***

He / She / It ***has (not) V3***

*Present Perfect Continuous* означает действие, начавшееся в прошлом и длящееся до настоящего момента: