

**МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ  
ПОЛІСЬКИЙ НАЦІОНАЛЬНИЙ УНІВЕРСИТЕТ**

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**ENGLISH FOR TECHNOLOGY STUDENTS  
(Livestock Products Technology)**

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Практикум з англійської мови розроблено відповідно до робочої програми дисципліни «Фахова іноземна мова (рівень B2)» для здобувачів другого (магістерського) рівня вищої освіти спеціальності Н2 Тваринництво (освітньо-професійна програма «Технологія виробництва і переробки продукції тваринництва»).

Практикум містить вправи для засвоєння лексичного матеріалу, зокрема фахової термінології; завдання для аналітичного читання фахових текстів; аудіювання (з використанням автентичних аудіо- та відеоматеріалів); завдання для вдосконалення навичок усного і писемного мовлення у професійно спрямованих комунікативних ситуаціях. Для контролю та самоконтролю рівня засвоєння знань запропоновано тестові завдання на множинний вибір, у додаток включено завдання, спрямовані на розвиток пам'яті, уяви та ерудиції студентів.

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## ПЕРЕДМОВА

Запропонований практикум з англійської мови укладено для використання на заняттях з дисципліни «Фахова іноземна мова (рівень В2)», що викладається для здобувачів другого (магістерського) рівня вищої освіти за спеціальністю Н2 Тваринництво (освітньо-професійна програма «Технологія виробництва і переробки продукції тваринництва»).

Мета практикуму – сприяти розвитку професійно-орієнтованої комунікативної компетентності майбутніх фахівців у всіх видах іншомовної мовленнєвої діяльності – читанні, аудіюванні, говорінні та письмі. Особлива увага приділяється поглибленню знань спеціальної термінології та розвитку вміння аналітичного читання автентичних фахових текстів.

Матеріал практикуму поділено на 8 розділів, об'єднаних у 2 модулі, тематика яких відповідає програмі навчальної дисципліни. Зокрема розглянуто теми «Харчова цінність м'яса», «Морфологічний склад м'яса», «М'ясо домашніх ссавців», «М'ясо домашніх птахів», «Нарізки м'яса», «Технології переробки м'яса», «Продукти переробки м'яса», «Успіхи та виклики м'ясопереробної промисловості».

Кожний тематичний блок містить завдання, спрямовані на: а) активізацію й збагачення словникового запасу студентів фаховою й загальнонавчальною лексикою; б) розвиток навичок читання й аналізу фахових текстів; в) вдосконалення навичок усного і писемного мовлення у професійно-комунікативних ситуаціях та г) розвиток розуміння на слух професійно спрямованої іноземної мови за допомогою автентичних аудіо- та відеоматеріалів.

Наприкінці тематичних модулів пропонуються підсумкові тести у формі завдань на множинний вибір, до яких надаються правильні відповіді, що дає змогу студентам самостійно перевірити рівень засвоєння матеріалу. До кожної теми пропонується додатковий матеріал, а саме пов'язані з тематикою курсу прислів'я й ідіоматичні вирази, завдання інтелектуально-ігрового характеру, зокрема кросворди та головоломки, мета яких – розвинути пам'ять й ерудицію студентів, поглибити їхній інтерес до вивчення англійської мови.

Сучасні матеріали практикуму враховують технологічні інновації у сфері виробництва й переробки продукції тваринництва, потребу в оволодінні новою фаховою термінологією та вмінні вільно використовувати джерела фахової інформації.

*Автори*

## Unit 1

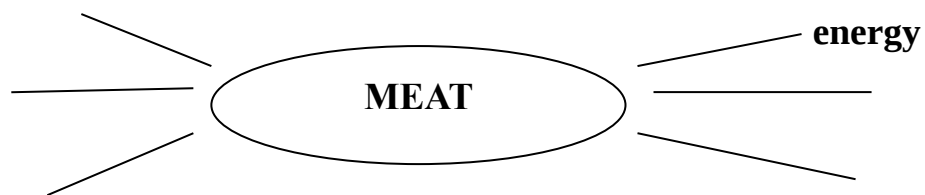
### NUTRITIONAL VALUE OF MEAT

**Look at the photo and talk about these questions.**

- Why do most people like meat so much?
- Is meat good or bad?
- Can humans live without meat?



**What do you associate with meat? Complete the chart and share your ideas with other students.**



## ❖ VOCABULARY

| Nouns                  |                                 |
|------------------------|---------------------------------|
| blood pressure         | кров'яний тиск                  |
| cell; red blood cells  | клітина; червоні кров'яні тіลця |
| damage; to damage      | ушкодження, шкода; пошкодити    |
| nutrient               | поживна речовина                |
| food; plant-based food | їжа; рослинна їжа               |
| potassium              | калій                           |
| poultry                | м'ясо птиці                     |
| well-being             | хороше самопочуття              |
| Adjectives / Adverbs   |                                 |
| beneficial             | сприятливий, корисний           |
| considerable           | значний                         |
| essential              | суттєвий, важливий              |
| fatty; fatty acids     | жирний; жирні кислоти           |
| Verbs                  |                                 |
| consume                | споживати                       |
| feel full              | відчувати ситість               |
| lose weight            | худнути                         |
| maintain               | підтримувати, берегти           |
| provide                | надавати, забезпечувати         |
| repair                 | відновлювати, ремонтувати       |
| strengthen             | зміцнювати                      |

**1. Match the words (1-9) with the definitions (A-H).**

|   |                  |   |                                                                    |
|---|------------------|---|--------------------------------------------------------------------|
| 1 | fatty acids      | A | <i>domestic fowl</i>                                               |
| 2 | plant-based food | B | <i>physical harm</i>                                               |
| 3 | red blood cells  | C | <i>the state of being comfortable, healthy, or happy</i>           |
| 4 | blood pressure   | D | <i>building blocks of the fat in our bodies and in food we eat</i> |
| 5 | well-being       | E | <i>a chemical element</i>                                          |
| 6 | nutrient         | F | <i>the force of circulating blood on the walls of the arteries</i> |
| 7 | damage           | G | <i>food from plants</i>                                            |
| 8 | poultry          | H | <i>building blocks of the fat</i>                                  |
| 9 | potassium        | I | <i>a component of blood that carries oxygen</i>                    |

## 2. Guess the word by its definition.

- |                                                           |                   |
|-----------------------------------------------------------|-------------------|
| A. eat or drink, especially a lot of something            | c _ _ _ _ _       |
| B. support                                                | m _ _ _ _ _       |
| C. restore                                                | r _ _ _ _         |
| D. become thinner or lighter                              | l _ _ _ w _ _ _ _ |
| E. rather large in size, amount, or degree                | c _ _ _ _ _ _ _   |
| F. producing good results or helpful effects              | b _ _ _ _ _ _ _   |
| G. having eaten so much food that you cannot eat any more | f _ _ _ f _ _ _   |
| H. absolutely necessary; extremely important              | e _ _ _ _ _ _     |
| I. give someone something that they need                  | p _ _ _ _ _       |
| J. make stronger                                          | s _ _ _ _ _ _ _   |

## 3. Circle the word that best fits in each sentence.

- a) Some components of meat, such as saturated fats, can have *negative* / *beneficial* effects on your health.
- b) People who *maintain* / *consume* too much red meat have a higher risk of heart disease, stroke or diabetes.
- c) Selecting lean cuts of meat can help you *put on* / *lose weight* and minimize the harmful effects of meat.
- d) Non-meat eaters don't get all important *nutrients* / *hormones*, which may affect muscle and brain function.
- e) Plant-based food doesn't *provide* / *strengthen* us with all essential amino acids.
- f) Consuming foods rich in protein makes people feel *full* / *hungry*.
- g) Chicken is an excellent low-calorie source of high-quality *potassium* / *protein*.

## 4. Fill in the blanks with the correct words from the word bank.

**! Sometimes you might need to change the form of a word.**

|                 |             |            |         |
|-----------------|-------------|------------|---------|
| considerable    | essential   | strengthen | consume |
| red blood cells | fatty acids | damage     | poultry |

- a) By ... we mean birds, such as chickens, that are bred for their eggs and meat.
- b) Meat is rich in iron that helps you maintain healthy ... .
- c) ... serve as energy for the muscles, heart, and other organs.
- d) The average person in the world ... around 43 kilograms of meat in 2014.
- e) Meat provides ... vitamins and minerals that support good health and well-being.
- f) Red meat has a ... amount of saturated fat.
- g) Chinese culture believes that by eating any part of the animal you can ... the same part of the human body.
- h) Too much meat, especially red and processed meat, can ... health.

## ❖ READING

### 5. Read and translate the text.

In many parts of the world meat makes up a considerable portion of a typical diet. It contains protein, minerals, vitamins and essential fatty acids. These nutrients are important for their beneficial effects on your well-being.

Meat provides more protein than dairy, eggs, legumes, vegetables or nuts. Protein is needed to build, maintain and repair muscles, to make enzymes and hormones, and is a basic building block of bones, skin and blood.

Meat is an especially important source of vitamin B12, because, unlike other B-vitamins, B12 is not found in any plant-based foods. Vitamin B12 is essential for your nervous system and normal metabolism. Vitamin B6 supports production of red blood cells and assists in the absorption of vitamin B12.

Meat also provides lots of other nutrients your body needs, such as:

- iron to carry oxygen around your body;
- zinc to strengthen your immune system;
- phosphorous to build bones and teeth;
- potassium to maintain normal blood pressure;
- selenium to protect cells from damage.

Meat is a superfood that supports good health. Consuming meat may help you even lose weight, because meat helps you feel full longer. So it's a good idea to eat meat and poultry every week.

### 6. Mark the following statements as TRUE or FALSE. Correct the wrong statements.

- \_\_\_ Meat is a popular food.
- \_\_\_ Meat has no beneficial effects on mental health.
- \_\_\_ Meat is the only natural source of protein.
- \_\_\_ Meat is the only natural source of vitamin B12.
- \_\_\_ Meat contains just a small number of minerals.
- \_\_\_ Meat is more filling than other foods.
- \_\_\_ Meat is absolutely unhealthy.

### 7. Discuss the questions.

- What nutrients does meat contain?
- What nutrients are essential for muscles and bones?
- What nutrients are essential for blood?
- What nutrients are needed to strengthen the immune system?
- Why is meat important for normal function of the nervous system?
- Can you eat meat and lose weight?

## 8. Translate into English.

- a) Споживання м'яса позитивно впливає на наше здоров'я і хороше самопочуття.
- b) М'ясо забезпечує нас багатьма вкрай необхідними поживними речовинами.
- c) Протеїн є необхідним для формування кісток, м'язів, шкіри й крові.
- d) М'ясо містить вітамін B12, який ми не отримуємо, споживаючи рослинну їжу.
- e) М'ясо має значну кількість заліза, що допомагає постачати кисень до різних органів тіла.

## ❖ LISTENING

### «Meat»

(From: <http://www.listenAminute.com/m/meat.html>)

## 9. Before you listen to the text talk about these questions:

- Can a human live without eating meat?
- What other foods can provide your body with protein?

## 10. Listen to the text. Which answer is correct?

1. Why did the narrator stop eating meat?
  - A. He doesn't like meat.
  - B. He is a vegetarian.
  - C. He thinks, meat is murder.
2. What problem is connected with meat production?
  - A. The rivers are polluted.
  - B. The forests are cut down.
  - C. The air is contaminated.
3. What foods can give us the protein we need?
  - A. Dairy products
  - B. Fruit and vegetables
  - C. Bakery products

### 11. Listen again and complete the text.

I'm a big \_\_\_\_\_. I love meat of all kinds. I have eaten \_\_\_\_\_ of meat. Even though I love meat, I could easily \_\_\_\_\_ eating it, and I don't think I'd miss it. A long time ago I heard the \_\_\_\_\_ "Meat is Murder". If you think about it, that's \_\_\_\_\_. I don't think animals are here today for us to eat, especially when we \_\_\_\_\_ to eat meat. And then there's the threat of \_\_\_\_\_ today. Raising animals needs land. Many forests are cut down to raise \_\_\_\_\_ for meat. This really has to stop. Instead of meat, there are other things we could have. \_\_\_\_\_ would give us the protein we need. I know a lot of people who could never give up meat. They always say it would be impossible to go without a big, juicy \_\_\_\_\_.

### 12. Do you agree with the vegetarian slogan «*Meat is Murder*»?

#### ❖ SPEAKING

### 13. Work in pairs. Talk about meat in your diet.

- Student A.     You are a big meat-eater.  
                    Tell Student B about your meat preferences.
- Student B.     You are a vegetarian.  
                    Try to persuade Student A to give up eating meat.

#### ❖ WRITING

### 14. You are a nutrition expert. Write a blog entry about trends in meat consumption. Consider:

- Why is meat consumption increasing?
- What are the benefits of meat-eating?
- What health risks are associated with meat consumption?
- How can we solve this problem?

## Unit 2

### COMPOSITION OF MEAT

Match the kinds of meat (1-4) with the pictures (A-D):

- 1) bone-in meat
- 2) fatty meat
- 3) fat
- 4) lean meat

A)



B)



C)



D)



- Which of these kinds of meat do you like the most?
- Which of them do you rarely eat and why?
- What meat contains the most calories per gram?
- What meat is low in calories?

## ❖ VOCABULARY

| Nouns                        |                           |
|------------------------------|---------------------------|
| beef                         | яловичина                 |
| bone                         | кістка                    |
| fat; saturated fat           | жир; насичений жир        |
| fat content                  | вміст жиру                |
| fiber; muscle fiber          | волокно; м'язове волокно  |
| flavor                       | смак, аромат              |
| lamb                         | ягнятина                  |
| pork                         | свинина                   |
| skin                         | шкіра                     |
| tissue; connective tissue    | тканина; сполучна тканина |
| Adjectives / Adverbs         |                           |
| fatty                        | жирний                    |
| juicy                        | соковитий                 |
| lean                         | пісний                    |
| poorly nourished; poorly fed | погано вгодований         |
| tender; tenderness           | м'який, ніжний; м'якість  |
| tough                        | жорсткий                  |
| Verbs                        |                           |
| be composed of               | складатися з              |
| bind                         | з'єднувати                |
| breed (bred, bred)           | розводити, вирощувати     |
| influence                    | впливати                  |
| raise                        | вирощувати                |
| surround                     | оточувати                 |

**1. Match the words (1-9) with the definitions (A-H).**

|   |                   |   |                                                                                              |
|---|-------------------|---|----------------------------------------------------------------------------------------------|
| 1 | muscle fiber      | A | <i>the soft flesh on the body that helps keep the body warm</i>                              |
| 2 | connective tissue | B | <i>the flesh of a pig or hog used as food</i>                                                |
| 3 | fat               | C | <i>the natural outer layer that covers a person or an animal</i>                             |
| 4 | bone              | D | <i>the flesh of a young sheep used as food</i>                                               |
| 5 | skin              | E | <i>cells that make up muscles</i>                                                            |
| 6 | pork              | F | <i>the blend of taste and smell sensations</i>                                               |
| 7 | beef              | G | <i>one of the hard parts of the skeleton</i>                                                 |
| 8 | lamb              | I | <i>the flesh of cattle, eaten as food</i>                                                    |
| 9 | flavor            | H | <i>the substance which fills in the spaces between organs and connects muscles and bones</i> |

## 2. Guess the word by its definition.

- |                                |               |
|--------------------------------|---------------|
| A. containing a lot of fat     | f_____        |
| B. not well-fed                | p_____ n_____ |
| C. easy to chew                | t_____        |
| D. containing little or no fat | l_____        |
| E. difficult to chew           | t_____        |
| F. full of juice               | j_____        |
| G. produce young animals       | b_____        |
| H. hold together               | b_____        |
| I. have an effect on smth.     | i_____        |
| J. enclose on all sides        | s_____        |

## 3. Circle the word that best fits in each sentence.

- Lean / fatty* meats are popular amongst people following low calorie diets.
- Steaks are juicy, if they contain more *skin / fat*.
- Tender / tough cuts* of meat must be cooked for longer periods of time to soften the connective tissue.
- The *meat* of grass *fed / bred* cattle *contains more* polyunsaturated *fatty* acids.
- Some religions and cultures prohibit *pork / beef* consumption, for example Islam and Judaism.
- Meat around the back and ribs, which get less exercise, has more *muscle fiber / connective tissue* and is more tender.
- Grass-fed *lamb / pork meat* is soft, delicious, and extremely rich in protein.

## 4. Fill in the blanks with the correct words from the word bank.

**! Sometimes you might need to change the form of a word.**

|             |       |             |      |
|-------------|-------|-------------|------|
| fat content | bone  | flavor      | bind |
| surround    | raise | be composed |      |

- Each muscle fiber ... of several hundred to several thousand myofibrils.
- One of the biggest benefits of ... is their high concentration of collagen, gelatin and glycine.
- Beef or pork ribs have the highest ... this is why the meat is really tender and juicy.
- You can intensify the ... of meat, poultry and fish with high-heat cooking techniques, as, for example, grilling.
- The main function of connective tissue is to ... together all tissues and organs of the body.
- Is it cheaper to ... animals for meat or to buy meat in the store?
- The fat that ... the internal organs, can cause a number of health problems.

## ❖ READING

### 5. Read and translate the text.

Meat is composed of muscle fiber, connective tissue, fat and bones. The muscle fiber contains approximately 60% to 70% water, 10% to 20% protein, 2% to 22% fat, carbohydrate and minerals. Lean muscles provide most of the protein, vitamins and minerals.

Connective tissue binds the muscle fibres together and to the bones. The amount of connective tissue can directly influence the tenderness of meat. Older animals have more connective tissue and that is why their meat is usually tougher and the meat of younger animals is more tender. Connective tissue is generally tender in fish, young poultry, lamb, pork and some grades of beef. It is tough in old, thin or poorly nourished animals. Exercised parts of an animal, for example, legs also have tougher connective tissues.

Fat surrounds the carcass of animals and is located under the skin. It gives tenderness and flavor to the meat. Well-nourished animals have more fat, their meat is tender and juicy. Poorly fed animals have less fat, their meat is tough. 90% of the fat content is saturated fat which is not good for health. Nowadays animals are bred and raised with low fat diet in order to control the fat content.

### 6. Mark the following statements as TRUE or FALSE. Correct the wrong statements.

- a) \_\_\_ Water makes up the larger part of the muscle fiber.
- b) \_\_\_ Lean meat contains more protein than fatty meat.
- c) \_\_\_ Tender meat has more connective tissue.
- d) \_\_\_ The meat of young animals is less tender than the meat of old animals.
- e) \_\_\_ Fatty meat is more tender than lean meat.
- f) \_\_\_ Saturated fat is harmless.
- g) \_\_\_ People have learnt to breed and raise animals whose meat is low in fat.

### 7. Discuss the questions.

- a) What are the main components of meat?
- b) What does the muscle fiber consist of?
- c) How does connective tissue affect the quality of meat?
- d) Why is the meat of young animals tender?
- e) Why is the meat of old animals tough?
- f) How does fat affect the quality of meat?
- g) Which type of fat is healthier: saturated or unsaturated?

## 8. Translate into English.

- a) М'ясо складається із м'язового волокна, сполучної тканини, жиру та кісток.
- b) М'язове волокно, що не містить жиру, є головним джерелом білка.
- c) Кількість і якість сполучної тканини впливає на м'якість м'яса.
- d) М'ясо, що містить багато сполучної тканини, є жорстким.
- e) М'ясо молодих і добре вгодованих тварин є більш ніжним.
- f) Жир робить м'ясо ніжним і соковитим, проте є переважно шкідливим для здоров'я.

## ❖ LISTENING

### «Vegetarianism»

(From: <http://www.listenAminute.com/v/vegetarianism.html>)

## 9. Before you listen to the text talk about these questions:

- What does it mean to be vegetarian?
- What is the difference between vegans and vegetarians?

## 10. Listen to the text. Which answer is correct?

1. Why are we losing too many forests?
  - A. Farmers need more wood to heat the cowsheds and stables.
  - B. Farmers need more land to raise cows.
  - C. Farmers need more place to build cowsheds and stables.
2. What would happen, if we all were vegetarian?
  - A. We would be happier.
  - B. We would be more beautiful.
  - C. We would be healthier.
3. How could we save money, if we were vegetarian?
  - A. We would save money on food.
  - B. We would save money on healthcare.
  - C. We would save money on meat.

## 11. Listen again and complete the text.

If everyone in the world was a vegetarian, I think the world would be a \_\_\_\_\_ place. There simply isn't enough land any more for \_\_\_\_\_ and \_\_\_\_\_ to feed on. We are \_\_\_\_\_ too many forests because farmers want more land to raise cows so we can eat \_\_\_\_\_. Vegetarianism is one way to \_\_\_\_\_ the

Earth. It's also one way to help ourselves. So many of us are \_\_\_\_\_ because we eat too much meat. If we were all vegetarian, we would all \_\_\_\_\_. We all need to eat \_\_\_\_\_. That's the \_\_\_\_\_ way of looking after our health. If we were all vegetarian, we would also \_\_\_\_\_ lots of money on healthcare. We wouldn't have all the \_\_\_\_\_ that you get with eating meat. I wonder if we can all stop eating meat.

**12. Do you agree with the statement «If we were all vegetarian, we would all be healthier»?**

❖ **SPEAKING**

**13. Work in pairs. Give your partner tips for buying meat.**

- Student A.     You want to cook delicious meat dishes at home.  
                     However, you don't know how to choose good meat.
- Student B.     You are a butcher and you know everything about meat.  
                     Share with Student A some of your professional secrets.

❖ **WRITING**

**14. You are an expert on food safety. Write a blog entry to give recommendations on how to buy fresh meat at the supermarket. Consider:**

- color and smell of the meat
- expiry date (sell-by and use-by dates)
- packaging
- proper storage at the store

## Unit 3

### TYPES OF MEAT: RED MEAT

Match the types of meat (1-5) with the names of animals (A-E):

1) beef

2) veal

3) pork

4) mutton

5) lamb

A)



B)



C)



D)



E)



- Which type of meat is in your opinion the most delicious?
- Which one is the most popular in Ukraine?
- What do they call the meat of goat?
- What meat is called «venison»?

## ❖ VOCABULARY

| Nouns                             |                                           |
|-----------------------------------|-------------------------------------------|
| cut                               | шматок; частина туші                      |
| disease                           | хвороба                                   |
| improvement                       | покращення                                |
| iron deficiency                   | дефіцит заліза                            |
| iron deficiency anemia            | анемія внаслідок дефіциту заліза          |
| liver                             | печінка                                   |
| longevity                         | довголіття                                |
| mammals                           | ссавці                                    |
| mutton                            | баранина                                  |
| oil                               | олія                                      |
| oleic acid                        | олеїнова кислота                          |
| regeneration; neural regeneration | відновлення; регенерація нервової системи |
| serving                           | порція                                    |
| Adjectives / Adverbs              |                                           |
| cardiac; cardiac health           | серцевий; здоров'я серця                  |
| pale                              | блідий                                    |
| raw                               | сирий                                     |
| responsible (for)                 | відповідальний (за)                       |
| substantial                       | суттєвий, значний                         |
| well developed                    | добре розвинутий                          |
| Verbs                             |                                           |
| age; aging process                | старіти, старітися; процес старіння       |
| decrease                          | зменшувати(ся)                            |
| include                           | включати                                  |
| increase                          | збільшувати(ся)                           |
| prevent                           | запобігати                                |

### 1. Match the words (1-10) with the definitions (A-J).

|   |             |   |                                                                |
|---|-------------|---|----------------------------------------------------------------|
| 1 | mammals     | A | <i>the meat from an adult sheep eaten as food</i>              |
| 2 | veal        | B | <i>becoming better</i>                                         |
| 3 | mutton      | C | <i>a smooth thick liquid produced from plants</i>              |
| 4 | liver       | D | <i>animals which feed their young on milk</i>                  |
| 5 | oil         | E | <i>an amount of food that is given to one person at a meal</i> |
| 6 | disease     | F | <i>living for a long time</i>                                  |
| 7 | improvement | G | <i>illness</i>                                                 |
| 8 | serving     | I | <i>a large organ in the body that produces bile</i>            |
| 9 | longevity   | H | <i>the meat from a very young cow eaten as food</i>            |

## 2. Guess the word by its definition.

- |                                                     |                             |
|-----------------------------------------------------|-----------------------------|
| A. not cooked                                       | r _ _                       |
| B. nerve regrowth or repair                         | n _ _ _ _ r _ _ _ _ _ _ _ _ |
| C. lack of red blood cells due to low store of iron | i _ _ d _ _ _ _ _ a _ _ _ _ |
| D. become smaller in size, amount etc.              | d _ _ _ _ _                 |
| E. become older                                     | a _ _                       |
| F. large in amount, size, value                     | s _ _ _ _ _ _ _             |
| G. stop something from happening                    | p _ _ _ _ _                 |
| H. causing something to happen                      | r _ _ _ _ _ _ _ f _ _       |
| I. become greater in size, amount etc.              | i _ _ _ _ _                 |
| J. health of the heart and blood vessels            | c _ _ _ _ h _ _ _ _         |

## 3. Circle the word that best fits in each sentence.

- Veal / lamb comes from calves, namely from male cattle within twenty weeks old.
- Mutton / lamb is the meat of an adult sheep.
- Red meat provides a *small* / *substantial* amount of such minerals as selenium, zinc and phosphorus.
- Eating red meat *prevents* / *provides* the deficiency of such essential minerals as iron.
- Sheep graze on pasture all day, which is *substantial* / *responsible* for the high content of omega fatty acids.
- Eating too much red meat can *increase* / *decrease* the risk of heart disease.
- White meat has less myoglobin and is *pale* / *raw* in color.
- Eating unprocessed red meat helps stop the biological *aging process* / *longevity*.

## 4. Fill in the blanks with the correct words from the word bank.

**! Sometimes you might need to change the form of a word.**

|         |         |         |         |
|---------|---------|---------|---------|
| mammals | disease | mood    | oleic   |
| liver   | serving | include | improve |

- One 100gr ... of lamb has almost half of the recommended daily intake of protein for adults.
- Beef contains ... acid, that has a beneficial effect on cardiac health.
- Some ... eat both plants and animals.
- We can ... meat quality by using natural antioxidants in meat production.
- The carnivore diet ... meat, fish, and other animal foods like eggs or dairy products.
- People who often eat red meat have a higher risk of dying from heart ...
- Eating pork ... raw carries the danger of severe food poisoning.
- Numerous studies demonstrated a positive effect of *B vitamins* on our ...

## ❖ READING

### 5. Read and translate the text.

Meat from mammals and poultry is categorized as either red or white based on the amount of the protein myoglobin, which is responsible for the red color of meat. Red meat contains more myoglobin and is normally red when raw and a dark color when cooked. Red meat includes beef (veal), pork, mutton (lamb) and some others. Let's have a closer look at their health benefits.

Red meat is one of the biggest sources of protein. It helps us to build and maintain lean muscle mass, which is especially important as we age. Very high is the protein content in lean cuts of beef. Red meat contains a substantial amount of iron, which helps red blood cells carry oxygen. So, eating red meat prevents iron deficiency anemia, which is a problem even in well developed countries. The best source of iron is beef liver.

We should remember, that not all fat in red meat is unhealthy. A large amount of fat in beef comes from oleic acid. Interestingly, this type of fat is also the main fat in olive oil. Grass-fed lamb is high in Omega-3 fatty acids, which support brain function and decrease the risk of heart disease. Veal is very low in saturated fat, which makes it a healthy food.

All kinds of red meat are rich in vitamins. A 200gr serving of beef provides almost 100% of the recommended amount of B12. The benefits of this vitamin include skin improvements, positive mood, better sleep, and neural regeneration. The content of B1 is much higher in pork than in other meats. B1 plays an essential role in glucose metabolism and protecting cardiac health.

Red meat, especially beef provides some amino acids and antioxidants, which help prevent aging processes, degenerative diseases and increase longevity.

### 6. Mark the following statements as TRUE or FALSE. Correct the wrong statements.

- a) \_\_\_ Red meat is the meat from mammals with a high content of myoglobin.
- b) \_\_\_ Blood gives red meat its typical red colour.
- c) \_\_\_ Elderly people must get enough protein to maintain lean muscle mass.
- d) \_\_\_ The leaner the meat the higher the protein content in it.
- e) \_\_\_ Eating red meat causes iron deficiency anemia.
- f) \_\_\_ The best source of iron is pork liver.
- g) \_\_\_ Red meat contains some healthy fats.
- h) \_\_\_ Both beef and pork contain B vitamins.
- i) \_\_\_ Some nutrients in meat help you live longer.

## 7. Discuss the questions.

- a) What types of meat does red meat include?
- b) What does the protein in red meat maintain?
- c) What meat is very high in protein?
- d) Why is it useful to eat beef liver?
- e) What fats in red meat are healthy?
- f) How much beef provides the recommended daily intake of vitamin B12?
- g) What components of red meat can slow down the aging process?

## 8. Translate into English.

- a) Сире червоне м'ясо червоного кольору, а варене має темний колір.
- b) Протеїн у червоному м'ясі формує нежирну м'язову масу тіла.
- c) Людям похилого віку корисно вживати червоне м'ясо, щоб підтримати м'язову масу тіла.
- d) Червоне м'ясо, особливо яловича печінка, багате на залізо.
- e) Залізо запобігає анемії.
- f) Яловичина, ягнятина та телятина містять корисні ненасичені жирні кислоти.
- g) Яловичина забезпечує нас вітаміном B12, що має позитивний вплив на нервову систему.
- h) Червоне м'ясо містить антиоксиданти, які запобігають старінню.

## ❖ LISTENING

### «Food»

(From: <http://www.listenAminute.com/f/food.html>)

## 9. Before you listen to the text talk about these questions:

- What is your favourite food?
- What do you think of fast food?

## 10. Listen to the text. Which answer is correct?

- 1. Why do we like food?
  - A. Because we need it.
  - B. Because it's a great pleasure.
  - C. Because it's healthy.
- 2. What is the narrator's favourite food?
  - A. A dessert.
  - B. A spicy curry.
  - C. Both of them.

3. What food is not good for us?

- A. Fast food.
- B. Processed meat.
- C. Spicy food.

### 11. Listen again and complete the text.

Isn't food one of life's greatest \_\_\_\_\_? Do you know anyone who doesn't like food? I don't. There is so much \_\_\_\_\_ food in the world. You could spend a whole lifetime eating a \_\_\_\_\_ every day. What's the \_\_\_\_\_ food in the world? This is a very difficult question to answer. My taste in food keeps \_\_\_\_\_. Sometimes my favourite is a \_\_\_\_\_, but then I change my mind and go for a spicy \_\_\_\_\_. It's great that countries have so many \_\_\_\_\_ dishes. Do you think your \_\_\_\_\_ dish is best? Nowadays we have to be \_\_\_\_\_ about what we eat. \_\_\_\_\_ food is not good for us. We need to focus more on \_\_\_\_\_ food. Maybe we have to be more careful in the \_\_\_\_\_. Make \_\_\_\_\_ the food you eat is good for you.

12. Do you agree with the statement «*Nowadays we have to be careful about what we eat*»?

### ❖ SPEAKING

13. Work in pairs. Should we eat red meat or not?

Student A. You believe that red meat is very unhealthy.  
Give arguments against eating red meat.

Student B. You believe that red meat has a lot of proven health benefits.  
Give arguments for eating red meat.

### ❖ WRITING

14. You are a dietitian. Write a blog entry about red meat in our diet. Consider:

- Why do we need red meat?
- What types of red meat are the healthiest?
- Which is the best way to cook red meat?
- How much red meat is safe to eat?

## Unit 4

### TYPES OF MEAT: POULTRY

Match the types of poultry (1-4) with the pictures (A-D):

1) chicken

2) duck

3) goose

4) turkey

A)



B)



C)



D)



- What domesticated birds are raised in poultry farms in Ukraine?
- What is the most consumed type of poultry in Ukraine?
- What is your favourite type of poultry?

## ❖ VOCABULARY

| Nouns                       |                                     |
|-----------------------------|-------------------------------------|
| breast                      | грудина                             |
| DNA (deoxyribonucleic acid) | ДНК (дезоксирибонуклеїнова кислота) |
| DNA production              | утворення ДНК                       |
| glycine                     | гліцин                              |
| intake; daily intake        | споживання; щоденна норма           |
| range                       | спектр                              |
| satiety                     | ситість                             |
| signs of aging              | ознаки старіння                     |
| wound; wound healing        | рана; загоєння рани                 |
| wrinkle                     | зморшка                             |
| Adjectives / Adverbs        |                                     |
| affordable                  | недорогий, доступний                |
| delicious                   | смачний, апетитний                  |
| dry                         | сухий                               |
| low / high in calories      | малокалорійний / висококалорійний   |
| particularly                | особливо                            |
| protein-dense               | насичений білком                    |
| similar to                  | подібний / подібно до               |
| Verbs                       |                                     |
| add                         | додавати, доповнювати               |
| digest                      | перетравлювати                      |
| offer                       | пропонувати, надавати               |
| offer a good supply         | надавати хороший запас              |
| play a vital role           | відігравати життєво важливу роль    |
| reduce                      | зменшувати                          |

**1. Match the words (1-8) with the definitions (A-H).**

|   |                 |   |                                                                        |
|---|-----------------|---|------------------------------------------------------------------------|
| 1 | intake          | A | <i>the absence of hunger, which follows at the end of a meal</i>       |
| 2 | satiety         | B | <i>a type of injury in which skin is torn or cut</i>                   |
| 3 | breast          | C | <i>light (about food)</i>                                              |
| 4 | wound           | D | <i>the amount of something that you eat or drink</i>                   |
| 5 | wrinkle         | E | <i>having a very <u>pleasant taste</u> or <u>smell</u></i>             |
| 6 | affordable      | F | <i>the <u>front part</u> of a bird's <u>body</u></i>                   |
| 7 | low in calories | G | <i>not expensive</i>                                                   |
| 8 | delicious       | H | <i>a <u>small line</u> in the <u>skin</u> caused by <u>old age</u></i> |

## 2. Guess the word by its definition.

- |                                                                          |                         |
|--------------------------------------------------------------------------|-------------------------|
| A. make something less                                                   | r _ _ _ _               |
| B. provide or supply something                                           | o _ _ _ _               |
| C. nearly but not exactly the same                                       | s _ _ _ _ _             |
| D. having no water or liquid in                                          | d _ _                   |
| E. increase the number or amount                                         | a _ _                   |
| F. containing a lot of protein                                           | p _ _ _ _ _ - d _ _ _ _ |
| G. change food in your stomach into<br>substances that your body can use | d _ _ _ _ _             |
| H. provide something that is wanted                                      | s _ _ _ _ _             |
| I. especially                                                            | p _ _ _ _ _ _ _ _ _ _   |

## 3. Circle the word that best fits in each sentence.

- Glycine helps reduce *signs of aging* / *wound healing*.
- How *much* chicken meat should we eat to provide the *satiety* / *daily intake* of protein?
- Chicken breast is *drier* / *fattier* than chicken thighs.
- Chicken is *easier* / *more difficult* to digest than beef.
- Skin* / *breast* of poultry birds offers a good supply of poultry.
- Chicken is more *expensive* / *affordable* than lamb.
- If you eat lean meat, you can *reduce* / *increase* your calorie intake.
- Chinese people find duck meat particularly *delicious* / *dry*.
- The Ukrainian cuisine is very *different from* / *similar to* the Chinese cuisine.

## 4. Fill in the blanks with the correct words from the word bank.

**! Sometimes you might need to change the form of a word.**

|         |       |               |              |
|---------|-------|---------------|--------------|
| glycine | wound | wrinkle       | range        |
| offer   | add   | protein-dense | particularly |

- Americans consume a lot of turkey, ... on Thanksgiving Day.
- Butter will ... so much flavor to your meat and will keep it juicy.
- The new Italian restaurant ... four sizes of pizza.
- Athletes should eat food, which is low in calories but ...
- The body can make ... on its own, but it is also consumed in the diet.
- Such unfavorable skin aging signs as ... can be reduced, if your skin contains enough collagen.
- Vegetables and fruits rich in vitamin C promote ... healing.
- Poultry contains a wide ... of essential minerals, which play a vital role in maintaining good health.

## ❖ READING

### 5. Read and translate the text.

Chicken is the most popular type of poultry, and it is the second most consumed meat in the world. This meat is affordable, nutritious and at the same time it is low in calories and easy to digest. Turkey, goose and especially duck meat has a much stronger flavor than chicken meat. Duck and goose have a higher fat content, which adds to their delicious taste. Turkey has less fat and a drier texture than chicken,

All forms of poultry are high in protein, but turkey is the king of all meats when it comes to protein. Light turkey meat is significantly more protein-dense than lean cuts of beef and pork. If you eat poultry, you can increase your protein intake and get a satisfying feeling of satiety without consuming extra calories.

Similar to red meat, poultry offers a good supply of B vitamins. Chicken meat contains a large amount of vitamin B3, a typical chicken breast should provide the full daily intake of this vitamin. Goose meat supplies a significant amount of vitamin B6. Turkey contains the full range of B vitamins, particularly vitamin B3 and B6.

The most concentrated mineral found in poultry is selenium. It is an essential mineral that we need to remain healthy. Selenium works as an antioxidant in the body, plays a vital role in DNA production, immune and reproductive health.

The skin and connective tissues of poultry birds contain high concentrations of the amino acid glycine, which our body needs to produce collagen. Glycine has a lot of health benefits, for example it improves overall skin health, wound healing, reduces signs of aging such as skin wrinkles.

### 6. Mark the following statements as TRUE or FALSE. Correct the wrong statements.

- a) \_\_\_ All kinds of poultry taste the same.
- b) \_\_\_ Chicken meat is cheaper than other kinds of poultry.
- c) \_\_\_ You should eat poultry, if you need more protein and don't want to put on weight.
- d) \_\_\_ Poultry is low in B vitamins.
- e) \_\_\_ Turkey contains less protein than red meat.
- f) \_\_\_ Poultry contains only one essential mineral. It's selenium.
- g) \_\_\_ Glycine is necessary for the synthesis of collagen.
- h) \_\_\_ If your body contains enough collagen, your skin looks younger.

## 7. Discuss the questions.

- a) What kinds of poultry do you know?
- b) What kind of poultry do we eat most often?
- c) Why is goose meat so delicious?
- d) What are the leanest and the fattiest kinds of poultry?
- e) What kind of poultry is especially rich in protein?
- f) What part of the chicken provides us with the necessary daily amount of vitamin B3?
- g) What mineral is found in poultry in large amounts? Why is it useful?
- h) How much glycine does poultry contain?
- i) What are its health benefits?

## 8. Translate into English.

- a) М'ясо курки поживне, багате протеїном, ніжне й не дороге.
- b) М'ясо качки має більш виражений смак і містить більше жиру.
- c) М'ясо індички більш сухе, але містить більше білка, ніж яловичина і свинина.
- d) М'ясо птиці забезпечує нас білком та багатьма вітамінами групи Б.
- e) У м'ясі птиці міститься багато селену, який функціонує як антиоксидант.
- f) Селен є виключно важливим для побудови ДНК та репродуктивної функції людини.
- g) Амінокислота гліцин бере участь у синтезі колагену.
- h) Колаген покращує здоров'я шкіри та сприяє загоєнню ран.

## ❖ LISTENING

### «Calories»

(From: <http://www.listenAminute.com/c/calories.html>)

## 9. Before you listen to the text talk about these questions:

- What foods help you gain weight?
- What foods help you lose weight?

## 10. Listen to the text. Which answer is correct?

- 1. Why does the narrator have to worry about his calorie intake?
  - A. Because he is very thin.
  - B. Because he is putting on weight.
  - C. Because he is not feeling well.

2. What solution did he find to this problem?
- A. He is on a diet.
  - B. He does exercises.
  - C. He eats only the yummiest food.
3. Where would he like to have more information about calories?
- A. On TV.
  - B. In supermarkets.
  - C. In restaurants.

**11. Listen again and complete the text.**

Do you ever think about or \_\_\_\_\_ the number of calories you eat and drink every day. It's not really something I thought about when I was younger. But now I have to think about my \_\_\_\_\_. I'm putting on weight and so need to be \_\_\_\_\_ with what I eat. This is difficult because all of the \_\_\_\_\_ has the most calories. I've found an answer to this problem. If I do lots of exercise, I can eat what I want and not have to worry about calories. I burn off \_\_\_\_\_ calories when I jog for an hour. This means I can have a \_\_\_\_\_ and \_\_\_\_\_ and not feel guilty. I wish there was \_\_\_\_\_ about calories in restaurants. It would make it \_\_\_\_\_ for me to know what to eat and what to avoid.

**12. Do you agree with the statement «It is possible to lose weight without dieting»?**

❖ **SPEAKING**

**13. Work in pairs. Talk about your most favourite type of poultry.**

Student A. You like a certain type of poultry. Explain why.

Student B. Your preferences are quite different from those of Student A.

❖ **WRITING**

**14. You are a nutrition expert. Explain how eating poultry can help maintain a healthy weight. Consider:**

- What poultry meat has the most fat?
- What poultry meat contains less fat?
- What is the recommended daily amount of poultry meat?
- What is the healthiest way to cook it?

## MODULE TEST 1

- 1. How much protein does meat provide?**
  - a) less than dairy and eggs
  - b) more than dairy and eggs
  - c) less than dairy
  - d) more than eggs
  
- 2. Which of these is a basic building block of bones, skin and blood?**
  - a) fat
  - b) enzymes
  - c) protein
  - d) zinc
  
- 3. What vitamin is only found in animal-based foods?**
  - a) Vitamin A
  - b) Vitamin K
  - c) Vitamin B12
  - d) Vitamin E
  
- 4. Is it true that eating meat may help you lose weight?**
  - a) Yes, because it helps you feel full longer.
  - b) Yes, because meat is rich in minerals.
  - c) Yes, because meat is low in calories.
  - d) Yes, because meat is rich in vitamins.
  
- 5. Which meat component provides most of the protein, minerals and vitamins?**
  - a) muscle fiber
  - b) connective tissue
  - c) fat
  - d) bones
  
- 6. Why is the meat of old animals tougher?**
  - a) It contains more fat.
  - b) It contains more bones.
  - c) It contains more connective tissue.
  - d) It contains more muscle fibre.

**7. Exercised parts of an animal body have more...**

- a) muscle fiber
- b) connective tissue
- c) fat
- d) bones

**8. What makes meat tender and juicy?**

- a) more muscle fiber
- b) more connective tissue
- c) more fat
- d) more bones

**9. What is NOT true about the meat of well-nourished animals?**

- a) It is tender.
- b) It is juicy.
- c) It is tough.
- d) It has more fat.

**10. What is true about the meat of poorly-nourished animals?**

- a) It is tender.
- b) It is juicy.
- c) It is tough.
- d) It has more fat.

**11. What fat prevails in meat?**

- a) saturated
- b) unsaturated
- c) polyunsaturated

**12. Why is it necessary to control the fat content in meat?**

- a) Most of the fat is saturated.
- b) Most of the fat is unsaturated.
- c) Most of the fat is polyunsaturated.

**13. Which of these is a type of dietary fat?**

- a) saturated fat
- b) saturated and unsaturated fat
- c) monounsaturated and polyunsaturated fat

**14.The meat from a pig is called ...**

- a) beef
- b) pork
- c) mutton
- d) goat

**15.The meat from a cow is called ...**

- a) beef
- b) veal
- c) mutton
- d) goat

**16.The meat from a sheep is called ...**

- a) beef
- b) pork
- c) mutton
- d) goat

**17.The meat from young cows or bulls is called ...**

- a) beef
- b) lamb
- c) veal
- d) mutton

**18.The meat from young sheep is called ...**

- a) beef
- b) lamb
- c) veal
- d) mutton

**19.The meat from young pigs is called ...**

- a) pork
- b) lamb
- c) veal
- d) ham

**20.The meat from a deer is called ...**

- a) beef
- b) mutton
- c) venison
- d) goat

**21.The meat from a hen is called ...**

- a) turkey
- b) chicken
- c) goose
- d) venison

**22.Which of these is not poultry meat?**

- a) turkey
- b) chicken
- c) duck
- d) rabbit

**23.Which of these is not the meat of mammals?**

- a) pork
- b) duck
- c) veal
- d) lamb

**24.What is responsible for the red colour of meat?**

- a) myoglobin
- b) saturated fat
- c) glycogen
- d) unsaturated fat

**25.What kind of meat doesn't belong to red meat?**

- a) pork
- b) beef
- c) mutton
- d) poultry

**26.The protein content is very high in ...**

- a) beef fat
- b) beef bones
- c) lean cuts of beef
- d) fatty cuts of beef

**27.The best source of iron is ...**

- a) pork liver
- b) beef liver
- c) mutton liver
- d) goat liver

**28. What meat is very low in saturated fat?**

- a) pork
- b) beef
- c) mutton
- d) veal

**29. Which is NOT true about fat in red meat?**

- a) All fat in red meat is unhealthy.
- b) Not all fat in red meat is unhealthy.
- c) Oleic acid has a number of benefits.
- d) Omega-3 fatty acids are beneficial to health.

**30. Which is NOT true about fatty acids?**

- a) All fatty acids are beneficial to health.
- b) Not all fatty acids are hazardous to health.
- c) Oleic acid has a number of health benefits.
- d) Omega-3 fatty acids are important for our mental health.

**31. Eating red meat prevents ... deficiency anemia.**

- a) zinc
- b) calcium
- c) iron
- d) selenium

**32. What meat has the biggest amount of vitamin B12?**

- a) pork
- b) beef
- c) mutton
- d) goat

**33. Which is the most popular type of poultry?**

- a) chicken
- b) duck
- c) goose
- d) turkey

**34. Which is NOT true about poultry meat?**

- a) It is affordable.
- b) It is nutritious.
- c) It is high in calories.
- d) It is easy to digest.

**35. Which type of poultry has the lowest fat content?**

- a) turkey
- b) goose
- c) duck
- d) chicken

**36. Which type of poultry has the driest structure?**

- a) chicken
- b) duck
- c) goose
- d) turkey

**37. Which type of poultry is the highest in protein?**

- a) chicken
- b) duck
- c) goose
- d) turkey

**38. Poultry meat supplies a significant amount of ... vitamins.**

- a) E
- b) B
- c) C
- d) K

**39. Which of these minerals is found in large amounts in poultry?**

- a) iron
- b) zinc
- c) phosphorus
- d) selenium

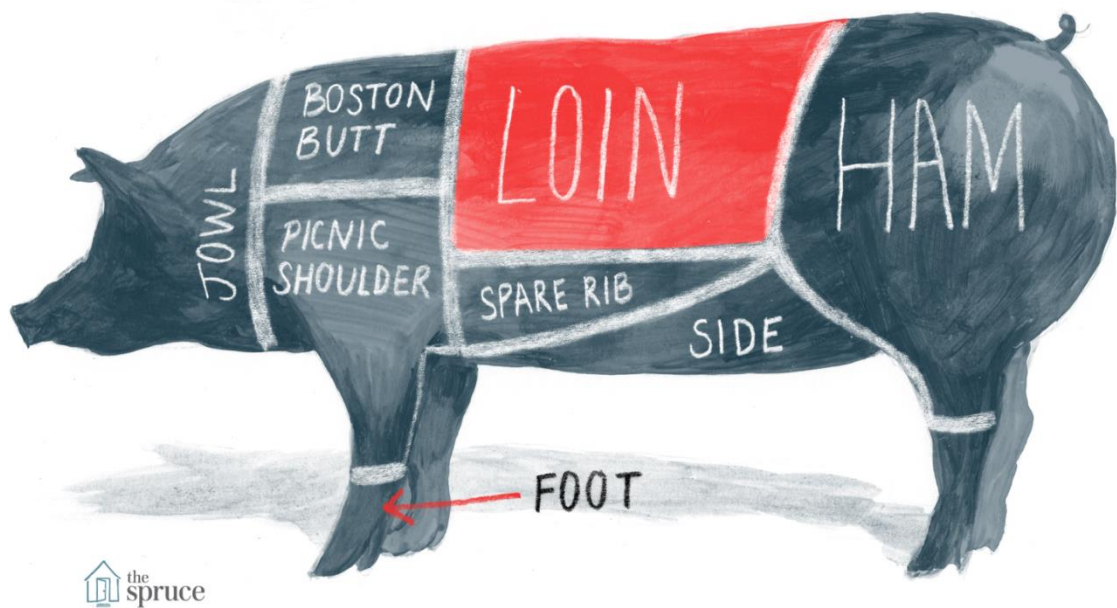
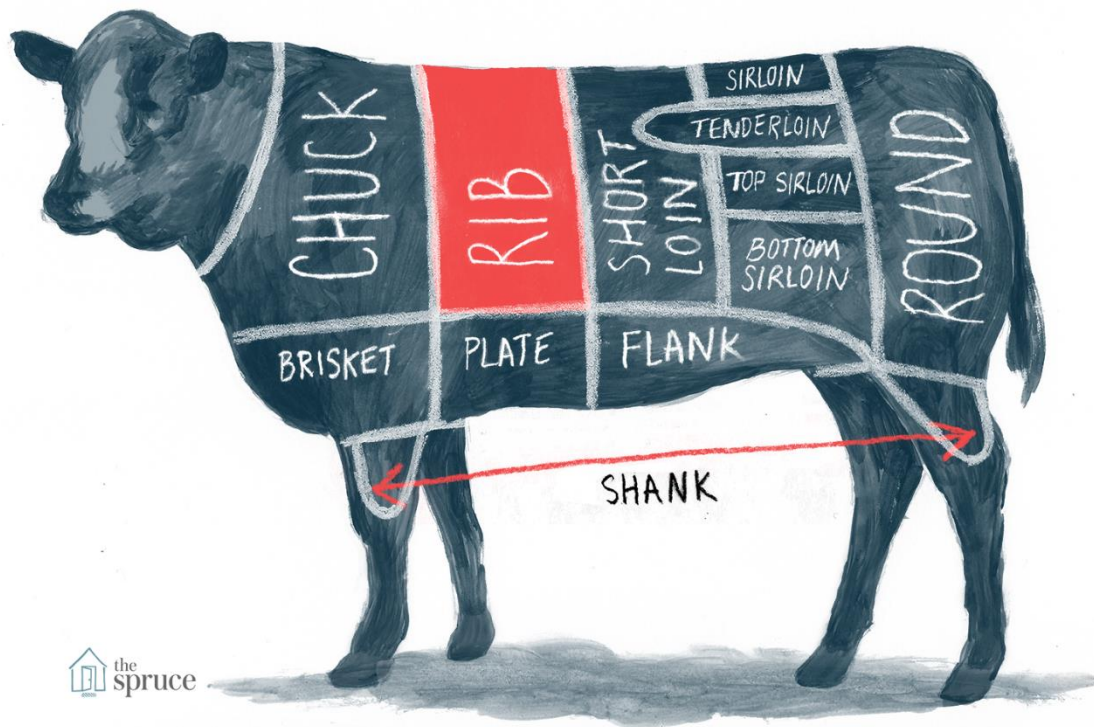
**40. What is the benefit of amino acid glycine found in large amounts in poultry?**

- a) It works as an antioxidant in the body.
- b) It is necessary for our immune system.
- c) Our body needs it to produce collagen.
- d) It plays a vital role in DNA production.

## Unit 5

### CUTS OF MEAT

Look at the charts below. What are the marked beef and pork cuts called in Ukrainian?



## ❖ VOCABULARY

| Nouns                         |                                                                                                 |
|-------------------------------|-------------------------------------------------------------------------------------------------|
| abdomen                       | живіт, черевна порожнина                                                                        |
| brisket                       | грудинка                                                                                        |
| chuck                         | більша частина шиї та частини навколо лопатки й перших трьох ребер                              |
| fillet                        | філейна частина                                                                                 |
| flank                         | фланк, очеревина                                                                                |
| ham                           | окіст, окорок                                                                                   |
| jowl                          | підшийок                                                                                        |
| loin; sirloin                 | поперек (філейна частина); філей                                                                |
| marbling                      | мармуровість                                                                                    |
| rear                          | задня частина; задній                                                                           |
| rib; spare ribs               | ребро; реберця                                                                                  |
| ribeye                        | рибай (назва стейку з яловичини)                                                                |
| round                         | тазостегнова частина                                                                            |
| shank (foreshank / hindshank) | гомілка (передня / задня гомілка)                                                               |
| picnic shoulder               | шинка для пікніка / лопатка для пікніка<br>US: в'ялена / копчена частина ніжки та лопатки свині |
| Adjectives / Adverbs          |                                                                                                 |
| coarse                        | грубий, закрубілий                                                                              |
| cost-effective                | економічно вигідний                                                                             |
| dense                         | щільний                                                                                         |
| distinct                      | чітко виражений                                                                                 |
| firm                          | твердий                                                                                         |
| flavourful                    | який має насичений смак та аромат                                                               |
| grainy                        | зернистий, гранульований                                                                        |
| hearty                        | насичений (про смак)                                                                            |
| hind                          | задній                                                                                          |
| incredibly                    | неймовірно, дуже                                                                                |
| medium rare                   | середнього ступеня прожарювання                                                                 |
| nutritious                    | поживний                                                                                        |
| pectoral                      | грудний                                                                                         |
| primal                        | головний                                                                                        |
| reasonable                    | прийнятний (про ціну)                                                                           |
| savoury                       | гострий (на смак), пряний                                                                       |
| Verbs                         |                                                                                                 |
| braise                        | обсмажити й тушкувати                                                                           |
| retain                        | зберігати, утримувати                                                                           |
| marinate                      | маринувати                                                                                      |
| melt; melt-in-your-mouth      | танути; танути в роті                                                                           |
| stew                          | тушкувати                                                                                       |

**1. Match the words (1-8) with the definitions (A-H).**

|    |                 |   |                                                                                                                        |
|----|-----------------|---|------------------------------------------------------------------------------------------------------------------------|
| 1  | chuck           | A | a piece of meat coming from the back or sides of an animal                                                             |
| 2  | rib             | B | the lower part of the leg between the knee and ankle; used especially with referenceto meat                            |
| 3  | loin            | C | beef cuts coming from the back legs of the cow                                                                         |
| 4  | sirloin         | D | shoulder of a hog usually smoked                                                                                       |
| 5  | round           | E | a cut of beef that includes most of the neck, the parts about the shoulder blade, and those about the first three ribs |
| 6  | brisket         | F | good-quality beef cut from the loin                                                                                    |
| 7  | flank           | G | the loose skin and flesh under the jaw                                                                                 |
| 8  | shank           | H | a piece of meat that has been cut to include one of the animal's ribs                                                  |
| 9  | jowl            | I | the side of an animal between the ribs and the hip                                                                     |
| 10 | picnic shoulder | J | the breast or lower chest of a four-footed animal; also : a cut of beef from that part                                 |

**2. Guess the word by its definition.**

- |                                                                                       |        |
|---------------------------------------------------------------------------------------|--------|
| A. <i>nourishing</i>                                                                  | b_____ |
| B. <i>salty or spicy</i>                                                              | m____  |
| C. <i>put meat in a mixture of oil, vinegar<br/>or wine and spices before cooking</i> | s____  |
| D. <i>having a high mass</i>                                                          | n_____ |
| E. <i>fry (food) lightly and then stew it slowly</i>                                  | s_____ |
| F. <i>not smooth, rough</i>                                                           | m_____ |
| G. <i>not soft, completely hard</i>                                                   | d_____ |
| H. <i>boil slowly or with simmering heat</i>                                          | c_____ |
| I. <i>turn from something solid into something<br/>soft or liquid,</i>                | f____  |

**3. Circle the word that best fits in each sentence.**

- Why is fillet steak so *expensive* / *cheap*?
- Here they sell high quality meat at quite *cost-effective* / *reasonable* prices.
- The steak was so soft and juicy that it simply *melted* / *stewed* in my mouth.
- If you prefer fattier cuts, then take the *beef ribs* / *sirloin*.
- Chuck* / *round* cuts come from the rear part of the animal.
- Brisket comes from the lower *abdomen* / *chest* of the cow.
- Leaner cuts of beef can be *marinated* / *fried* in a bath of spices and red wine.
- Everyone likes barbecued *shanks* / *spare ribs*, though they are the least meaty.
- Braise* / *grill* the lamb until the meat is falling off the bone.
- If the steak is *well done* / *medium rare* it is still slightly red in the middle.

#### 4. Fill in the blanks with the correct words from the word bank.

**! Sometimes you might need to change the form of a word.**

|          |            |          |            |
|----------|------------|----------|------------|
| marbling | cook       | pectoral | flavourful |
| roast    | incredibly | hearty   | fry        |

- a) These cuts are good for every style of ...
- b) If you ... the meat in the oven don't forget to baste it at regular intervals.
- c) Adding corned beef to the stew gave it a rich, ... flavor.
- d) The chef cut the beef in very small pieces and ... it in literally 5 minutes.
- e) I didn't know before that soda makes beef meat ... tender.
- f) Ribeye is believed to be one of the ... .. cuts of beef.
- g) ... makes beef more tender and juicier.
- h) Part of the chuck is a deep ... muscle which provides meat with a distinct beefy flavour.

#### ❖ READING

##### 5. Read and translate the text.

A cow is broken down into primal cuts, which include the chuck, rib, loin, sirloin, round, brisket, flank, and more.

The *chuck* cut is located around the shoulder of the cow. Because it's a muscle that is worked often, it's known as a tougher cut of beef. However, it has a rich, beefy flavor and lends itself well to braising and stewing. These cooking methods help break down the connective tissue in the meat, resulting in tender, melt-in-your-mouth beef dishes.

*Beef ribs* are taken from a well-used area of the animal, which gives them a deep beefy taste and hearty texture that's ideal for slow-cooked dishes. Beef ribs offer great value at a reasonable price. With generous marbling and a good amount of fat, beef ribs stand out for their ability to retain moisture and absorb smoky or savoury flavours during cooking.

The *loin* is the most tender cut of beef. It is located behind the rib cut and is known for its minimal connective tissue. Due to the natural tenderness of the meat, it's best cooked with high-heat cooking methods. The loin is considered a premium cut of beef which comes with a premium price, making it the most expensive beef cut.

The *sirloin* is cut from the back of the cow where the muscle is naturally tender. Sirloin is a high-protein, iron-rich cut with a lower fat content. It is a top-quality cut that's incredibly flavourful, yet typically more affordable than ribeye or fillet. This cut has a hearty beef flavour and balanced texture – juicy with a thin layer of fat on one side and gentle marbling throughout.

*Brisket* comes from the cow's lower chest, specifically the hardworking pectoral muscles. It has a distinct flavour and firm texture that becomes beautifully tender when slow-cooked. Beef brisket is rich in iron and has a higher fat content than leaner cuts. It is a cost-effective choice without sacrificing on quality.

*Beef rump* (sometimes known as *round steak*) is cut from the rear of the cow, just above the hind legs. This cut is known for its full, beefy taste and slightly firmer texture. It is juicy (when cooked to medium or medium-rare), high in protein and iron, flavourful and nutritious, but not too heavy on fat.

*Beef flank* is cut from the cow's lower abdomen, a hardworking muscle that gives it a rich, beefy flavour and a distinct grainy texture. This cut is naturally low in fat but high in protein and iron. With a firm, coarse texture, flank is best when cooked quickly over high heat or marinated.

*The shank* is cut from the lower part of the cow's leg, both front (foreshank) and back (hindshank). Beef leg is high in protein, lean with plenty of collagen. It has a deep, rich flavour, a firm, dense structure and is perfect for slow-cooking methods that transform its tough connective tissue into tender, melt-in-the-mouth meat dish.

**6. Mark the following statements as TRUE or FALSE. Correct the wrong statements.**

- a) \_\_\_ All kinds of beef are low in fat.
- b) \_\_\_ The chuck cut is rich in muscle fibers.
- c) \_\_\_ Beef ribs have little marbling and fat.
- d) \_\_\_ The loin is a rather tough cut of beef but it is the cheapest.
- e) \_\_\_ The sirloin is a top-quality cut; it is more expensive than fillet.
- f) \_\_\_ Slow cooking is the best cooking method for the brisket cut.
- g) \_\_\_ Beef round and beef flank are high in protein, iron and fat.
- h) \_\_\_ The shank contains a lot of collagen and protein but not too much fat.

**7. Discuss the questions.**

- a) What are the primal beef cuts?
- b) Which of them come from the forequarter / hindquarter of a cow?
- c) What cuts is a pig divided into?
- d) What beef cuts are leaner and what are fattier?
- e) What beef cuts are tougher and what are tenderer?
- f) What beef cuts contain plenty of collagen?
- g) What beef cuts are cost-effective and what are less affordable?
- h) What beef cut is considered a premium cut of beef?
- i) What is the best cooking method for each cut of beef?
- j) What is your favourite beef cut and how do you prefer to cook it?

## 8. Translate into English.

- a) Почеревина знаходиться у нижній частині живота свині між передніми й задніми кінцівками.
- b) Почеревина дуже добре підходить для копчення і смаження.
- c) Кострецем (куприком) називають задню частину спини, яка включає в себе хвіст.
- d) Кострець можна використовувати для випічки, тушіння, а також приготування підлив.
- e) Вирізка розташована приблизно посередині туші свині під шаром сала. Вирізка дуже якісна і м'яка, вона не містить хрящів і прожилок.
- f) Свиняча шия часто служить для смаження шашликів і котлет.
- g) Корейка – це м'ясо на спині уздовж хребта. Вона добре підходить для шашликів та барбекю.
- h) Окіст – частина ноги вище коліна, що найчастіше використовується для запікання в духовці.
- i) Грудинка розташована по обидва боки від черевного відділу позаду лопаток. Копчена грудинка найбільше до смаку любителям сала.
- j) Рулька є нізкою свині, основними елементами якої є м'язові волокна та сполучна тканина. З рульки готують холодець.

## ❖ VIDEO

### «Mapping Flavor: Pork Cuts and Cooking Methods»

(From: [https://www.youtube.com/watch?v=ymB95L9Ds\\_A](https://www.youtube.com/watch?v=ymB95L9Ds_A))

## 9. Before you watch the video talk about these questions:

- What cuts of pork do you eat most often? Why?
- What cuts of pork do you eat rarely or never? Why?

## 10. Watch the first part of the video. Which answer is correct?

1. What product comes from the belly of a pig?
  - A. belly bacon
  - B. belly ham
  - C. belly steak
2. What products are made from the pork leg?
  - A. bacon, ground meat, and sausage
  - B. ground meat, sausage, and ham
  - C. ham, bacon, sausage

3. The loin is subdivided into ... cuts?
- A. one
  - B. two
  - C. three
4. Boneless chops, bone-in chops and double thick bone-in chops are made from the ...
- A. belly
  - B. loin
  - C. leg

**11. Watch the second part of the video and complete the text.**

Boneless Country Ribs unlike the other ribs cook \_\_\_\_\_ quickly. They tend to have a bit more \_\_\_\_\_ than a loin and are great with a sticky source. The Baby Back Ribs are everyone's favourite. They are fairly \_\_\_\_\_; they have lots of \_\_\_\_\_, so the low and slow cooking is the right for them. One more piece of the loin is Pork Stir Fry. It cooks quickly and \_\_\_\_\_ flavor nicely and it is lean and healthy. Pork Butt is also known as Pork Shoulder or Boston Butt. It is rich, fatty, \_\_\_\_\_. Low and slow with some spice is the best way of cooking it. A pork Brisket is a rare and \_\_\_\_\_ cut. When it is traditionally braised in \_\_\_\_\_ and \_\_\_\_\_ it becomes tender and delicious. St. Louis Ribs come from the \_\_\_\_\_ rib. They are bigger, \_\_\_\_\_ and \_\_\_\_\_ than the Baby Back Ribs. This is what an award-winning \_\_\_\_\_ is made from. So, as you see, identifying where on the animal the cut comes from decides the cooking method for you.

**12. Do you agree with the statement «Identifying where on the animal the cut comes from decides its cooking method»?**

❖ **SPEAKING**

**13. Work in pairs. Talk about different cuts of meat and how you prefer to cook them.**

- Student A.     You prefer fattier cuts. They are perfect for frying and stewing.
- Student B.     You prefer leaner cuts. But you don't know how to make the meat tender and juicy.

## ❖ WRITING

14. Use the text from Task 5 to fill out the chart.

| Cut          | Location                              | Characteristics                                        | Cooking Method              |
|--------------|---------------------------------------|--------------------------------------------------------|-----------------------------|
| <i>Chuck</i> | <i>around the shoulder of the cow</i> | <i>a tougher cut of beef with a rich, beefy flavor</i> | <i>braising and stewing</i> |
|              |                                       |                                                        |                             |
|              |                                       |                                                        |                             |
|              |                                       |                                                        |                             |
|              |                                       |                                                        |                             |
|              |                                       |                                                        |                             |
|              |                                       |                                                        |                             |
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## Unit 6

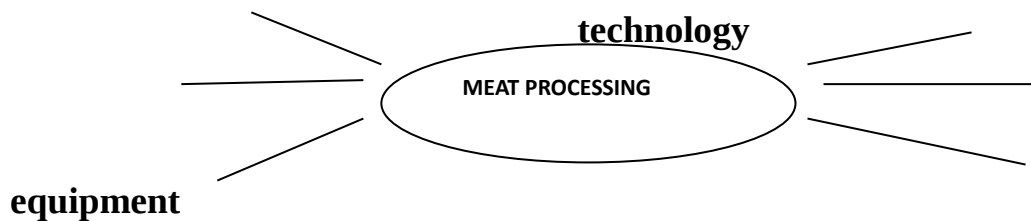
### MEAT PROCESSING TECHNOLOGIES

**Look at the photo and talk about these questions.**

- What is the purpose of meat processing?
- What safety and hygiene rules must be followed in meat processing facilities?
- How does packaging help keep meat fresh and safe?



**What do you associate with meat processing? Complete the chart and share your ideas with other students:**



## ❖ VOCABULARY

| <b>Nouns</b>                |                         |
|-----------------------------|-------------------------|
| consumer                    | споживач                |
| equipment                   | обладнання              |
| hygiene                     | гігієна                 |
| industry                    | промисловість           |
| innovation                  | інновація               |
| packaging                   | упаковка                |
| processing                  | обробка                 |
| regulation                  | регулювання             |
| safety                      | безпека                 |
| storage                     | зберігання              |
| supplier                    | постачальник            |
| technology                  | технологія              |
| <b>Adjectives / Adverbs</b> |                         |
| lean                        | пісний                  |
| nutritious                  | поживний                |
| sustainable                 | стійкий                 |
| tender                      | ніжний                  |
| <b>Verbs</b>                |                         |
| slice                       | нарізати                |
| defrost                     | розморозити             |
| freeze                      | заморозити              |
| grind                       | перемолоти, розтирати   |
| inspect                     | оглядати, інспектувати  |
| preserve                    | зберігати, консервувати |
| tenderize                   | пом'якшувати            |

### 1. Match the words (1-9) with the definitions (A-H).

|   |            |   |                                                      |
|---|------------|---|------------------------------------------------------|
| 1 | safety     | A | materials used to wrap or protect products.          |
| 2 | equipment  | B | space where things are kept when not in use.         |
| 3 | hygiene    | C | a new idea or way of doing something                 |
| 4 | consumer   | D | practices that keep people clean and healthy         |
| 5 | packaging  | E | a person or company that provides goods or services. |
| 6 | supplier   | F | tools or machines used for a specific purpose.       |
| 7 | storage    | G | rules made to control how things work.               |
| 8 | innovation | H | a person who buys and uses products.                 |
| 9 | regulation | I | being free from danger or harm                       |

## 2. Guess the word by its definition.

- |                                                              |             |
|--------------------------------------------------------------|-------------|
| A. tools and machines that help people do things             | t _ _ _ _ _ |
| B. to break something into small bits or powder.             | g _ _ _     |
| C. to look closely at something to check if it is okay.      | i _ _ _ _   |
| D. a group of businesses that make or sell similar products. | i _ _ _ _   |
| E. to cut something into thin pieces.                        | s _ _ _     |
| F. to make something very cold so it turns into ice.         | f _ _ _ _   |
| G. to make frozen food warm again so it is not icy.          | d _ _ _ _   |
| H. having good food that helps your body stay healthy.       | n _ _ _ _ _ |
| I. a person who buys and uses goods or services.             | c _ _ _ _   |
| J. changing something to make it ready for use.              | p _ _ _ _ _ |

## 3. Circle the word that best fits in each sentence.

- a) The *technology* / *industry* used in meat processing helps keep the food safe to eat.
- b) Many people believe that chicken is *nutritious* / *flavorful* and good for health.
- c) Workers need to *inspect* / *to defrost* the meat before it goes to the store.
- d) Beef can be very *nutritious* / *sustainable* when cooked properly.
- e) A good cooking method makes the meat *tender* / *nutritious* and easy to chew.
- f) It is important to *defrost* / *to tenderize* meat slowly in the refrigerator.
- g) You can *freeze* / *inspect* meat to keep it fresh for a long time.

## 4. Fill in the blanks with the correct words from the word bank.

**! Sometimes you might need to change the form of a word.**

|           |           |          |         |
|-----------|-----------|----------|---------|
| industry  | equipment | safety   | hygiene |
| packaging | inspect   | preserve |         |

- a) The meat processing ... helps provide food for many people.
- b) Workers use different types of ... to cut and grind meat.
- c) Food ... is very important in meat processing to keep everyone healthy.
- d) Good ... practices help prevent germs in the processing plant.
- e) ... keeps the meat fresh and safe for customers.
- f) It is necessary ... the meat before selling it to make sure it is good.
- g) Many methods are used ... meat, so it lasts longer on the shelf.

## ❖ READING

### 5. Read and translate the text.

In the food industry, companies use different technologies to process meat. These technologies help make sure the meat is safe, fresh, and tasty for the consumer. One key part of meat processing is the use of special equipment. This equipment helps cut, grind, and package the meat.

First, let's talk about safety and hygiene. It's important to keep the meat clean and free from bacteria. This means workers must wash their hands and wear clean clothes. The equipment also needs to be cleaned regularly. Many people inspect the meat to make sure it meets certain regulations.

Next, the meat goes through a processing stage. Here, it might be cut into smaller pieces or even ground into minced meat. Seasonings can be added to make it more tender and flavorful. These steps help make sure the food is nutritious and enjoyable to eat.

After processing, the meat needs correct storage. Some meats are frozen, while others are kept in a refrigerator. Storage conditions are crucial to preserve the meat's quality. Keeping the right temperature prevents spoilage and prolongs shelf life.

Now, let's talk about packaging. Packaging protects the meat during transport and keeps it fresh. It is usually labeled to show important information, like the expiration date. Innovation in packaging helps keep the food safe and reduces waste.

The role of a supplier is critical in this process. Suppliers deliver the raw meat to companies. They need to arrive on time and follow all the regulations regarding food safety. If the meat is not handled correctly, it may become unsafe to eat.

Finally, the meat is ready for the consumer. At the store, people look for fresh and tasty options that meet their needs. The food industry has to ensure that their products are dependable and delicious. This is why many innovations are continuously introduced to improve these products. Each step, from the farm to the table, is important to maintain high safety and hygiene standards.

### 6. Mark the following statements as TRUE or FALSE. Correct the wrong statements.

- a) \_\_\_ Companies use technology to make meat safe and tasty.
- b) \_\_\_ Workers do not need to wash their hands when handling meat.
- c) \_\_\_ Workers do not need to wash their hands after handling meat.
- d) \_\_\_ Packaging is not important for keeping meat fresh.
- e) \_\_\_ Suppliers are responsible for delivering raw meat to companies.

## **7. Discuss the questions.**

- a) What are some of the key technologies used in the meat processing industry?
- b) Why is it important to keep the meat clean and free from bacteria during processing?
- c) What are some of the steps involved in the meat processing stage?
- d) How do companies ensure proper storage conditions for different types of meat?
- e) What is the importance of packaging in the meat industry?
- f) What is the role of suppliers in the meat processing and distribution process?
- g) What are some of the factors that consumers look for when purchasing meat products?

## **8. Translate into English.**

- a) При обробці м'яса дуже важлива безпека.
- b) Хороша гігієна допомагає зберігати м'ясо чистим і безпечним для споживання.
- c) Упаковка зберігає м'ясо свіжим довше.
- d) М'ясу необхідно зберігати в прохолодному місці.
- e) Дотримання правил гігієни забезпечує безпечне виробництво м'яса.

## **❖ VIDEO**

### **«Modern Giant Beef Processing Technology»**

From: <https://www.youtube.com/watch?v=w8fvU8JuiKw> (0:25-1:11)

## **9. Before you watch the video talk about these questions:**

- How do workers process animals in the meat factory?
- What different types of meat products does the factory produce?
- How do machines help in creating minced meat?

## **10. Watch the video and then choose the correct answers.**

1. What is the first step in the meat processing operations?
  - A. Cutting the animals
  - B. Peeling the skin
  - C. Separating organs
  - D. Packing meat

2. What do the machines do with boneless meat?
  - A. Cut it into pieces
  - B. Grind it
  - C. Sell it directly
  - D. Freeze it
3. How is minced meat supplied in the factory?
  - A. In large containers
  - B. In different shapes
  - C. Without packaging
  - D. In raw form
4. What is important in the meat factory's operations?
  - A. Speed of production
  - B. Low costs
  - C. Hygiene and cleanliness
  - D. Large machinery
5. What happens after grinding the boneless meat?
  - A. It is sent for cooking
  - B. It is placed in boxes
  - C. It is thrown away
  - D. It is sold immediately
6. What does the factory do with animal parts?
  - A. Discard them
  - B. Separate each portion
  - C. Keep them together
  - D. Sell them raw
7. What helps the organization build a good reputation?
  - A. Low prices
  - B. Fast production
  - C. Large factory
  - D. Maintaining cleanliness

**11. Watch the video again and complete the text.**

The \_\_\_\_\_ begin with peeling the skin of the animals and then cutting the animals into two co-equal parts. Eventually, each \_\_\_\_\_ is separated, be it their heads or any other organ.

Similarly, the factory \_\_\_\_\_ boneless beef too, which is packed well once they go after various \_\_\_\_\_. Additionally, minced meat is also produced with the help of \_\_\_\_\_, which initially grind the boneless meat and then equally place them in boxes and further send it for upholstery.

The minced meat is supplied in various shapes, like rounded and balanced. Additionally, as you can see in each \_\_\_\_\_, there is a great manner for carrying each bit of the operations \_\_\_\_\_, and cleanliness is maintained in each section, which assists the \_\_\_\_\_ to build a great name in the provision of quality meat.

## **12. What helps meat processing factories win the best corporate reputation?**

### **❖ SPEAKING**

#### **13. Work in pairs. Which opinion do you agree with and why?**

Student A. "I think this process is really bad. I feel sad when I see animals hurt. When I went to a farm, I saw cows and they looked scared. I don't want animals to suffer."

Student B: "I believe this is good. We need meat for our food. It is tasty and gives us energy. My mom makes meatballs from minced meat, and they are my favorite!"

### **❖ WRITING**

#### **14. You are a journalist. Write a short report about a local meat processing plant. Describe their job and how they ensure safety and hygiene in the industry.**

#### **15. Create a simple flyer for a local meat processing plant. Include information about technology used, safety measures, and quality control.**

## Unit 7

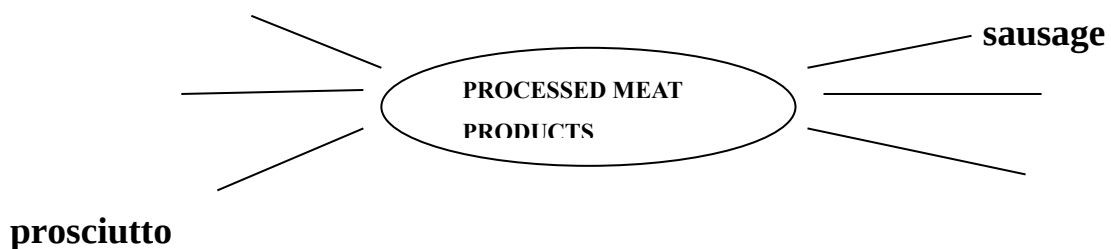
### PROCESSED MEAT PRODUCTS

Look at the photo and talk about these questions.

- What are some examples of popular processed meat products?
- What are some of the reasons why people enjoy eating processed meat products?
- What is the typical taste and texture of sausage?



What do you associate with meat processing? Complete the chart and share your ideas with other students:



## ❖ VOCABULARY

| Nouns                |                                    |
|----------------------|------------------------------------|
| bacon                | бекон                              |
| charcuterie          | м'ясні делікатеси                  |
| delicatessen         | делікатеси                         |
| deli                 | кулінарія                          |
| frankfurter          | франкфуртер (різновид сосисок)     |
| ham                  | шинка                              |
| jerky                | в'ялене м'ясо                      |
| meatball             | фрикаделька                        |
| pâté                 | паштет                             |
| pepperoni            | пепероні (гострий різновид салямі) |
| prosciutto           | прошутто (італійська шинка)        |
| salami               | салямі                             |
| sausage              | ковбаса                            |
| Adjectives / Adverbs |                                    |
| artificial           | штучний                            |
| preserved            | консервований                      |
| salty                | солоний                            |
| smoky                | який пахне димом                   |
| Verbs                |                                    |
| distribute           | розподіляти                        |
| grind                | молоти                             |
| label                | маркувати                          |
| produce              | виробляти                          |
| serve                | подавати                           |
| store                | зберігати                          |

**1. Match the words (1-9) with the definitions (A-H).**

|   |         |   |                                                                                                            |
|---|---------|---|------------------------------------------------------------------------------------------------------------|
| 1 | consume | A | to give out or spread items to different places or people.                                                 |
| 2 | bacon   | B | a type of meat that is usually made from ground pork, beef, or other meats and often seasoned with spices. |
| 3 | label   | C | to make or create something, often through a process involving raw materials.                              |
| 4 | produce | D | thin strips of cured meat from the belly of a pig, typically cooked until crispy.                          |
| 5 | sausage | E | to attach a tag or sticker to an item that provides information about it.                                  |

|   |            |   |                                                                                             |
|---|------------|---|---------------------------------------------------------------------------------------------|
| 6 | grind      | F | to eat or drink something in order to use it up or enjoy it.                                |
| 7 | salami     | G | a cut of meat from the back leg of a pig that is often smoked or cured for flavor.          |
| 8 | ham        | H | to break down food into smaller pieces using a tool like a grinder or blender.              |
| 9 | distribute | I | a dry sausage made from fermented and air-dried meat, commonly flavored with various spices |

## 2. Guess the word by its definition.

- A. *made by people, not found in nature.* a \_ \_ \_ \_ \_
- B. *dried meat that is chewy and often eaten as a snack.* j \_ \_ \_ \_
- C. *a smooth spread made from meat or liver.* p \_ \_ \_
- D. *a round piece of cooked meat mixed with other ingredients.* m \_ \_ \_ \_ \_
- E. *to give out things to many people or places.* d \_ \_ \_ \_ \_
- F. *a place where you buy things.* s \_ \_ \_ \_
- G. *a plate with different types of cured meats and cheeses.* c \_ \_ \_ \_ \_
- 
- H. *a long, thin sausage that you can cook and eat in a bun.* f \_ \_ \_ \_ \_
- 
- I. *a type of spicy sausage that people put on pizza.* p \_ \_ \_ \_ \_

## 3. Circle the word that best fits in each sentence.

- a) Many processed meats have *artificial* / *preserved* colors to look nice in the package.
- b) Bacon has a *smoky* / *salty* flavor that many people enjoy.
- c) People love to *consume* / to *grind* sausage on their pizzas.
- d) It is important to *label* / to *preserve* all ingredients on meat packages for safety.
- e) Some companies need to *grind* / to *produce* the meat before making it into patties.
- f) *Distributors* / *consumers* help to take processed meat to grocery stores.
- g) You should store *deli* / *labeled* meats in the refrigerator to keep them fresh.

## 4. Fill in the blanks with the correct words from the word bank.

***! Sometimes you might need to change the form of a word.***

|         |       |            |       |
|---------|-------|------------|-------|
| sausage | smoky | affordable | label |
| bacon   | ham   | salty      |       |

- a) I like to eat a \_\_\_\_\_ sandwich for breakfast on weekends.
- b) My favorite breakfast includes crispy \_\_\_\_\_ with eggs.

- c) For lunch, I usually have a sandwich made with \_\_\_\_\_ and cheese.
- d) The \_\_\_\_\_ flavor of the barbecue chicken was delicious.
- e) Many processed meats can be very \_\_\_\_\_, so I try to eat them in moderation.
- f) Hot dogs are an \_\_\_\_\_ option for a quick meal at a picnic.
- g) It is important \_\_\_\_\_ processed meat products with their ingredients.

## ❖ READING

### 5. Read and translate the text.

The art of processing meat is both a science and a craft. To create popular products like sausage, manufacturers begin by selecting the finest cuts of meat, which are then ground into a uniform mixture. Seasonings and spices are added to enhance flavor, and the mixture is carefully stuffed into casings before being cooked or smoked.

*Bacon*, a breakfast favorite, is made by curing slices of pork belly with salt and sometimes sugar, then smoking it to give it a distinctive taste. Similarly, *ham* goes through a curing process, though it can be served in many forms, from spiral-cut holiday roasts to deli-sliced varieties that are easy to consume every day.

*Salami*, pepperoni, and prosciutto are all types of cured meats, known for their rich flavors and unique textures. Salami is often air-dried and seasoned with garlic, while pepperoni is a favorite topping for pizzas. *Prosciutto*, an Italian specialty, involves a lengthy drying process, followed by thin slicing, making it perfect to serve as is or in various dishes.

For those preferring a snack, *jerky* offers a portable option, made by slicing meat thin and drying it under controlled conditions. *Frankfurters*, or hot dogs, are a quick meal option, easy to store, distribute, and enjoy at family gatherings, sports events, or a simple home dinner.

In the production of *meatballs*, the ground mixture is shaped into small balls and cooked, ready to be paired with pasta or used in sandwiches. During manufacturing, all these products are carefully labeled to ensure consumers know what's inside and how best to store them.

It's important that these meats are distributed efficiently and stored under proper conditions to maintain their quality. This attention to detail ensures that whether you're enjoying a luncheon sandwich with ham and prosciutto or a dinner featuring spicy *pepperoni*, the meats are safe, delicious, and ready to consume.

**6. Mark the following statements as TRUE or FALSE. Correct the wrong statements.**

- a) Sausage is made by grinding meat and mixing it with spices before cooking.
- b) Bacon is prepared by frying slices of pork belly.
- c) Salami is typically air-dried and flavored with garlic.
- d) Jerky is a type of meat that is cooked and served hot.
- e) Frankfurters are convenient to store and are often enjoyed at events.
- f) Meatballs are made by shaping ground meat into large pieces.
- g) Proper storage of meat products is essential for maintaining their quality.

**7. Discuss the questions.**

- a) What is the first step in the process of making sausage?
- b) How are bacon and ham prepared differently?
- c) What are the distinctive features of salami, pepperoni, and prosciutto?
- d) What is the purpose of the drying process in making jerky?
- e) How are meatballs prepared and used in different dishes?
- f) Why is it important to distribute and store these meat products properly?
- g) What are some common ways that people enjoy the various meat products mentioned in the text?

**8. Translate into English.**

- a) Заводи наполегливо працюють над виробництвом високоякісних м'ясних продуктів.
- b) Для безпеки споживачів виробники повинні чітко маркувати свою продукцію.
- c) М'ясо для ковбаси подрібнюють спеціальною машиною.
- d) Швидке розповсюдження обробленого м'яса допомагає зберегти його свіжим для магазинів.
- e) Ви повинні зберігати залишки обробленого м'яса в холодильнику, щоб уникнути псування.

## ❖ VIDEO

### «How It's Made - Poultry Deli Meats»

From: <https://www.youtube.com/watch?v=4vHMf4cEQUg> (0:25-2:50)

#### **9. Before you watch the video talk about these questions:**

1. What ingredients are usually added to meat processed products?
2. Which of them are harmful to your health?
3. Why are they used?

#### **10. Watch the video and then choose the correct answers.**

1. What do workers use to add flavor to poultry deli meats?
  - A. Only salt
  - B. Filtered water and seasonings
  - C. Honey alone
  - D. Raw chicken
2. How do workers ensure the safety of the raw poultry?
  - A. By cooking it immediately
  - B. By checking its temperature
  - C. By adding more seasonings
  - D. By using plastic wrap
3. What does the stitch pump machine do to the chicken breast?
  - A. Cuts the meat
  - B. Wraps the meat
  - C. Injects seasoning solution
  - D. Cooks the meat
4. What happens to the chicken after being injected with seasoning?
  - A. It is immediately cooked
  - B. It is thrown away
  - C. It is left in a holding area to marinate
  - D. It is frozen
5. How do workers shape the turkey breast?
  - A. By using a machine
  - B. By hand shaping and wrapping in plastic
  - C. By cutting it into pieces
  - D. By adding salsa directly

6. What is added to give the turkey breast a special flavor?
- A. Only salt
  - B. Bacon strips
  - C. Southwestern marinade
  - D. Plastic wrap
7. What is the purpose of the rollers and tumbler in meat preparation?
- A. To cook the meat
  - B. To tenderize the meat
  - C. To add more seasonings
  - D. To package the meat

**11. Watch the video again and complete the text.**

When it comes to making poultry \_\_\_\_\_, it's all in the seasoning. From fiery southwestern turkey to hot sauce marinated chicken, they really know how to spice it up. They begin with plenty of filtered water. It will be used to disperse the specially formulated seasonings. There's a different blend for every product, and they include \_\_\_\_\_ and different \_\_\_\_\_. They add honey because this is a honey maple recipe. And while that's all being mixed, they check the temperature of the raw poultry to confirm it's in the safe range. If it's even slightly off, there's a risk of bacterial growth, so the whole batch would have to be rejected. But this poultry has been well chilled.

The stitch pump machine's long steel needles repeatedly inject seasoning solution into the \_\_\_\_\_. Excess liquid drains through the conveyor as the chicken is transferred to a holding area to marinate for at least two hours. Next, numerous lumpy rollers massage the chicken and break down fiber to tenderize the meat. Then in a tumbler, metal paddles vigorously knead the meat. This tenderizes it even more and releases a \_\_\_\_\_ that will eventually \_\_\_\_\_ several breasts into one big piece.

Meanwhile, in the turkey kitchen, workers shape and season previously \_\_\_\_\_ and apply \_\_\_\_\_ to the top. The employee arranges them in a crisscross pattern for full coverage. He dusts it with a mix of seasonings and then wraps it in thick plastic. Once enclosed in the plastic, he can press the turkey breast into a more perfect shape. For a different \_\_\_\_\_, they drench some turkey breasts in a spicy southwestern marinade. After folding the turkey meat to the desired shape, the worker adds salsa and seasonings to complete the recipe. A little more hand shaping and it's ready for the oven.

**12. What ingredients do you think are important for good flavor in meat dishes?**

## ❖ SPEAKING

### 13. Work in pairs. Which opinion do you agree with and why?

*Student A:* "Honestly, I think processed meat is just bad news. I used to eat a lot of hot dogs and bacon, but then I learned about the health risks, like heart disease and cancer. A couple of months ago, my uncle had a heart attack, and it really shook me up. Now, I can't even look at processed meats without feeling worried."

*Student B:* "I'm all for processed meat! They're super convenient and taste great. Last week, I made a quick stir-fry with some pre-cooked sausage, and it saved me so much time after a long day at work. I mean, who doesn't love a good barbecue with burgers and hot dogs?"

*Student C:* "I don't really know how I feel about it. I grew up eating deli meats, but now I'm not sure if they're that healthy. Sometimes I want a sandwich with salami, but then I think about how many preservatives are in it. I'm just confused and need more information before I pick a side."

*Student D:* "Oh man, processed meat really gets to me! My grandma passed away last year, and she ate a ton of it. I'd sit with her during lunch, and she'd tell me stories while munching on that stuff. Now it breaks my heart thinking it could've contributed to her health issues. It's just so emotional for me."

## ❖ WRITING

### 14. Use the texts from Tasks 9-11 to fill out the chart about poultry deli meats production.

|        |                                                                                 |
|--------|---------------------------------------------------------------------------------|
| Step 1 | A lot of water is used to disperse the specially formulated seasonings on meat. |
| Step 2 |                                                                                 |
| Step 3 |                                                                                 |
| Step 4 |                                                                                 |
| Step 5 |                                                                                 |
| Step 6 |                                                                                 |
| Step 7 |                                                                                 |
| ...    |                                                                                 |

### 15. Write a review of your favorite processed meat product. Explain how it is produced, labeled, and stored. Discuss its taste, texture, and how you like to serve it in meals.

## Unit 8

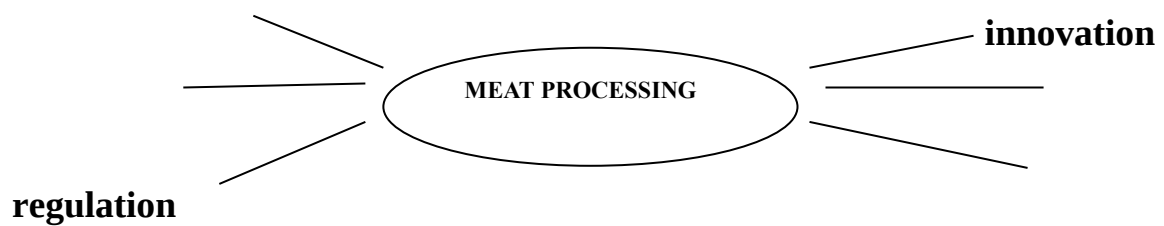
### BENEFITS AND CHALLENGES IN MEAT PROCESSING

**Look at the photo and talk about these questions.**

- What are the top meat processing companies in Ukraine?
- Which of them would you like to work for? Why?



**What do you associate with meat processing? Complete the chart and share your ideas with other students:**



## ❖ VOCABULARY

|                             |                                                          |
|-----------------------------|----------------------------------------------------------|
| efficiency                  | ефективність                                             |
| ingredient                  | інгредієнт                                               |
| innovation                  | інновація                                                |
| nutrition                   | харчування                                               |
| regulation                  | регулювання                                              |
| waste / wastes              | відходи                                                  |
| <b>Adjectives / Adverbs</b> |                                                          |
| accessible                  | доступний                                                |
| beneficial                  | корисний                                                 |
| convenient                  | зручний                                                  |
| environmental               | який відноситься до навколишнього середовища; екзогенний |
| reliable                    | надійний                                                 |
| varied                      | різноманітний                                            |
| <b>Verbs</b>                |                                                          |
| analyze                     | аналізувати                                              |
| control                     | контролювати                                             |
| improve                     | покращувати                                              |
| inspect                     | перевіряти                                               |
| regulate                    | регулювати                                               |

**1. Match the words (1-9) with the definitions (A-H).**

|   |            |   |                                                                         |
|---|------------|---|-------------------------------------------------------------------------|
| 1 | analyze    | A | to control how something works or happens.                              |
| 2 | waste      | B | to make something smaller in size, amount, or number.                   |
| 3 | efficiency | C | to check something carefully for problems or details.                   |
| 4 | reduce     | D | the ability to do things well without wasting time or resources.        |
| 5 | beneficial | E | to look closely at something to understand it better.                   |
| 6 | regulate   | F | using too much of something without good reason or not using it at all. |
| 7 | innovation | G | a new idea or way of doing something that is different and useful.      |
| 8 | improve    | H | something that helps you or makes your life better.                     |
| 9 | inspect    | I | to make something better than it was before.                            |

## 2. Guess the word by its definition.

- D. use something carelessly or without need w \_ \_ \_ \_  
E. make something better than it was before. i \_ \_ \_ \_ \_  
F. the items used to make food or other things. i \_ \_ \_ \_ \_ \_ \_ \_ \_  
G. someone or something you can trust to do what they say. r \_ \_ \_ \_ \_  
H. set rules for how something should work or be done. r \_ \_ \_ \_ \_  
I. easy to use and helpful in a situation. c \_ \_ \_ \_ \_ \_ \_  
J. have power over something or keep it in order. c \_ \_ \_ \_ \_  
K. look carefully at something to check its quality. i \_ \_ \_ \_ \_  
L. look closely at something to understand it better. a \_ \_ \_ \_ \_  
M. easy to reach or use. a \_ \_ \_ \_ \_ \_ \_

## 3. Circle the word that best fits in each sentence.

- a) Meat processing can help *reduce* / *regulate* the amount of bacteria in our food.  
b) Governments *regulate* / *improve* food safety to protect people from getting sick.  
c) Eating processed foods can be *beneficial* / *environmental* for busy families.  
d) New machines can *improve* / *inspect* the speed of meat processing.  
e) Workers must *inspect* / *reduce* meat products to ensure they are safe to eat.  
f) Better technology can *waste* / *improve* the quality of canned meat.  
g) Meat processors try to minimize *waste* / *regulate* during production.

## 4. Fill in the blanks with the correct words from the word bank.

**! Sometimes you might need to change the form of a word.**

|           |             |            |
|-----------|-------------|------------|
| nutrition | waste       | accessible |
| reliable  | ingredients | convenient |

- a) Canned meat plays an important role in infant \_\_\_\_\_.  
b) Meat processing plants generate a lot of packaging \_\_\_\_\_.  
c) Nowadays we observe an expansion of \_\_\_\_\_ meat products, such as hamburgers and other ready-to-eat foods.  
d) Meat processing technologies must be absolutely safe and \_\_\_\_\_.  
e) All \_\_\_\_\_ are listed on a product label in descending order of weight.  
f) Canned meat is the most \_\_\_\_\_ form of animal protein.

## ❖ READING

### 5. Read and translate the text.

Meat processing brings both beneficial and challenging aspects to our everyday lives. On the one hand, it helps produce food that is accessible and reliable, ensuring that people have a steady supply of varied and nutritious food options. A key advantage is the preservation of food, which helps reduce waste. By extending the shelf life of many ingredients, meat processing makes it possible to consume foods that would otherwise spoil quickly.

Moreover, meat processing has led to significant innovations in the industry, allowing for enhanced nutrition by fortifying foods with essential vitamins and minerals. Efficiency has also increased, as modern techniques allow producers to analyze products and processes, continuously seeking ways to improve them. This has made our diets more diverse than ever before.

However, there are environmental and regulatory challenges associated with meat processing. Waste management is a significant concern as packaging and by-products from manufacturing processes can harm the environment if not properly managed. Companies must adhere to strict regulations and be constantly inspected to ensure compliance with environmental standards. These checks are necessary to regulate the safety and quality of meat products.

Ensuring food is both safe and convenient, yet it requires a delicate balance. The challenges include maintaining high standards and being adaptable to changing regulations, as well as managing the environmental impact of production methods. The goal for producers is to find sustainable processes that lower the carbon footprint and reduce natural resource consumption.

Consumers, as the final part of this cycle, have become more informed and concerned about what they consume. This demand for transparency has pushed the industry towards more responsible practices. Ultimately, the field of meat processing is a complex one, filled with opportunities to better feed our world while also posing obstacles. By focusing on innovation and sustainability, the meat processing industry can continue to be a reliable source of vital nourishment, meeting the needs of people around the globe.

### 6. Mark the following statements as TRUE or FALSE. Correct the wrong statements.

- a) Meat processing helps to make meat more available and reduces waste.
- b) The meat processing industry has not changed much over the years.
- c) Meat processing can improve nutrition by adding vitamins and minerals to products.

- d) Environmental concerns are not a significant issue in meat processing.
- e) Companies in the meat industry must follow strict regulations to ensure food safety.
- f) Consumers are less interested in the quality of the meat they buy today.
- g) The meat industry is focused on innovation and sustainability to meet global needs.

## **7. Discuss the questions.**

- a) What are the key advantages of meat processing?
- b) How has meat processing led to innovations in the industry?
- c) What are the environmental and regulatory challenges associated with meat processing?
- d) Why is ensuring a delicate balance of food safety and nutrition?
- e) How have consumer demands influenced the meat processing industry?
- f) What is the main goal for meat producers?
- g) What are the overall complexities and opportunities in the field of meat processing?

## **8. Translate into English.**

- a) Обробка м'яса допомагає зробити їжу доступною та безпечною, запобігає її псуванню.
- b) Розвиток м'ясопереробної промисловості допомагає вдосконалювати продукти та методи переробки їжі.
- c) Проблеми у галузі переробки м'яса включають проблему відходів, які можуть завдати шкоди навколишньому середовищу.
- d) Зробити продукти переробки м'яса безпечними, простими у використанні та корисними для здоров'я складно через високі стандарти, мінливі правила та необхідність дбати про довкілля.
- e) Люди хочуть знати більше про те, що вони їдять, тому м'ясопереробна промисловість намагається бути більш відповідальною.
- f) Виробники продуктів переробки м'яса прагнуть знайти способи використовувати менше енергії та ресурсів.

## ❖ VIDEO

### «What are the Biggest Challenges Facing the Food Industry Today?»

From: [https://youtu.be/6PM\\_q4U9NF4?si=UFjEWYjvpv\\_hU-O-](https://youtu.be/6PM_q4U9NF4?si=UFjEWYjvpv_hU-O-) (0:01-1:14)

#### 9. Before you watch the video talk about these questions:

- What is more important for consumers – low price or taste or safety of the food?
- How do you know that this or that meat product is safe for you?

#### 10. Watch the video and then choose the correct answers.

1. What is a major challenge for the food industry according to the text?
  - A. Increasing consumer demands
  - B. Ensuring food safety
  - C. Reducing transportation costs
  - D. Improving packaging design
2. How does the text describe the food industry's environmental impact?
  - A. Minimal environmental concerns
  - B. Significant contributor to greenhouse gas emissions
  - C. Completely sustainable practices
  - D. No impact on deforestation
3. What did the COVID-19 pandemic reveal about the food supply chain?
  - A. Complete stability
  - B. Total efficiency
  - C. Vulnerabilities in distribution
  - D. No significant disruptions
4. Which of the following best describes changing consumer preferences?
  - A. Indifference to food production
  - B. Demand for less information
  - C. Desire for transparency and ethical sourcing
  - D. Preference for cheaper options
5. What is implied about the consequences of food safety issues?
  - A. No significant impact on the industry
  - B. Potential damage to public trust
  - C. Increased consumer satisfaction
  - D. Minimal financial implications

6. How does the text characterize sustainability in the food industry?
- A. Not an important consideration
  - B. Completely resolved
  - C. A critical issue requiring attention
  - D. Unrelated to business operations
7. What broader challenge does the text suggest the food industry is facing?
- A. Maintaining traditional practices
  - B. Adapting to multiple complex challenges
  - C. Reducing workforce
  - D. Increasing profit margins

**11. Now watch the video again and complete the text.**

The food industry faces a range of -----, including food safety. Ensuring that the ----- is safe from contaminants, pathogens, and other harmful substances is a major challenge for the food industry. Outbreaks of foodborne illnesses and recalls of contaminated products can damage ----- in the industry and have significant.

----- is another critical issue. The food industry is a major contributor to greenhouse gas emissions, water use, and deforestation. Ensuring sustainable practices throughout the ----- is crucial for reducing the industry's environmental impact and mitigating the effects of climate change.

Supply chain disruptions have also become a significant concern. The COVID-19 pandemic highlighted the vulnerabilities of the food supply chain. Disruptions in transportation, -----, and ----- can result in shortages, price volatility, and waste.

Finally, changing ----- are shaping the industry. Consumers are increasingly demanding transparency, ethical sourcing, and healthier options from food companies.

**12. Why is ensuring food safety a major challenge for the food industry?**

❖ **SPEAKING**

**13. Work in pairs. Which opinion do you agree with and why?**

*Student A:* "Honestly, the food industry really freaks me out sometimes. I can't shake off that one time I ate some bad chicken at a restaurant and ended up sick for days. It was such a nightmare! Now, every time I think about eating out, my stomach churns a little. I'm always on edge, wondering if what I'm eating is safe or not."

*Student B:* "You know what? I actually think the food scene is improving a lot! There are so many more healthy choices popping up everywhere. Just last week, I stumbled upon this awesome salad spot that uses all fresh ingredients, and it felt great to dig into something good for me. It's like a breath of fresh air to see places caring about quality!"

*Student C:* "I'm kind of torn when it comes to the food industry. It's got its ups and downs for sure. I found this new organic store that I really liked, but man, their prices can be through the roof sometimes! It leaves me scratching my head, wondering if it's worth it. Sometimes, I just wish things were simpler!"

*Student D:* "The state of the food industry honestly bums me out. My dad lost his job during COVID because of all those crazy supply chain issues, and it hit our family hard. We struggled a ton trying to make ends meet. I keep hoping things turn around soon because it feels like we're stuck in this never-ending cycle of uncertainty."

## ❖ WRITING

**14. Creative writing.** Write a short story about a character who found a job in a food processing plant. Describe his / her impressions, feelings and emotions, as well as the challenges he / she is faced with in the new workplace.

**15. Creative writing.** Write a short poem about meat using your topical vocabulary. You don't necessarily need to rhyme the words. Look at the example of a free verse below.

**Meat**  
Meat, Meat, Meat,  
Cow Meat / Track Meet  
Red, Brown, Brunt Meat  
Dark Meat, White Meat,  
Those are just a few.  
Lean Meat / Fat Meat  
Ground, Chunky, Small Meat,  
Bacon Meat, Beef Meat.  
Jerky Meat, too,  
Sausage Meat, / Pork Meat,  
Don't forget Pig Meat,  
Last of all, best of all,  
I like fried Chicken Meat.

(By Rachel M. From: <https://thegluttonsdigest.com/meat-meets-poetry/>)

## MODULE TEST 2

**1. What is the primary purpose of meat processing technologies?**

- A. To create new types of meat
- B. To make meat more expensive
- C. To keep meat safe and fresh
- D. To change the color of meat

**2. What must workers do to maintain hygiene?**

- A. Wash hands and wear clean clothes
- B. Taste the meat before packaging
- C. Work only during the day
- D. Use special tools at home

**3. What happens during the meat processing stage?**

- A. The meat is only frozen
- B. The meat might be cut or ground
- C. The meat is always cooked
- D. The meat is sold to restaurants

**4. How is meat stored after processing?**

- A. Always at room temperature
- B. Only in paper bags
- C. In freezers or refrigerators
- D. Only in plastic containers

**5. What is the purpose of packaging?**

- A. To make the meat look better
- B. To protect the meat during transport
- C. To make the meat more expensive
- D. To cook the meat faster

**6. Why are suppliers important in meat processing?**

- A. They set the prices
- B. They cook the meat
- C. They deliver the raw meat
- D. They design the packaging

**7. What do consumers look for when buying meat?**

- A. Fresh and tasty options
- B. Only the cheapest products
- C. Only imported meats
- D. Products with fancy names

**8. What is the main purpose of using special equipment in meat processing?**

- A. To make the meat more expensive
- B. To help cut, grind, and package the meat
- C. To create new types of meat products
- D. To eliminate the need for human workers

**9. What is crucial about storage conditions for meat?**

- A. They help make the meat taste better
- B. They make the packaging more attractive
- C. They preserve the meat's quality
- D. They reduce transportation costs

**10. Why does the food industry continue to introduce innovations?**

- A. To increase prices
- B. To reduce the number of workers needed
- C. To compete with vegetarian products
- D. To ensure products are dependable and delicious

**11. What is the first step in making sausage?**

- A. Adding spices
- B. Choosing good meat
- C. Grinding the meat
- D. Stuffing into casings

**12. How is bacon made?**

- A. By smoking pork belly
- B. By curing pork belly with salt
- C. By drying thin slices of pork
- D. By grinding pork with spices

**13. Why is proper storage of meat products important?**

- A. To keep the price high
- B. To maintain quality
- C. To make them taste better
- D. To make them look nice

**14. What is important during the manufacturing process of meat products?**

- A. Cooking at high temperatures
- B. Using only organic ingredients
- C. Proper labeling
- D. Quick distribution

**15. What is the main benefit of food processing?**

- A. It makes food more expensive
- B. It helps preserve food and reduce waste
- C. It creates more jobs in the industry
- D. It makes food taste better

**16. How has food processing influenced our diets? – It made them ...**

- A. less healthy
- B. more expensive
- C. more diverse
- D. simpler

**17. What is the main environmental concern about food processing?**

- A. Waste management
- B. Air pollution
- C. Water usage
- D. Land destruction

**18. Why are inspections of food processing companies necessary?**

- A. To create more jobs
- B. To make food taste better
- C. To ensure food safety and quality
- D. To increase food prices

**19. How have consumers changed for the last years?**

- A. They eat less processed food
- B. They have become more informed about what they eat
- C. They prefer expensive food
- D. They cook more at home

**20. What is the main goal of the food industry?**

- A. To make more money
- B. To create more jobs
- C. To find sustainable processes
- D. To produce more food

**21.How has the consumer demand for transparency influenced the food industry? – It ...**

- A. increased food prices
- B. reduced food quality
- C. pushed the industry toward better practices
- D. created more food waste

**22.What is one of the main benefits of food processing?**

- A. It reduces the cost of food production
- B. It extends the shelf life of many ingredients
- C. It eliminates the need for regulations
- D. It creates more jobs in the food industry

**23.What is TRUE about the relationship between food processing and nutrition?**

- A. Processed food is always less nutritious
- B. Processing can enhance nutrition through fortification
- C. Nutrition is not a concern in food processing
- D. Consumers don't care about the nutritional value of processed foods

**24.What do you think is a "delicate balance" in food industry?**

- A. Consumer preferences and company profits
- B. Global food distribution
- C. Making food safe, convenient, and nutritious
- D. International trade regulations

**25.What is the main purpose of technological innovations in the meat industry?**

- A. To increase meat consumption
- B. To improve efficiency and safety in production
- C. To reduce the cost of meat products
- D. To create new types of meat

**26.What happens to meat when it first arrives at a processing facility?**

- A. It is immediately packaged
- B. It is frozen for later use
- C. It is subject to strict regulation
- D. It is tested for flavor

**27. Which method is a way to tenderize meat?**

- A. Slicing
- B. Washing
- C. Cooking
- D. Salting

**28. What is of utmost importance for assuring consumers of meat quality and safety?**

- A. Refrigeration
- B. Packaging
- C. Tenderizing
- D. Selection of suppliers

**29. What type of packaging technique is considered as an innovation?**

- A. Plastic wrapping
- B. Paper packaging
- C. Vacuum-sealed packaging
- D. Biodegradable containers

**30. What role does inspection play in meat processing?**

- A. It helps determine meat prices
- B. It ensures only high-quality products reach consumers
- C. It speeds up the processing time
- D. It reduces the need for refrigeration

**31. What trend in consumers' behavior had the greatest influence on meat processing technology?**

- A. Preference for organic meats
- B. Demand for more exotic meat varieties
- C. Interest in pre-cooked meat products
- D. Desire for leaner meat options

**32. What aspect of meat quality do sustainable practices help to maintain?**

- A. The nutritional value
- B. The color of the meat
- C. The weight of the product
- D. The packaging design

**33.What does advanced equipment in meat processing help to do?**

- A. Make meat more expensive
- B. Enhance flavor while maintaining nutritional value
- C. Reduce the need for human workers
- D. Increase the fat content in meat

**34.What is the responsibility of the government?**

- A. Providing funding for new technology
- B. Marketing meat products internationally
- C. Implementing and enforcing safety regulations
- D. Determining meat prices

**35.Why is temperature control important in meat storage?**

- A. It helps maintain flavor and nutritional properties
- B. It reduces the cost of transportation
- C. It eliminates the need for packaging
- D. It changes the color of the meat

**36.What alternative does the meat industry explore?**

- A. Importing exotic meats
- B. Creating meat with artificial flavors
- C. Developing plant-based protein alternatives
- D. Selling only organic meat products

**37.Which of the following is NOT a benefit of modern packaging techniques?**

- A. Extended shelf life
- B. Better preservation of freshness
- C. Reduced environmental impact
- D. Lower transportation costs

**38.What is driving the meat processing to traditional practices?**

- A. Government regulations
- B. Technological limitations
- C. Growing demand for sustainable and ethical options
- D. Decreasing global meat consumption

**39. What conclusion can you make about technological innovations in the meat industry?**

- A. They are primarily focused on increasing profits
- B. They are making meat products more expensive
- C. They are enabling safer, more sustainable, and higher-quality products
- D. They are completely replacing traditional meat processing methods

**40. Which of the following is described as a way for meat companies to become more sustainable?**

- A. Hiring more employees
- B. Analyzing environmental impact of their processes
- C. Increasing meat production volumes
- D. Focusing only on traditional meat products

## ADDITIONAL MATERIAL "LEARN WITH FUN"

### UNIT 1

***"Eating tough meat is always harder for a toothless lion" (An African proverb)***

Find the words from the wordsearch.

1. The red liquid that flows through the bodies of people and animals.

2. A room in a prison, jail, etc., where prisoners live or are kept.

3. A substance that plants, animals, and people need to live and grow.

4. To assure in advance.

5. Birds (such as chickens and ducks) that are raised on farms for their eggs or meat.

6. A state of being well.

7. Something you benefit from is b.....

8. Large in size, amount, or quantity.

9. Extremely important and necessary.

10. Containing fat and especially a large amount of fat.

11. To eat or drink (something).

12. To cause (something) to exist or continue without changing.

13. To give.

14. To put something that is damaged, broken, or not working correctly, back into good.

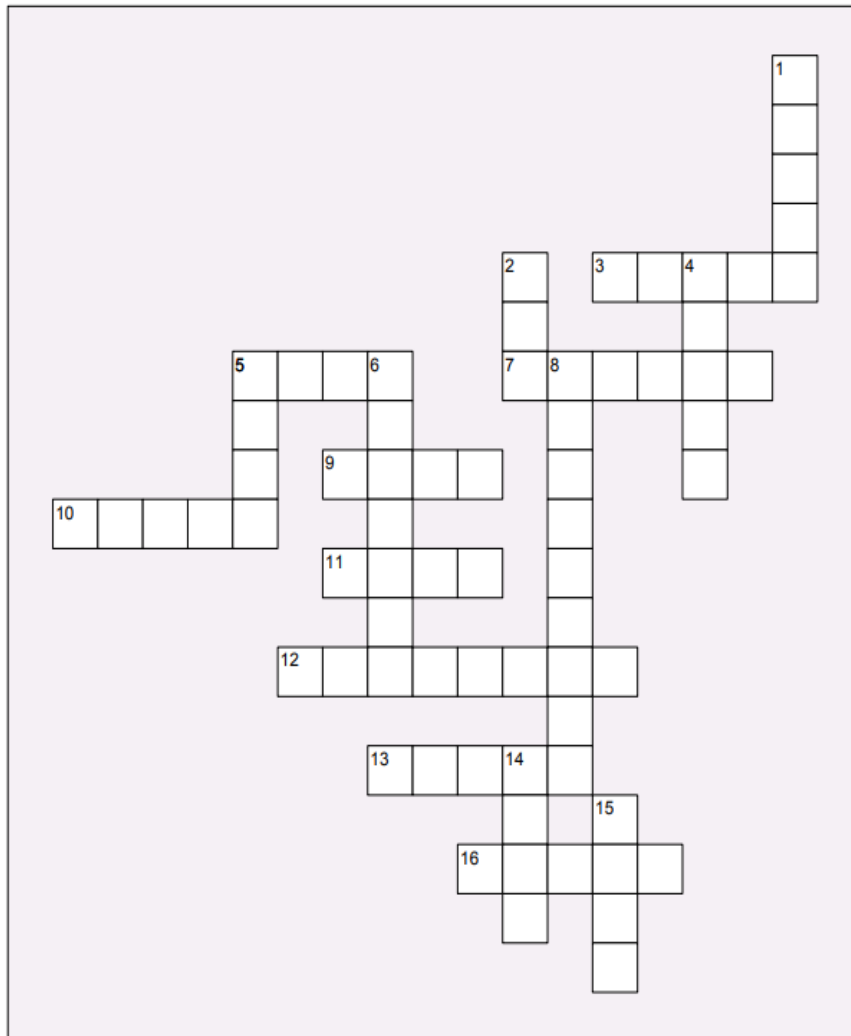
15. To make something stronger or more effective, or to become stronger or more effective.

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| c | p | e | y | r | t | l | u | o | p | f | i |
| n | o | n | a | q | e | u | n | i | r | l | s |
| b | e | n | e | f | i | c | i | a | l | e | w |
| l | d | h | s | s | y | c | i | e | n | e | l |
| o | i | r | t | i | y | y | c | t | l | n | a |
| o | v | b | e | g | d | o | t | l | u | i | i |
| d | o | i | t | p | n | e | b | t | l | l | t |
| e | r | u | s | s | a | e | r | p | a | a | n |
| u | p | t | u | n | i | i | r | a | w | f | e |
| t | l | m | e | n | e | o | r | t | b | t | s |
| n | e | h | g | n | y | n | a | f | s | l | s |
| n | i | a | t | n | i | a | m | r | r | a | e |

## UNIT 2

*“A sleeping fox finds no meat”*  
(A Brazilian proverb)

# Composition of meat



### **across:**

- 3: Containing fat and especially a large amount of fat. 5: Meat from a cow.  
7: A piece of soft and very thin paper that is used especially for cleaning.  
9: A young sheep.  
10: To keep and take care of animals or plants in order to produce more animals or plants of a particular kind.

11: The meat of a pig that is used for food.

12: To be on every side of (someone or something).

13: To lift or move (something or someone) to a higher position.

16: Plant material that cannot be digested but that helps you to digest other food.

### **down:**

1: Containing a lot of juice.

2: Having a lot of extra flesh on your body.

4: Very difficult to do or deal with.

5: To tie or wrap (something) with rope, string, etc.

6: The quality of something that you can taste.

8: The power to

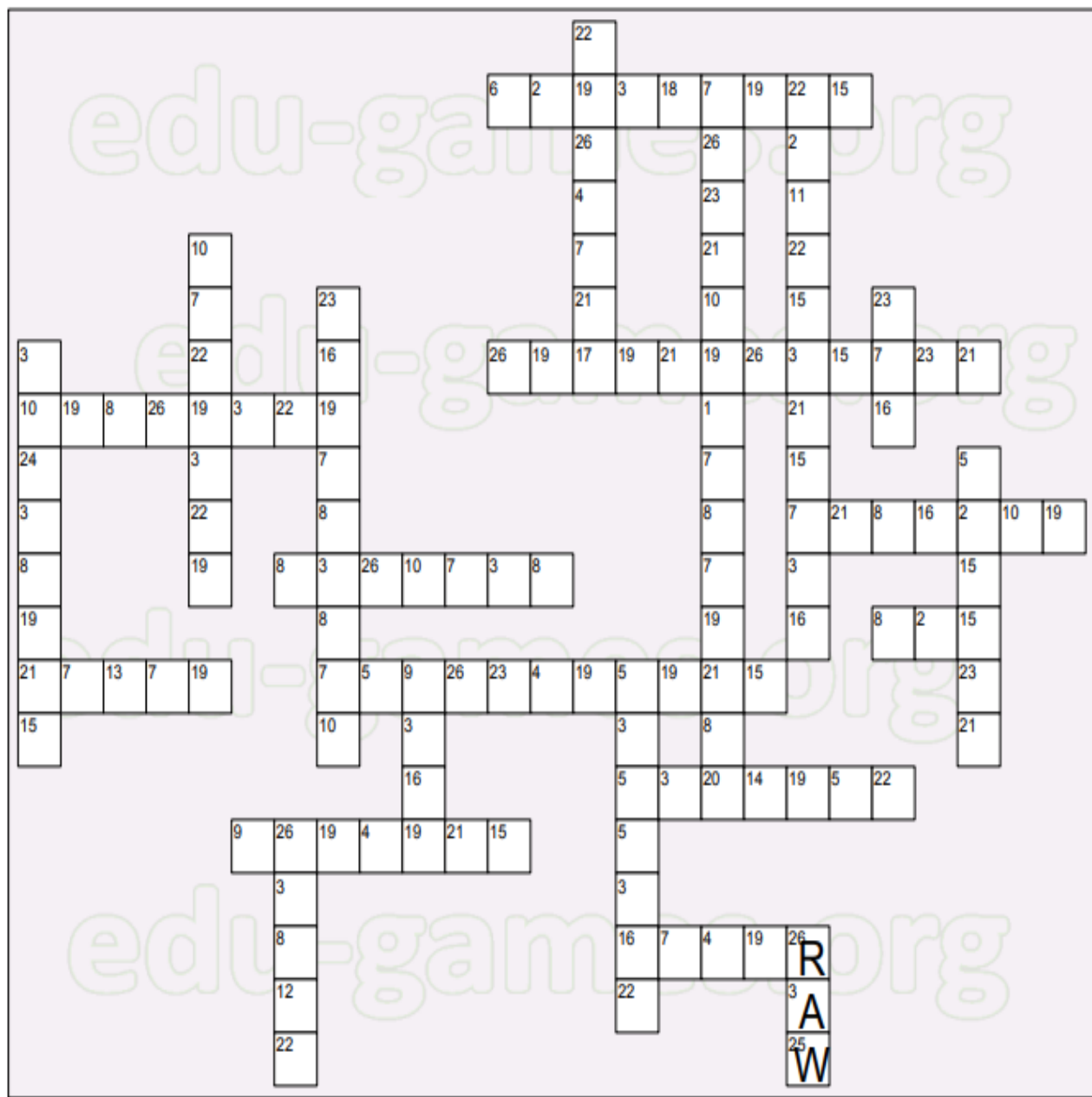
change or affect someone or something.

14: The natural outer layer of tissue that covers the body of a person or animal.

15: To (cause to) slope in one direction, or to move the top part of the body in a particular.

## *“The best soup is made of old meat” (A French proverb)*

Codewords are like crossword puzzles without the clues the letters have all been already by code numbers. Using the letters already provided, work out the remaining letters by identifying the words. You need to use vocabulary from unit 3.

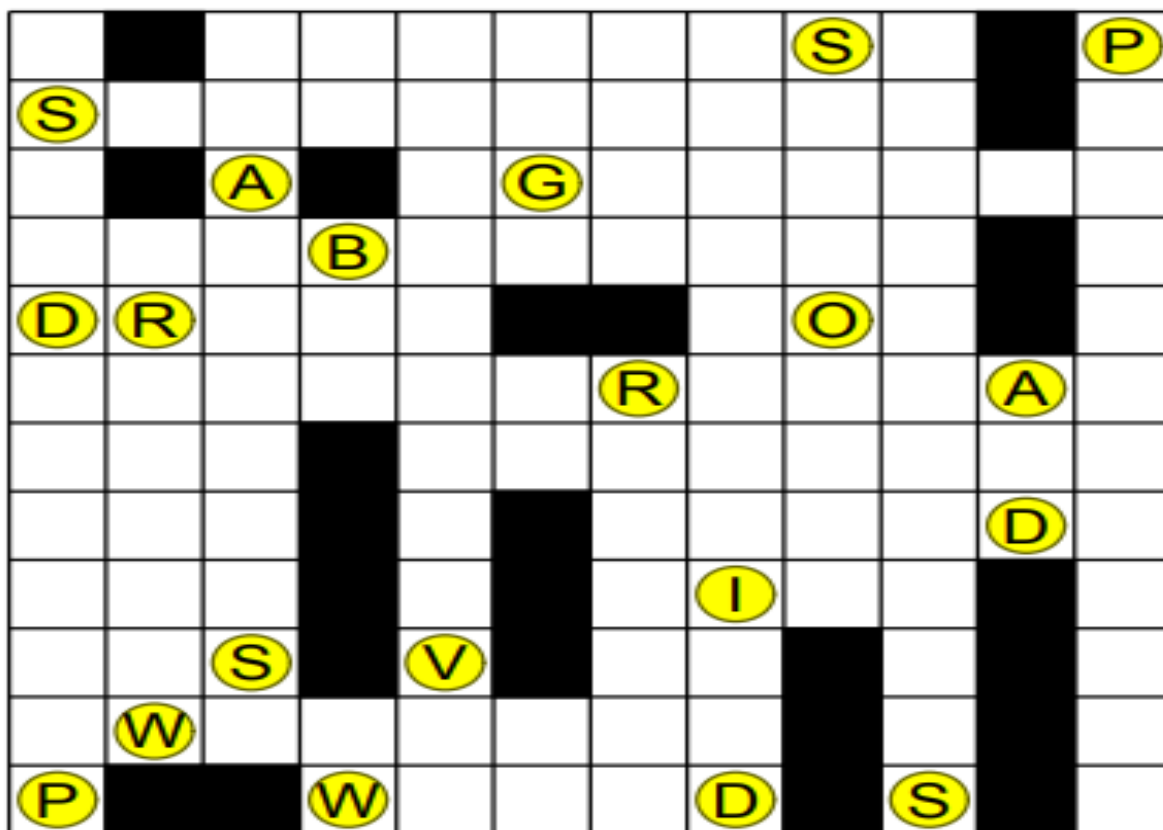


Code Key:

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|   |   | A |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    | W  | R  |

***“After meat comes mustard” (A Dutch proverb)***

The rules of the reverse word search puzzle are simple. Instead of looking for words in a grid, you have to place the words in an empty word search puzzle. You have a list of words to place and the start letter of the words in the grid.



**Place these words in the grid:**

Dna  
add  
affordable  
breast  
delicious  
dry  
glycin

intake  
offer  
particularly  
proteindense  
range  
reduce  
satiety

signsofaging  
similarto  
supply  
vitualrole  
wound  
wrinkle

***“Look and keep silent, and if you are eating meat, tell the world it’s fish”***  
***(An Arabian proverb)***

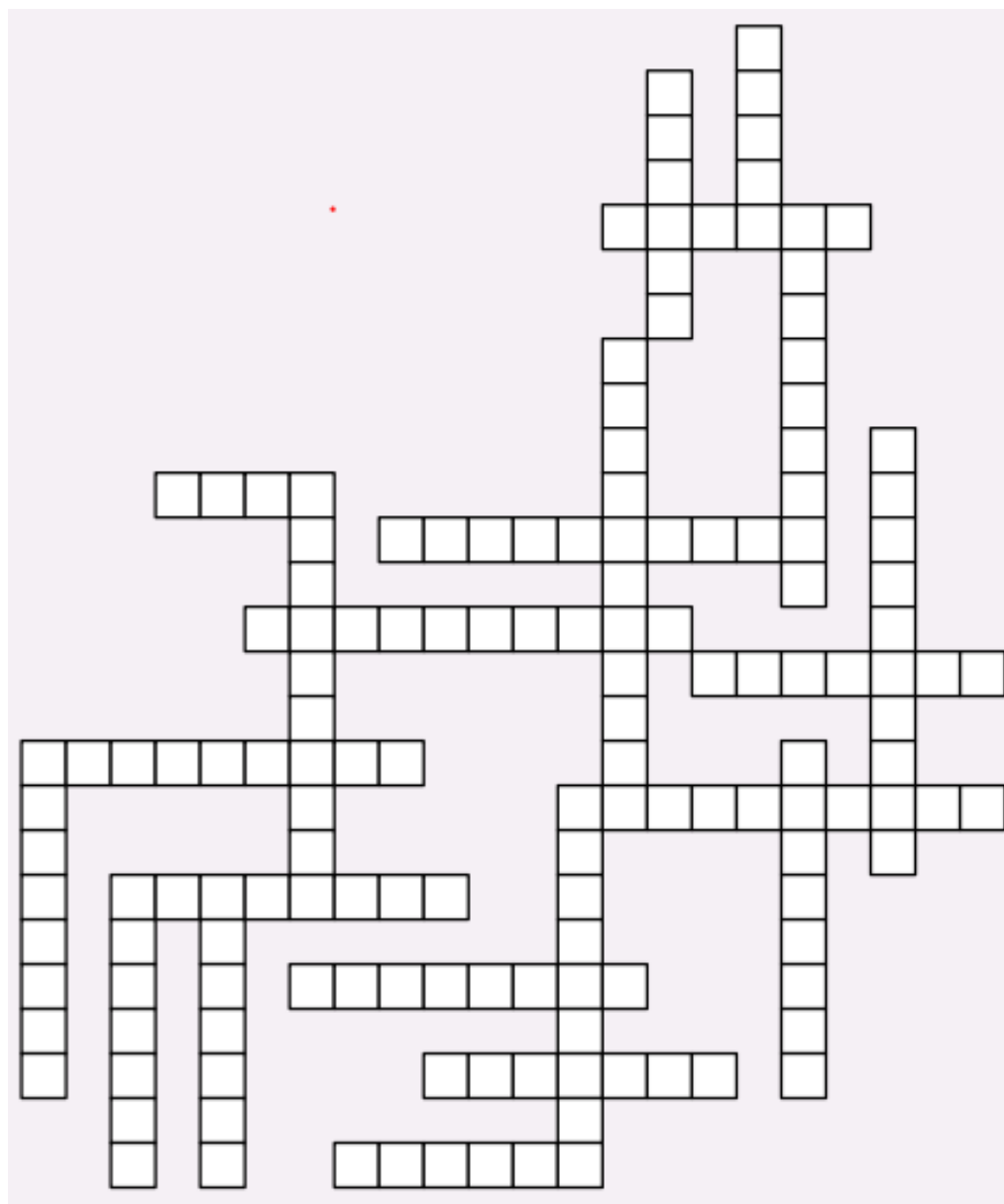
Find all these words in the puzzle. All the letters must be connected by tiles on top, below, left or right from it, but not diagonally

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | M | A | N | R | A | B | D | N | A | C | E | H |
| I | F | H | I | O | L | M | O | K | L | F | A | R |
| R | A | S | A | H | K | E | N | O | C | E | Y | T |
| M | I | B | S | M | N | R | R | A | I | S | A | T |
| I | R | A | P | A | A | T | S | E | A | R | N | Y |
| O | E | R | I | R | H | S | E | A | C | B | I | N |
| E | T | A | N | C | S | H | O | U | L | T | A | T |
| P | E | T | N | I | J | H | L | L | D | E | R | E |
| R | R | Y | C | I | O | F | I | E | T | R | G | K |
| A | E | H | T | P | W | L | H | U | C | K | B | S |
| E | N | N | S | T | E | W | C | S | N | E | R | I |
| T | I | L | U | F | C | N | I | E | R | D | E | W |
| A | L | A | M | R | T | S | T | E | O | U | N | V |
| N | B | R | O | U | O | I | D | E | R | N | E | N |
| I | A | R | V | F | I | H | Y | E | B | D | N | S |
| N | T | E | A | L | N | D | E | R | I | E | A | T |

**KEY WORDS:** *abdomen, braise, brisket, chuck, coarse, dense, distinct, fillet, firm, flank, flavourful, grainy, ham, hearty, hind, jowl, loin, marbling, marinate, picnic shoulder, rear, retain, ribeye, round, shank, spareribs, stew.*

***“A hungry man smells meat far” (A Scottish proverb)***

Find the place for every word



**4 Letters**

lean

**5 Letters**

grind

**6 Letters**

freeze

safety

tender

**7 Letters**

defrost

hygiene

inspect

storage

**8 Letters**

consumer,

industry,

preserve

**9 Letters**

equipment

packaging

tenderize

**10 Letters**

Innovation

nutritious

processing

regulation

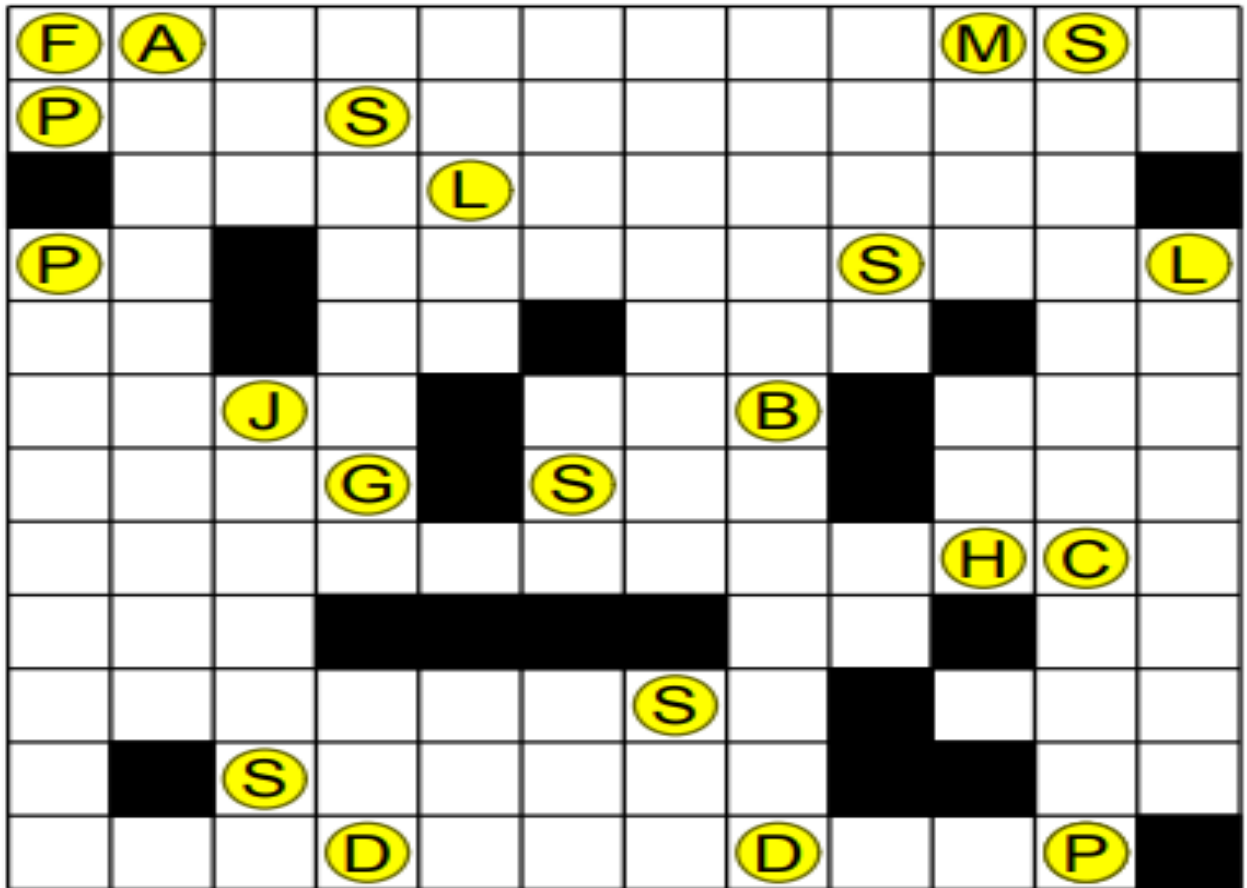
**11 Letters**

sustainable

## UNIT 7

*“Even the thinnest piece of meat will happily marry a piece of bread”  
(A Turkish proverb)*

The rules of the reverse word search puzzle are simple. Instead of looking for words in a grid, you have to place the words in an empty word search puzzle. You have a list of words to place and the start letter of the words in the grid.



Place these words in the grid:

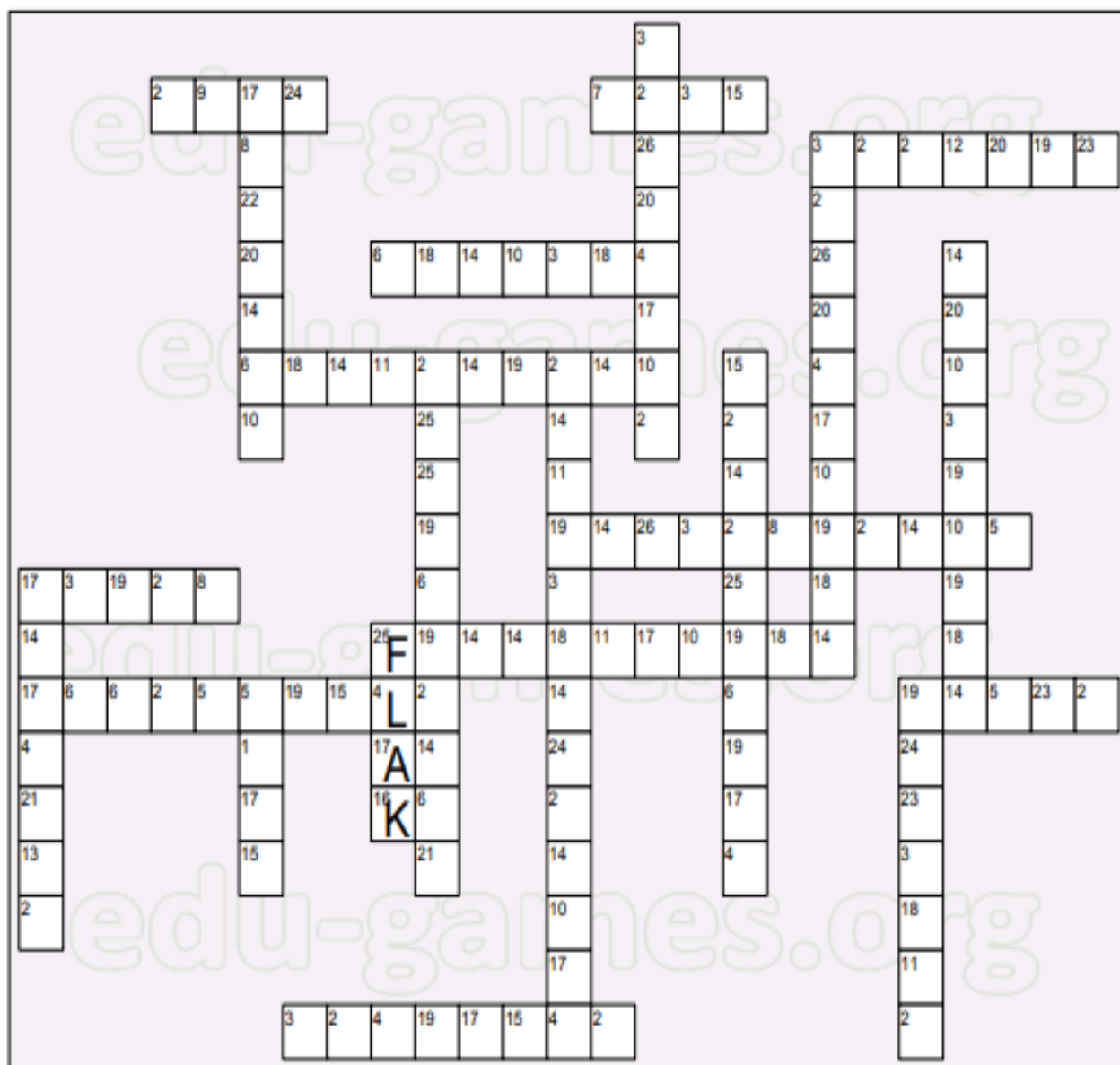
artificial  
bacon  
charcuterie  
deli  
distribute  
frankfurter  
grind  
ham

jerky  
label  
luncheon  
meatball  
pepperoni  
preserved  
produce  
prosciutto

salami  
salty  
sausage  
serve  
smoky  
store

***“He who shares the meat is always left with the bone” (A Finnish proverb)***

Codewords are like crossword puzzles without the clues the letters have all been already by code numbers. Using the letters already provided, work out the remaining letters by identifying the words. You need to use vocabulary from Unit 8.



**Code Key:**

|   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|   |   |   | L |   |   |   |   |   |    |    |    |    |    |    | K  | A  |    |    |    |    |    |    |    | F  |    |

## ENGLISH MEAT IDIOMS

**What do these idioms mean?**

***The meat of the matter***

- a) a tasty part of a meal
- b) the most important or essential part
- c) a confusing detail of a situation

***Dead meat***

- a) a type of spoiled food
- b) someone who is about to sleep
- c) someone in serious trouble

***A piece of meat***

- a) a respectful way to describe someone
- b) someone treated only as an object
- c) a helpful and generous person

***Beef something up***

- a) eat more meat
- b) make something stronger or more effective
- c) decorate with meat

***Have a beef with someone***

- a) share a meal together
- b) have a complaint or argument
- c) be in love with someone

***Where's the beef?***

- a) looking for food
- b) looking for a cow
- c) demanding substance or proof

***Red meat for the audience***

- a) a meal given to guests
- b) words that strongly excite or appeal to a group
- c) an insult toward listeners

***As rare as steak tartare***

- a) often found at restaurants
- b) very uncommon or unusual
- c) a raw joke

***Fresh meat***

- a) a new person who is easily targeted
- b) a new recipe
- c) someone who likes meat

***Bring home the bacon***

- a) literally bring food
- b) earn money or provide for the family
- c) eat too much meat

***Chew the fat***

- a) eat slowly
- b) have a casual conversation
- c) argue angrily

***Meaty role***

- a) a small part in a play
- b) a role full of depth and importance
- c) a funny character

***Like lambs to the slaughter***

- a) people going into danger without knowing
- b) a group enjoying a party
- c) people making noise

***Beefcake***

- a) a cake made with beef
- b) a muscular, attractive man
- c) a boring person

***Meat and potatoes***

- a) basic and essential things
- b) something boring and unnecessary
- c) a luxury lifestyle

***Beef-brained***

- a) very clever
- b) not very intelligent
- c) obsessed with food

***Go cold turkey***

- a) eat only cold food
- b) stop a habit suddenly and completely
- c) travel in cold weather

***Meat market***

- a) a butcher's shop
- b) a place where people are judged only by appearance
- c) a farmers' market

***Make mincemeat of someone***

- a) cook someone dinner
- b) defeat or destroy someone easily
- c) get into trouble

***Like a butcher's dog***

- a) very hungry
- b) very strong and fit
- c) very lazy and slow

***Meat on the bones***

- a) additional details or substance
- b) too much fat
- c) an unfinished idea

***Ham it up***

- a) cook something quickly
- b) exaggerate behavior, especially in acting
- c) speak quietly

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## MODULE TESTS ANSWER KEY

### MODULE TEST 1

|    |   |    |   |    |   |    |   |
|----|---|----|---|----|---|----|---|
| 1  | B | 11 | A | 21 | B | 31 | C |
| 2  | C | 12 | A | 22 | D | 32 | B |
| 3  | C | 13 | C | 23 | B | 33 | A |
| 4  | A | 14 | B | 24 | A | 34 | C |
| 5  | A | 15 | A | 25 | D | 35 | A |
| 6  | C | 16 | C | 26 | C | 36 | D |
| 7  | B | 17 | C | 27 | B | 37 | D |
| 8  | C | 18 | B | 28 | D | 38 | B |
| 9  | C | 19 | A | 29 | A | 39 | D |
| 10 | C | 20 | C | 30 | A | 40 | C |

### MODULE TEST 2

|    |   |    |   |    |   |    |   |
|----|---|----|---|----|---|----|---|
| 1  | C | 11 | B | 21 | C | 31 | D |
| 2  | A | 12 | B | 22 | B | 32 | A |
| 3  | B | 13 | B | 23 | B | 33 | B |
| 4  | C | 14 | C | 24 | C | 34 | C |
| 5  | B | 15 | B | 25 | B | 35 | A |
| 6  | C | 16 | C | 26 | C | 36 | C |
| 7  | A | 17 | A | 27 | A | 37 | D |
| 8  | B | 18 | C | 28 | B | 38 | C |
| 9  | C | 19 | B | 29 | C | 39 | C |
| 10 | D | 20 | C | 30 | B | 40 | B |

## AUDIOSCRIPTS

### **Unit 1**

#### **«Meat»**

From: <http://www.listenAminute.com/m/meat.html>

I'm a big meat-eater. I love meat of all kinds. I have eaten all sorts of meat. Even though I love meat, I could easily stop eating it, and I don't think I'd miss it. A long time ago I heard the vegetarian slogan "Meat is Murder". If you think about it, that's true. I don't think animals are here today for us to eat, especially when we don't need to eat meat. And then there's the threat of global warming today. Raising animals needs land. Many forests are cut down to raise cows for meat. This really has to stop. Instead of meat, there are other things we could have. Dairy products would give us the protein we need. I know a lot of people who could never give up meat. They always say it would be impossible to go without a big, juicy steak.

### **Unit 2**

#### **«Vegetarianism»**

From: <http://www.listenAminute.com/v/vegetarianism.html>

If everyone in the world was a vegetarian, I think the world would be a better place. There simply isn't enough land any more for cows and sheep to feed on. We are losing too many forests because farmers want more land to raise cows so we can eat beef. Vegetarianism is one way to help the Earth. It's also one way to help ourselves. So many of us are fat because we eat too much meat. If we were all vegetarian, we would all be healthier. We all need to eat more vegetables. That's the easiest way of looking after our health. If we were all vegetarian, we would also save lots of money on healthcare. We wouldn't have all the heart problems that you get with eating meat. I wonder if we can all stop eating meat.

### **Unit 3**

#### **«Food»**

From: <http://www.listenAminute.com/f/food.html>

Isn't food one of life's greatest pleasures? Do you know anyone who doesn't like food? I don't. There is so much delicious food in the world. You could spend a whole lifetime eating a different dish every day. What's the tastiest food in the world? This is a very difficult question to answer. My taste in food keeps changing. Sometimes my favourite is a dessert, but then I change my mind and go for a spicy curry. It's great that countries have so many different dishes. Do you think your national dish is best? Nowadays we have to be careful about what we eat. Fast food is not good for us. We need to focus more on healthy food. Maybe we have to be more careful in the future. Make sure the food you eat is good for you.

## **Unit 4**

### **«Calories»**

From: <http://www.listenAminute.com/c/calories.html>

Do you ever think about or worry about the number of calories you eat and drink every day. It's not really something I thought about when I was younger. But now I have to think about my calorie intake. I'm putting on weight and so need to be more careful with what I eat. This is difficult because all of the yummiest food has the most calories. I've found an answer to this problem. If I do lots of exercise, I can eat what I want and not have to worry about calories. I burn off 500 calories when I jog for an hour. This means I can have a pizza and dessert and not feel guilty. I wish there was more information about calories in restaurants. It would make it easier for me to know what to eat and what to avoid.

## VIDEOSCRIPTS

### **Unit 5**

#### **«Mapping Flavor: Pork Cuts and Cooking Methods»**

From: [https://www.youtube.com/watch?v=ymB95L9Ds\\_A](https://www.youtube.com/watch?v=ymB95L9Ds_A)

Boneless Country Ribs unlike the other ribs cook extremely quickly. They tend to have a bit more moisture than a loin and are great with a sticky source. The Baby Back Ribs are everyone's favourite. They are fairly lean; they have lots of connective tissue, so the low and slow cooking is the right for them. One more piece of the loin is Pork Stir Fry. It cooks quickly and absorbs flavor nicely and it is lean and healthy. Pork Butt is also known as Pork Shoulder or Boston Butt. It is rich, fatty, super flavourful. Low and slow with some spice is the best way of cooking it. A pork Brisket is a rare and exceptional cut. When it is traditionally braised in milk and lemon it becomes tender and delicious. St. Louis Ribs come from the spare rib. They are bigger, meatier and fattier than the Baby Back Ribs. This is what an award-winning barbecue is made from. So as you see, identifying where on the animal the cut comes from decides the cooking method for you.

### **Unit 6**

#### **«Modern Giant Beef Processing Technology»**

From: <https://www.youtube.com/watch?v=w8fvU8JuiKw> (0:25-1:11)

The operations begin with peeling the skin of the animals and then cutting the animals into two co-equal parts. Eventually, each portion is separated, be it their heads or any other organ.

Similarly, the factory supplies boneless beef too, which is packed well once they go after various processes. Additionally, minced meat is also produced with the help of machines, which initially grind the boneless meat and then equally place them in boxes and further send it for upholstery.

The minced meat is supplied in various shapes, like rounded and balanced. Additionally, as you can see in each factory, there is a great manner for carrying each bit of the operations hygienically, and cleanliness is maintained in each section, which assists the organization to build a great name in the provision of quality meat.

### **Unit 7**

#### **«How Its Made - Poultry Deli Meats»**

From: <https://www.youtube.com/watch?v=4vHMf4cEQUg> (0:25-2:50)

When it comes to making poultry deli meats, it's all in the seasoning. From fiery southwestern turkey to hot sauce marinated chicken, they really know how to spice

it up. They begin with plenty of filtered water. It will be used to disperse the specially formulated seasonings. There's a different blend for every product, and they include salt and different herbs and spices. They add honey because this is a honey maple recipe.

And while that's all being mixed, they check the temperature of the raw poultry to confirm it's in the safe range. If it's even slightly off, there's a risk of bacterial growth, so the whole batch would have to be rejected. But this poultry has been well chilled. The stitch pump machine's long steel needles repeatedly inject seasoning solution into the breast meat. Excess liquid drains through the conveyor as the chicken is transferred to a holding area to marinate for at least two hours.

Next, numerous lumpy rollers massage the chicken and break down fiber to tenderize the meat. Then in a tumbler, metal paddles vigorously knead the meat. This tenderizes it even more and releases a natural protein that will eventually bind several breasts into one big piece.

Meanwhile, in the turkey kitchen, workers shape and season previously marinated meat and apply strips of bacon to the top. The employee arranges them in a crisscross pattern for full coverage. He dusts it with a mix of seasonings and then wraps it in thick plastic. Once enclosed in the plastic, he can press the turkey breast into a more perfect shape.

For a different flavor, they drench some turkey breasts in a spicy southwestern marinade. After folding the turkey meat to the desired shape, the worker adds salsa and seasonings to complete the recipe. A little more hand shaping and it's ready for the oven.

## **Unit 8**

### **«What are the biggest challenges facing the food industry today?»**

From: [https://youtu.be/6PM\\_q4U9NF4?si=UFjEWYjvpv\\_hU-O-](https://youtu.be/6PM_q4U9NF4?si=UFjEWYjvpv_hU-O-) (0:01-1:14)

The food industry faces a range of challenges, including: *Food safety*, ensuring that the food supply is safe from contaminants, pathogens, and other harmful substances is a major challenge for the food industry. Outbreaks of foodborne illnesses and recalls of contaminated products can damage public trust in the industry and have significant financial implications. *Sustainability*, the food industry is a major contributor to greenhouse gas emissions, water use, and deforestation. Ensuring sustainable practices throughout the supply chain is crucial for reducing the industry's environmental impact and mitigating the effects of climate change. Supply chain disruptions, the COVID-19 pandemic highlighted the vulnerabilities of the food supply chain. Disruptions in transportation, processing, and distribution can result in shortages, price volatility, and waste. Changing consumer preferences, consumers are increasingly demanding transparency, ethical sourcing, and healthier options from food companies.

Навчальне видання

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**ENGLISH FOR TECHNOLOGY STUDENTS  
(Livestock Products Technology)**

Практикум

В авторській редакції