1. Read and remember the following words:

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| --- | --- |
| discerning palate – отличающийся   вкус | circumstance - обстоятельство |
| nutrition – питание | value – ценность |
| quantity – качество | preference - предпочтение |
| caterer – поставщик провизии | adolescent – юношеский возраст |
| establish– установить | apply–применять |
| reveal –раскрыть | provide - обеспечивать |
| contain - содержать | supply– поставка, *v*.-поставлять |

**Read the text below and decide which form of the verb A, B, C or D best fits each space:**

Eating habits 1) ... in childhood, so the caterer who provides varied meals with the correct nutritional value 2) ... to establish a healthy approach to food in the future. This applies particularly to the energy content of the diet. The portions of food in 200 kcal is approximately one-tenth of the R.D.A. for energy 3) ... for an 8-year-old. A glance at the figures 4) ... that the sugar 5) ... only energy, while the equivalent portions of bread, oatmeal and cornflakes also 6) ... significant amounts of protein, calcium, iron and B vitamins. Encouraging children to take more of their energy needs in the form of cereal foods rather than as between-meal sugary snacks 7) ... their nutrition as well as protecting their teeth against decay. Fresh fruits and vegetables are important in the diet for both young and old because they 8) ... vitamin C (ascorbic acid).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | A | B | C | D |
| 1 | establish | are establishing | are established | establishes |
| 2 | helps | are helping | is helping | is helped |
| 3 | is applied | applies | is applying | are applied |
| 4 | are revealing | is revealing | reveals | was revealed |
| 5 | is providing | have provided | are being provided | provides |
| 6 | contain | contains | have contained | are containing |
| 7 | is improving | will improve | improves | are improved |
| 8 | have supplied | supply | was supplying | is supplying |

*How much food do we need*

The need for caterers to consider the nutritional value of the food they provide will vary with the type of work undertaken. Clients come to a restaurant or hotel to enjoy meals in pleasant surroundings, rather than for nutrition. Whether it is a banquet to satisfy the discerning palates of gastronomes or quick snacks for travelers, caterers will be guided by their knowledge of their clients as to the quality and quantity of food to provide. However, many caterers work in circumstances where they provide the total nutrition for sick people, or for the young or elderly in residential homes. Here, they have a direct influence on the health and growth of their clients, and need to take a quantitative view of the nutritional value of the meals provided.

Although age, sex, height and weight are the major factors influencing the quantity of the various nutrients needed by the body, there are considerable differences between individuals. These differences are taken care of by the individual's appetite and preferences. Caterers have to consider nutritional need in terms of groups of people - children, adolescents, adults and the elderly.

The Department of Health and Social Security tables of Recommended Daily Allowances of Nutrients (R.D.A.s) are useful guides when planning diets for such groups. The R.D.A. of each nutrient has been worked out statistically to be sufficient or more than sufficient for healthy people within the group concerned. We will consider the special needs of a number of groups in relation to the Recommended Daily Allowances.

**I. Say if statement true or false:**

1. Clients come to a restaurant to listen to music. 2. Here, they have a direct influence on the health and growth of their clients. 3. Age, sex, height and weight are not the major factors influencing the quantity of the various nutrients needed by the body. 4. Caterers have to consider nutritional need in terms of groups of people.

**II. Give the summary of the text using the following expressions:**

The title of the text is …

The main idea of the text is …

It can be divided into … parts

It is noted that …

It is mentioned that …

As far as we have known from the text ….

**Put the verbs in brackets into Participle I or II:**

1. People in (develop) countries are concerned about the problem of obesity. 2. In a research study (conduct) by the Ministry of Agriculture, Fisheries and Food in London, significant differences were found in the nutrient content of pasteurized milk in summer versus winter. 3. Food scientists work constantly to provide (improve) food products. 4. Cellulose is a carbohydrate, (contain) the elements present in starch in the same proportion. 5. Cellulose (use) in the diet is to give bulk and provide material for certain regulatory processes. 6. The ability to make fats from carbohydrates or similar materials is a characteristic of most living matter (include) plants. 7. Higher animals all have blood (contain) iron (bear) hemoglobin, to act as an oxygen carrier. 8. (Drink) water contains some of the minerals (need) by the body, such as calcium, iron, iodine, and sodium. 9. A healthy diet involves consuming nutrients by eating the appropriate amounts from all of the food groups, (include) an adequate amount of water. 10. For most people the (recommend) daily allowance of energy is 2,000 calories, but it depends on age, sex, height, weight, and physical activity.