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КАФЕДРА «АНГЛИЙСКИЙ ЯЗЫК»

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# MEALS

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**ОДОБРЕНО НА ЗАСЕДАНИИ** УЧЕБНО-МЕТОДИЧЕСКОГО СОВЕТА ИНГУШСКОГО  
ГОСУДАРСТВЕННОГО УНИВЕРСИТЕТА ПРОТОКОЛ №4 ОТ 27.12.21

# A hot topic: Are spicy foods healthy or dangerous?

I've met too many people who swear that eating spicy foods is dangerous. Patients often tell me they've giving up spicy foods to get healthy. When my wife and I let our kids eat something spicy, my in-laws shake their heads at us. However, last time I checked, having a little Tabasco sauce won't ruin your life. Nonetheless, there's some confusion about whether spicy foods are healthy or dangerous. In this post, I want to shed some evidence-based light on eating spicy foods to separate fact from fiction.

## **Are spicy foods healthy? Of course they are!**

Capsaicinoids, which include the compound capsaicin, are the chemical components of peppers that create their spicy taste. Research over the past couple of decades has demonstrated that capsaicinoids — and thus, spicy foods — also possess several health benefits.

## **Eating spicy foods may help you live longer**

According to an extensive population-based study published in *BMJ* in 2015, “Compared with those who ate spicy foods less than once a week, those who consumed spicy foods 6 or 7 days a week showed a 14 percent relative risk reduction in total mortality.” The association between spicy food consumption and total mortality “was stronger in those who did not consume alcohol than those who did.” It's ok to eat your spicy foods, but cut down on the margaritas with your spicy tacos.

## **Spicy foods don't cause ulcers—they may actually help ulcers**

As a gastroenterologist, I diagnose people with ulcers all the time. When I tell someone they have an ulcer after a procedure, almost everyone is quick to blame spicy foods. People frequently ignore the fact they are taking ibuprofen ‘around the clock’ or that they may have a bacteria called *H. Pylori* (one of the world's most common causes of ulcers). Contrary to popular belief, multiple studies show that capsaicin actually inhibits acid production in the stomach. As a matter of fact, capsaicin has been considered as a medication for preventing ulcer development in people who take non-steroidal anti-inflammatory drugs.

## **Spicy foods may help with weight loss**

C'mon, hot sauce can help you lose weight? It can, according to a meta-analysis of 90 different studies that looked at the role of capsaicin in weight management. The analysis found spicy foods reduce appetite and that they increase energy expenditure.

## **Are spicy foods dangerous? It depends on how spicy. You've heard of pepper spray, right?**

Not too long ago, I saw a show on YouTube called Hot Ones. The simplicity of the show is what makes it beautiful — it's just a host interviewing celebrities while eating super spicy hot sauces. Some of the hot sauces are more than 100 times hotter than Tabasco sauce. I guess I was a victim of ‘toxic masculinity’ because my testosterone levels made me try one of the hottest sauces on the show. It was one of those sauces that comes with a warning label. On the show, they dabbed a wing in one drop of the sauce. I foolishly poured a small amount on an organic tortilla chip (it was more than a dab). The first bite was cool. I felt some heat with the second bite. My tongue

died with the third bite. It felt like I was a vampire who just took a bite out of the devil. It felt like I was gargling with lava. After 10 seconds of tongue melting pain, I truly think I passed out and started hallucinating. After guzzling a gallon of milk, eating a loaf of bread, and going to my prayer closet, I decided to look up the dangers of ridiculously spicy foods.

### **A case of esophageal perforation after eating ghost peppers**

The hot sauce I ate was ghost pepper based. When I started my search for dangers of super spicy foods, the first article I came across was from *The Journal of Emergency Medicine*. It was about a guy who ate ghost peppers as part of a contest. He started vomiting violently (I've been there). He eventually vomited so hard that he ruptured his esophagus. Granted, the rupture was likely due to the vomiting, not from direct effects of the spicy peppers. But, the crazy hot peppers definitely triggered the vomiting.

### **Okay, Doc, you said spicy foods don't cause ulcers, but I swear I have belly pain every time I eat spicy foods. What's up with that?**

Although spicy foods don't cause ulcers, they can trigger abdominal pain in some people. One study specifically highlighted that frequent consumption of spicy foods can trigger upper gastrointestinal symptoms in some people with dyspepsia (or, indigestion). For people with irritable bowel syndrome (IBS), spicy foods can also trigger symptoms. Another study showed that "those consuming spicy foods greater than or equal to 10 times per week were 92 percent more likely to have IBS compared with those who never consumed spicy foods." When the researchers tried to analyze this finding based on gender, they found that spicy foods were not associated with irritable bowel symptoms in men.

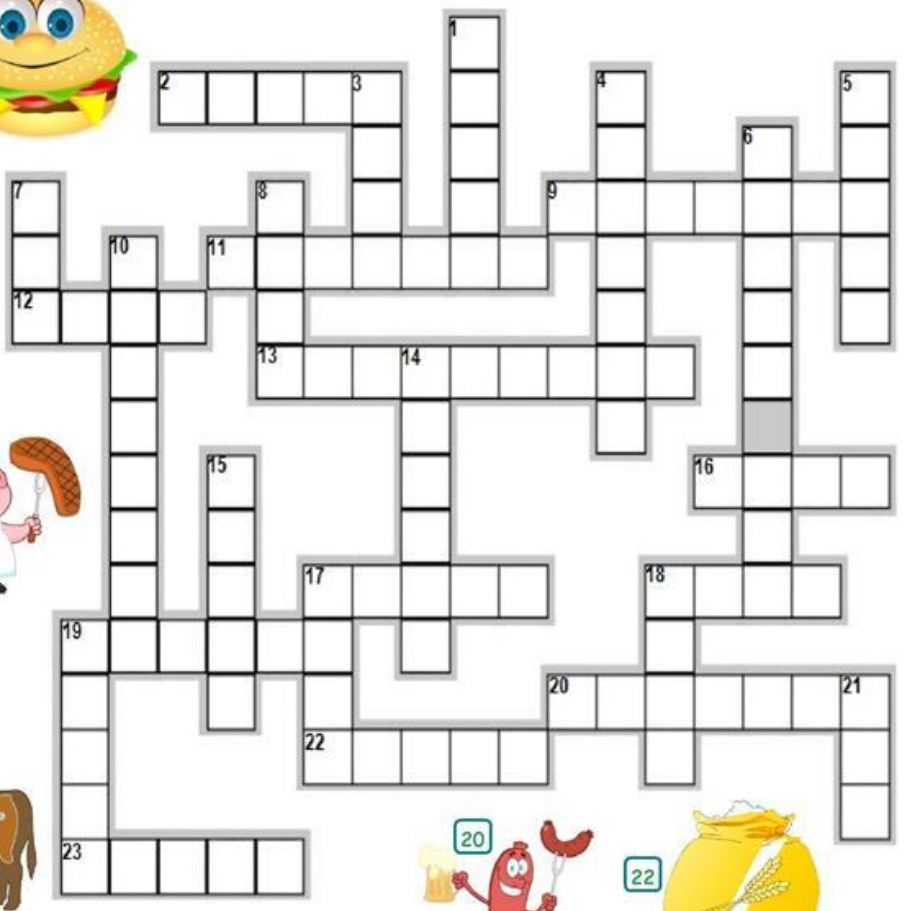
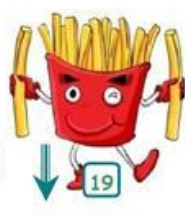
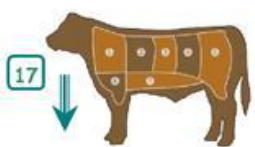
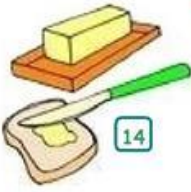
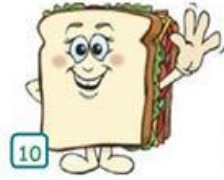
In people with inflammatory bowel disease (or, IBD — Crohn's disease or ulcerative colitis), spicy foods can also trigger some symptoms.

#### **Can you answer?**

1. Do you like spicy food?
2. What are the countries where people eat spicy food?
3. What kind of spicy food do you know?
4. Is it difficult for you to eat such food?
5. Do you think it is good for the health or bad?



# FOOD-CROSSWORD



# FOOD

1 H

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4 E

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7 W

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10 O

11

12 Z

13

14

15 I

16

17 G

18 H

19

## ACROSS

- 4. cheeseburger
- 5. cake
- 7. water
- 10. soup
- 11. pizza
- 15. wine
- 16. meat
- 17. yoghurt
- 18. cheese
- 19. beer



## DOWN

- 1. chips
- 2. chicken
- 3. ice cream
- 6. lemonade
- 8. pudding
- 9. apple pie
- 12. hotdog
- 13. fish
- 14. butter
- 16. milk



# FOOD, DRINKS AND GROCERIES

## THE WORDS AND THE MYSTERY MESSAGE

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!

## Verbs about cooking

**ADD:** to put ingredients together; to put one ingredient with the others.

**BAKE:** to cook in an oven using heat and without extra fat, oil or liquid.

**BARBECUE:** to cook food (usually meat) by using fire or hot coals on a grill outside.

**BEAT:** to stir (usually eggs, cream, butter) quickly and continually to make a smooth or frothy mixture.

**BLEND:** to mix two or more substances so they combine together. Often done in an appliance called a blender which has quickly rotating blades.

**BOIL:** to heat water or another liquid until little bubbles form.

**BREAK:** to separate into smaller parts by force.

**BROIL:** to cook meat or vegetables on a rack with an extremely high temperature.

**CARVE:** to cut meat into slices.

**CHOP:** to cut into small pieces, generally used with vegetables.

**COMBINE:** to put two or more things together.

**COOK:** to prepare food by heating it so that it is not raw and can be eaten.

**CRUSH:** to cause to separate or flatten by extreme force, often used with garlic.

**CUT:** to separate or divide a solid by using a knife.

**DICE:** to cut something into cubes.

**DRAIN:** to remove excess liquid from food after washing or cooking it.

**FARM:** to carry out agricultural work (growing crops/rearing animals) as a way of life.

**FEED:** to provide food for eating.

**FRY:** to cook by putting the food into extremely hot oil.

**GRATE:** to divide into small parts by rubbing on a serrated surface, usually used with cheese.

**GREASE:** to coat with oil or butter.

**GRILL:** to cook by putting the food on a grill; similar to barbecue. Also refers to heating the food under a grill in a cooker which radiates heat downwards.

**HEAT:** to make it hotter.

**KNEAD:** to press and stretch dough with your hands. Usually used when making bread.

**MEASURE:** to obtain an exact quantity or amount of an ingredient.

**MELT:** to make something become liquid through heating.



**MICROWAVE:** to heat up food with a microwave oven.

**MINCE:** to grind food, normally meat, into small pieces. A machine is often used to do this.

**MIX:** to combine two or more things using a spoon, spatula, or electric mixer.

**OPEN:** to remove the top from a can or jar.

**PARBOIL:** to partly cook it by immersing it in boiling water.

**PEEL:** to remove the skin or outer layer from fruit or vegetables.

**POUR:** to transfer liquid from one container to another.

**ROAST:** to cook (usually meat and vegetables) in the oven or over a fire.

**PREPARE:** to make food ready in advance of eating or cooking it.

**SAUTÉ:** to quickly fry food by placing it in hot oil in a frying pan.

**SCRAMBLE:** to mix the white and yellow parts of eggs together while cooking them in a pan.

**SIFT:** to put a fine substance through a sieve so as to remove lumps or large particles.

**SKIN:** to remove the outer covering from fruit/meat/fish etc.

**SLICE:** to cut into thin or wide portions that are of similar size.

**SPRINKLE:** to cover an object or surface with small drops or particles of a substance.

**SQUEEZE:** to extract a liquid or soft substance from something by compressing it firmly.

**STEAM:** to cook by placing the food above boiling water. Steam is the vapor that comes from hot water.

**STIR:** to mix liquid ingredients by moving a spoon around in a circular motion.

**STIR-FRY:** to cook small pieces of food by moving it quickly in a wok or pan with hot oil.

**TENDERIZE:** to make meat softer and easier to eat by beating it or adding marinade before cooking it.

**TOAST:** to toast something is to make it brown and crisp by heating.

**WASH:** to immerse food in water to make sure it becomes clean.

**WEIGH:** to measure the weight (grams, ounces or pounds) of something.

**WHISH:** to mix liquids, eggs, etc. into a stiff light mass, using a fork or a special tool (such as a whisk).

**a** Make questions with the present simple or continuous.

What / usually have for breakfast?

/ eating soup or borsch?

Where / usually have lunch?

/want anything to eat right now?

/ drink coffee or tea?

/ prefer eating at home or eating out?

**b** Translate into English.

Ты предпочитаешь обедать дома или в кафе?

Пробовал ли твой отец готовить вам что-нибудь на ужин?

Простите, но я не заказывал этот пирог и эти булочки.

Я думаю, что ужинать в дешевых ресторанах не так уж плохо.

Почему люди часто пропускают завтраки?

Представь только, моя сестра поехала в Китай, чтобы попробовать тофу.

**c** Put the words into the correct column.

cup meal loudly some adjust now luck shout schedule couple job tweak sup engineer proud judge message seat jag mouth deep crowd orange gown reject
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[aʊ]	[i:]	[dʒ]	[ʌ]

*d* Find synonyms to the **highlighted** words and write them.

a. I was **very hungry** all day. Finally, I can eat something.

b. She likes her mother's specialty because it is **so tasty**.

c. That fruit juice is **very sour**.

d. Chili Peppers are **so hot**.

e. The sausage that I ate in the café was highly **flavored**.

f. That was the first time I tried such **untasty** bread.

g. I bought a **non-fat** yogurt.

*e* Form comparative and superlative forms of these adjectives.

big, delicious, sweet, excellent, simple, healthy, quick, slow, tender, greasy, salty, tasteless, palatable, gooey, crumbly, aromatic, bad, nutritious, easy, difficult.

*f* What can you cook with these ingredients?

1 rice, mayonnaise, soy sauce, seaweed sheet...

2 dough, cheese, tomatoes, sausage...

3 flour, milk, baking soda, sugar, oil, flax...

4 noodle, chicken, egg, ginger, sesame, soy sauce...

5 cabbage, meat, potato, onion, carrot, beetroot...

What are these foodstuffs are good for?



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Idiom	Meaning
<b>apple of one's eye</b>	a person that is adored by someone
<b>(have a) bun in the oven</b>	be pregnant
<b>bad egg</b>	a person who is often in trouble
<b>big cheese</b>	very important person (VIP)
<b>bread and butter</b>	necessities, the main thing
<b>bring home the bacon</b>	earn the income
<b>butter someone up</b>	be extra nice to someone (usually for selfish reasons)
<b>(have one's) cake and eat it too</b>	want more than your fair share or need
<b>cool as a cucumber</b>	very relaxed
<b>(don't) cry over spilled milk</b>	get upset over something that has happened and cannot be changed
<b>egg someone on</b>	urge someone to do something
<b>use your noodle</b>	use your brain
<b>spill the beans</b>	reveal the truth

<b>sell like hot cakes</b>	bought by many people
<b>take something with a pinch (grain) of salt</b>	don't consider something 100% accurate
<b>piece of cake</b>	very easy
<b>out to lunch</b>	crazy or mad
<b>hot potato</b>	a controversial or difficult subject
<b>hard nut to crack</b>	difficult to understand (often a person)
<b>(have something) handed to someone on a silver platter</b>	receive without working for something
<b>gravy train</b>	extremely good pay for minimal work
<b>full of beans</b>	have a lot of (silly) energy
<b>freeze one's buns off</b>	be very cold
<b>spice things up</b>	make something more exciting
<b>put all of ones eggs in one basket</b>	rely on one single thing
<b>in a nutshell</b>	simply



