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TESTS FOR TECHNOLOGICAL SPECIALISTS



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Test 1.
Nutrients in Milk . (Part I)

Exercise 1. Answer the questions.

1. What does a man needs nutrients for?
2. What nutrients are essential for our body?
3. Is milk a perfect food?
4. What is the most vital nutrient?
5. What elements does our body consist of?
6. Is fat necessary in milk?
7. What vitamins does milk contain?
8. What is milk fat?
9. Why are proteins important for our body?

Exercise 2. Fill in the necessary words or phrases.

1. Milk lacks.....
2. The body needsnutrients for development.
3. The body needs water to.....
4. Lactose helps the body to.....
5.gives milk a sweet taste.
6. Carotene gives milk.....
7. Proteins contain.....
8. Egg proteins have..... food value than milk proteins.
9.is found only in milk.

Exercise 3. Translate the sentences.

1. Жири забезпечують деякі жирні кислоти.
2. Молоко не забезпечує нас усіма вітамінами
3. Коров'яче молоко містить більш як 80 % води.
4. Лактоза також називається молочним цукром
5. Лактоза допомагає всмоктувати кальцій з молока.
6. Вуглеводи забезпечують наше тіло енергією.
7. Вітамін К міститься в молоці.
8. Капля молока містить мільйони глобул молочного жиру.
9. Білки у молоці – це повні білки.

Exercise 4. Translate the following phrases.

To make up, to be found, to maintain itself, the replacement of, to be called,
to lack smth, a vital nutrient, to carry out, consist largely of.

Exercise 5. Use Present Simple Tense.

I. Fill in the blanks with the correct form of the verb:

1. They (live) in our town.
2. We (go) to church every week.
3. He (shave) every day.

4. He (like) Maths but he (not like) German.

II. Turn the following sentences into interrogative and negative forms.

1. We live in a big house.
2. Tom jumps high.
3. You dig vegetables in the garden.
4. It rain in the city.

Test 2.

Nutrients in Milk . (Part II)

Exercise 1. Answer the questions.

1. Why are minerals important?
2. What other minerals except calcium are present in milk?
3. What illnesses do minerals prevent?
4. What vitamins are present in milk?
5. What vitamin is present in milk only in small amount?
6. How can rickets be prevented?
7. How many per cent of vitamin A is present in milk?

Exercise 2. Fill in the necessary words or phrases.

1.is the most important mineral in milk?
2. Milk is the main source of.....
3. Milk provides.....
4. Vitamin A passes into the body via.....
5. Vitamin D is important for.....
6. Most diaries add.....
7. The proportion of riboflavin in milk is.....

Exercise 3. Translate the following words and phrases.

Phosphorus, food source, potassium, sulfur, copper, iodine, manganese, prevention, beriberi, rickets, to pass into, lymph duct, safe, rickets prophylaxis, to supplement with, to add, extra vitamin, vitamin intake.

Exercise 4. Use Present Continuous Tense.

I. Fill in the blanks with the correct form of the verb:

1. They (live) in our town.
2. We (go) to church every week.
3. He (shave) every day.
4. Tom (write) a letter to his brother.

II. Turn the following sentences into interrogative and negative forms.

1. We live in a big house.
2. Tom jumps high.
3. You dig vegetables in the garden.
4. It rain in the city.

Test 3.

Milk from Farm to Table. (Part I)

Exercise 1. Answer the questions.

1. What way does milk undergo to appear on the dining table?
2. What is dairy cattle?
3. What is raw milk?
4. Why is it necessary to sanitize milking equipment?
5. Where is raw milk stored before the transportation to a processing plant?
6. What are the duties of health inspectors?
7. What do cooperatives do?
8. Why are the samples of milk important?
9. Who inspects the samples of milk?

Exercise 2. Fill in the necessary words or phrases.

1. People drink.....milk every day.
2. Farmers use.....to milk their cows.
3. Milk must be kept cool and clean because.....grow fast.
4. Milk is..... To less than 4.4 C
5. Cows are tested for.....
6. Each farm examines the.....of milk.
7. Milk is tested for.....and.....

Exercise 3. Translate the following words and phrases.

By hand, highly sanitary conditions, do milking, raw milk, to sanitize the equipment, to store milk, to flow into tank, to conduct tests, joint owners, to take samples, to pump milk, a local health department, to be tested for.

Exercise 4. Use Present Perfect Tense.

I. Turn the following sentences into the present perfect simple:

1. They (live) in our town.
2. We (go) to church every week.
3. He (shave) every day.
4. Tom (write) a letter to his brother.
5. I (eat) some apples.
6. You (find) many mistakes.

II. Turn the following sentences into interrogative and negative forms.

1. We live in a big house.
2. Tom jumps high.
3. You dig vegetables in the garden.
4. It rain in the city.
5. I come in time.
6. You tell me a secret.

Test 4.

Milk from Farm to Table. (Part II)

Exercise 1. Answer the questions.

1. How many % of milk is used to make different kinds of fluid milk and cream?
2. What is acidophilus milk?
3. Do laboratory assistants measure the fat content of milk?
4. Why is the testing of milk important?
5. What are the functions of clarifier?
6. What are the basic steps of milk production?
7. What is milko-tester?

Exercise 2. Match the words:

increase	tank
storage	milk
skim	fat content
dairy	plant
processing	intestinal disorders
treat	products
to ensure	clarifier
to pass through	the quality

Exercise 3. Translate the following sentences:

1. Масло, сир і морозиво роблять з молока.
2. Лаборанти перевіряють молоко на смак, запах і вигляд.
3. Кислотність молока є важливою.
4. Молоко перевіряють підчас і після переробки.
5. Спочатку молоко закачують у бак для зберігання.
6. Крем або жир збирають з молока.
7. Вершки використовують щоб зробити масло або інші молочні продукти.

Exercise 4. Use Future SimpleTense

1. He play tennis tomorrow.
2. We talk to them on monday.
3. Were go on saturday night.
4. Marry go to the market tomorrow.
5. Those girls gossip tomorrow morning.
6. She study Maths next month.

II. Replace the Simple Future by the going to construction:

1. I'll speak English. I'm going to speak English.
2. We leave this afternoon.
3. The plane will fly tomorrow.

4. I will sweep the floor.
5. We will travel to Paris.

III

I. Use the verbs in brackets in the Future Continuous:

1. This time next month we (to travel) to Berlin.
2. When we go to the Zoo, they (to feed) the animals.
3. This time tomorrow I (to watch) TV.
4. At seven o'clock they (to listen) to music.
5. If you come before seven, we (to work) in the garden.
6. Don't call him up now. He (to take) his afternoon nap.

IV. Use the verb in brackets in the Future Perfect Simple:

1. By the end of November the flowers (to die).
2. When you arrive there, she (to leave).
3. The cook (to prepare) the dinner before the guest arrive.
4. When you (to get) to the office, the post will have already arrived.
5. By the time the election, the candidates (to spend) a lot of money.
6. By the time the election, the candidates (to talk) on television.
7. By the year 2100, men (to travel) to other planets.
8. By the year 2050, we (to use) all the oil.

Test 5.

Butter

Exercise 1. Answer the questions.

1. What kinds of milk products do you know?
2. What sort of butter is used in Europe?
3. Is butter only used as food?
4. What is the basis of butter?
5. Can you describe the process of butter making?
6. What three processes does butter undergo at creameries?
7. Why is pasteurization necessary?
8. What process occurs with cream in a storage tank?
9. What is the weight of butter prints?

Exercise 2. Translate the following sentences:

1. Люди намазують масло на хліб, а також смажать на ньому їжу.
2. Масло можуть робити з молока коней, овець та кіз.
3. Масло збивають з вершків.
4. Збивання перетворює масляні гранули на масло.
5. Крем необхідно пастеризувати перед збиванням.
6. Машини ріжуть масло на прямокутні шматки.
7. Масло загортають у воскований папір і пакують для продажу.

Exercise 3. Translate the following words and phrases:

a good spread, various purposes, use as a hairdressing, tiny droplets, to mix rapidly, droplet of butterfat, butter granules, churning, to prevent from, to beat and stir cream, a storage tank, to wrap prints.

Exercise 4. Use correct modal verbs:

I. Work on the model: can/ could

Model – Jane can't ride a bike, but she it years ago.

Jane can't ride a bike, but she could it years ago.

1. I can't speak German now, but I speak it when I was four years old.
2. Gramma can't dance now, but she dance very well when she was younger.
3. I can't help you now, but I help you yesterday.
4. I can't climb very well, but I climb when I was forty years old.
5. She can't run fast now, but she when she was pupil.

II. Fill the blanks with must, or have to:

1. The students wear uniforms.
2. You finish the job, if do you need money.
3. I can't play tennis. I go shopping.
4. This boy earn his living since he was seventeen.
5. As the manager was ill we postpone our meeting.
6. I couldn't come here yesterday, because he finish my project.
7. If do you want to pass the exam, you have to learn the whole book.

III. Filling the blanks with musn't or needn't:

1. People walk on the grass.
2. We drink so much.
3. We talk in a library.
4. We feed animals in a Zoo.
5. Children run in the street.
6. We get up so early. Today is Sunday.
7. Think it over. You decide right now.

Test 6.

How butter is made.

Exercise 1. Answer the questions.

1. What kinds of butter do creameries produce?
2. Why is ripening important?
3. Why salt can be added to butter?
4. What is the natural colour of butter?
5. What is done in a churn?
6. What is buttermilk?
7. How long does it take to make butter in continuous churns?
8. Are butter granules rinsed in cold or warm water?

9. How much butter can be produced at a time by a conventional churn?

Exercise 2. Translate the following sentences:

1. Заводи по виробництву масла додають бактерію молочної кислоти щоб масло дозріло.
2. Масло фарбують різними харчовими фарбниками.
3. Існує два методи збивання крему у масло.
4. Великі машини виготовляють масло швидко збиваючи крем.
5. Масло виробляють у великих чанах
6. Для збивання масла необхідні великі барабани з нержавіючої сталі.
7. До масла можна додавати сіль і спеції.

Exercise 3. Translate the following words and phrases:

Несолоне масло, солоне масло, відрізнитися, збивання, харчовий фарбник, порода корови, покращувати аромат, помішувати, збивати, маслянка зіджувати, молочні гранули, сталь, полоскати, додавати.

Exercise 4. Use Passive Voice:

I. Fill the blanks with am, are, is, to make up passive constructions:

1. You seen by the dog.
2. We helped by our friends.
3. I greeted by the boy.
4. He invited to the party.
5. They taught a new lesson.

II. Fill the blanks with was, were, to make up passive constructions:

1. I allowed to visit him.
2. You advised to leave.
3. We praised by the boss.
4. The cat fed by the girl.
5. I recognized by one of the friends.

III. Circle the right answers;

1. She (frightens / is frightened / has frighten) by dogs.
2. German (is eating / is spoken / has spoken) here.
3. This Opera (has been composed / was being composed / was composed) by Wagner.
4. All the apples (are eaten / were eaten / have been eaten) by the children.
5. Success (must work / has to work for / must be worked for).
6. This car (cannot repair / cannot be repaired / can't repair) again.
7. The snow (is melted / has melted / was melted) in the sun.
8. I (have never been sent / never sent / never send) anywhere so far.

Exercise 1. Answer the questions.

1. Can you describe the features of cheese?
2. How can cheese be served?
3. What taste can cheese have?
4. What nutrients does cheese contain?
5. What vitamins can cheese supply?
6. Milk of what animals can be used for cheese production?
7. What animals supply milk for cheese in Tibet?
8. How many kinds of cheese do you know?

Exercise 2. Fill in the necessary words or phrases.

1. Cheese has been..... food for many years.
2. Cheeses differ in.....
3. It stays..... longer than milk.
4. Cheese is produced from.....milk.
5. Herders in Lapland use.....milk to make cheese.
6. Swiss cheese comes from.....
7. Roquefort cheese is made in.....
8. Some cheeses are soft and some are.....

Exercise 3. Translate the following words and phrases:

продавати, вигляд, відрізнятися, намащувати, гострий і різкий смак, харчова цінність, забезпечувати білком, постачати, буйвол, коза, пастух, олень, верблюди, осел, кінь, отримувати ім'я, походити.

Exercise 4. Use Infinitive or gerund:

- I. Put in the Infinitive or –ing form:
 1. Eva wants (become) a lawyer.
 2. I have avoided (drink) milk.
 3. I plan (work) full-time next year.
 4. I'm sorry for (keep) you waiting.
 5. It's no use (talk) to her. She won't listen.
 6. The police ordered the protestors (leave).
 7. Why don't you tell him to stop (argue)?
 8. Why don't you let her (do) what she wants?
 9. I keep (try) his number but he doesn't answer.
 10. She saw Jane (look up) the time of buses.
 11. She should avoid (work) hard.
 12. The child pretended (faint.).
 13. Everyone offered (help) us.
 14. He began by (ask) questions.
 15. I remember (give) you the money.

II. Choose the right verb:

1. John began to (rise / raise) his voice in Parliament.

2. Herman (founded / found) Bonn.
3. She let her embroidery (lie / lay) where it fell.
4. She was been grievously (wound / wounded) by her words.
5. The purse (felled / fell) from her hands and shattered to the ground.

Test 8.

How Cheese is made

Exercise 1. Answer the questions.

1. What classifications of cheese are there ?
2. What determines the amount of moisture in cheese?
3. What is curd?
4. Is whey necessary in cheese?
5. What is added to milk to make cheese?
6. What is the function of enzyme?
7. How long does the process of cheese pressing take place?
8. What is another name for aging?
9. In what way can cheese be packed?

Exercise 2. Fill in the necessary words or phrases.

1. The process of cheese making involves.....steps.
2. Milk must be.....to kill harmful bacteria.
3. Milk is to 30 degrees C.
4.turn milk sour.
5. Milk must be left..... for minutes so that curd could be formed.
6. The curd is packed into.....
7. Long curing time gives cheese.....flavour.

Exercise 3. Match the words:

separate	Metal hoops
Pack into	bacteria
give	steps
basic	cheese
hard	curd
starter	pressure
Keep under	In foil/ plastic
harmful	flavour
pack	culture

Exercise 4. Use THE CONDITIONAL:

Type I.

1. Use the verbs in the brackets in the correct form:
 - a) She will catch the train if she (to hurry).
 - b) We (to go) for a walk if the wheather is fine.
 - c) If you (to read) this book you will like it.
 - d) If I (to have) time I will visit Rome.

e) If she (to work) hard she will pass the exam.

f) If we (to find) the place we will call you.

Type II.

1. Use the verbs in the brackets in the correct form:

a) If I (to be) you I would go there at once.

b) If you knew the truth, you (to not be so happy).

c) Mother (to help) you if you asked her.

d) What (to happen) if you pressed that button.

e) If I (to be) the director I would changed the policy.

f) If he (to have) more time he would go to the game with us.

Type III.

1. Use the verbs in the brackets in the correct form:

a) If mother had been at home, she (to answer) the phone.

b) If I had been the manager I (to hire) John.

c) If they had repaired the car yestarday we (to leave) today.

d) If you had revised your paper, your main poInt.s (to be) clearer.

e) If I had studied harder I (to pass) the exam.

Interesting Facts about milk

Milk



Milk Factoids

Regular whole milk contains less than 4% fat. The fat in milk is actually cream – that's why it is sometimes called full cream milk.

It's the protein in milk that makes milk froth. Next time you go to make the perfect coffee or hot chocolate at home, try using skimmed milk. Because there is no fat, the protein levels naturally become higher.

In the UK the first sell-by dates went onto milk and cream products in the 1950s. Marks and Spencer started using them to give people confidence in the products in their chilled cabinets. People were used to finding milk and cream on their doorstep every morning, because it was traditionally delivered by the milkman.

A cow udder holds between 25 and 50 pounds of pure milk.

It is difficult to obtain enough calcium without consuming milk.

Goat milk is non-allergenic. Goat milk does not have the protein that is the main stimulant of allergic reactions (B-Lactoglobulin)

A cow gives milk for the first time, only after she gives birth to a calf.

A cow produces around 200,000 glasses of milk in her lifetime.

Milk not only re-hydrates the body, but provides a host of beneficial nutrients and protects teeth at the same time!

All cows are female. Male cattle are called bulls.

Dairy cows provide over 90% of the entire planet's milk supply.

Goat's milk contains more butterfat than cow's milk.

Each different strain of dairy goat yields a different flavour of milk.

Goat's milk is the primary ingredient in cheeses like feta, caprino, gevrík, and rocamadour.

During early explorations of our planet, sailing ships maintained goats aboard to provide sailors with fresh milk.

Goat's milk breaks down during digestion in 20 minutes whereas cow milk takes a full hour.

There is more calcium in 1 cup of milk than there is in 16 cups of spinach. One will need to eat more than 48 cups of spinach to get the recommended daily intake of calcium.

Lactose intolerance is often confused with milk allergies. Lactose intolerance is not an allergic reaction to dairy foods. Rather it is the inability to digest the milk sugar lactose. Lactose-free milk and yoghurt are good alternatives to drinking milk for people that are lactose intolerant. Aged cheeses such as Cheddar and Swiss are also low in lactose. Many people with lactose intolerance can drink up to 1 glass of milk daily without problems.

Milk may actually protect against the formation of kidney stones (NHS, 1990). It was suggested that the calcium in milk may bind to oxalates in food so that they can no longer be absorbed by the body, reducing the risk of kidney stones.

Milk is the only drink in the world that contains such a large range of naturally occurring nutrients. That's what makes it so unique.

The entire skeleton of a young child is replaced about every two years. That's why a child's demand for calcium is so high.

Butter



Butter Factoids

1. It takes 21 pints of milk to make a pound of butter.
2. Butter is made by agitating cream until the fats separate into butter and buttermilk.
3. Most bakers prefer to use unsalted butter.
4. It's healthier than you think. Butter has none of the artificial trans fats (associated with the "bad" cholesterol) you get in margarine. If it's from grass-fed cows' milk. It also has CLAs, and equal amounts of Omega 3 and 6 fatty acids.
5. Butter is a source of Vitamin A, which is great for hair, eyes, and skin, as well as Vitamins E, D, and K.
6. 2 tablespoons of butter have about 8 grams of fat. About 30 percent is monounsaturated fat, the same fat in olive oil.
7. Color can depend on the cow's diet. The more Carotene the cow gets from eating hay and greens, the more yellow you'll see in the butter, though some manufacturers add dye to enhance the yellow color.
8. Butter tastes differently depending on how it's made. If you're lucky enough to get butter from a local family farm or in Europe you'll notice a cleaner taste. Butter made from raw milk can have a stronger flavor (well, I think it does). "Cultured" butter is considered the best butter.
9. India is the largest producer of butter. Ghee, a kind of clarified butter, is an important ingredient in Indian cuisine.

Varieties of butter

Traditional butter (80% milkfat) is made from pasteurized cream under approved conditions. The US. government grades butter on the basis of its flavor, color and salt content. The grades range from superior quality to standard quality. Grade B butter is used mainly for manufacturing purposes.

Salted butter contains 1.6-1.7% salt. This product is also sometimes called lightly salted butter. Salted butter can be stored refrigerated for up to 2 months. In the freezer, salted butter can be stored for 6-9 months.

Unsalted butter contains no added salt and is used in formulas where less salt is desired because of flavour or nutrition parameters. Unsalted butter can be stored for up to 2 weeks refrigerated and frozen for up to 5 months.

Whipped butter is regularly 80% salted or unsalted butter that has air or nitrogen gas whipped into it, resulting in a product with greater volume, reduced density and improved spreadability at colder temperatures.

Light butter typically contains skim milk, water and/or gelatine and is 40% (or less) milkfat. FDA regulations specify the ingredients and quantities that are acceptable in a light butter formulation. The regulation states that the product must not be nutritionally inferior to traditional butter and performance characteristics should be similar. Although light butter makes a fine spread or dressing, it should not be substituted for regular butter in baking or frying due to its high moisture content.

Cultured butter is made from pasteurized cream that has been inoculated with specific active lactic acid cultures, similar to those used in sour cream and buttermilk production. The reduction in pH and development of flavours produces a distinctive, pleasingly tangy flavored butter. Often, cultured butter contains 82% milkfat and is used as a bakery fat. Cultured butter is common in Europe.

Cheese



Cheese Facts

1. 'Cheese' comes from the Latin word 'caseus', which has been found to mean 'to ferment/to sour'.
2. Cheese is made from the milk of cows, buffalo's, goats, horses, sheep and camels.
3. Milk is boiled at a high temperature before the curds and liquid whey is separated, and rennet (an enzyme found in the stomach of mammals) is added.
4. Some cheeses can be curdled by adding lemon juice or vinegar.

5. The yellow to red colouring of cheese is done through the addition of annatto (tropical tree seeds).
6. There are many types of cheese such as hard cheese, soft cheese, cream cheese, and processed cheese, all which can be used in cooking.
7. Hard cheeses have a longer shelf life than soft cheeses.
8. Blue cheese, which has distinctive smells and tastes, have blue veins running through, which is caused by piercing the cheese and its crust with stainless steel needles and copper wires, to allow air into the product.
9. Cheese production can be dated back to 8000 BCE when sheep were first domesticated.
10. The Ancient Greeks credit the mythological hero Aristaeus, who discovered feta cheese, which is still widely used in Greek cuisine.
11. There are many types of cheese; Bel Paese, Bresse Bleu, Brie, Caerphilly, Camembert, Cheddar, Cheshire, Cottage Cheese, Cream Cheese, Danish Blue, Demi-Sel, Derby, Dunlop, Double Gloucester, Edam, Emmenthal, Gjetost, Gorgonzola, Gouda, Gruyère, Lancashire, Leicester, Mozzarella, Parmesan, Port Salut, Roquefort, Samsø, St. Paulin, Stilton, Tome au Raisin, and Wensleydale.
12. The US produces over 4275 tonnes of cheese a year. Germany produces 1927 tonnes, whereas France produces 1884 tonnes.
13. Greece consumes over 31.1 kg of cheese a year. France consumes 26.1 kg, whereas Iceland consumes 25.4 kg.
14. A seller of cheese is known as a 'cheesemonger'.
15. Those who are lactose intolerant (unable to process a type of sugar found in milk and milk products) should avoid eating cheese.
16. Vegetarians eat vegetable based cheeses, which are usually almond or soy based.
17. It was once believed that eating cheese before bed could cause nightmares, but in fact it had health benefits.
18. People once believed the proverb that 'the moon is made of green cheese'.
19. Collecting cheese labels is known as 'tyrossemiophilia'.

Some more information about cheese

Etymology.

The root of the English word cheese comes from the Latin caseus, which also gives us the word casein, the milk protein that is the basis of cheese. In Old English, caseus was cæse or cæse, which became chese in Middle English, finally becoming cheese in Modern English. Caseus is also the root word for cheese in other languages, including queso in Spanish, kaas in Dutch, käse in German, and queijo in Portuguese.

Early History



Cheese consumption predates recorded history, with scholars believing it began as early as 8000 BC, when sheep were first domesticated, to as late as 3000 BC. It is believed to have been discovered in the Middle East or by nomadic Turkic tribes in Central Asia, where foodstuffs were commonly stored in animal hides or organs for transport. Milk stored in animal stomachs would have separated into curds and whey by movement and the rennet and bacteria naturally present.

Evidence



Egypt brings us the earliest archeological evidence of cheesemaking, found in tomb murals that date back to 2000 BC. These cheeses were likely to have been very sour and salty (lots of salt was needed to preserve the cheese in the hot, arid climate) and similar to a cottage cheese or feta in texture. Cheeses made in Europe didn't require as much salt because of cooler conditions, thus paving the way for beneficial microbes and molds to form and give aged cheeses their interesting and robust flavors.

Variety



After the fall of the Roman Empire, innovative monks were responsible for inventing some of the classic varieties of cheese we know today. According to the British Cheese Board, Britain has approximately 700 distinct local cheeses. It is thought that France and Italy have perhaps 400 each. The varying flavours, colours, and textures of cheese come from many factors, including the type of milk used, the type of bacteria or acids used to separate the milk, the length of aging, and the addition of other flavorings or mold.

“Other” Cheese



Although most cheese is produced from cow, sheep, or goat's milk, it can and has been made from a plethora of milk-producing animals. A farm in Bjurholm, Sweden actually makes moose cheese. The lactation period of moose is short, lasting from about June to August, and the farm, owned by Christer and Ulla Johansson, keeps three moose that produce only 300 kilograms of cheese per year. The moose cheese sells for roughly US\$1000 per kilogram.

Stinky Cheese and Feet



Limburger cheese is notorious for its strong and generally unpleasant odor. The bacteria known as *brevibacterium linens* causes this. It is also found on human skin and is partially responsible for body odor. The Chalet Cheese Cooperative, located in Monroe, Wisconsin, is the only maker of limburger cheese in North America today.

Fondue



When eating cheese fondue, make sure to save room for “the nun” at the bottom of the pot, or *la religieuse*. *Religieuse* means nun in French and usually refers to a type of pastry. There is much speculation as to why the cracker-like, toasted cheese layer found in the bottom of a *caquelon* is called *la religieuse*, ranging from the legend that monks saved the last remaining bits of fondue for the nuns to the idea that eating it is a religious experience. In German, it is called the *Großmutter* or *grossmutter*, which translates to grandmother. The meaning behind this use is also unclear.

Great Cheese Quotes



“A cheese may disappoint. It may be dull, it may be naive, it may be over sophisticated. Yet it remains, cheese, milk’s leap toward immortality.” Clifton Fadiman (American writer and editor; New Yorker book reviewer, 1904-1999)

“A dinner which ends without cheese is like a beautiful woman with only one eye.” Jean-Anthelme Brillat-Savarin (French lawyer and politician, epicure and gastronome, 1755-1826)

“Many’s the long night I’ve dreamed of cheese — toasted, mostly.” Robert Louis Stevenson (Scottish novelist, poet, essayist and travel writer, 1850-1894)

“How can you govern a country which has 246 varieties of cheese?” Charles De Gaulle (French general and president, 1890-1970)

Protein in Meat

1. Translate the following word combinations:

Main classes of food, to provide energy, to exist in cell, in the soil, to obtain protein from food, to contain carbon, complex molecule, amino acid, to be linked into long chain, to be required by human body, sufficient amount, a lack of energy, to cause, resistance to disease.

2. Answer the questions:

- 1) What is protein?
- 2) Where do proteins exist?
- 3) How do we obtain proteins?
- 4) What elements do proteins contain?

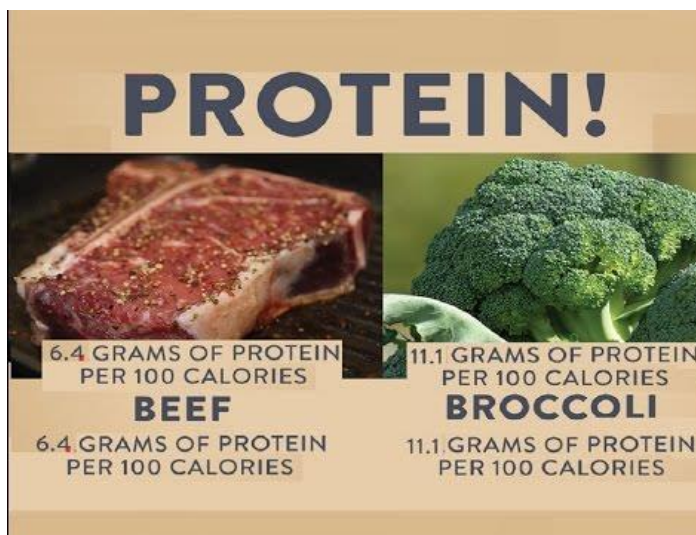
- 5) How many common amino acids are combined into proteins?
- 6) How do we receive essential amino acids?
- 7) What food is the best source of proteins?
- 8) What are incomplete proteins?

3. Complete the following sentences:

- 1) Plants build proteins from ... in the air and the soil.
- 2) Human beings and animals obtain proteins from
- 3) Proteins are large, made up of smaller units called amino acids.
- 4) The amino acids are linked into called polypeptides.
- 5) Proteins in cheese, eggs, fish, meat and milk are called

4. Translate into English:

- 1) Білки постачають наш організм енергією. 2) Нестача білків в раціоні призводить до пониження опірності організму до хворіб. 3) Тваринні та рослинні білки відрізняються за своїм складом. 4) Наш організм використовує лише двадцять основних аміно кислот. 5) Бобові, злаки, горіхи та овочі також забезпечують нас білками.



How meats compare nutritionally
(Information based on 3.5 oz. serving)

Meat	Calories	Protein (gms)	Fat (gms)	Cholesterol (gms)
Ground Beef	289	24.1	20.7	90.0
Lean Ground	272	24.7	18.5	87.7
Chicken, dk	205	27.4	9.7	93.8
Lamb Chop	216	30.0	9.7	95.8
Pork Loin	190	28.6	9.8	79.6
Pork Chops	202	30.2	8.1	82.7
Lamb Leg	191	28.3	7.7	89.7
Pot Roast	210	33.0	7.6	101.0
Venison	207	33.5	6.4	4.0
Turkey	170	29.3	5.0	76.6
Top Round	180	31.7	4.9	84.6
Chicken, Wht	173	30.9	4.5	85.7
Longhorn	140	25.5	3.7	61.5

Source: Longhorn data: "Nutrient Density of Beef From Texas Longhorn Cattle; Texas A&M; 1987. Other data: USDA, USA Today 11/29/91. Pope Lab, Inc., Dallas, TX

Vitamins in Meat

1. Translate the following word combinations:

М'язи тварин, велика кількість, важливі поживні речовини, жирні кислоти, накопичувати енергію, становити (складати), їстівний, мала кількість, жиророзчинні вітаміни, пісне м'ясо, основні вітаміни, високий вміст вітаміну С, в порівнянні з, тканини та кістки, соєве борошно, суху дріжджі.

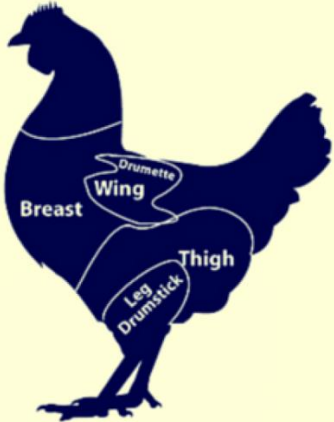
2. Answer the questions:

- 1) What do muscles and organs of animals contain?
- 2) What for do they store carbohydrates?

- 3) What do we call macronutrients?
- 4) Can all Kinds of vitamins be detected in all meats?
- 5) Where can vitamin C be detected?
- 6) In what parts of our body are B-vitamins absent?
- 7) What kind of meat contain more vitamin B₁?

3. Complete the sentences and translate them:

- 1) Muscles and organs store some carbohydrates as ... source. (energy, action, fat)
- 2) Some meat components are needed only in ... amount per person per day. (high, low, similar)
- 3) B-vitamins are the principal vitamins in all animals tissues except (liver, bones, lungs)
- 4) Liver is especially high in each (vitamin D, water-soluble vitamins, B-vitamin).
- 5) High concentration of vitamin B₁ is reached only by some plant concentrates, such as (wheat flour, sugar, soy flour).
- 6) The vitamins A and D are nearly absent in lean meat. (water-soluble, useful, fat-soluble)

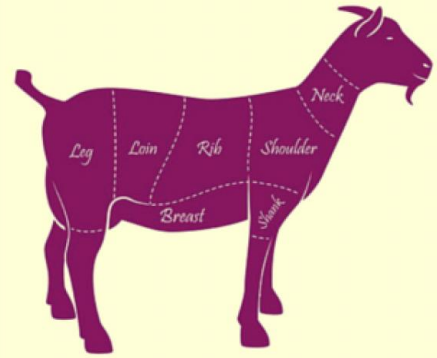


CHICKEN

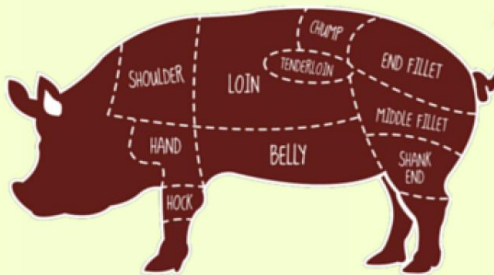
Chicken is richest in selenium and provides about 57% of the DRI in a single 4-ounce serving. Zinc, copper, phosphorus, magnesium, and iron. Chicken also provides quantities of B group vitamins, including riboflavin, thiamin and niacin.

MUTTON

The Goat meat is rich source of Niacin, Iron, Phosphorus and Zinc, and a very good source of Protein, Vitamin B12 and Selenium. Each serving of mutton provides 4 milligrams of iron, or 22 percent of the daily value.



PORK



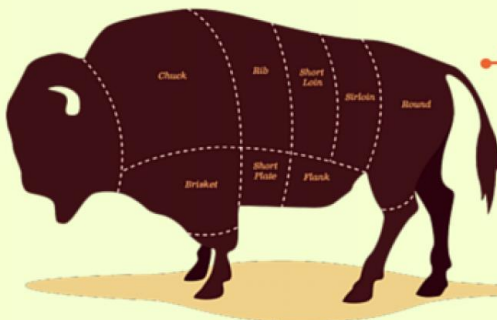
Pork meat Contains high B1 vitamin content and is a good source of B2, B6, B12 and Niacin. Iron in pork is easy for the body to absorb and also aids absorption of iron from bread and vegetables. It's source of zinc and selenium.

PRAWN

Prawn is high in protein, prawns contain magnesium, which plays a role in bone development and nerve and muscle function; Zinc, which is good for growing bodies, and selenium, an important antioxidant.



BISON



A 3 oz. serving of cooked ground bison provides 22 g of protein. Ground bison is also more protein-dense than both foods, as protein comprises 57 percent of the calories in ground bison compared to 34 percent in eggs and 39 percent in ground beef.

Meat and Disease

1. Translate the following word combinations:

Human die, numerous researches, mortality and morbidity, meat consumption, gout and cancer, cardiovascular diseases, saturated fat, human serum, to be rich in, slaughter animals, stress-susceptible animals, great quantities, to be removed.

2. Answer the questions:

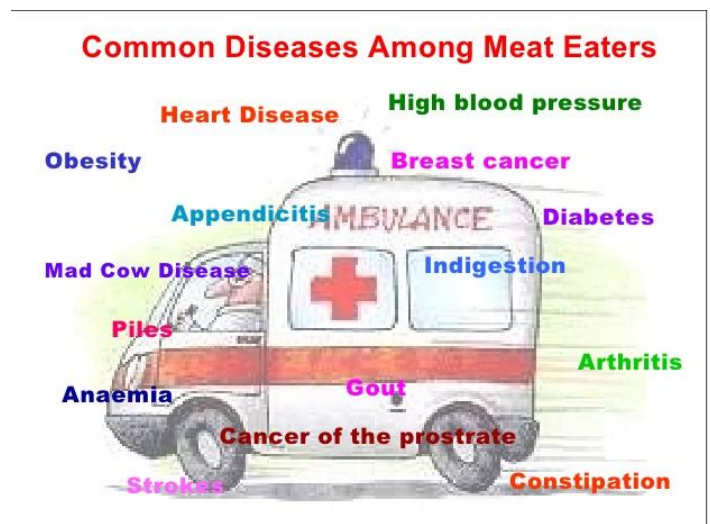
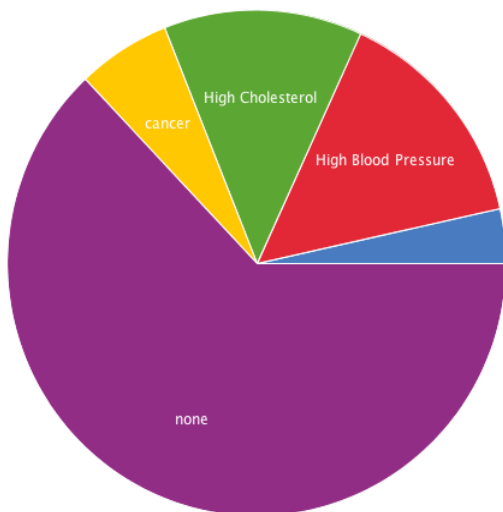
- 1) What is one of widespread disease in developed western countries?
- 2) Are there connections between meat consumption and diseases?
- 3) What leads to human concentration in human serum?
- 4) What animal organ is rich in cholesterol?
- 5) What kind of meat do most consumers demand in West and Middle Europe?
- 6) What substances does lean meat contain?

3. What is the significance of these numbers in the text?

50%, 30%, 300 mg, 200-170

4. Translate the sentences into English:

- 1) Люди найбільше страждають від серцево-судинних захворювань.
- 2) Споживання пісного м'яса знижує рівень холестерину в організмі.
- 3) Ми повинні споживати не більше 300мг холестерину щоденно.
- 4) Пісне м'ясо містить багато білків та води, але дуже мало жиру.
- 5) Фермери у всьому світі розводять стресо стійкі породи тварин, які постачають споживачів якісним м'ясом.



disease	
Diabetes, 4, 3.448%	
High Blood Pressure, 17, 14.66%	
High Cholesterol, 15, 12.93%	
cancer, 7, 6.034%	
none, 73, 62.93%	

Kinds of Meat

1. Translate the following word combinations:

Flesh of calves, tender and milder flavor, full-grown animal, flesh of hog, purple colour, cured meat, organs and glands, variety meat, chitterlings and tripe, to be available, raw meat, to be spoiled, to be refrigerated, to thaw, to be sealed and heated, to be treated with salt, canned meat, cured meat.

2. Answer the questions:

- 1) What types of red meat do you know?
- 2) What is veal?
- 3) What type of red meat is more tender veal or beef?
- 4) How do we call meat from sheep?
- 5) What is pork?
- 6) What is variety meat?
- 7) In what forms can we use meat?
- 8) How can people keep fresh meat from spoiling?
- 9) What has been cured meat treated with?

3. Finish the sentences and translate them:

- | | |
|---------------------------------|---------------------------------------|
| 1) Veal is the flesh of ... | a)... sheep less than 1 year old. |
| 2) Beef is the flesh of ... | b) ... hogs. |
| 3) Lamb is the flesh of ... | c) ... calves less than 14 weeks old. |
| 4) Mutton is the flesh of ... | d) ... for various organs and glands. |
| 5) Pork is the flesh of ... | e) ... full-grown cattle. |
| 6) Variety meat is the name ... | f) ... sheep over 1 year old. |

4. Complete the sentences:

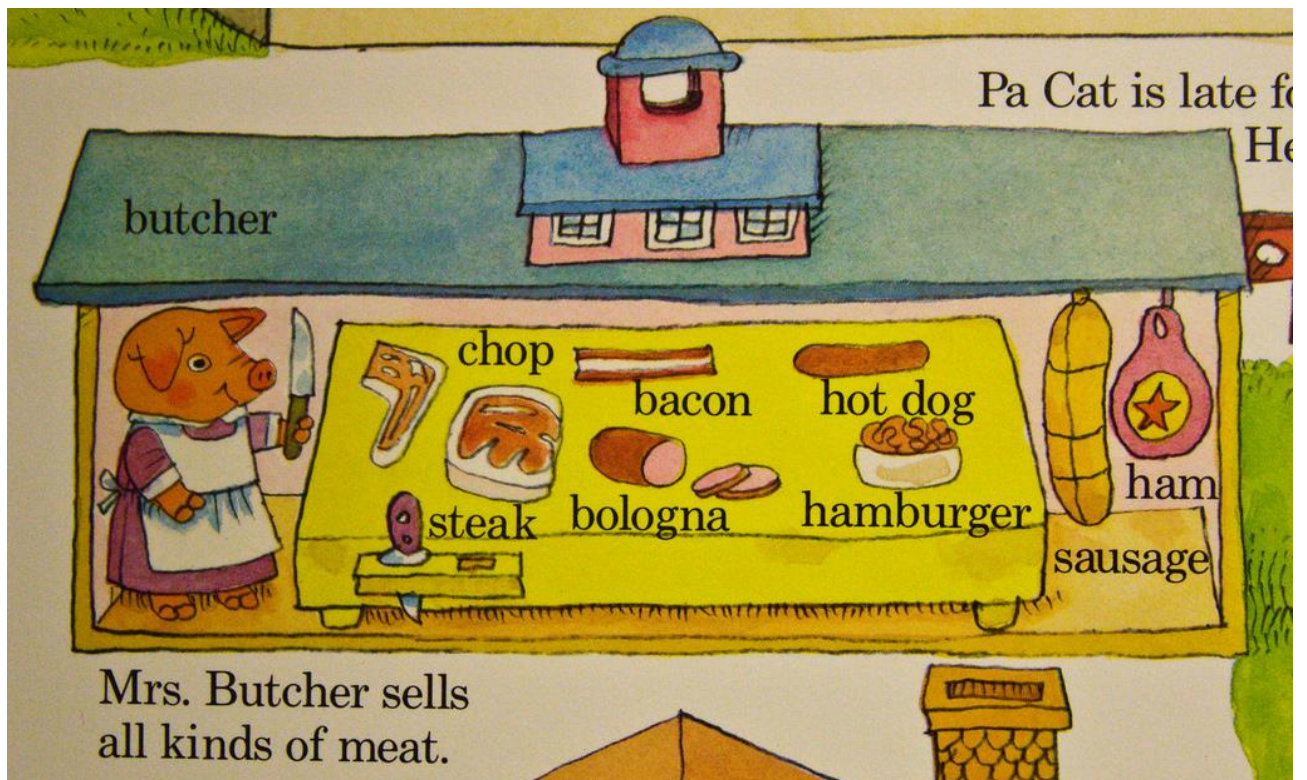
- 1) Common variety of meats include the ..., ... , ... , ... , and ... of animals.
- 2) Meat are available in ... , ... , ... , and ... forms.
- 3) Fresh meat is ... meat.
- 4) Fresh meat spoils quickly and must be ... until it is cooked.

- 5) People can keep fresh meat from spoiling by ... it.
- 6) The heat cooks meat and destroys

5. Describe the main features of your favorite type of red meat. In what dishes do you like to have it?

Top 10 facts about meat

1. The average British family spends £12.50 a week on meats and meat preparations and £12.60 on alcoholic drinks and tobacco products.
2. There are almost 19 billion chickens on Earth; they outnumber humans by almost three to one. We eat about 100 million tons of poultry every year.
3. In Brunei, there are 40 times as many chickens as people.
4. New Zealand has 7.5 sheep and 2.3 cows for every person in the country.
5. Uruguay, with 3.7 cows per person, is the only country that beats New Zealand on cows.
6. On February 18, 1930 in St Louis, Elm Farm Ollie was the first cow to fly in an aeroplane and Elsworth W Bunce was first to milk a flying cow.
7. The average American eats 88.3kg of meat a year; the average Briton eats 44.9kg.
8. In Denmark, there are more than twice as many pigs as people.
9. The word 'carnival' originally meant 'a farewell to meat' referring to the Christian tradition of giving up meat during Lent.
10. "Heaven sends us good meat but the Devil sends cooks," (David Garrick, actor, 1717-79).



Beef

1. Translate the following word combinations:

Доросла худоба, отримувати м'ясо, хороша якість, гладка текстура, консервоване м'ясо, засолена яловичина, містити багато поживних речовин, клітини організму, важливі мінерали, бути потрібними в раціоні, хвороби серця, зменшити споживання, трава і сіно, велика кількість зерна, високоякісна яловичина.

2. Answer the questions:

- 1) What is beef?
- 2) Why is it important for people?
- 3) What kind of beef has good quality?
- 4) How can beef be used?
- 5) Why is beef important for human body?
- 6) Has beef a high energy value?
- 7) What is cholesterol?
- 8) What may food rich in cholesterol contribute to?
- 9) What are beef cattle fed?

3. Complete the sentences and translate them :

Heart disease, vitamins, young cattle, minerals, grain, nutrients, flecks of fat

- 1) Beef from is more tender.
- 2) Some doctors agree that low-fat diet reduces the risk of developing heart disease.
- 3) Beef contains many ... needed by the human body.
- 4) In the USA and in Europe farmers fed the animals large amounts of
- 5) ... within the meat, called marbling, increase the juiciness and tenderness of beef.
- 6) Beef provides our body with several essential ... and minerals.

4. Translate into English:

- 1) Яловичина доброї якості має яскраво червоний колір і вкраплення білого жиру.
- 2) М'ясну худобу годують в основному травою, сіном, зерном або грубим, волокнистим кормом.
- 3) Лікарі радять зменшити споживання жирного м'яса.
- 4) Яловичина містить жир та холестерин, які потрібні в нашому раціоні.
- 5) Яловичина доброї якості має високу енергетичну цінність.



10 Interesting Facts About Beef and Cattle

1. The United States and Brazil are the top beef producing countries in the world
2. The average cow has more than 40,000 jaw movements per day
3. The salivary glands of cattle, located beneath the tongue, produce 50-75 litres of saliva per day!
4. Hamburger meat from 1 cow would equal 720 quarter-pound (100g) hamburgers, enough for a family of 4 to enjoy hamburgers each day for nearly 6 months!
5. More than 100 medicines, including insulin and oestrogen, come from cattle.
6. One cowhide can produce enough leather to make 18 soccer balls.
7. There are close to 800 registered breeds of cattle around the world. This photo is of a breed called "Black Baldy"

8. Uruguay, New Zealand, Argentina, Australia and Brazil are the only countries with more cows than people
9. Cattle are thought to have descended from Middle Eastern aurochs, which were large ox-like creatures. The last auroch was a female that died of natural causes in Poland in 1627
10. Mince accounts for almost 40% of beef production (this varies by country). Much of this goes into hamburgers. (We like to think that ours at Meat Online are right up there with the best!)

Pork

1. Translate the following word combinations:

Throughout the world, to be sold to consumers, solution of salt, sodium nitrate, a special flavor, to keep from spoiling, fresh cuts, to contain nutrients, excellent source of vitamins, to provide amino acids, to be obtained from sides and bellies, strips of bacon, hind leg, to be chopped and ground, varieties of sausage, to be smoked.

2. Answer the questions:

- 1) What kind of animals provide people with pork?
- 2) Is pork eaten throughout the world?
- 3) What is processed meat?
- 4) What fresh cuts of pork do you know?
- 5) What nutrients does pork contain?
- 6) What is bacon?
- 7) Is ham an important food product? Why?
- 8) How is sausage produced?
- 9) How many varieties of sausage are there?

3. Complete the sentences:

- 1) Pork is sold to consumers as ... meat or in the form ... meat.
- 2) Curing and smoking give these meats a and help keep them from spoiling.
- 3) Bacon is the kind of meat that is obtained from the ... or ... of hog.
- 4) Ham is an excellent source of
- 5) The sausage may be smoked, cooked or ..., depending on the types of sausage.
- 6) Meat is chopped or ground and mixed with ... and ... ingredients.

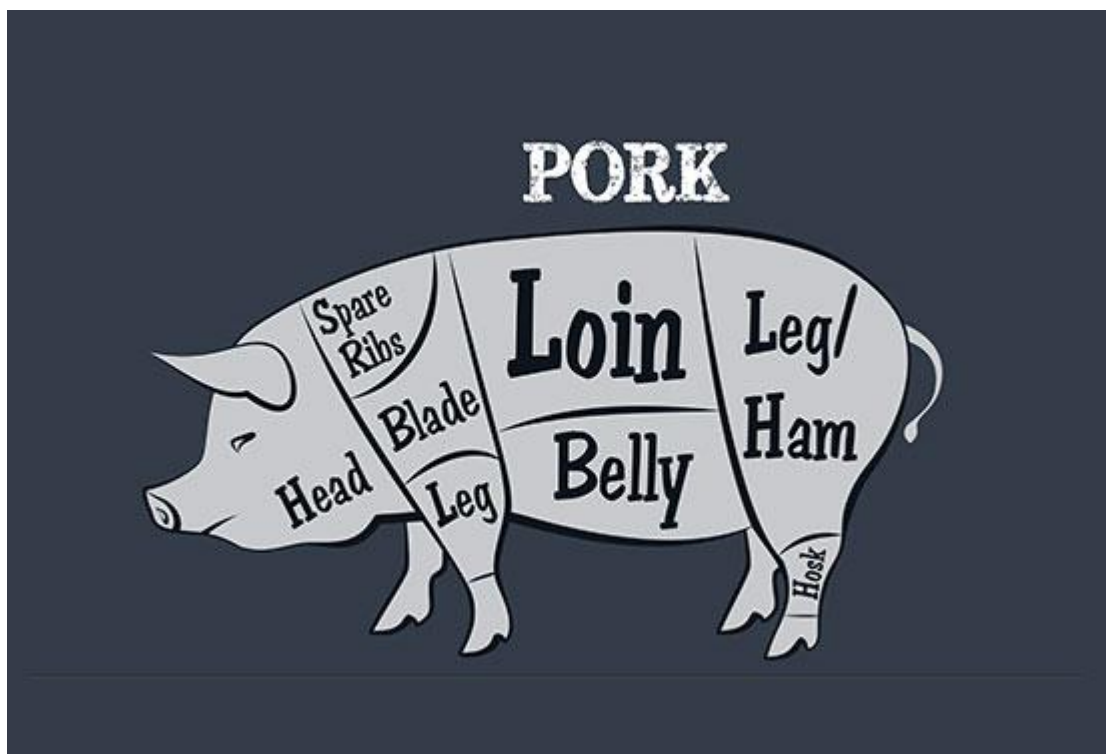
4. Translate the sentences into Ukrainian:

- 1) Люди у всьому світі найбільше споживають свинину.
- 2) М'ясо свині засолюють розчином солі та селітрою а потім запікають або прокопчують.
- 3) Бекон, шинка чи ковбаса є основними м'ясними продуктами зробленими з м'яса свині.
- 4) Свинина є добрим джерелом білка.
- 5) Свинину подрібнюють або перемелюють, змішують з приправами щоб зробити котлети.

20 Facts About Pork

- 1) Pork is the world's most popular meat: 85 billion tons are consumed annually
- 2) There are around 1 billion pigs in the world at any one time, with China housing more than half of that number
- 3) A third of pork consumed is via bacon. The nation simply cannot get enough bacon butties!
- 4) Pork has a high B1 vitamin content and is a good source of B2, B6, B12 and Niacin
- 5) Around 20% of pork is made up of protein, making it an important muscle building meat
- 6) The record for the longest sausage ever made is 59.14 km (36.7 miles) long. We bet that took a while to eat!
- 7) The British Sausage Appreciation Society currently has over 5,000 members, people just love sausages
- 8) If you are in the British Army, you won't be eating 'bangers', you will be eating 'snorkers'
- 9) The pig is one of the oldest forms of livestock and they have been domesticated since 5000 BC
- 10) The average person will eat 28 pigs in their lifetime
- 11) In Denmark, there are twice as many pigs as people
- 12) A fully grown male pig can grow to over 500 pounds
- 13) To keep pork juicy and safe it needs to be cooked to 145 Fahrenheit/62 Celsius and rested for at least 3 minutes

- 14) There are more than 180 species of pigs, found on every continent except Antarctica
- 15) Pork tenderloin cuts are almost as lean as skinless chicken breasts
- 16) The first recorded recipe for a pork pie was 1390 in the kitchen of the Court of King Richard and today's pork pie is still a direct descendant of the medieval pie tradition
- 17) Scientists believe that pigs are one of the most intelligent animals, ranking close behind apes and dolphins
- 18) Pigs do not have sweat glands and pale pigs risk sunburn, hence they roll in mud to keep themselves cool
- 19) There are 9 breeds of pig in the UK, including Welsh rare breed pigs
- 20) Welsh rare breed pig was first mentioned in the 1870s and is the third most common breed in the U.K. after the large white and British Landrace



Mutton

1. Translate the following word combinations:

To be obtained, tender meat, to be rich in minerals, to be based on, fatness of carcass, internal organs, to be stamped, prime grade, utility and cull, wholesale cuts, to be broiled, to be braised, to have a stronger flavor, a source of vitamins.

2. Answer the questions:

- 1) What kind of meat do sheep provide us with?
- 2) Where is lamb and mutton eaten?
- 3) How does lamb look like?
- 4) What is mutton?
- 5) How does mutton differ from lamb?
- 6) What are the grades for lambs?
- 7) How is lamb carcass divided?
- 8) How can lamb be cooked?
- 9) Why is mutton or lamb good for our health?
- 10) What kind of lamb is sold in supermarket?

3. Complete the sentences:

- 1) Lamb is a ..., tender meat with a delicate
- 2) Lamb is a good source of minerals, such as ... and
- 3) The lamb carcass is divided into ... wholesale cuts.
- 4) Grocers may divide these wholesale cuts into smaller pieces for sale to
- 5) Mutton is obtained from sheep that are more than

4. Fill in the prepositions:

Meat ... a delicate flavor, to be obtained ... sheep, to be rich ... vitamins, to be stamped ... carcass, to be divided ... cuts, to be cooked ... liquid, to differ ... lamb, ... addition, to range ... dark pink ... deep red, a source ... protein.

For today's Did You Know we will look at Lamb fun facts.

Lamb Fun Facts: The female sheep are called ewes, males are called rams and young sheep are called lambs.

- The oldest organized industry is raising sheep.
- May 7th is [National Roast Leg of Lamb Day](#).
- Lamb producers are scattered all across America, but the vast majority of flocks inhabit the Western Rangelands.

- American sheep production peaked during the 1940s and 1950s at more than 55 million sheep.
- Nebraska isn't one of the country's biggest sheep-producing states. The top five biggest sheep producing states are Texas, California, Colorado, Wyoming, and South Dakota.
- American sheep produce milk, wool, and mutton or lamb meat.
- There's no "typical" lamb flock: farm flocks can start at 50, but large operations go all the way up to 10,000.
- Sheep are exclusively herbivores; they eat a range of grasses, legumes, and forbs.
- The average weight of a market lamb is 134 pounds.
- A rack roast typically has 8 rib bones in it.
- An American lamb rack weighs approximately 1-1/2 to 2 pounds.
- The average American eats less than a pound of lamb a year! That's in comparison to an average of 85 pounds of beef, annually, per person.

