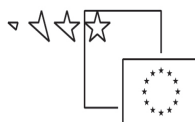




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OPERACIJO DELNO FINANCIRA EVROPSKA UNIJA
Evropski socialni sklad

STROKOVNA TERMINOLOGIJA V TUJEM JEZIKU

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PREFACE

Dear students,

Welcome to Professional Terminology in English Language. You will learn terminology related to your field of study, and practise, at least to some degree, how to use English effectively in everyday setting.

I am quite aware of the fact that some of you might have worries about how to start dealing with this topic. I decided to focus mainly on building new vocabulary, although you will also have to repeat some basics of the English language. To make it easier and, hopefully, more appealing to you, I included some interesting and even unusual articles. Throughout this booklet you will also be encouraged to visit some websites, watch videos, and discuss them.

All the best and every success,

Stanislava (aka Staša) Krapež

1 ENGLISH IN THE WORLD

In Unit 1 we will be discussing some possible reasons for learning English. Do we really need to learn it? You will be asked to give your own opinion on it. You will also start building your food and business-related English vocabulary to improve your English language skills.



Figure 1: English in the world

Source: <http://www.studytravel.com/st/data/image/49/en/file/bigben1-205x273.jpg>
(15. 5. 2009)

Read the short article below and discuss some of the issues raised in it.

The reasons why people want to learn a language can really be divided into two areas. Many people learn languages for pleasure, the sheer joy and the interest factor of learning about other cultures.

Some people might want to learn languages for tourism; they want to travel they want to communicate with the people in the countries that they visit and that's very important. Without some sort of language skills it's very difficult to understand the people in a country, how they think, and to understand their customs. Some people learn languages to assist them in their particular studies; you might want to learn a language to understand source material in a language.

Then there's the aspect of employability. There is no doubt that employers, given the choice of employing a graduate with language skills and a graduate without language skills but both having the same specialist knowledge, tend to choose those graduates that also have the additional language skills.

Language skills are important when choosing a career path. They lead to a more interesting career option. If you want to give your career a boost, you certainly need to have some language skills.

Adapted http://www.open2.net/education/talking_languages_podcast/ep1_transcript.html,
15. 2. 2009

Discussion

- What attitude does the author have towards English language learning?
- What does the author mean by employability?
- Can you give some other reasons which are not mentioned in the article, e.g. English as the universal language on the Internet?
- How often do you need it at work?
- Finally, give your opinion on the importance of the English language.

1.1 EXPRESSING OPINION

An important part of speaking any language is having the ability to express your opinion. Do you know how to express it in English? Think about some of the topics and express your opinions about them. You can start by using the following expressions:

In my opinion ...
 As far as I know ...
 Personally, I think ...
 I don't think ...
 I don't believe ...



There are some other useful words and phrases which may help you, so go to:
<http://www.vocabulary.cl/Lists/Opinions.htm>

Have you ever asked yourself the question, “Which is the hardest language?” You can go to the following website to read the article, and to practise and improve your reading comprehension skills:

<http://www.usingenglish.com/comprehension/5.html>

1.2 VOCABULARY BUILDING

1. Below are some words from the text. Match each word from the column on the left to the explanation on the right.

- | | |
|---------------|--|
| 1. employer | a) an increase in sth. |
| 2. assist | b) extra, more than is usual |
| 3. additional | c) a person or company that pays people to work for them |
| 4. skill | d) to help sb. |
| 5. boost | e) the ability to do sth. well |

2. Word formation – creation of a new word

We can form new words using the words from the previous exercise. Can you work out what they mean?

verb	adjective	noun	noun (person)
to employ	employable	employment	employer employee
to assist		assistance	assistant
to add	additional	addition/additive	
to boost		boost	

3. Underline the correct word forms in the sentences below.

1. Food *addition* / *additives* can cause allergies.
2. Pasta's basic ingredients are flour and water, sometimes with the *addition* / *additive* of eggs and oil.

3. How many people does your company *employer / employ*?
4. Graduates are finding it more and more difficult to find *employ / employment*.
5. Our company has over 150 *employers / employees*.
6. We'll do all we can to *assist / assistance* you.
7. A food company is looking for a technical *assistance / assistant*.
8. She offered me some practical *assistance / assistant* with my research.
9. These exercises can *boost / a boost* your energy.
10. The high vitamin and mineral content helps *to boost / a boost* immunity and energy levels.

Conclusion

In Unit 1 we have considered the importance of learning English. You have learnt how to give your opinion when speaking English. You have also started building and upgrading your vocabulary.

To conclude this unit, answer the following questions:

- Is the company you work for your employer or employee?
- Is it correct to say additive-free orange juice or addition-free orange juice?
- Is a person who helps you in your job your assistant or assistance?

2 FOOD – EXPRESSION OF WHO WE ARE

In this unit, you will start talking about food and its many different dimensions. You will also be exploring different ways of talking about food, from formal to informal style, and you will even learn something about culinary recipes. You will ask politely your fellow students about their food preferences, and thus practise making polite requests.



Food is not just what we eat. It is an expression of who we are, how we live, and the world we inhabit.

Kurlansky, 2007, p. 38

Discussion

- Describe your own eating preferences.
- Why can't we just eat what tastes good to us?
- Do you eat healthy food all the time?
- If not, what are the reasons?
- Do you agree with the statement "Tell me what you eat and I will tell you who you are"?

Read the text below. Is it written in a formal or informal style?

2.1 DIMENSIONS OF FOOD

"Good eating is our goal, both personally and professionally. We desire that food maximizes our health and pleasure, that it is nutritious, safe to eat, personally satisfying, and obtainable within the resources that each of us chooses to expend. Yet, realizing these goals in the marketplace is a challenge, a challenge of values, resources, choices, and conflicting information. Today we have numerous suppliers from whom we can purchase food. However, we may hear conflicting news reports in the same day concerning nutrition and become uncertain in our decisions about food. Perhaps we are limited in our knowledge of what to purchase or what to think about good eating."

Vaclavik, Pimentel and Devine, 2006, p. 2

VOCABULARY

1. Match each word from the column on the left to the explanation on the right and translate the words.

1. to purchase _____
2. nutritious _____
3. goal _____
4. nutrition _____
5. supplier _____
6. obtainable _____

- A. that can be used or obtained
- B. a person or company that supplies goods
- C. to buy
- D. nourishing, containing a lot of the substances which help the body to grow
- E. something that you hope to achieve
- F. the process by which living things receive and use food necessary for them to grow and be healthy

Read the second text. Does the style differ from the first text?

2.2 FOODIE

No longer content with dressing the A-list, the fashion designer is now dressing their tables as well, with a range of china and glassware for Royal Doulton.

What food couldn't you live without?

I can't resist chocolates from La Maison du Chocolat.

What food do you detest?

Horse meat. I ate it once by mistake in a restaurant in France. Now, when I'm in Europe, I ask religiously what animal their steak comes from.

First food memory?

Mum's home cooking, particularly her apple pie and custard.



Best ever meal?

A simple supper of octopus with olive oil and a squeeze of lemon, overlooking the sea in Greece where it had been caught.

Store-cupboard confession?

I always keep a Toblerone in my cupboard – I never know when the urge for melting it over ice cream might arise.

When I want to ...



cheer myself up, nothing brings back the warmth of my childhood like an iced bun and a good cup of tea.

Sexiest meal?

On a raft in Mauritius eating local delicacies.

Your food philosophy?

I try to eat healthily: muesli for breakfast, salad for lunch and three bottles of wine for dinner.

The Sunday Times, August 15, 2004, p.12

2. Match each word from the column on the left to the explanation on the right and translate the words.

1. to detest _____
2. custard _____
3. to expend _____
4. squeeze _____
5. octopus _____
6. iced _____

- 7. china _____
- 8. glassware _____
- 9. to melt _____

- A. a small amount of liquid that is produced by pressing sth
- B. one of marine molluscs, with a rounded soft body, eight tentacles and two rows of suckers
- C. to become liquid as a result of heating
- D. covered with icing (i.e. a sweet mixture of sugar and water, milk, butter or egg white that is used to cover and decorate cakes)
- E. a sweet yellow sauce made from milk, sugar, eggs and flour, usually served hot with cooked fruit
- F. high-quality porcelain, used for the table
- G. to use or spend
- H. to hate sb/sth very much

3. Fill in the gaps using words from the previous exercise. Some words can be used more than once.

- 1. For one third of children the school meal is the only _____ meal of the day.
- 2. GM crops have potential to improve _____ of the masses.
- 3. Do you happen to know who is a leading _____ of computers in Slovenia?
- 4. To _____ an item select the Add To Shopping Basket icon
- 5. The study of how bodies use food is called _____.
- 6. Now I hate Tai food, I absolutely _____ it.
- 7. _____ is a traditional British dessert sauce made with egg yolks, sugar and milk and/or cream flavoured with vanilla.
- 8. The company has set itself a long-term _____.
- 9. Keep some _____ snacks close by in case you don't have enough time to have a full lunch.
- 10. I would highly recommend you to _____ a copy of this cookbook.
- 11. She suggests a better option may be a large glass of iced water with a _____ of lemon juice.
- 12. They prefer to _____ as little energy as possible in doing so.
- 13. First, _____ a knob of butter, then add three eggs.
- 14. Have you ever wondered how sushi chefs prepare _____ into a delicious delicacy?
- 15. Make sure that there is enough _____ and _____ when you lay the table for guest.

N.B.

You have probably noticed the abbreviation GM. It stands for genetically modified.



If you want to check some other abbreviations, go to

<http://www.acronymfinder.com/>

2.3 TALKING FOOD – TASTES OF FOOD

Fill in the missing words to describe food in each of the following cases.

medium greasy tender stodgy off sour spicy crunchy rare
bitter ripe crisp and juicy

1. I'd like my rump steak very _____, please – don't cook it for more than a few minutes.
2. And I'll have my steak _____, please – not too well done, just a few minutes on each side.
3. The apricots were a bit hard yesterday, but now they are just right – perfectly _____ for making marmalade.
4. Bring to the boil, reduce heat, cover and simmer until beef is _____.
5. Medieval cooking used to be very hard to digest. It was very _____.
6. Add a lump of sugar, please. This coffee really needs a little more sugar. It tastes so _____.
7. I really like _____ – the hotter the better. Just add some more chilli powder and pepper.
8. Your chips had too much oil on them. They were too _____.
9. There is nothing quite like biting into a _____ apple.
10. Sorry, I don't like this – it's like eating a lemon. It tastes so _____.
11. Sorry about the noise – but there is nothing quite like fresh, _____ lettuce on a sandwich.
12. The milk went _____. It's been standing in the sun all day.

2.4 TALKING FOOD – RECIPES



A recipe for *Lamb chops with crispy garlic potatoes*.

The instructions, however, are not in the right order. Can you put them in order?

Ingredients

- 2 tbsp mint sauce
- 8 small lamb chops
- 3 medium potatoes, peeled and cut into 5 mm slices
- 2 tbsp garlic-flavoured olive oil
- 1 tbsp olive oil

Preparation

1. Drain, tip back into the pan, season, toss through the garlic oil.
2. Spread the mint sauce over the lamb chops and leave to marinate while you prepare the potatoes.
3. Boil the potatoes in a pan of lightly salted water for 2 minutes.
4. Remove chops and sauce from the pan and keep warm.
5. Add the potatoes to the pan.
6. Divide the potatoes, chops and sauce among four plates.

7. Meanwhile, heat the olive oil in a large frying pan and fry the chops for 4-5 min on each side until just cooked, adding a splash of boiling water to the pan to make a sauce.
8. Fry over a medium heat for 10-12 min until crisp and golden.

A cookery magazine is running a competition, asking its readers to submit a recipe for a suitable dish for a party. Write a healthy recipe. You may need some herbs and spices from the list below. First, find appropriate translation for the words from the table and second, think about the language used and how each piece of information is organised.

Spices and herbs

allspice	clove	ginger	rosemary
basil	coriander	marjoram	saffron
cayenne	curry powder	nutmeg	sage
chilli powder	dill	oregano	tarragon
chives	fennel	parsley	thyme
cinnamon	garlic	pepper	



The following website might help you to learn more about herbs and spices:
http://en.wikipedia.org/wiki/List_of_herbs_and_spices

2.5 FOOD TRIVIA – KOBE BEEF

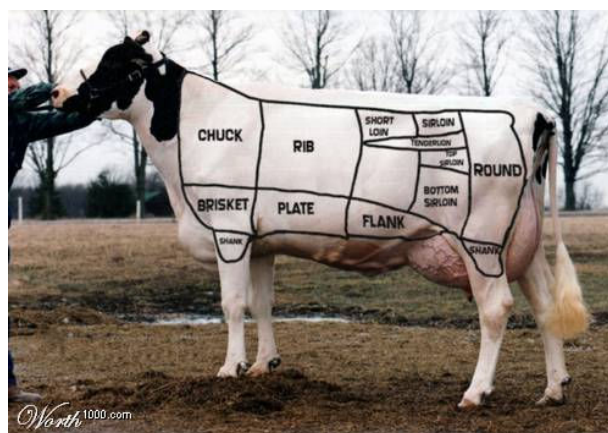


Figure 2: A walking steak

Source: <http://www.gdargaud.net/Humor/QuotesFood.html> (5.5.2009)

Kobe beef refers to beef from the black cattle, raised according to strict tradition in Japan. It is extraordinarily tender, full-flavoured and also very expensive.

The quality of Japanese beef was first discovered by foreigners about 140 years ago. At that time, the port of Kobe was opened. The foreigners living and working at that port were served beef from Japanese black cattle. They immediately recognized it as a delicacy. Today, that beef is known internationally as Kobe beef.

In accordance with popular belief, the cattle are fed a beer a day, and they are massaged with sake daily. When the cattle are ready for slaughter, they are slaughtered in a humane and painless way in order to keep the meat tender and at its highest flavour.

Adapted <http://www.answers.com/topic/kobe-beef>, 2.3.2009

Before you proceed, study the following list of some animals and their culinary names.

animal	meat
cow	beef
calf	veal
lamb	lamb
sheep	mutton
pig	pork
chicken, duck, goose, turkey, ostrich	poultry
deer	venison

2.6 LANGUAGE FOCUS – POLITE REQUESTS

Direct questions	Indirect questions
How much does it cost?	Could you tell me how much it costs?
What's the procedure?	I'd like to know what the procedure is.
Is it possible to bring guests?	Can you tell me if it's possible to bring guests?
What does this sentence mean?	I wonder what this sentence means.
What did you eat for breakfast?	I wonder what you ate for breakfast.

Nutrition survey – indirect questions

Do a nutrition survey to see what eating habits your fellow students have. Use indirect questions as often as possible to ask your fellow student about his/her or his/her friend's eating habits. Use the following expressions to start off:

- Can you tell me ...
- Could you tell me ...
- I wonder ...
- I'm wondering ...
- I'd like to know ...

1. Are you a fussy eater?

2. Do you like hot food?

3. Are you allergic to some types of food?

4. Are you addicted to chocolate?

5. What is your favourite dish?

6. Does your best friend like fast food?

7. Does your best friend like spicy or salty foods?

8. Do your friends like fast food?

9. Do you often eat between meals?

10. Are you a vegetarian?

11. What does GM food stand for?

12. Did you eat vegetables when you were a child?

13. What are your favourite vegetables?

Conclusion

Having come to this point, I hope you are now clearer about the use of the English language. You have also been encouraged to do a search on the Internet to get more information about the topics discussed.

So far, you have learnt:

- to notice the difference between formal and informal English
- to understand recipes and to write your own recipe
- culinary names for meat from different animals
- how to ask politely – how to make polite requests
- and, of course, you have learnt a lot of new words, from business and food expressions to herbs and spices.

3 FOOD COMPANIES

In this unit, you will be reading and discussing some food companies offering a different range of food products. The new vocabulary will help you to talk about your company, the company you work for, or the company that you are interested in. You will also continue to build your food-related vocabulary and have a quick glance at e-mail writing.

3.1 PODRAVKA



Founded in 1934, Podravka is a food company with headquarters in Koprivnica, Croatia. It manufactures a range of foodstuffs, non-alcoholic beverages and pharmaceutical products. Its products include packet soups, stock cubes, tinned meat and tinned fish, dried meat products, pickled vegetables, bakery products, and food complements under Vegeta brand name.



Vegeta is a food seasoning, a combination of vegetables and seasoning herbs. It was originally launched as Vegeta 40. In 1971 Vegeta 40 changed its name to Vegeta, and expanded to Austria, Sweden, West Germany, Czechoslovakia and even Australia.

In 1974 Vegeta's successful TV series "Little Secrets of Great Chefs" started broadcasting, promoting Vegeta with a well known sentence "... and a spoonful of Vegeta."

Today it is present on 40 global markets. The Vegeta brand holds a leading position among the brands in its region and is considered the number one brand in Europe in the field of food seasonings, according to research performed. It is constantly adapting to demands of individual national cuisines and follows nutritionist trends.

Did you know?

Professor Zlata Bartl, head of the team that at the end of the 1950s in Podravka's research lab invented Podravka's most famous product, Vegeta, died in 2008 at the General Hospital in Koprivnica, Croatia.

Adapted <http://www.vegeta.com/products/vegeta>, 18. 2. 2009

Discuss the following recipe advertised on the company's website.

Simply sprinkle Vegeta over meat to be roasted, food to be barbequed, poultry and fish during the preparation stage or add **Vegeta** to soups, sauces, vegetables, rice and other cooked food 5 minutes before they are done. Your meal will have a stronger aroma and will be much tastier.

3.2 BESTLAN



Bestlan is a privately-owned Australian-based family company. It is the largest tropical fruit processor in Northern Australia. The Bestlan Group was first established in 1986 as a fruit processor. Over the last 20 years it has become one of the largest producers and suppliers of processed dried fruits, value-added fruit pulps, purees and pastes. The Bestlan Group employs 40 personnel and has a range of supply contracts across Europe, Israel, New Zealand and Malaysia. The suppliers list includes many well-known manufacturers such as Nestlé, Kellogg's, Sanitarium, Heinz, Cadbury, Danone and PepsiCo.

The range of fruits includes tropical fruits such as banana, mango, papaya and also berries such as strawberry, blueberry and raspberry. The range also includes dried citrus (orange, lime, lemon and pink grapefruit) and orchard fruits such as apple, cherry, pear, apricot, nectarine and peach. The company now imports fruits to process (such as cranberries from the US, blueberries from Poland and raspberries from Chile) to dry them and export them as value-added products.

The company is also involved in the production of banana fibre, which is high in both soluble and insoluble fibre. The processed and dried fruit and vegetables are used in bakery goods, breakfast cereals, muesli and cereal bars, yoghurt, ice cream, cakes and also sauces.

Adapted <http://www.foodprocessing-technology.com/projects/bestlandriedfruit/>, 15. 2. 2009

Discussion

- How important is packaging in food industry?
- Have traditional forms of packaging changed?



Watch the video and discuss the topic.

<http://www.hrs-spiratube.com/en/hrs-spiratube/videos/fruits-and-vegetables-aseptic-processing.aspx>

3.3 KELLOGG'S



Kellogg's was founded in 1906 by W. K. Kellogg and his brother, when Cornflakes were first sold in the US. Rice Krispies followed 20 years later.

Kellogg's is the US-based breakfast manufacturer. The Kellogg Company is the world's leading producer of cereal and a leading producer of convenience foods, including cookies, crackers, toaster pastries, cereal bars, fruit snacks, frozen waffles and veggie foods. It first expanded internationally into Canadian market, but now it has many subsidiaries all over the world. Kellogg products are manufactured in 17 countries and marketed in more than 180 countries.

Adapted <http://www2.kelloggs.com/>, 18. 4. 2009



Go to: <http://www2.kelloggs.com/General.aspx?ID=466>
watch the video and discuss it.

3.4 NESTLÉ

Complete the passage about Nestlé by putting the verbs into the present simple or past simple tense.



Nestlé is a multinational food company with headquarters in Switzerland. It was established in 1860s, when Henri Nestlé, a German chemist living in Switzerland, _____ (invent) the first milk food for babies. By 1900 he _____ (set up) production in several countries, including the US. Over the next thirty years the company _____ (expand) their products. In 1947 the company _____ (merge) with Maggi seasonings and soups.

Nestlé _____ (have) a wide range of products across a number of markets, including coffee, bottled water, chocolate, ice cream, infant foods, seasonings, frozen foods, confectionery, pet food ... Nestlé brands include Maggi, Thomy, Nescafé, Nesquik, Purina, San Pellegrino ...

In 1938 Nestlé _____ (introduce) Nescafé. The company _____ (feel) the effects of the Second World War. Profits _____ (drop), but the war _____ (help) with the introduction of the company's newest product, Nescafé, which was a staple drink of the US military. Nestlé's production and sales _____ (rise) in the wartime economy.

Instant coffee was not a new idea; it was originally invented by a Japanese chemist named Satori Kato in 1901. But results were disappointing. Nescafé revolutionized the way instant coffee was made.

With more than 3,000 cups consumed every second, Nescafé is by far the world's leading coffee brand, and also the third most valuable beverage brand after Coca-Cola and Pepsi.

Adapted <http://www.nestle.com/AllAbout/AllAboutNestle.htm>, 18. 4. 2009

Slovenia
???

Search for some Slovenian companies with an area of specialization similar to the above discussed companies. Prepare a short description – profile of a company you are familiar with, or go to:



<http://www.pirs.si/> and pick up a company.

1. Make a list of some products produced or processed by Podravka, Bestlan, Kellogg's and Nestlé, and complete the table by finding out what ingredients they are made from.

	what	from what
Podravka		
Bestlan		
Kellogg's		
Nestlé		

2. Below are two groups of words, food related and business related. Match each word from the column on the left with the explanation on the right and translate the words.

1. convenience food _____
2. beverage _____
3. pickled _____
4. tinned _____
5. stock cube _____
6. season _____
7. staple drink _____
8. confectionery _____
9. cereal _____

- A. any type of drink except water
- A. preserved in a can
- B. a cube made from the dried juices of meat or vegetables, sold in packets and used for making soups, sauces ...
- C. preserved in vinegar
- D. a basic or important drink
- E. any grain which may be used as food, e.g. wheat, rice, oats, barley ..., and also food made from the grain of cereals
- F. to add salt, pepper ... to food in order to give it more flavour
- G. any packaged dish or processed foods that can be prepared quickly and easily as by thawing or heating
- H. sweets, chocolates, etc.

10. to promote _____
11. personnel _____
12. research _____
13. headquarters _____
14. subsidiary _____
15. to found _____
16. to launch _____
17. brand _____
18. to merge _____

- I. a place where most of the important functions of an organization are controlled
- J. to establish or set up
- K. a trademark, a type of product made by a particular company
- L. to advertise and make a product available to the public for the first time
- M. a unit of a business owned or controlled by such a business
- N. to make a product more popular by advertising it
- O. to join two companies together
- P. a careful study of a subject in order to discover new information
- Q. the people who work for an organization; staff, employees

- ***Do you know what the Research and Development department, or R&D, deals with?***

3. Read carefully the four company profiles to complete the tables with the missing word forms.

Verb		season			invent
Noun	importer		manufacturer	founder	

Verb	produce			supply	
Noun		employer	processor		exporter

4. Complete the sentences with the correct noun or verb form from the above tables.

- Bestlan is an Australian dried fruit _____.
- It _____ 40 people.
- It _____ fruit from the US, Poland and some other countries.
- The company _____ various manufacturers, e.g. Nestlé, Kellogg's ...
- W. K. Kellogg and his brother are the _____ of the Kellogg Company.
- Kellogg's _____ cereals, cereal bars, fruit snacks ...
- It is a _____ of convenience foods.

5. Check all the articles once again and match the words in column A with their corresponding ones in column B.

A	B
processed	production
value-added	bars
involved in	beverages
cereal	dried fruits
bakery	processor
fruit	production
alcoholic	goods

6. Form questions. Use the question words in the box.

where what why who when

- Podravka has its headquarters in Koprivnica.

- The Bestlan Group was established in 1986.

- Podravka manufactures a wide range of foodstuffs.

- The company imports fruits to process them.

- Its products also include packet soups and stock cubes.

- Kellogg's was founded W. K. Kellogg and his brother.

- Kellogg's is based in the US.

- The Kellogg Company expanded into international markets.

9. In 1938 Nestlé introduced Nescafé.

10. The company merged with Maggi.

Discussion

- What does your company do?
- Where is it located?
- Where are its headquarters?
- Is your company international?
- When was it founded?
- Are there any similar brands produced by Slovenian companies?
- What is your company's main activity?

3.5 WRITING AN E-MAIL

Do you know how to write a formal or semi-formal e-mail?

If you are writing to someone you don't know then you should address this person as Dear Mr/Mrs/Ms Xxx. You should finish with:

- Yours sincerely (if you know the addressee's name)
- Yours faithfully (if you don't know the addressee's name)
- Best regards

Read the following e-mail and fill in the missing words:

sincerely inform you labelled Quality Control
--

<p>Dear Mr. Burton,</p> <p>I am writing to _____ that your delivery 371 of 11th March of milk chocolate bars arrived on Tuesday. However, we cannot accept it because our _____ Department has found several problems. Its tests showed that the above mentioned products do not have the necessary composition for a legal name. They are below the standard we expected from the samples, and they are not _____ with all the necessary requirements. Because of these problems, we would ask you to stop any further deliveries of these goods until you have spoken to our Purchasing Manager. He will contact you in the next few days.</p> <p>Yours _____,</p> <p><i>Peter Brown</i></p> <p>Peter Brown</p>
--

Conclusion

To finish off this unit, it would be useful for you to sum up some of the topics that have been discussed.

- Food companies deal with different activities. Can you name some of them?
- What does someone who is involved in research do?
- Name some expressions from this unit which you can use to talk about your company.
- Write a short semi-formal e-mail to arrange a meeting and to discuss some problems with packaging.

4 FRUIT PRODUCTS

In this unit you will be reading and talking about an exceptional young British entrepreneur. This interesting story will give you an opportunity to have a closer look at some fruit products, and to practise a lot of new words and expressions, such as acidity, spoilage, sweeteners, etc.

4.1 FRASER AND HIS SUPERJAM

How many 18-year-olds do you know who are successful entrepreneurs and have managed to sign a deal with a major supermarket to sell their product?

Fraser Doherty is an 18-year-old student and his company, SuperJam, is already a million dollar business. His SuperJam brand is on the shelves of 130 stores.

He started the company at the age of 14, first selling his jam door to door, and later setting up a shop at a local farmer's market. His parents were driving him to trade fairs and markets to sell the jam he was making at a rate of a thousand jars a week.

In early 2007, Waitrose, a well known supermarket in the UK, approached Doherty hoping to sell his SuperJam products in their stores. Within months Doherty had his labels designed, left school, found a factory where he could oversee production, and got a local advertising agency to design the jars. Channel 4 made a documentary, which of course helped to promote his product. His business grew and achieved a turnover of over a million pounds.



Figure 3: SuperJam products

Source: <http://www.mediaroots.co.uk/pstore/> (15. 5. 2009)

Fraser's Super Fruits

Fraser discovered that so-called 'Super Fruits' – like blueberries and cranberries – contain naturally high levels of antioxidants and vitamins. So he decided to use only Super Fruits in his jam. Instead of adding lots of refined sugar to his recipes, Fraser came up with the idea of using grape juice instead of sugar or artificial sweeteners to sweeten it.

Blueberries are high in antioxidants (tannins), which have been found to reduce the risk of some cancers.

Blackcurrants are very high in antioxidants, namely anthocyanins, which give the fruits their dark colour. These are believed to help protect your body against heart disease, and also aging in general.

Raspberries are one of the best jam-making fruits. They are high in vitamin C dietary fibre. Cranberries have tartness that makes this fruit spread really fruity. They are high in antioxidants, which provide known benefits to the cardiovascular and immune systems. These fruits are also believed to prevent urinary tract infections and act as a prebiotic in the digestive system; promoting the growth of “good bacteria”.

Adapted <http://www.superjam.co.uk/>, 10. 4. 2009

1. Complete the passage using the words in the box.

blueberries spreads antioxidants sweetened nutritious
sweeteners cranberries

SuperJam™ is a range of no added sugar ‘super fruit’ _____. These are made from the most _____ fruits around; such as _____ and _____ and are _____ with grape juice, rather than sugar or _____. These fruits contain a high level of _____ and vitamins.

2. Look at the table of berries and currants. Can you translate the expressions?

berries	blackberries _____
	blueberries _____
	cranberries _____
	gooseberries _____
	raspberries _____
	strawberries _____
currant	blackcurrant _____
	redcurrant _____

In the next two readings you will get to know something more about acids and sugars. Sugar and acid content is one of the most important indices of fruit quality.

4.2 ACIDITY

Although there are many similarities between fruits and vegetables, there is one important difference – most fruits are more acidic than most vegetables. This is important because food poisoning bacteria cannot grow in more acidic fruit products, and such fruit products cannot cause food poisoning. But if it happens that moulds and yeast grow, they produce obvious signs of spoilage, which stops consumers eating the food.



Contrarily, vegetables are less acidic than fruits and food poisoning bacteria are able to grow in many vegetable products. Some types of bacteria produce poisons in the

food without signs of spoilage and consumers may be unaware of the contamination. It is therefore especially important that vegetable processors carefully follow the correct processing methods and pay strict attention to hygiene.

Adapted http://www.unido.org/fileadmin/import/32382_fruitsDec21.2.pdf, 10. 4. 2009

4.3 SUGARS

Sugars and sweeteners include sugar (sucrose), dextrose (glucose), corn syrup, high fructose corn syrup, and artificial sweeteners. Table sugar (sucrose) occurs naturally in fruit, sugar beets and sugar cane. The plant is cut, crushed, and then boiled into syrup. This syrup is then processed to make the final products (molasses, brown sugar, white sugar, confectioner's sugar, etc).

Other sweeteners are based on the simple sugars (e.g. glucose and fructose) that occur naturally in every living organism. They are a source of sweetness in fruit and honey and can turn brown with heating. Corn syrup consists mostly of glucose, and is a sweet, thick liquid made by treating cornstarch with acids or enzymes.

Artificial sweeteners are made by chemical reactions. They provide the sweetness of sugars without many calories, so they are often used for diet products or as sugar substitutes. Saccharin (Sweet 'N Low) was the first artificial sweetener. Sugar, corn syrup, and other refined sweeteners provide calories, but no vitamins, minerals, or protein.

Adapted http://www.open2.net/society/socialchange/globaldiets_html.html, 15. 2. 2009

VOCABULARY

1. Word formation Complete the table with missing words.

verb	noun	adjective
_____	acid/acidity	
		sweet
	poison	
refine	refinement/refiner	

2. Match the words to their meanings and translate them.

1. mould _____
2. acidic _____
3. spoilage _____
4. processor _____
5. processing methods _____

- A. ways of treating food in order to preserve it
- B. a fungus, a soft green, grey or black substance that grows on old food
- C. a person who treats food in order to preserve it
- D. the decay of food which means that it can no longer be used
- E. containing acid

3. Translate the words in the box and complete the sentences.

refined _____	sugar beet _____	yeast (2 x) _____
contamination (2 x) _____	spoilage _____	confectioner _____
sugar cane _____	mould _____	artificial _____

1. There is often _____ on soft French cheese.
2. _____ microbes are probably one of the earliest domesticated organisms. People have used _____ for fermentation and baking throughout history.
3. To prevent food _____ it is important to keep foods separated from other foods that are prone to _____.
4. The decay of food which can no longer be uses is called _____.
5. A person or a business that makes or sells cakes and sweets is called a _____.
6. _____ is a tropical plant with thick stems from which sugar is made.
7. _____ sweeteners are food additives with no or very little food energy.
8. _____ is a plant with a large round root from which sugar is made.
9. Of all the foods consumed today, _____ sugar is considered to be one of the most harmful.

Discussion

- What is the main difference between artificial sweeteners and sugars?
- How does Sweet 'N Low, as another name for saccharin, refer to its properties?
- How are sugar cane and sugar beet processed to get sugar?
- Why are artificial sweeteners often used for diet products?

**Slovenia
???**

- Browse the Internet to find some Slovenian producers of jam and marmalade. Describe their products.
- Are there any similar start-ups in Slovenia, or perhaps successful family-owned food businesses?

Conclusion

So far, you have probably mastered a lot of new expressions. But to boost your language proficiency, it would be beneficial to prepare a short presentation of Fraser's activity – production of jam. You can also play the video and listen to Fraser talking about his company:



<http://teenentrepreneurblog.com/2008/12/30/teen-ceo-fraser-doherty-of-super-jam-and-his-1000000-gift/>

5 BOTTLED WATER OR TAP WATER

There is no doubt that it is important to drink a lot of water; it keeps our bodies healthy. Bottled water is steadily replacing the consumption of tap water; more and more brands of bottled water appear each year in our shops. A lot of people believe that bottled water is even a lot safer than tap water. But is it really healthier or safer? The aim of this unit is to make you think and talk about such issues, and to discuss some environmental problems connected with them. You will also continue to build your vocabulary skills and focus on the use of adjectives and adverbs.



Figure 4: Bottled water

Source: <http://www.sustainablefootprint.org/en/cms/selplaatje.asp?id=175> (20. 4. 2009)

1. Complete the text using the words in the box.

package sugary purchasing soft brands springs shipping labels (2x)
calorie-free carbon purified

Bottled water is big business. It is everywhere, in offices, airplanes, stores, homes and restaurants across the country. It's refreshing, _____, convenient to carry around, and a lot healthier than _____ sodas. But bottled water can be quite pricey. Some people pay much more for it than they do for _____ drinks. Many even say water is more expensive than petrol. Why do people pay so much for something they can get virtually for free?

But more and more, people are questioning whether the water, and the _____ it comes in, is safe, or at least safer than tap water. Most bottled water _____ will lead you to believe that bottled water comes from very clean, refreshing areas in the mountains. It is important to make sure that you read the bottled water label if you really want to know where a certain type of water comes from.

Pepsi Co. has admitted that its bottled water, Aquafina, is actually tap water. Coca Cola has admitted that its bottled water, Dasani, is also tap water. While you may think that you are paying for "special" water, the truth is that you are often only paying for expensive tap water. Water bottle _____ can be really deceiving. While you may think that the bottled water which you are _____ is fresh spring water, it usually is not.

Some bottled water comes from sparkling _____. But more than 25 % of bottled water comes from a public source. The water is treated, _____ and sold to us, often at a huge increase in price. Some _____ of water come from islands and countries thousands of miles away, and _____ bottles can cause _____ pollution. Bottled water produces million tons of plastic waste per year.

Adapted

http://www.associatedcontent.com/article/346680/should_you_buy_bottled_water_.html?cat=5, 10. 4. 2007

2. Below are some words from the text. Match each word from the column on the left with the explanation on the right and translate the words.

1. convenient _____
2. pricey _____
3. label _____
4. spring _____
5. carbon _____
6. deceiving _____
7. treat _____
8. purify _____

- A. expensive
- B. a small piece of paper attached to an article to give information about it
- C. a chemical element, symbol C
- D. handy, easy to use
- E. a small stream of water flowing naturally from the earth
- F. to make sth clean or pure by removing substances that are dirty or harmful
- G. to use a chemical substance or process to clean, preserve, etc. sth
- H. giving a false impression

3. Complete the sentences with the correct word from the previous exercise.

1. The _____ on a food package explains what the food contains.
2. Food prices are going up. Do you think that organic foods are getting too _____?
3. When combined with oxygen and hydrogen, _____ can form many groups of important biological compounds.
4. A bicycle is often more _____ than a car in towns.
5. Food labels can be _____. You may think that you are eating healthy food, but, after reading the label, you find out that the food is loaded with calories and sugars.
6. The easiest way to _____ water at home is to use a water filter
7. Radenska mineral water is bottled from the _____ of Radenci located in Slovenia at the foot of the Alps.
8. You'll find these meals quick and _____ to prepare.
9. Why should we _____ water? – Because we never know what's in the water.

5.1 AND WOULD SIR LIKE TO SEE THE WATER LIST?

Claridge's hotel in London is offering its guests a "water list" with more than 30 varieties of water – with prices stretching to as much as £ 50 a litre.

The hotel has an extensive menu with water from countries as far as Norway, Patagonia, New Zealand and Hawaii. In addition, the hotel also gives advice on which water is best suited to what occasion.

Finé, artesian water from Japan, is said to be "a perfect companion" to sushi, sashimi and caviar, while Waiwera Mineral Water from the Waiwera Thermal Resort in New Zealand has a low mineral content which goes well with grilled and fried meat.

For those suffering from exhaustion or trying to get over jet lag, OGO spring water from Tilburg in the Netherlands contains 35 times more oxygen than regular water to revitalise the drinker.

The most expensive bottle on the menu is 420 Volcanic, spring water from Tai Tapu in New Zealand, which can be bought for £ 21 for 42 cl – the equivalent of £ 50 per litre.

Its low mineral content and "smooth sensation on the palate" comes from its source at the bottom of an extinct volcano.

The Claridge's food & beverage director said: "Water is becoming like wine. Every guest has an opinion and asks for a particular brand."

Europe is well represented with better known names such as Evian, Perrier, Badoit and San Pellegrino included on the list.

Fiuggi from Italy has long been admired since Michelangelo wrote about its restorative effects in 1554 and it is said to be very popular with the Vatican.

Other brands on the list are 10 Thousand BC, water that comes from the melted ice of the Hat Mountain glacier and is more than 10,000 years old and costs £ 15 for 75 cl.

Even more expensive is Mahalo Deep Sea Water, from Hawaii, which is £ 21 for 75 cl. Originally, Mahallo was a fresh water iceberg. As it melted thousands of years ago, the water sank to the bottom of the ocean floor because of its different temperature and salinity. It is now pumped to the surface through.



But among all the grandeur there is one option which is free of charge – a glass of "old fashioned London tap water".

Adapted <http://www.telegraph.co.uk/news/uknews/1565964/Claridges-sells-luxury-water-at-50-per-litre.html>, 20. 10. 2008

VOCABULARY

1. Translate the following words or phrases from the text:

1. low mineral content _____
2. high mineral content _____
3. salinity _____
4. surface _____
5. restorative effect _____
6. beverage _____
7. exhaustion _____
8. revitalise _____

2. Discuss the article and answer the following questions:

1. Do you prefer bottled or tap water?
2. What particular brand of water do you prefer? Name some Slovenian brands.
3. Why is there a tendency to drink bottled water?
4. Have you ever suffered jetlag?
5. Explain the expressions spring water and fresh water.
6. In what respect do brands of water differ? Discuss their mineral content.

**Slovenia
???**

Prepare a short presentation of some Slovenian brands of water. The following websites might help you:



<http://www.radenska.si/eng/slo/radenska/predstavitev.asp>
<http://www.pivo-union.si/EN/default.asp?id=282>

5.2 LABELS AND LABELLING

You have read that water bottle labels can be often misleading. What about other labels? Answer the following questions about labels:

- What does labelling provide customers with?
- Do you know how ingredients are listed on labels?
- What do you know about allergenic food ingredients?

Did you know?

Food labels can help people with allergies or intolerance to foods. By law all allergens must be declared on the label. 12 potentially allergenic food ingredients have been established, which must always be listed on food labels, such as:

- cereals containing gluten: wheat, rye, barley, oats,...
- eggs and products
- milk and products
- nuts: almond, hazelnut, walnut, ...
- peanuts and products
- soybeans and products
- mustard and products
- fish and products
- crustaceans and products



If want to learn more about labelling, go to:
<http://www.eufic.org/page/en/>

5.3 ADJECTIVE OR ADVERB

Choose either an adjective or an adverb from the words in italics.

1. This brand of wine really tastes *good/well*.
2. Are you constantly worried about the food you eat – if it *fresh/freshly* and *healthy/healthily*?
3. Do you always eat *healthy/healthily*?
4. Do your healthy eating habits make you feel *good/well* about yourself?
5. Do you feel incredibly guilty if you eat something *unhealthily/unhealthy*?
6. The roast beef smells *wonderful/wonderfully*, but the wine tastes a bit *sweet/sweetly*. But everything is *nicely/nice* prepared and served.
7. Different brands of bottled water are *wide/widely* available at our shopping centres.
8. Aren't these cookies *attractive/attractively* packaged?

Conclusion

This unit gave you the opportunity to reflect not just on pricey water but also on the importance of labelling. To finish off this unit, role-play the following situation:

You are working as a student in a shopping centre. They have introduced an info nutrition corner and you are responsible for giving advice and recommendation to consumers. **Check some food labels and role-play the following situations:**

- give advice to your fellow student -customer on the ingredients of a food product
- help him/her make healthier food choices
- she/has some disease problems; give advice

Useful language:

I think you should ...

I don't think you should...

You ought to (check) ...

You ought not to ...

You'd better ...

You'd better not ...

6 THE REAL THING – GENUINE BALSAMIC VINEGAR

This unit, albeit short, covers a wide range of topics, from a brief description of the balsamic vinegar production to filling in a form for exhibiting at a trade fair. It doesn't matter if you are an exhibitor or merely a visitor – you need to master some basic social expressions. And you will be practising them in this unit.

Discussion

- Do you know how traditional balsamic vinegar really tastes like? Have you ever tried or used it?
- What is ordinary vinegar made from?
- How does balsamic vinegar differ from ordinary vinegar?

6.1 MADE EXPRESSLY IN MODENA



Any well-stocked kitchen is certain to have a bottle of balsamic vinegar straight from Modena, Italy. Or is it? If you bought it in a bottle bigger than a few millilitres, it's unlikely to be the real thing. Most of the stuff sold in supermarkets is nothing more than red wine vinegar with caramel colouring and flavouring — even if it claims to be "di Modena."

Traditional balsamic vinegar of Modena (Aceto Balsamico Tradizionale di Modena) is rare and expensive, starting at about € 400 a litre. It has only one ingredient: the "must," or residue, from cooked grapes, mostly grown within 30 km of Modena. The must is divided among barrels made from different woods — balsam, cedar, chestnut, oak, juniper or cherry — and ages for a minimum of 12 years.

The barrels are tipped periodically to absorb the essence of the wood. When the contents are aged, producers blend bits from each barrel, and then allow that mixture to age for another six months. Professional vinegar sommeliers from Modena's taste the product to certify that it meets the standards. Only then can it be bottled in a specially shaped container, labelled and sold.

Most of the traditional producers of balsamic vinegar sell their vinegars on site and offer free tasting and tours of their vinegar cellars. Visitors to Acetaia Malpighi can follow production from cooking the grapes to smelling the vinegar rooms, followed by a free vertical tasting.

Adapted <http://www.newsweek.com/id/69563>, 15. 1. 2009



Figure 5: Balsamic vinegar production

Source: <http://www.italianharvest.com/images/artisans/reale6.jpg> (10. 4. 2009)

1. Complete the text with the appropriate words from the article.

If you buy balsamic vinegar in a supermarket, it most probably isn't _____. It is just red wine vinegar with _____ and _____. Traditional balsamic vinegar is extremely expensive. It is traditionally manufactured in _____. It is not made from wine, but from _____. It is left to _____ in wooden barrels for at least 12 years. All these woods add _____ to the vinegar. Most producers offer free _____ on site.

2. Match the words or expressions from the text to their meaning. Translate the words.

1. well-stocked _____
2. genuine _____
3. residue _____
4. barrel _____
5. sommelier _____
6. tasting _____
7. meet the standards _____

- A. what remains after a part has been used or subtracted
- B. original
- C. an event when people come and try sth.
- D. with a lot of different things that you need
- E. a wooden container for liquids, e.g. wine, vinegar
- F. to do or satisfy what is needed
- G. a trained wine professional, commonly working in fine restaurants

3. Ask questions. Start with the given question word.

1. Balsamic vinegar is made from cooked grapes.
What _____?
2. Different woods give the vinegar its peculiar flavour.
What _____?
3. It costs about € 400 a litre.
How much _____?
4. It ages for a minimum of 12 years.
How long _____?
5. We usually use ordinary wine vinegar or apple cider vinegar in cooking.
What _____?

6.2 AT A TRADE FAIR

Your company has decided to exhibit its products at a trade fair. You would like to have a stall to display your wide range of wines and vinegars. Since you know that Food & Drink Expo in Birmingham, UK, is the most exciting UK exhibition for the latest and most innovative food and drink products and services from around the world, you have decided to take part in it.

Look at the advert for Food & Drink Expo in Birmingham, UK, and fill in the information request form.



In 2010 Food & Drink Expo will be the largest UK food and drink trade exhibition bringing together all sectors of the food and drink market – retail, foodservice, wholesale and manufacturing. It's the perfect event for buyers and suppliers to negotiate face to face over 4 days and develop long term relationships.

Food and Drink Expo has over 600 suppliers all under one roof with the top class speakers in the live events – the show will be a key event in the diary of any food and drink professional.
http://www.foodanddrinkexpo.co.uk/page/visitor_information.html, 15. 4. 2009

Please complete this form using upper and lower case text, NOT block capitals.

Title
 First name
 Surname
 Job title
 Company name
 Address
 Town/City
 Postcode
 Country
 E-mail address
 Web address
 What type of products do you manufacture, produce or distribute?
 Which show section are you most interested in?

- General food
- Organic
- Frozen food
- Bakery, Confectionery & Snacks
- Cheese & Dairy
- Meat & Poultry
- Ingredients

Approx stand size required (m²)



Watch the video and discuss what is happening at the trade fair:
<http://www.foodanddrinkexpo.co.uk/page/home.html>

Prepare a brief presentation of your wide selection of wines. The following expressions might help you.

dry wine semi-dry wine dessert wine late vintage
 sparkling wine ice wine
 vintage wine red/rosé/white wine

Which of the expressions from the table mean?

- wine made from grapes that were all grown and harvested in a single specified year
- wine, such as champagne, produced by a process involving fermentation in the bottle
- a type of **dessert wine** produced from **grapes** that have been frozen while still on the vine



If you want to get more information about wines, and especially about Slovenian wines, go to:

<http://www.bettertastingwine.com/>

<http://www.slovenianpremiumwines.com/>

6.3 SOCIAL EXPRESSIONS

You are at a trade fair. You might use or hear the phrases below. Match the sentences or questions with the responses.

1. How do you do?
 2. I'd like you to meet our CEO.
 3. Can I help you?
 4. Nice to meet you.
 5. Please sit down. Would you like a cup of coffee? I'm sorry, I didn't catch your name.
 6. Someone sneezes. What do you say?
 7. How are you doing?
 8. You are going to start eating.
 9. Someone spills coffee on your suit. What do you say?
-
- A. Bless you!
 - B. Never mind/Don't worry.
 - C. Fine, thank you.
 - D. Nice to meet you too.
 - E. How do you do?
 - F. Yes, I'm interested in your wine offer.
 - G. Pleased to meet you. I'm Peter Brown, a Sales Representative for this region.
 - H. Thank you very much, white, no sugar. Oh, here's my card.
 - I. Enjoy your meal!

Conclusion

Summarize what you have been practising in this unit. Can you apply all the knowledge you have gained to your everyday English conversation? To conclude the unit it might be useful to practise how to greet your visitor, and introduce yourself. What do you answer if someone says “How do you do?” or “How are you doing?”

To sum up, in this unit you have learnt:

- a lot of expressions relating to vinegar and wine
- how to fill in a form and participate in a trade fair
- some useful social expressions.

7 THE BIG ISSUE– MODERN-DAY DISEASES

In this unit, you will focus on obesity – one of modern-day diseases. Through some readings you will improve your language skills to be able to discuss these issues, give your opinion, and learn what has contributed to the condition called obesity.

Don't dig your grave with your knife and fork.
English proverb

What is obesity?



Figure 6: Obesity – modern-day disease

Source: <http://chattahbox.com/images/2009/04/obesity.jpg> (20. 4. 2009)

Obesity is a major problem in today's society. It means extreme overweight. The adjective from obesity is obese.

1. Complete the sentences below using either obese or obesity.

1. Americans have become considerably more _____ over the past 25 years.
2. More people are overweight today than ever before. Experts are calling this an "_____ epidemic."
3. Is it true that 18 % of children today are _____?
4. _____ in Slovenia is rising.
5. She was _____ as a baby. But she went to a special _____ clinic and lost weight.

Read carefully the following articles and answer the questions below.

7.1 OBESITY AND OVERWEIGHT

Heart disease, obesity, diabetes and cancer are four of the major killers in our society. The WHO warns that obesity has reached epidemic proportions globally with more than a billion adults overweight, of whom at least 300 million are obese.

Obesity and overweight are among major risks for chronic diseases, including type 2 diabetes, cardiovascular disease, hypertension and stroke, and certain forms of cancer. The key causes are increased consumption of energy dense foods high in saturated fats and sugars, and reduced physical activity.

Increased consumption of foods with high levels of sugar and saturated fats, combined with reduced physical activity, have led to obesity rates that have risen threefold or more since 1980 in some areas of North America, the United Kingdom, Eastern Europe, the Middle East, the Pacific Islands and China. The obesity epidemic is not restricted to industrialized societies; this increase is often faster in developing countries than in the developed world.

Childhood obesity is already epidemic in some areas. An estimated 22 million children under five are estimated to be overweight worldwide. The number of obese children aged 6 to 11 years has more than doubled since the 1960s.

Overweight and obese children are likely to stay obese into adulthood and more likely to develop noncommunicable diseases like diabetes and cardiovascular diseases at a younger age. Overweight and obesity, as well as their related diseases, are largely preventable. Prevention of childhood obesity therefore needs high priority.

Adapted <http://www.who.int/dietphysicalactivity/publications/facts/obesity/en/>, 18. 2. 2009

7.2 GET FITTER, NOT FATTER – OLYMPIANS SHOW THE WAY



Once again the world is witnessing speed, strength and endurance at the Olympic Games. But if athletes are pushing themselves to the limit, most people are getting less and less physical activity.

Sports are a key part of the EU strategy for tackling obesity, which has reached epidemic proportions in Europe and elsewhere. The condition is associated with a lot of health problems, including diabetes, heart disease and some kinds of cancer.

Bad eating habits and lack of activity are mainly to blame. Europeans spend on average six hours a day sitting down – typically in front of a TV or computer. Less than one third of adults get regular intensive physical activity, and more than half say they don't have the time to exercise more.

Expanding waistlines are a problem not only in developed but also many developing countries. WHO calls the trend a global epidemic. In some EU countries, nearly half the adults are overweight and many are obese. About 30 % of European children are too fat.

The commission wants governments to promote not only the competitive aspect of sports, but also the health benefits. The point is not to go for gold like Olympic athletes but to live longer.

WHO recommends that adults get at least 30 minutes of moderate exercise every day. Children should exercise for at least 60 minutes.

Adapted http://ec.europa.eu/news/environment/080814_1_en.htm, 10. 11. 2008

- What do both articles have in common? Name at least three things.
- According to both articles, what are the main reasons for obesity and overweight?
- What is meant by “reduced physical activity”?
- Which of the two articles stresses more “reduced physical activity”?
- What does WHO stand for? If you don't know, go to:



<http://www.acronymfinder.com/>

VOCABULARY

1. Translate the following words or phrases from the text:

1. cardiovascular disease _____
2. hypertension _____
3. stroke _____
4. noncommunicable disease _____
5. preventable diseases _____
6. prevention _____
7. saturated fats _____
8. consumption _____



If you want to find more about overweight and obesity go to:
http://www.who.int/dietphysicalactivity/childhood_what/en/index.html

You can also watch the videos and discuss the fast food culture we live in and the consequences of fast food.

http://www.archive.org/details/FastFood_728
<http://www.archive.org/details/FastFoodCulture>

2. Complete the text with expressions from the above articles.

A diet high in _____ fats may contribute to the development of obesity; obesity may lead to various diseases such as _____, _____ and _____. Another key cause for obesity is reduced _____ activity. Obese children often stay obese into _____. To prevent obesity WHO recommends that children and adults should _____ on a daily basis.

Reading

7.3 OBESITY REQUIRES CLIMATE PLAN

Obesity needs to be *tackled* in the same way as climate change, a top nutritional scientist has said.

Professor Philip James said the challenge of obesity was so great that action was needed now, even without clear evidence of the best options. He also called for stricter rules on marketing and food labelling.

Professor James, of the London School of Hygiene and Tropical Medicine, UK, was speaking in Boston at the annual meeting of the American *Association* for the Advancement of Science (AAAS)

He commented: "This is a community epidemic that is actually a response to all the wonderful apparent industrial and *economic development* changes that we've seen, with a *collapse* in the need for physical activity, and now a *targeting* of children to make profits by big industry in food and drink."

He added that it was important that all food used a "traffic lights" labelling scheme so that consumers could immediately *assess* fat, sugar and salt content. "This is a form of public

education which is being resisted mightily in Brussels with intense lobbying of commissioners who've just announced that they won't go down the British road," he highlighted.

Ten percent of the world's children are either overweight or obese, twice as many as the malnourished, said Professor James.

"A huge range of analyses show that we have not been looking at the problem of children's nutrition and well-being properly. They're disadvantaged from birth, their academic achievement is impaired, their earning power is diminished, and they almost certainly have a life expectancy which is less than that of their parents."

New data from Scandinavia showed that the weight of a child at the age of 7 – 12 predicted whether or not they were going to die early from heart disease or other problems, he said.

"We now have to think in a totally different way and recognise that it's the life cycle," he added.

A study of 5,000 men and women who lost an average of 70 lbs (30 kg), and kept the weight off for six years, shows that large lifestyle changes – such as exercising 60 to 90 minutes a day – were needed to keep people slim.

"The obesity epidemic won't go away simply because people switch to skimmed milk from whole milk," she said. "They need to substantially cut their calories and boost their physical activity to get to a healthy weight – and keep minding the scale once they do."

Adapted <http://news.bbc.co.uk/go/pr/fr/-/1/hi/sci/tech/7250608.stm>, 25. 8. 2008

1. Answer whether the following statements are true (T) or false (F).

1. Climate changes and obesity are both huge problems nowadays.
2. Professor James gave a speech in the UK.
3. More attention should be paid to proper food labelling.
4. The traffic light labelling system is used in Brussels.
5. Overweight children are likely to have a shorter life expectancy.
6. We should drink skimmed milk instead of whole milk not to be obese.

2. Match the underlined words from the article to their definitions. Write the verbs in the infinitive form.

1. _____ an official group of people, organization
2. _____ a sudden failure of function, breakdown
3. _____ to deal with a problem or situation
4. _____ the number of years that a person is likely to live
5. _____ to make a judgement about the quality of sth.
6. _____ in bad health because of a lack of food
7. _____ to refuse to accept
8. _____ the growth, development of the trade, industry and wealth of a country
9. _____ to try to have an effect on a particular group of people

Slovenia ???

- Does obesity deserve more concern in Slovenia?
- Are there any institutions or organizations in Slovenia dealing with obesity problems?
- What is being done to change schoolchildren's eating habits?

Conclusion

In this unit you have met some terms which might be unfamiliar to you, although they are closely connected with your study or profession. So, let's summarize them:

- obese and obesity
- saturated fats
- preventable disease
- physical activity
- consumption of ...

Could you give some advice to children what they should or shouldn't eat, or what they should or shouldn't do to stay healthy, and not to become overweight or even obese?

8 A HEALTHY DIET

In this unit you will continue to discuss and reflect on food and a healthy diet. You will learn a lot of new words which you need to be able to talk about the food guide pyramid and the five categories, and, in this way, suggest which foods we should be eating most.

*First, you should know how to use the word **diet**.*

Diet can be a noun or a verb. It can mean:

- the food that you eat and drink
- a limited amount of food that you eat for medical reasons or because you want to lose weight

Read the following examples, and make sure you **translate the word "diet" correctly**.

- The Japanese diet of rice, vegetables and fish is very healthy.
- I'm getting fat. I decided to go on a diet.



Figure 7: A balanced diet

Source:

<http://www.foodoncampus.manchester.ac.uk/healthyeating/healthierchoices/balanceddiets/>,
(12. 10. 2008)

What is a healthy diet?

A healthy diet is one that:

- is rich in fruits, vegetables, whole grains, fat-free or low-fat milk and milk products
- includes poultry, fish, beans, eggs and nuts
- is low in saturated fats, cholesterol, salt and added sugars

Most people consume too much fat. Reducing fat intake is essential to good health. It is generally recommended to choose a diet that is low in saturated fats and cholesterol and moderate in total fat. Fatty meats and full-fat dairy products are the major sources of saturated fats in the diet.

There are 2 main types of fats, saturated and unsaturated fats.

8.1 SATURATED AND UNSATURATED FATS

What are saturated fats?

This type of fat may raise the body's blood cholesterol level more than other types of fat. Most saturated fats are solid at room temperature. Some foods high in saturated fat include the following: butter, cheese, cream cheese, bacon, fatty meats, chicken skin, whole milk, ice cream ...

What are unsaturated fats?

This type of fat does not usually increase the body's total blood cholesterol level when eaten in moderate amounts. Some foods high in unsaturated fats include the following: olive oil, nuts and seeds, vegetable oil ...

8.2 THE FOOD PYRAMID

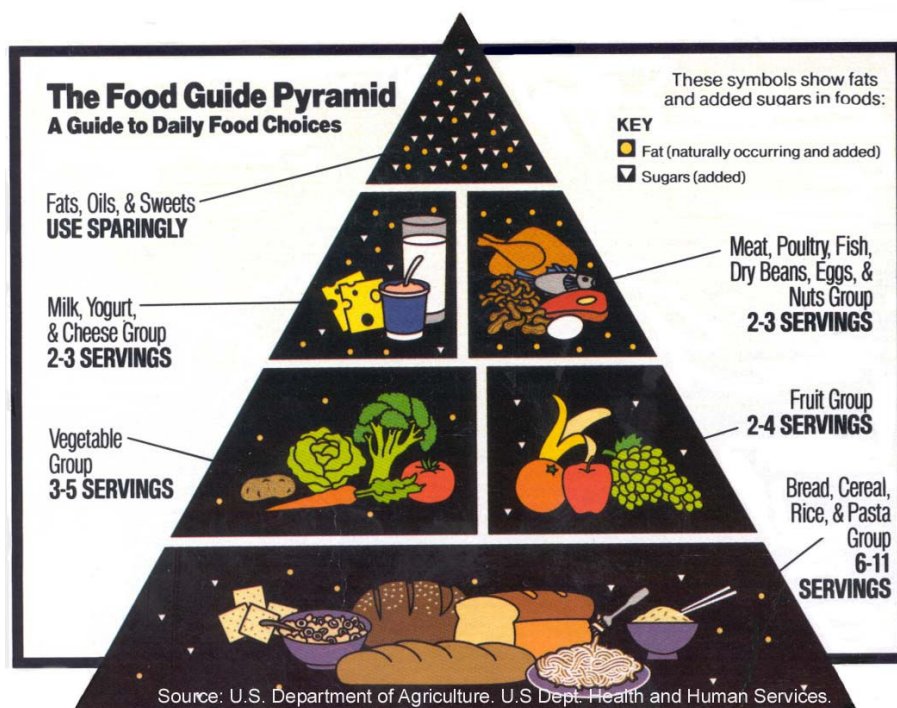


Figure 8: The Food Pyramid

Source: http://bes.lumpkin.k12.ga.us/~bfulgham/images/Food_Pyramid_USDAj.jpg
(20. 5. 2009)

Describe the five food groups from the food pyramid. Use the following expressions and words from the box:

at the bottom, at the top, in the middle, on the left, on the right, on the next level

carbohydrates	vitamins	rich in calcium	high in protein
	protein	minerals	high in fat

1. Fill in the gaps with appropriate expressions from the box.

I think you should	low in
I don't think you should	high in

- _____ choose a diet _____ saturated fats.
- _____ drink beverages _____ added sugar.
- Grain products are _____ nutritional value.
- _____ eat lean meat instead of fatty meat.
- Choose a diet that is _____ unsaturated fats.
- _____ nuts instead of snacks _____ saturated fat.
- Red lean meat is _____ saturated fat.

2. Fill in missing parts from the box and give advice on a healthy diet to a sportsman/sportswoman or to someone who is physically active. Where necessary, complete the text with appropriate foods.

fluids	dried	balanced	rich in	supplements	decay
	nutrients	wide variety	wholegrain		

You should eat a healthy _____ diet. It will provide you with all the _____. This means you should eat a _____ of foods and drink plenty of _____.

Good sources of energy are:

- Carbohydrates are the most important, so you should eat lots of foods that are _____ starchy carbohydrates. The more you exercise the more carbohydrates you need. The richest sources of carbohydrates are: _____ Eat plenty of _____ breads and cereals.
- You need protein for your muscles. Protein is also a source of energy. But you get all the protein you need by eating a variety of foods, such as _____. This means there is no need to buy and use protein _____.
- You shouldn't get dehydrated, so it's important you drink enough. If you're exercising longer, try to eat a high-energy snack such as a banana or some _____ fruit before you start doing exercises or during exercising. Don't drink sports drinks unless it is necessary. Fruit juice mixed with water, or juice drinks will give you some energy. But they contain lots of sugar, which means they contain extra calories and can lead to tooth _____.

8.3 PULSES

fibre	legumes	plant	protein	consume
-------	---------	-------	---------	---------



Pulses, also known as _____, are the most important _____ sources of protein, and are also good sources of _____, vitamins and minerals. They include beans, peas, lentils and groundnuts (peanuts). With cereals, they are the staple protein source for populations that _____ little or no food of animal origin.

8.4 CEREALS – CEREAL GRAINS

nutritious unleavened milling outer



For centuries, cereal grains like **wheat**, **barley**, **rice**, **oat**, **rye** and **maize** have been the most important part of the diet. The majority of grain foods are eaten in **refined form**. This means that the _____ parts of the grain – the **germ** and the **bran** – have been removed by _____, leaving the starchy **endosperm**, which is ground to produce white flour. That's why products such as white bread are less _____ than wholemeal products.

Whole grains are cereal grains which retain the bran and germ as well as the endosperm. Wholemeal products are made from whole grain flour.

Some cereal-based foods are: leavened and _____ bread, noodles, pasta, dumplings, etc.

Name some:

- wholegrain products
- refined grain products

3. Choose the correct word or phrase.

1. Unsaturated fats are liquid at/on room temperature.
2. Walnuts are rich with/rich in fibre, B vitamins and antioxidants.
3. Nuts are also high in/high with omega-3 fatty acids.
4. It is highly recommended to eat fatty fish/fishes such as salmon.
5. A healthy balanced diet provides you with all necessary nutritious/nutrients.
6. There are many types of nutrient/nutritious foods.
7. You need to cut down on starch/starchy.
8. Bread, rice, pasta and potatoes are starch/starchy foods.
9. A well-balanced diet helps people stay healthy/healthily.

Conclusion

The aim of this unit was mainly to familiarize you with a more scientific approach to food-related topics. To summarize what you have learnt, discuss the following issues and include as many new expressions from this unit as possible.

Discussion – Is fast food good for you?

If you eat too much fast food, you are likely to become overweight or even obese. Although we all know that fast food is unhealthy, it is becoming more and more popular all over the world. American fast – food chains, such as McDonald's, Wendy's, Kentucky Fried Chicken and Burger King, are among the best-known companies in the world. But is American fast food good for you? Answer these questions.

- What do you think about unhealthy diets?
- Do you often eat food from American fast food chains?
- What is your favourite fast food?
- Do you think fast food is bad for you? Do you try to avoid eating too much?
- If you have children, do you restrict how much they are allowed to eat?
- Do you think fast food chains have a responsibility to make their products healthy and non-fattening, and to advertise them honestly, or do you think it is our responsibility as consumers to decide whether to eat them or not?

9 FISH – A GOOD SOURCE OF OMEGA-3 FATTY ACIDS

Most of you have probably never been to Tokyo. But you might have heard about the famous Tokyo market. If not, you will get to know a lot about it in this unit. What is more, you will also discuss the beneficial effects of omega-3 fatty acids.

Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime.

Chinese proverb

9.1 MORE FISH – BETTER HEALTH



Figure 9: Tokyo Tsujiki Fish Market

Source: http://andrewmcblog.com/uploaded_images/KIF_1280-732315.JPG (10. 5. 2009)

The Tokyo Metropolitan Central Wholesale Market, commonly known as Tsukiji fish market, is the biggest wholesale fish and seafood market in the world. The market is located in central Tokyo, and is a major attraction for foreign visitors.

There are two distinct sections of the market as a whole. The 'inner market' is the licensed wholesale market, where the auctions and most of the processing of the fish take place, and where licensed wholesale dealers (approximately 900 of them) operate small stalls.

The 'outer market' is a mixture of wholesale and retail shops that sell Japanese kitchen tools, restaurant supplies, groceries, and seafood, and many restaurants, especially sushi restaurants.

The market handles more than 400 different types of seafood from tiny sardines to 300 kg tuna, from cheap seaweed to the most expensive caviar. Overall, more than 700,000 metric tons of seafood are handled every year at the three seafood markets in Tokyo, with a total value of approximately 5.5 billion US dollars. Tsukiji alone handles over 2000 metric tons of seafood per day. The number of registered employees varies from 60,000 to 65,000, including wholesalers, accountants, auctioneers, company officials, and distributors.

The market, where \$ 20 million worth of fish and vegetables are traded on any given day, has been a top tourist destination for foreigners. Up to 50,000 foreign visitors come to the market every year.

Auctions for frozen tuna in particular are popular. One fish can be sold for as much as \$20,000.

The market opens every morning except Sundays and holidays at 3 a.m. with the arrival of the products by ship, truck and plane from all over the world. Particularly impressive is the unloading of tons of frozen tuna. The auction houses then estimate the value and prepare the incoming products for the auctions. The buyers also inspect the fish to estimate which fish they would like to bid for and at which price. The auctions start at around 5 a.m.

The auctions usually end around 7 a.m. Afterwards, the purchased fish is either loaded onto trucks to be shipped to the next destination, or moved to the many shops located inside of the market. There the shop owners cut and prepare the products for retail. In case of large fish, for example tuna and swordfish, cutting and preparation is elaborate.

Most shops specialize in one type of seafood, including tuna, roe, seaweed, a variety of clams, octopus, squid and squid ink, crustaceans and many other things

Despite tons of fish and other seafood, there is almost no smell of fish. Why? – This is truly fresh fish, just off the boat. "To really appreciate sushi and sashimi, they must be eaten before noon."

Adapted http://www.japaneselifestyle.com.au/tokyo/tsukiji_fish_market.htm, 10. 4. 2009

1. Answer the following questions.

1. What exactly is so surprising about Tsukiji fish market?
2. What does inner market refer to?
3. What does outer market deal with?
4. How many people work at Tsukiji fish market?
5. Why are auctions so popular with tourists?
6. Why is there no smell of fish?

2. Form questions.

1. Up to 50,000 foreign visitors come to the market every year.
How many _____?
2. Retail shops sell Japanese kitchen tools, restaurant supplies, groceries, and seafood.
What _____?
3. The auction starts at around 5 a.m.
What time _____?
4. The auctions usually end around 7 a.m.
What time _____?
5. The market handles more than 400 different types of seafood.
How many _____?
6. The shop owners cut and prepare the products for retail.
What _____?
7. The buyers also inspect the fish.
What _____?
8. There is almost no smell of fish.
Why _____?
9. Sushi must be eaten before noon.
When _____?

VOCABULARY BUILDING

2. Match the definition to the noun and translate the nouns in the box.

stall _____	retailer _____
accountant _____	wholesaler _____

1. a company which sells goods, usually in large quantities, to businesses which then sell them to the public
2. a company or a person who sells goods to the public, usually in small amounts
3. a person whose job is to keep or check financial records
4. a table or small shop used at a market to sell things

9.2 OMEGA-3 FATTY ACIDS

It is recommended to choose a diet that is low in saturated fat and cholesterol and moderate in total fat. Fatty meats and full-fat dairy products are the major sources of saturated fat in the diet. Sources of unsaturated fats are primarily vegetable oils and fish.

Omega-3 fatty acids are important in human nutrition. They are essential to human body but cannot be manufactured by the body itself. For this reason, omega-3 fatty acids must be obtained from food.

Eating more fish is one way that most of us can help improve our diets and our health. Many of the studies about beneficial omega-3 fatty acids focus on fish as the primary source. Salmon, sardines, tuna and even shellfish are rich in omega-3 fatty acid content, but increasing your consumption of all types of fish and seafood is recommended.

Can you translate the following fish and shellfish?

anchovies	mullet	crab	clam
bass	salmon	lobster	mussel
cod	sardine	prawn	oyster
mackerel	sole (flatfish)	shrimp	octopus
herring	trout		squid
	tuna		

It is recommended that you eat fish rich in omega-3 fatty acids twice a week in order to get specific health benefits. Although all fish aren't high in omega-3s, they still can contribute important amounts of these fatty acids if they're eaten regularly.

Fish and shellfish are excellent sources of protein that are low in fat. A 100gram serving of most fish and shellfish provides about 20 grams of protein, or about a third of the average daily recommended protein intake. The protein in fish is of high quality, containing an abundance of essential amino acids, and is very digestible for people of all ages. Seafood is also generally lower in fat and calories than beef, poultry or pork and contain about the same or slightly less cholesterol.

Although oily fish contains quite some fat, the fat is mainly unsaturated. Seafood is also loaded with minerals such as iron, zinc and calcium (canned fish with soft, edible bones).

<http://www.eufic.org/article/en/artid/omega-3-fatty-acids/>, 15. 4. 2009

- Why is it so important to get omega-3 fatty acids from food?
- Sardines are fatty fish. Do they contain saturated fats?

9.3 FOOD TRIVIA – SHARK FIN SOUP

Shark fin soup is a soup or broth of Chinese origin made with shark fin and flavoured with chicken or some other stock.

Shark fin soup is a popular delicacy in China, and is eaten in Chinese restaurants around the world. It is not cheap – it can easily cost up to \$100 per bowl. Consumption of shark fin soup has risen dramatically in recent years. Raw shark fins are processed by first removing the skin, trimming them to shape, and thoroughly drying them. Shark fin can be bought either frozen or dried. Both need to be softened before they can be used to prepare soup. The frozen form is ready to use as it has been prepared and therefore only requires about an hour of soaking.

Adapted <http://www.answers.com/topic/shark-s-fin>, 10. 5. 2009

Every year tens of millions of sharks die a slow death because of finning. Watch the video and discuss the cruel slaughter of sharks.



<http://www.youtube.com/watch?v=mCqPXhhxZlg>

Conclusion

You have reached the end of this booklet. You have looked at a wide range of issues relating to food and nutrition, and learnt a lot of new English expressions. You should now be able to apply what you have studied to your own professional life.

10 GRAMMAR – REVISION OF TENSES

Present simple and present continuous tense

Present simple	Present continuous
I speak English and French. Mary often goes to England. I don't speak German. She doesn't like spicy food. Does she like chilli?	Oh, it's 7 a.m. I'm going to work. Mary is absent today, so Peter is finishing the report. It's Saturday. She isn't working today. Who is shouting in the conference room?
<i>every day, often, usually, sometimes, never, once a week...</i>	<i>at the moment, now, this week...</i>

1. Complete the text with the verbs in the present simple tense.

Eric Oliver _____ (come) from the UK. He _____ (live) in London and _____ (work) for Nestlé. He _____ (speak) fluent French because his parents _____ (come) from Paris. Unfortunately, he _____ (not speak) German. He _____ (travel) a lot for his job and often _____ (fly) to France, Swiss and the Netherlands where he _____ (visit) his business partners. He _____ (spend) a lot of time going to and from meetings. He often _____ (attend) trade fairs where he _____ (meet) interesting people and potential suppliers. He _____ (be) also responsible for signing contracts with different suppliers.

2. Ask some questions about Eric Oliver, using the prompts to help you.

1. where/come from?

2. who/work for?

3. where/his parents come from?

4. why/speak fluent French?

5. he/speak German?

6. where/often fly?

7. what/often attend?

8. who/meet at trade fairs?

9. what/responsible for?

3. Use a suitable form of the verbs from the box to complete the following questions and answers. Use either the present simple or present continuous tense.

mean employ be prepare do cost take stay test

1. How much _____ this cottage cheese _____? – It _____ € 10 plus VAT.
2. What _____ yolk _____? – It _____ the round yellow part in the middle of an egg.
3. How much sugar _____ you _____ in your tea? – I _____ two spoons, please.
4. Where _____ your business partners usually _____? – They _____ in a small hotel in the suburbs of London.
5. Where _____ (they) this week? – They _____ in the centre of London.
6. How many people _____ you _____? – We _____ just over 20 people.
7. Where _____ your main suppliers from? – They _____ mainly from Italy.
8. What _____ you _____? – I _____ a Quality Control Manager.
9. What _____ you _____? – I _____ some samples.
10. What _____ he _____? – He _____ scrambled eggs.

4. Put the verbs in the brackets into the present simple or present continuous.

1. He _____ (attend) trade fairs three times a year.
2. Where _____ (she/work)? – Well, she usually _____ (work) here in Ljubljana, but right now she _____ (work) in Kranj.
3. I _____ (come) from England, but at the moment I _____ (live) in Paris.
4. We _____ (currently/look) for a company to supply us with spices such as ginger and cinnamon.
5. This year, we _____ (do) business with some companies from Asia, and we _____ (try) hard to find new trading partners.
6. Every year our company _____ (launch) a new range of veggie burgers.
7. The average person in Burma _____ (eat) 195 kg of rice annually.
8. Their new “own brand” instant coffee _____ (taste) very good, so it isn't surprising that it _____ (become) more and more popular.
9. Why _____ bread _____ (rise)? – It _____ (swell) because of the action of yeast.
10. Our Sales Director _____ (look) at the sales figures right now.
11. Our Purchasing Manager _____ (go) abroad about three or four times a year.
12. Oh no, the food processor _____ (not work). I'll have to buy a new one.
13. This is a very bad line. Where _____ (you/call) from?
14. What _____ (you/do)? – I _____ (write) an e-mail to our supplier.
15. At the moment my colleague Peter _____ (visit) some food companies in Switzerland.
16. I'm afraid Mary is not available. She _____ (have) a meeting with some employees.
17. What _____ (you/do)? – I _____ (chop) the carrots.
18. They _____ (not like) wholemeal bread.

5. Correct the sentences if necessary.

1. Our bottling plant is operating 24 hours a day.
2. We test samples every day.
3. At the moment, our employees change shifts.
4. I'm afraid she's not available. She has a meeting with some clients.
5. She can't answer the phone. She's having a cup of coffee with her colleague. She's having it every morning.
6. He works for a food company.
7. She attends a trade fair this week.
8. She is liking chillies, but she isn't liking onions.
9. A Quality Control Manager is controlling the quality of products.

Past simple and past continuous

Past simple	Past continuous
She got a new job. Did she get a new job? She didn't get a new job.	She was testing samples all morning. Was she testing samples all morning? She wasn't testing samples all morning. I/he/she/it was + -ing You/we/they were + -ing
<i>yesterday, on Monday, last week, in 1985, at 7.30 a.m., when, how long ago...</i>	<i>at 7 yesterday afternoon, while, yesterday from – to...</i>

1. Complete the text with the past simple form of the verb in brackets.

Bits of food history

1. When Louis XVI _____ (marry) Marie Antoinette, sauerkraut _____ (become) fashionable in Paris.
2. At the age of 14, Catherine de Medici _____ (come) to Paris in 1533 with an extensive cooking staff. She _____ (bring) the artichoke to the north.
3. In the Middle Ages, black pepper _____ (become) a luxury item. It _____ (be) expensive, and often _____ (use) instead of money for paying taxes.
4. When Columbus _____ (reach) the islands of the New World, he _____ (find) chilli. He _____ (return) home from his journey with baskets full of vegetables and fruits, including tomatoes, potatoes and corn. But nothing _____ (spread) as fast as chilli. Tomatoes and potatoes _____ (take) much longer to spread through Europe and Asia.

2. Put the verb in brackets into the past simple and form questions.

1. A well-known canned food producer _____ (launch) new canned seafood not long ago.
What _____
2. Our CEO _____ (go) to the Netherlands last week.
Where _____
3. It's not a new food processor. I _____ (buy) it three years ago.
When _____
4. She _____ (not drink) skimmed milk when she was a child.
Why _____

5. In 1971 Starbucks _____ (open) its first store in Seattle.
When _____
6. They _____ (send) us some interesting samples last week.
When _____
7. Two months ago we _____ (buy) some new equipment.
What _____
8. Mary _____ (join) the company last month.
When _____
9. On Friday he _____ (have) an important meeting with some potential buyers.
Who _____ with?
10. She _____ (pay) £ 50 for dinner.
How much _____?

3. Use the present or past simple of the verbs in brackets.

I work for Warburtons, a company that _____ (produce) a range of wholemeal foods. I _____ (travel) a lot because my company often _____ (send) me abroad. Last year they _____ (send) me to Rome. In Italy I _____ (run) a seminar for our new business partners. I _____ (give) presentations on the new products and _____ (speak) in meetings every day. I really _____ (enjoy) my time in Italy. All the people I _____ (meet) _____ (be) very friendly. And, of course, the food _____ (be) delicious.

4. Complete the following passage by putting the verbs into the past simple.

Sales of low-fat milk _____ (start) high in January, and _____ (rise) considerably throughout the first quarter of the year. Then there _____ (be) a sharp drop in April when our main distributors _____ (go out) of business. Sales _____ (rise) steadily throughout May and June, as our market _____ (begin) to recover, but _____ (fall) again dramatically in July when there _____ (be) a fire in one of our plants. From this low point, sales _____ (go up) fairly steadily until the end of the year, with a considerable increase in December.

5. Put one of the verbs in brackets into the past continuous and the other into the past simple.

- While she _____ (chop) the onions, she _____ (cut) her finger.
- They _____ (check) the ingredients when someone _____ (interrupt) them.
- Our CEO _____ (look for) a contract when he _____ (come across) some important documents.
- He _____ (lose) his passport while he _____ (travel) to the conference.
- They _____ (have) a meeting when his mobile phone _____ (ring).
- What _____ (you/do) this time yesterday? – I _____ (read) an article about obesity problems.
- She _____ (burn) herself while she _____ (blanch) the vegetables.

8. The computer suddenly _____ (crash) while I _____ (read) an interesting recipe.
9. I first _____ (meet) Peter when I _____ (work) for Tesco.
10. When I _____ (walk) into the canteen, some colleagues _____ (talk) on the phone, Mary _____ (have) a mid-morning snack, and a group of employees _____ (have) an argument about our new lab.

Present perfect simple and continuous

Present perfect simple	Resent perfect continuous
They have finished the project. She has gone to Australia. They haven't finished the project. She hasn't gone to Australia. Have they finished the project? Has she forgotten my name? I/you/we/they have + past participle He/she/it has + past participle	I have been waiting for you. She has been writing some recipes. I haven't been waiting for you. She hasn't been writing recipes. Have I been waiting for you? Has she been writing recipes? I/you/we/they have been + -ing He/she/it has been + -ing
<i>ever, never, before, recently, already, yet, just, today, this week...</i>	<i>since, for, lately, recently, all day...</i>

1. Put the verbs into the present perfect simple.

1. She _____ (work) in a food company for ten years.
2. I _____ (not see) him for two months.
3. I _____ (never/be) to a food trade fair, but I would like to go.
4. She _____ (already/answer) my e-mail.
5. _____ (you/ever/drink) through a straw?
6. I _____ (not speak) to him since last Monday.
7. How much _____ (you/spend) on advertising this year?
8. She _____ (not finish) her project yet.
9. _____ (you/ever/eat) with chopsticks?
10. _____ (you/ever/bake) your own bread?
11. Bob _____ (just/find) a new job in London.
12. The new equipment for our lab _____ (not arrive) yet.
13. _____ (they sign) the contract yet?
14. Peter's computer is working now. He _____ (repair) it.
15. We could have a barbecue. We _____ (not have) it since last summer.

2. Present perfect simple or continuous?

1. Look at you! You _____ (eat) sweets non-stop since breakfast.
2. You look hot. – Yes, I _____ (prepare) snacks for my colleagues all day long.
3. He is so tired. He _____ (work) hard these days.
4. Yes, you _____ (already/make) great progress.
5. I _____ (read) the report all afternoon, but I _____ (read) only 20 pages so far.
6. _____ (you/ever/try) this recipe with smoked cod?

7. She _____ (try) to get in touch with them all morning but _____ (not manage) to contact them yet.
8. A customer _____ (just/make) a complaint about the poor quality of Cheddar cheese.
9. How long _____ (you/check) the data?
10. _____ (you/find) those documents? – No, but I _____ (look for) them everywhere.
11. I _____ (spend) the last month preparing a report for my boss.
12. I _____ (wait) for your reply since this morning. _____ (you/make up) your mind yet?
13. I'm afraid we _____ (run out) of aubergines and courgettes.

Revision of tenses

1. Put the verbs into the present perfect or the past simple.

1. Spices are a group of food adjuncts, which _____ (be) in use for thousands of years.
2. The consumption of skimmed milk _____ (increase) since 2004.
3. 2001 _____ (be) a good year for our company.
4. How long _____ (you/be) a sales rep? – Well, I _____ (be) a sales rep for two years.
5. I _____ (cook) professionally since the age of 20.
6. Several difficulties _____ (arise) when we tried to prevent the rapid growth of micro-organisms.
7. I'm afraid I _____ (not contact) him yet. I'll do it tomorrow.
8. Last week a number of customers _____ (complain) about slow service.
9. When Andrew _____ (see) the question, he _____ (know) the answer immediately.
10. I know Mary is here. I _____ (just/see) her.
11. He _____ (be) unemployed ever since he _____ (leave) school.
12. I _____ (phone) the office at ten to speak to the manager, but he has a day off.
13. I _____ (make) a cake. Would you like a piece?
14. How many cups of coffee _____ (you/drink) today?
15. Our company _____ (import) a lot of canned food last year.
16. I _____ (not speak) to the MD about your proposal yet, but I will soon.
17. How long _____ (you/know) her? – Well, I _____ (know) her since she _____ (be) 16.
18. Are you hungry? – No, I _____ (just/have) a salad and chicken sandwich.
19. _____ (you/ever/be) to England? – Yes, I _____ (go) there last summer.

2. Put the verbs into the present perfect or past simple.

I _____ (be) to quite a few trade fairs since I _____ (start) this job. The first _____ (be) in Paris in 2002 and the most recent _____ (be) three months ago in the Hague. I _____ (never/be) to Rome, but I would really love to.

Since 2002, I _____ (meet) a lot of interesting people and _____ (make) some good business contacts. However, my best experience _____ (be) when we _____ (exhibit) our latest products at the trade fair in London two years ago. We _____ (have) a large stand and a lot of people _____ (come) to visit us. And there I _____ (meet) the person who is now our biggest customer.

3. Put the verbs in brackets into the correct tense

Dear Cathy,

I _____ (just/come) back to the Hanover hotel here in London. The room _____ (look) nice. The hotel _____ (be) situated in central London. You won't believe it – the Buckingham palace is within walking distance of the hotel.

I _____ (arrive) in London on Monday. The flight from Ljubljana _____ (not be) long. It _____ (take) us just one hour and a half.

Two days ago I _____ (visit) our business partners from Warburtons, a British baking company based in Bolton. The company _____ (produce) one million bakery products per day and _____ (employ) around 3,300 people.

Yesterday I _____ (decide) to visit some food markets. And, you know, Borough Market _____ (be) really something special. It _____ (be) London's oldest food market. I _____ (buy) some special spices and _____ (find) the best grilled cheese in the world.

Let me tell you something more about London. It _____ (be) a fascinating city. You can see a variety of cultures everywhere.

How about you? How _____ (you/be) since I last saw you? _____ (you/change) your job yet?

Are you coming to Ljubljana this summer? If so, do write to me so that we can make some plans.

Bye,
James

Passive voice

active	passive
A chef prepares meals.	Meals are prepared.
“ is preparing ...	“ are being prepared.
“ prepared ...	“ were prepared.
“ was preparing ...	“ were being prepared.
“ has prepared ...	“ have been prepared.
“ will prepare ...	“ will be prepared.
“ can prepare ...	“ can be prepared.
“ must prepare ...	“ must be prepared.

1. Put the verbs in brackets into the passive form.

1. The study of how bodies use food _____ (call) nutrition.
2. Traditional balsamic vinegar _____ (make) in Modena.
3. Chives _____ (use) to give flavour to food.

4. Anchovies _____ (preserve) in salt or oil and _____ (sell) in tins or jars.
5. Best rum _____ (make) from sugar cane.
6. These foods _____ (should/keep) in the fridge.
7. Such meetings _____ (organise) every month.
8. Empty bottles _____ (must / put) in that bottle bank.
9. Skimmed milk _____ (drink) by more than half of the British people.
10. Ravioli is stuffed pasta. It _____ (usually/fill) with minced meat or cheese.
11. Desserts _____ (serve) with cream or ice cream.
12. Self-raising flour _____ (should/use) to make a perfect cake.
13. Five different ingredients _____ (deliver) to the lab yesterday.
14. All the ingredients _____ (already/add).
15. Discounts _____ (give) to our regular customers.
16. Three million chocolate bars _____ (produce) at this factory each week. Over one million _____ (sell) in the UK, and the rest _____ (export) to other European countries.

2. Complete the text with the past simple form of the verb in brackets. Use either active or passive voice.

History of Pizza

Pizza, like so many other foods, _____ (not originate) in the country for which it is now famous. The early Greeks _____ (be) the first who baked large, round and flat breads, topped with olive oils, spices and other things. Tomatoes _____ (not use) at this time because they _____ (not yet discover).

In the 18th century, they _____ (sell) on the streets and in the markets in Italy, and _____ (call) "pizzas". They _____ (not top) with anything and since they were relatively cheap to make, were tasty and filling, they _____ (sell) to the poor all over Naples by street vendors. The acceptance of the tomato by the Neapolitans and the visit of a queen contributed to the pizza as we know and enjoy it today. In about 1889, Queen Margherita, accompanied by her husband, Umberto I, _____ (take) an inspection tour of her Italian Kingdom. During her travels around Italy she _____ (see) many people eating this large, flat bread. The queen _____ (order) her guards to bring her one of these pizza breads. To honour the queen, Chef Raffaele Esposito _____ (decide) to make a very special pizza just for her. He _____ (bake) a pizza topped with tomatoes, mozzarella cheese and fresh basil (to represent the colours of the Italian flag: red, white, and green). This _____ (become) Queen Margherita's favourite pizza and when word _____ (get) out that this was one of the queen's favourite foods, she _____ (become) even more popular with the Italian people. She also _____ (start) a culinary tradition, the pizza Margherita, which lasts to this very day in Naples and has now spread throughout the world.

Variations _____ (begin) to be made in different parts of the country. In Bologna, for example, meat _____ (add) into the topping mix. Pizza spread to America, France, England and Spain.

Adapted <http://www.bitesizecooking.com/knowledgebase-foodhistoryandtrivia-history-of-pizza>, 15. 3. 2009

3. Active or passive. Choose the appropriate form of the verb for each sentence.

1. Most of our coffee _____ (import).
2. Basil _____ (grow) well in warm climates and _____ (widely/use) throughout southern Europe.
3. Pesto _____ (make) from basil leaves, pine nuts, garlic and olive oil.
4. A lot of orders _____ (take) through our website these days.
5. I _____ (already/prepare) everything for the meeting.
6. Our department _____ (clean) every day.
7. Sorry about the noise – some filling machines _____ (repair) right now.
8. They _____ (build) a new bottling plant at the moment.
9. Some US restaurant chains _____ (lately/criticize) for unhealthy salt content in the food they serve.
10. The letter _____ (sign) after the secretary had typed it.
11. Our company _____ (found) in 1929.
12. Last week she _____ (offer) several possibilities and she _____ (not decide) yet.
13. She _____ (promote) to Sales Director last month.

4. Put the verbs in brackets into the correct tense using active or passive forms

Beer

It is known that beer _____ (produce) since 10,000 BC. The Babylonians, Chinese and some other civilisations _____ (brew) beer in ancient times, but the term “beer” _____ (not appear) in these early languages. The Babylonians even _____ (offer) brewing recipes.

At first malted wheat _____ (use), but the Romans _____ (introduce) barley. The main ingredients _____ (be) malted barley, water and yeast. It _____ (call) ale and was very nutritious.

In the 15th century hops _____ (first / use) for making the brew. It _____ (call) beer.

A variety of beers _____ (produce) today. Some breweries _____ (use) wild yeast, some cherries and raspberries to add more flavour; some of them even _____ (use) coriander and orange peel.

Proteins

A balanced diet _____ (contain) proteins, either from animal or plant sources. Proteins _____ (make up) of amino acids. Proteins _____ (find) in various types of food. Foods such as nuts, seeds, beans, pulses, etc. all _____ (contain) proteins. There are also small amounts in grains and dairy products. Proteins from animal sources also _____ (contain) a full range of essential amino acids. But red meat, in particular, _____ (should eat) in small amounts because of the high level of saturated fats it contains.

Vitamins

Our body _____ (not make) vitamins; they must come from the diet. 13 essential vitamins _____ (divide) into two groups: water-soluble (vitamin C and vitamins B) and fat-soluble (vitamins A, D, E and K). The fat-soluble vitamins _____ (more easily/store) by the body than the water-soluble vitamins. Thus, the water-soluble vitamins _____ (must consume) daily.

Conditional clauses

FIRST CONDITIONAL – real or possible future situations

If - clause: present tense	Main clause: will...
If you don't cut down on fat and sugar,	you will fall ill.
If I have time tomorrow,	I'll call you.
If there is no traffic jam,	I won't be late for the meeting.

Put the verb in brackets into the correct tenses.

1. If Peter _____ (cut) down on junk food, he _____ (easily/lose) weight.
2. If we _____ (cut) prices, we _____ (boost) our sales figures.
3. I _____ (be) surprised if they _____ (mange) to market those products.
4. What _____ (you/do) if they _____ (not accept) your offer by tomorrow?
5. I _____ (go) to the interview on Thursday if I _____ (get) the day off.
6. If they _____ (not pay) the invoice by tomorrow, we _____ (send) them a reminder.
7. We _____ (go) to England to visit a trade fair unless something _____ (go) wrong.
8. If he _____ (not get) promoted, he _____ (most probably/leave) the company.
9. If he _____ (eat) that food, he _____ (get) food poisoning.
10. I'm confident that we _____ (buy) new equipment if we _____ (make) a profit this year.
11. If we _____ (win) a contract to provide bakery equipment for our leading bakery, we _____ (open) a bottle of champagne.

SECOND CONDITIONAL – unreal or imaginary present / future situations

If - clause: past tense	Main clause: would...
If I had his mobile number,	I would call him.
If Mary was here,	she would know how to solve the problem.
If I were you,	I would definitely accept it.

Complete the second conditional sentences with the correct form of the verbs.

1. If I _____ (have) more money, I _____ (open) a luxurious restaurant.
2. If we _____ (not spend) so much on R&D, we _____ (not be) market leaders.
3. If I _____ (be) you, I _____ (not eat) between meals.
4. If I _____ (be) allergic to some ingredients, I _____ (check) carefully all the labels.
5. If she _____ (not cut) down on eating sugary snacks all the time, she _____ (put on) weight.
6. If our labour costs _____ (be) lower, we _____ (produce) cheaper goods and _____ (export) more easily.
7. I _____ (get) that job in the hospitality industry if I _____ (apply) for it, but I'm not interested in it.
8. If I _____ (get) a pay rise, I _____ (spend) it on travelling abroad and exploring new places.
9. If our main competitors _____ (offer) me a job, I _____ (turn) it down.
10. If I _____ (exercise) more, I _____ (be) much more fit and _____ (not have) so many health problems.
11. If he _____ (speak) English, he _____ (get) a job in the hotel business.
12. If you _____ (stop) smoking, you _____ (feel) better.
13. If my company _____ (offer) me to study in London, I _____ (gladly/accept) it.

THIRD CONDITIONAL – unreal past situations

If - clause: past perfect	Main clause: would have + past participle
If we had worked harder,	I would have made a profit.
If you had asked me,	I would have helped you.
If they hadn't accepted me,	I would have been disappointed.

1. If they _____ (have) more sense, they _____ (replace) that old machinery years ago.
2. It _____ (be) better if they _____ (ask) me for help.
3. If I _____ (stay) longer in London, I _____ (visit) Borough Market.
4. She _____ (be) here on time if she _____ (not miss) the bus.
5. If the business trip _____ (be) longer, he _____ (visit) our new business partners in Scotland.
6. If Daniel Peter _____ (not work) with his neighbour, the chemist Henri Nestlé, he _____ (not discover) how to make condensed milk, and the two men _____ (not start) manufacturing milk chocolate.
7. I _____ (fax) you the list of hotels if the fax machine _____ (not break down).
8. Why didn't you call me? If you _____ (give) me a ring, I _____ (arrange) dinner with one of our leading managers.

11 GRAMMAR ANSWERS

Present simple and present continuous tense

1

comes, lives, works, speaks, come, doesn't speak, travels, flies, visits, spends, attends, meets, is.

2

1. Where does he come from? 2. Who does he work for? 3. Where do his parents come from? 4. Why does he speak fluent French? 5. Does he speak German? 6. Where does he often fly? 7. What does he often attend? 8. Who does he meet at trade fairs? 9. What is he responsible for?

3

1. ... does this cottage cheese cost, costs, 2. ... does yolk mean, means, 3. ... do you take, take, 4. ... do your business partners usually stay, stay, 5. ... are they staying, are staying, 6. ... do you employ, employ, 7. are, are, 8. do you do, I am, 9. are you doing, I am testing, 10. is he doing, is preparing.

4

1. attends, 2. does she work, works, is working, 3. come, am living, 4. are currently looking, 5. are doing, are trying, 6. launches, 7. eats, 8. tastes, is becoming, 9. does bread rise, swells, 10. is looking, 11. goes, 12. isn't working, 13. are you calling, 14. are you doing, am writing, 15. is visiting, 16. is having, 17. are you doing, am chopping, 18. don't like.

5

1. Our bottling plant operates 24 hours a day. 2. √, 3. At the moment, our employees are changing shifts. 4. ... She is having a meeting with some clients. 5. √, √, She has it every morning. 6. √, 7. She is attending a trade fair this week. 8. She likes chillies, but she doesn't like onions. 9. A Quality Control Manager controls the quality of products.

Past simple and past continuous

1

1. married, became, 2. came, brought, 3. became, was, used, 4. reached, found, returned, spread, took.

2

1. launched, What did a well-known canned food producer launch not long ago? 2. went, Where did your CEO go last week? 3. bought, When did you buy it? 4. didn't drink, Why didn't she drink skimmed milk when she was a child? 5. opened, When did Starbucks open its first store in Seattle? 6. sent, When did they send us some interesting samples? 7. bought, What did you buy two months ago? 8. joined, When did Mary join the company? 9. had, Who did he have an important meeting with on Friday? 10. paid, How much did she pay for dinner?

3

produces, travel, sends, sent, ran, gave, spoke, enjoyed, met, were, was.

4

started, rose, was, went, rose, began, fell, was, went up.

5

1. was chopping, cut, 2. checking, interrupted, 3. was looking for, came across, 4. lost, was travelling, 5. were having, rang, 6. were you doing, was reading, 7. burnt, was blanching, 8. crashed. was reading, 9. met, was working, 10. walked, were talking, was having, were having.

Present perfect simple and continuous

1

1. has worked, 2. haven't seen, 3. have never been, 4. has already answered, 5. have you ever drunk, 6. haven't spoken, 7. have you spent, 8. hasn't finished, 9. have you ever eaten, 10. have you ever baked, 11. has just found, 12. hasn't arrived, 13. have they signed, 14. has repaired, 15. haven't had.

2

1. have been eating, 2. have been preparing, 3. has been working, 4. have already made, 5. have been reading, have read, 6. have you ever tried, 7. has been trying, hasn't managed, 8. has just made, 9. have you been checking, 10. have you found, have been looking for, 11. have spent, 12. have been waiting, have you made up, 13. have run out.

Revision of tenses

1

1. have been in use, 2. has increased, 3. was, 4. have you been, have been, 5. have cooked, 6. arose, 7. haven't contacted, 8. complained, 9. saw, knew, 10. have just seen, 11. has been, left, 12. phoned, 13. have made, 14. have you drunk, 15. imported, 16. haven't spoken, 17. have you known, have known, was, 18. have just had, 19. have you ever been, went.

2

have been, started, was, was, have never been, met, made, was, exhibited, had, came, met.

3

have just come, looks, is, arrived, wasn't, took, visited, produces, employs, decided, is, is, bought, found, is, have you been, have you changed.

Passive voice

1

1. is called, 2. is made, 3. are used, 4. are preserved, sold, 5. is made, 6. should be kept, 7. are organized, 8. must be put, 9. is drunk, 10. is usually filled, 11. are served, 12. should be used, 13. were delivered, 14. have already been added, 15. are given, 16. are produced, are sold, are exported.

2

did not originate, were, were not used, were not discovered yet, were sold, were called, weren't topped, were sold, took, saw, ordered, decided, baked, became, got, became, started, began, was added.

3

1. is imported, 2. grows, is widely used, 3. is made, 4. have been taken, 5. have already prepared, 6. is cleaned, 7. are being repaired, 8. are building, 9. have lately been criticized, 10. was signed, 11. was founded, 12. was offered, hasn't decided, 13. was promoted.

4

Beer

has been produced, brewed, didn't appear, offered, was used, introduced, were, was called, were first used, was called, are produced, use, use.

Proteins

contains, are made up, are found, contain, contain, should be eaten.

Vitamins

doesn't make, are divided, are more easily stored, must be consumed.

Conditionals

First conditional

1. cuts, will easily lose, 2. cut, will boost, 3. will be, manage, 4. will you do, don't accept, 5. will go, get, 6. don't pay, will send, 7. will go, goes, 8. doesn't get, will most probably leave, 9. eats, will get, 10. will buy, make, 11. win, will open.

Second conditional

1. had, would open, 2. didn't spend, wouldn't be, 3. were, wouldn't eat, 4. were, would check, 5. didn't cut, would put on, 6. were, would produce, export 7. would get, applied, 8. got, would spend, 9. offered, would turn, 10. exercised, would be, wouldn't have, 11. spoke, would get, 12. stopped, would feel, 13. offered, would gladly accept.

Third conditional

1. had had, would have replaced, 2. would have been, had asked, 3. had stayed, would have visited, 4. would have been, hadn't missed, 5. had been, would have visited, 6. hadn't worked, wouldn't have discovered, wouldn't have started, 7. would have fax, hadn't broken down, 8. had given, would have arranged.

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Projekt **Impletum**

Uvajanje novih izobraževalnih programov na področju višjega strokovnega izobraževanja v obdobju 2008–11

Konzorcijski partnerji:



Operacijo delno financira Evropska unija iz Evropskega socialnega sklada ter Ministrstvo RS za šolstvo in šport. Operacija se izvaja v okviru Operativnega programa razvoja človeških virov za obdobje 2007–2013, razvojne prioritete Razvoj človeških virov in vseživljenjskega učenja in prednostne usmeritve Izboljšanje kakovosti in učinkovitosti sistemov izobraževanja in usposabljanja.