

# 4 Food

1 What foods/drinks do you have most often in your household? Which are your: *favourite? least favourite?* What is your favourite meal/drink and when/how often do you eat/drink it?

## Reading

2 Look at the pictures. How are these dishes made? How are they eaten?  
Read to check what you know.

# What's on the table ?

Ukrainian cuisine is well known for its tasty dishes. If you want to try something special, you absolutely have to start with borsch! This traditional soup, made with beetroot and up to 20 other ingredients, is a popular dish in every Ukrainian family. We love our borsch and eat it hot or cold, for lunch or for breakfast, as a main course or even as a healing medicine against winter colds. Every household has their own secret version of borsch and there is even a funny saying that a Ukrainian girl will not be able to get married if she does not know how to cook borsch! To cook real borsch you need kitchen-garden produce like potatoes, cabbage, onions, carrots, peppers, beetroot, dill or parsley and, of course, tomatoes (or tomato sauce). If you add some meat and top it with sour cream, it will be delicious!

Another very popular Ukrainian dish is varenyky. It can be made out of the cheapest ingredients available. The dough is a simple mix of flour, water and salt and the filling can be anything: mashed potatoes with mushrooms and fried onions, sauerkraut, minced meat or even cherries! The sweet version of varenyky is usually served with sour cream and honey and is a tasty and healthy treat for dessert lovers.

Are you thirsty? Then try uzvar, the traditional Ukrainian drink of choice! It's typically served during Christmas dinner, and it is regularly made in many households. This refreshing drink is actually a compote made from dried fruits. The most popular ingredients are dried apples, pears and apricots, with some raisins and honey to make it sweet.

Do you think you would like to try these tasty foods and drinks? If so, visit a traditional Ukrainian restaurant and enjoy your meal!



Borsch



**Varenyky**

**Uzvar**

**CHECK THESE WORDS**

cuisine, tasty, traditional, main course, healing, medicine, colds, household, secret, version, saying, get married, produce, dill, parsley, top, sour cream, dough, mix, filling, fried, minced, treat, thirsty, served, dried

**3 Read again. Write B (Borshch), V (Varenyky) or U (Uzvar). Which food/drink ...**

- 1 doesn't cost a lot to make? .....
- 2 is eaten for good health? .....
- 3 is made in a different special way by everyone? .....
- 4 is eaten by all Ukrainians and at any meal? .....
- 5 is popular as part of a special meal? .....

**Vocabulary**

**4 Fill in:** *household, versions, produce, top, fillings.*

- 1 There are many ..... of varenyky with different ..... such as meat or cherries.
- 2 Mark grows ..... in his garden such as cabbage, carrots and potatoes.
- 3 Maria always eats her borshch with lots of sour cream on .....
- 4 Every ..... has its own secret borshch recipe.

**5 Fill in:** *refreshing, minced, mix, dried, colds, secret, course, onions, served, saying, healing, mashed. Use the phrases to write sentences based on the text, as in the example.*

- 1 main ..... 7 ..... potatoes
- 2 ..... medicine 8 fried .....
- 3 winter ..... 9 ..... meat
- 4 ..... version 10 typically .....
- 5 funny ..... 11 ..... drink
- 6 simple ..... 12 ..... fruits

*Varenyky is a popular main course in Ukraine.*

**Speaking & Writing**

**6** Imagine you're telling your English pen friend about popular Ukrainian food and drink. Make notes in the table using information from the text. Use your notes to tell your pen friend about each of the three dishes. Your partner is your pen friend.

	Borshch	Varenyky	Uzvar
What it's made of	<i>beetroot, up to 20 other ingredients ...</i>		
How and/or when it's eaten/drunk	<i>hot or cold, ...</i>		