**Topic: Meat. Meat dishes.**

**1. Vocabulary**

 Beef - яловичина

 Mutton - баранина

 Lamb - молода баранина

 Pork - свинина

 Veal - телятина

 Poultry - м'ясо домашньої птиці

 Chicken breast- куряча грудка

 Chicken leg - куряча ніжка

 Chicken wing - куряче крило

 Duck - вутка

 Goose - гусак

 Rabbit - кролик

 Quail - перепілка

 Minced meat - м'ясний фарш

 Meat balls - фрикадельки

 Fat - сало

 Ham - вітчина

 Sausage - ковбаса

 Loin - філейна частина

 Brisket - корейка

 Heart - серце

 Liver - печінка

 Ribs - ребра

 Meat loaf м ' ясний рулет

 Meat by products - м ' яcнi субпродукти

 Steamed meat - м ' ясо на пару

 Roast meat - смажене м 'ясо

 Smoked meat - копчене м'ясо

 Boiled meat - варене м'ясо

 Stuffed meat - фаршироване м ' ясо

**2. Learn the new words and make 6 sentences with these words**

**3. Answer the following questions**

 1. What kinds of meat do you know?

 2. What is meat consist of?

 3. What does the meat contain?

 4. What is the role of enzymes in meat?

**4. Write your favourite meat dish and the technology of it cooking**

**5. Read the text " Meat. Meat dishes" and ask 6 questions. Using this text**

Text

Meat. Meat dishes

Strictly speaking, meat means the flesh of any animal used for food, but ordinarily it applies only to the animals raised for food, the wild animals are called "game". The meats found in the market are beef (cattle), veal (calf), pork (swine), lamb and mutton (sheep).

Meat, as it is purchased in the market, consists of muscular tissue connective tis-sue, bones, glands and edible organs. All meats contain fat in the connective and adipose tissue, between the fibres and muscles, between the cells or in the muscle cells.

Some of it is stored in quantities large enough to be seen as in internal covering, and in deposits around the heart and kidney, and some of it is distributed throughout the muscular tissue in very minute particles. The fat of cattle and sheep is called tallow; that from hogs after rendering is called lard. Fat adds weight to the carcass, increases palatability, and helps to retain the moisture of the muscles.

Meats contain proteins, fats, water, inorganic salts, nitrogenous extractives, non- nitrogenous extractives, carbohydrate, enzymes, and pigments.

Meat is one of the most important sources of protein. The proportion of protein in meat varies somewhat with the kind and cut in beef, lamb and veal and comprises between 14 and 26 per cent in a given weight unit. The protein of meat may be classified under simple proteins which when digested are broken down into groups called "building stones" or "amino acids". The chief proteins found in meat are myosin which is the basis of muscular tissue, serum albumin or blood, the albuminoids which are the proteins found in the skin, the skeleton and its connections. Elastin and collagen in the tendons and in the connective tissue and ossein of the bones when boiled in water yield gelatin. Gelatin is an incomplete protein which has some food value when the red colour of meat is due chiefly to the hemoglobin of the blood which is still present. Hemolgobin is made up of the protein molecule and the pigment hematin.

Meat contains enzymes which bring about ripening or aging. Vitamins are nutritional factors which are essential to growth and health in the young and the maintenance of health in the adult.