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**МИНИСТЕРСТВО НАУКИ И ВЫСШЕГО ОБРАЗОВАНИЯ РОССИЙСКОЙ
ФЕДЕРАЦИИ**

Федеральное государственное автономное

образовательное учреждение высшего образования

«СЕВЕРО-КАВКАЗСКИЙ ФЕДЕРАЛЬНЫЙ УНИВЕРСИТЕТ»

Институт сервиса, туризма и дизайна (филиал) СКФУ в г. Пятигорске

УТВЕРЖДАЮ:

И.о.зав. кафедрой ЛиМК

_____ Н.Ю. Климова
«___» _____ 20__ г.

ФОНД ОЦЕНОЧНЫХ СРЕДСТВ

для проведения текущего контроля и промежуточной аттестации

(ЭЛЕКТРОННЫЙ ДОКУМЕНТ)

По дисциплине	Иностранный язык в сфере профессиональной коммуникации
Направление подготовки/специальность	19.03.04 Технология продукции и организация общественного питания
Направленность (профиль) специализация	Технология и организация ресторанного дела
Квалификация выпускника	бакалавр
Форма обучения	очная
Год начала обучения	2021

Предисловие

1. Назначение: контроль уровня сформированности компетенции ОК-5 как средства, позволяющего обеспечить коммуникативно-познавательные потребности в сферах академической, профессиональной и социально-гуманитарной деятельности.

2. Фонд оценочных средств текущего контроля и промежуточной аттестации разработан на основе рабочей программы дисциплины «Иностранный язык в сфере профессиональной коммуникации» в соответствии с образовательной программой высшего образования по направлению подготовки 19.03.04 Технология продукции и организация общественного питания, утвержденной на заседании Учебно-методического совета ФГАОУ ВО СКФУ протокол № ____ от «__» _____ 20__ г.

3. Разработчик – Нагорная Ю.В., доцент кафедры лингвистики и межкультурной коммуникации

4. ФОС рассмотрен и утвержден на заседании кафедры лингвистики и межкультурной коммуникации. Протокол № ____ от «__» _____ 20__ г.

5. ФОС согласован с выпускающей кафедрой технологии продуктов питания и товароведения. Протокол № ____ от «____» _____ 20__ г.

6. Проведена экспертиза ФОС. Члены экспертной группы, проводившие внутреннюю экспертизу:

Председатель: Н.Ю.Климова, и.о. зав. кафедрой ЛиМК

Т.В.Мухортова, доцент кафедры ЛиМК

Е.Н.Холодова, зав. кафедрой ТППиТ

Экспертное заключение: Фонд оценочных средств соответствует требованиям ФГОС ВО и образовательной программе по направлению подготовки 19.03.04 Технология продукции и организация общественного питания и может применяться в учебном процессе.

«__» _____

г.

Н.Ю.Климова

Т.В.Мухортова

Е.Н.Холодова

7. Срок действия ФОС: 1 год

«__» _____ 20__ г.

Паспорт фонда оценочных средств
для проведения текущего контроля и промежуточной аттестации

По дисциплине	Иностранный язык в сфере профессиональной коммуникации
Направление подготовки	19.03.04 Технология продукции и организация общественного питания
Направленность (профиль)	Технология и организация ресторанного дела
Квалификация выпускника	бакалавр
Форма обучения	очная
Год начала обучения	2021

Код оцениваемой компетенции	Этап формирования компетенции (№ темы)	Средства и технологии оценки	Вид контроля, аттестация (текущий/промежуточный)	Тип контроля (устный, письменный или с использованием технических средств)	Наименование оценочного средства	Количество заданий для каждого уровня, шт.	
						Базовый	Повышенный
ОК-5	1-16	собеседование	текущий	устный	Вопросы для собеседования	59	79
ОК-5	1-16	собеседование	текущий	устный	Темы индивидуальных заданий	9 заданий	10 заданий
ОК-5	1-16	собеседование	промежуточный (экзамен)	устный	Вопросы к экзамену	21	21
					Вопросы для проверки уровня знаний	4	3
					Вопросы (задания) для проверки умений и навыков	17	18

Составитель _____ Ю.В. Нагорная

«___» _____ 20__ г.

МИНИСТЕРСТВО НАУКИ И ВЫСШЕГО ОБРАЗОВАНИЯ РОССИЙСКОЙ ФЕДЕРАЦИИ
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УТВЕРЖДАЮ:
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_____ Н.Ю.Климова
« ____ » _____ 20__ г.

Вопросы к экзамену по дисциплине

«Иностранный язык в сфере профессиональной коммуникации»

Базовый уровень

Вопросы (задача, задание) для проверки уровня обученности.

Студент должен

ЗНАТЬ

Лексику по темам:

1. My profession./Моя профессия.
2. Main types of public catering. Establishments. Equipment./ Основные виды общественного питания. Учреждения. Оборудование.

УМЕТЬ

Читать и переводить тексты по темам:

1. Tendencies in Public Food Service Industry/ Тенденции в сфере общественного питания
2. Useful Tips/ Полезные советы
3. Presenting yourself at an interview/ Представить себя на собеседовании
4. Restaurants in London/ Рестораны в Лондоне
5. Different types of public food service establishments/ Различные типы предприятий общественного питания
6. Some cheeses in the world/ Сорта сыра в мире
7. Alcoholic drinks/Алкобольные напитки
8. Non-alcoholic drinks/ Безалкогольные напитки
9. Types of menus/ Виды меню
10. List of rules for menu presentation/ Список правил для представления меню

ВЛАДЕТЬ

способностью к ведению беседы на темы

1. Tendencies in Public Food Service Industry/ Тенденции в сфере общественного питания
2. Professional identification/ Профессиональная идентификация
3. People Skills / Профессиональные навыки и умения
4. Restaurants in London/ Рестораны в Лондоне
5. Public food service/ Общественное питание.
6. Product groups/ Продуктовые группы.

Повышенный уровень

ЗНАТЬ

Лексику по темам:

1. Food and beverage /Еда и напитки.
2. Crockery. Cutlery. Glassware. Napkins./ Посуда. Столовые приборы. Изделия из стекла. Салфетки.

УМЕТЬ

Читать и переводить тексты по темам:

1. Wine list/ Винная карта
2. Some wines in the world/ Мировые сорта вин.
3. Russian dishes/ Русские блюда
4. Meals in Great Britain/ Британская кухня
5. Crockery and Cutlery in Contrast/ Посуда и столовые приборы в контрасте.
6. Cutlery/ Режущие изделия
7. Crockery/Посуда
8. The History of the Napkin/ История салфетки
9. Some basic etiquette rules for waiters/ Некоторые основные правила этикета для официантов
10. Basic Etiquette for Restaurant Staff/ Основной этикет для персонала ресторана

ВЛАДЕТЬ

способностью к ведению беседы на темы

1. Wines list/ Список вин.
2. Wines around the world/ Мировые сорта вин.
3. Russian food traditions/ Русские кулинарные традиции
4. Traditional meals in Great Britain/ Традиционные блюда в Великобритании
5. Crockery and Cutlery in Contrast/Посуда и Столовые приборы.
6. Types of cutlery, crockery and glassware and their usage / Виды столовых приборов, посуды и стеклянной посуды, и ее использование.
7. How to lay the table/ Сервировка стола.
8. Basic etiquette in the professional communication with foreign customers/ Базовый этикет в профессиональном общении с иностранными клиентами.

1. Критерии оценивания компетенций

Оценка «отлично» выставляется студенту, если он глубоко и прочно усвоил программный материал, исчерпывающе, последовательно, четко и логически стройно его излагает, умеет тесно увязывать теорию с практикой, свободно справляется с задачами, вопросами и другими видами применения знаний, причем не затрудняется с ответом при видоизменении заданий, использует в ответе материал монографической литературы, правильно обосновывает принятое решение, владеет разносторонними навыками и приемами выполнения практических задач.

Оценка «хорошо» выставляется студенту, если он твердо знает материал, грамотно и по существу излагает его, не допуская существенных неточностей в ответе на вопрос, правильно применяет теоретические положения при решении практических вопросов и задач, владеет необходимыми навыками и приемами их выполнения.

Оценка «удовлетворительно» выставляется студенту, если он имеет знания только основного материала, но не усвоил его деталей, допускает неточности, недостаточно правильные формулировки, нарушения логической последовательности в изложении программного материала, испытывает затруднения при выполнении практических работ.

Оценка «неудовлетворительно» выставляется студенту, который не знает значительной части программного материала, допускает существенные ошибки, неуверенно, с большими затруднениями выполняет практические работы. Отметка «неудовлетворительно» выставляется также, если обучающийся после начала экзамена

отказался его сдавать и если во время сдачи или пересдачи экзамена со стороны обучающегося допущены нарушения учебной дисциплины (списывание, использование средств мобильной связи, ПК, аудиоплееров, других технических устройств).

2. Описание шкалы оценивания

Промежуточная аттестация в форме экзамена предусматривает проведение обязательной экзаменационной процедуры и оценивается 40 баллами из 100. В случае если рейтинговый балл студента по дисциплине по итогам семестра равен 60, то программой автоматически добавляется 32 премиальных балла и выставляется оценка «отлично». Положительный ответ студента на экзамене оценивается рейтинговыми баллами в диапазоне от **20** до **40** ($20 \leq S_{\text{ЭКЗ}} \leq 40$), оценка **меньше 20** баллов считается неудовлетворительной.

Шкала соответствия рейтингового балла экзамена 5-балльной системе

Рейтинговый балл по дисциплине	Оценка по 5-балльной системе
35 – 40	Отлично
28 – 34	Хорошо
20 – 27	Удовлетворительно

Итоговая оценка по дисциплине, изучаемой в одном семестре, определяется по сумме баллов, набранных за работу в течение семестра, и баллов, полученных при сдаче экзамена:

Шкала пересчета рейтингового балла по дисциплине

в оценку по 5-балльной системе

<i>Рейтинговый балл по дисциплине</i>	<i>Оценка по 5-балльной системе</i>
88 – 100	<i>Отлично</i>
72 – 87	<i>Хорошо</i>
53 – 71	<i>Удовлетворительно</i>
< 53	<i>Неудовлетворительно</i>

3. Методические материалы, определяющие процедуры оценивания знаний, умений, навыков и (или) опыта деятельности, характеризующих этапы формирования компетенций

Процедура проведения экзамена осуществляется в соответствии с Положением о проведении текущего контроля успеваемости и промежуточной аттестации обучающихся по образовательным программам высшего образования - программам бакалавриата, программам специалитета, программам магистратуры - в СКФУ.

В экзаменационный билет включаются следующие задания:

1. Прочитайте текст (прилагается к билету научно-популярный или профессионально ориентированный текст объемом до 2000 печ. зн., понимание которого проверяется в форме беседы с экзаменатором по его содержанию).

2. Переведите фрагмент текста (выполняется письменный перевод фрагмента текста объемом 1000 печ. зн.).

3. Перескажите текст (объем монолога не менее 15-20 фраз).

Время подготовки всех экзаменационных заданий – 20-30 мин.

По итогам экзамена выставляется оценка.

Вопросы к экзамену повышенного уровня отличаются от базового требованием более глубоких знаний фонетического, лексического и грамматического материала. Для подготовки к данному оценочному мероприятию необходимо предварительно проработать со студентами на практических занятиях фонетический, лексический и грамматический материал на устных и письменных упражнениях.

При проведении экзамена оцениваются: умение излагать материал, грамотность, последовательность и рациональность изложения материала, точность и корректность перевода иноязычного текста на русский язык с соблюдением грамматических правил; способность осуществлять диалогическое и монологическое общение.

Основанием для снижения оценки являются:

- слабое знание темы и основной терминологии;
- пассивность участия в групповой работе;
- отсутствие умения применить теоретические знания для решения практических задач межкультурного общения.

Составитель _____Ю.В. Нагорная

« ____ » _____ г.

МИНИСТЕРСТВО НАУКИ И ВЫСШЕГО ОБРАЗОВАНИЯ РОССИЙСКОЙ
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УТВЕРЖДАЮ:

И.о.зав. кафедрой ЛиМК

Н.Ю.Климова

« ____ » _____ 20__ г.

**Вопросы для собеседования
по дисциплине «Иностранный язык в сфере профессиональной коммуникации»**

Базовый уровень

Тема 1. Tendencies in Public Food Service Industry/ Тенденции в сфере общественного питания

- 1.Are there many establishments in our country where people can enjoy food and get entertainment?
2. How many restaurants/ cafes/ bars etc do you think there are in Russia?
3. How often do you go to restaurants? Is service good in them?

Тема 2. Professional identification/ Профессиональная идентификация

1. What qualities should be of the greatest importance for a waiter/waitress?
2. Why do you think so?
3. Can a modest person become a waiter/waitress? Why (not)?

Тема 3. Applying for a job/Устройство на работу

1. Do you know what a resume is?
2. Have you seen any resumes before (e.g. on the internet, etc)?
3. What does a resume consist of? How many parts does it have?

Тема 4. Restaurants in London/ Рестораны в Лондоне

- 1.Are there many types of public food service establishments?
2. What is the difference between a bar and a restaurant? Between a pub and a café?

Тема 5. Public food service/ Общественное питание.

- 1.What types of cheese do you know?
2. What country(-ies) is(are) famous for its (their) cheese?
3. Is Russia famous for its cheese?
4. Can you name the most popular cheese in the world that all people might know?

Тема 6. Product groups/ Продуктовые группы.

- 1.What is a menu?
2. What types of menu do you know?
3. What parts does a menu consist of?
4. Do you know the order of courses in a menu? What dishes go first on a menu?

Тема 7. Wines list/ Список вин.

1. What is a wine list?
2. Is a wine list generally offered separately in restaurants of your city or is it included into the food menu?
3. What types of wine do you remember? What is your favourite wine?

Тема 8. Wines around the world/ Вина по всему миру.

1. What countries are famous for their wines?
2. What is the most popular wine in the world?
3. Have you heard of Australian and South African wines?
4. What district does Champagne come from?
5. What do you find in the Rhone Valley?
6. How much of the world's wine does Italy produce?

Тема 9. Russian food traditions/ Русские кулинарные традиции

1. When you hear the words "Russian food" what dishes come into your mind at once?
2. What dishes from Russian cuisine are your favourite?
3. What Russian dish would you highly recommend to a foreigner?
4. What Russian dishes do you often cook in your family?
5. Can you consider Russian dishes healthy? Why/ why not?
6. What are the most popular ingredients for Russian dishes?
7. Is Russian cuisine similar to others?

Тема 10. Traditional meals in Great Britain/ Традиционные блюда в Великобритании.

1. Have you heard of British foods?
2. Have you tried any traditional British dish?
3. What is the reputation of British food?
4. What influences dishes in Britain according to its geographical position and being an island country?
5. What dishes do you think might prevail in the British cuisine?

Тема 11. Crockery and Cutlery in Contrast/Посуда и Столовые приборы.

1. Do you know what crockery is?
2. What is one word for knives, spoons and forks?
3. When did people start using forks and spoons?

Тема 12. Crockery and Cutlery in Contrast/Посуда и Столовые приборы.

1. What are crockery and cutlery used for?
2. What do types of crockery include?

Тема 13. Types of cutlery, crockery and glassware and their usage / Виды столовых приборов, посуды и стеклянной посуды, и ее использование.

1. What types of cutlery can you name?
2. Are there many types of glassware?
3. What glassware are you familiar with?

Тема 14. Types of cutlery, crockery and glassware and their usage / Виды столовых приборов, посуды и стеклянной посуды, и ее использование.

1. What types of plates do you know?
2. Are you familiar with the napkin etiquette?
3. When was the first napkin used?

Тема 15. How to lay the table/ Сервировка стола.

1. Do you know how to lay the table?
2. Does the way to lay the table depend on the meal/ course/ type of service / restaurant?

Тема 16. Basic etiquette in the professional communication with foreign customers/ Базовый этикет в профессиональном общении с иностранными клиентами.

1. Do you agree with the phrase “A customer is always right”?
2. What do you think the major rules for a waiter while serving customers?
3. Do you think you can be a good waiter?
4. Are you sure you know basic etiquette rules for your work-to-be?
5. Have you ever had a bad experience in a restaurant when a waiter misbehaved and treated you in a bad way?
6. What can ruin perfectly good dining experiences?

Повышенный уровень

Тема 1. Tendencies in Public Food Service Industry/ Тенденции в сфере общественного питания

1. Is the level of waiters' proficiency enough in our country?
2. What are the tendencies in public service industry in Russia? Is it developing?
3. Are new public service establishments appearing?

Тема 2. Professional identification/ Профессиональная идентификация

1. Why is it physically hard to be a waiter/waitress?
2. Should a waiter/ waitress possess a little knowledge of psychology? Why (not)? Explain your point of view.
3. Are memorizing skills of any value for a waiter/ waitress? Support your answer with examples.

Тема 3. Applying for a job/ Устройство на работу

1. Why do you think some people lie in a resume?
2. Do you think it is acceptable to “misinform” a little in a resume? Why (not)?
3. Should you mention only your positive features in a resume or can you say a few words about your weaknesses? Why (not)?
4. Do you believe a good resume can help you get the job you want?

Тема 4. Restaurants in London/ Рестораны в Лондоне

1. What types of establishments are the most popular in Russia? Why?
2. What types are the most popular in England?

Тема 5. Public food service/ Общественное питание.

1. How many types of cheese are there in Europe?
2. What cheeses come from Switzerland?
3. Is Manchego from Spain?
4. Camembert and Brie are two famous British cheeses, aren't they?
5. What categories can you divide drinks into?
6. What hot drinks can you name? What is your favourite one?
7. How do you call drinks containing no alcohol?

Тема 6. Product groups/ Продуктовые группы.

1. Do you know who was the first to introduce a la carte menu?
2. Do you like sweet things?
3. What is your favourite dessert?
4. Where can you taste the most delicious desserts in your city/ town?

Тема 7. Wines list/ Список вин.

1. Who can recommend a customer the right wine with the meal?
2. What is a full-bodied wine? What does the word “body” mean when talking about wines?
3. Do you prefer dry or sweet wines?
4. Which wines are more expensive: French or Chilean?
5. What types of wine can you name? How are they made?
6. What is the most famous sparkling wine in the world?

Тема 8. Wines around the world/ Вина по всему миру.

1. What wine is Portugal famous for?
2. Where does Rioja come from?
3. Is sherry from Spain?
4. Where does South Africa produce wines?
5. What wines is Australia famous for now?
6. What wine from New Zealand is becoming very popular?
7. What wines does California produce?
8. What good wines come from Chile and Argentina?

Тема 9. Russian food traditions/ Русские кулинарные традиции

1. Why is it possible to say that culinary history of Russian was lost?
2. What soups are popular in Russia? What is a famous summertime soup in the country?
3. How do you make draniki? Do you often cook draniki in your family?
4. How can draniki be served?
5. What can dumplings be filled with?
6. What dishes are cooked in ceramic pots?
7. What Russian dishes would you recommend to a vegetarian?
8. What are Russian soups based on?

Тема 10. Traditional meals in Great Britain/ Традиционные блюда в Великобритании.

1. How many meals a day do English people have?
2. What is a typical English breakfast?
3. What is a traditional English breakfast?
4. Where can you taste a traditional Fry up?
5. What is another name for a sandwich in Britain?
6. What is a “packed lunch”?
7. What is a typical meal for dinner in England?
8. What vegetables are popular in Britain?
9. Why is curry known now as British?
10. What is a traditional Sunday Roast dinner?
11. What sauces are eaten with beef, pork and lamb?
12. What is Yorkshire pudding made from? How can it be eaten?

Тема 11. Crockery and Cutlery in Contrast/ Посуда и Столовые приборы.

1. How do Americans call crockery?
2. What are formal meals distinguished by?
3. What does a set of cutlery consist of?

4. Are sets of crockery and cutlery the same for formal and informal occasions? What can the term “cutlery” be associated with?

Тема 12. Crockery and Cutlery in Contrast/Посуда и Столовые приборы.

1. What is the earliest known bit of table cutlery?
2. When did spoons come along?
3. When did forks come?
4. When did people start using cutlery on a daily basis?
5. What was new and surprising for you in the text?

Тема 13. Types of cutlery, crockery and glassware and their usage / Виды столовых приборов, посуды и стеклянной посуды, и ее использование.

1. When was the napkin accepted as a component of a table setting?
2. Why is the napkin important?
3. What materials are napkins and tablecloths made of?

Тема 14. Types of cutlery, crockery and glassware and their usage / Виды столовых приборов, посуды и стеклянной посуды, и ее использование.

1. Can napkins be folded in one way only?
2. What are the 10 guidelines for the napkin etiquette?
3. Do you follow those guidelines yourself?

Тема 15. How to lay the table/ Сервировка стола.

1. Do you know many ways of folding napkins?

Тема 16. Basic etiquette in the professional communication with foreign customers/ Базовый этикет в профессиональном общении с иностранными клиентами.

1. What should you do shortly after the food has been served?
2. Why do you need to scan the room frequently while at work?
3. Does it really matter how long it takes for your customers to order the food?
4. What should be done if the restaurant customers have complaints?
5. What should you as a waiter do if you cannot do anything about the complaint?
6. When is the right time to remove the plates from the table?

1. Критерии оценивания компетенций

Отметка «отлично» выставляется студенту, если он твердо знает базовые нормы употребления лексики и фонетики; основные способы работы над языковым и речевым материалом; лексико-грамматический минимум по специальности в объеме, необходимом для работы с иноязычным материалом и текстами в процессе профессиональной деятельности; способен планировать самостоятельную работу, структурировать информацию на иностранном языке и самостоятельно использовать их в профессиональных целях, владеет приемами самостоятельной работы с языковым материалом (лексикой, грамматикой, фонетикой) с использованием справочной и учебной литературы; способами пополнения профессиональных знаний на основе использования оригинальных источников на иностранном языке, из разных областей общей и профессиональной культуры необходимыми навыками профессионального общения на иностранном языке; техникой работы с основными типами справочной и учебно-справочной литературы (словари, энциклопедические

Отметка «хорошо» выставляется студенту, если он твердо знает базовые нормы практических задач в области иностранного языка и основные способы работы над языковым и речевым материалом; умеет работать с текстами профессиональной

направленности на иностранном языке, владеет приемами самостоятельной работы с языковым материалом (лексикой, грамматикой, фонетикой) с использованием справочной и учебной литературы и способами пополнения профессиональных знаний на основе использования оригинальных источников на иностранном языке, из разных областей общей и профессиональной культуры.

Отметка «удовлетворительно» выставляется студенту, если он имеет знания только базовых норм употребления лексики и фонетики; и основных способов работы над языковым и речевым материалом, частично умеет работать с текстами профессиональной направленности на иностранном языке, частично владеет способами пополнения знаний на основе использования оригинальных источников на иностранном языке, но испытывает трудности в общении на иностранном языке и способами пополнения профессиональных знаний на основе использования оригинальных источников на иностранном языке, из разных областей общей и профессиональной культуры.

Отметка «неудовлетворительно» выставляется студенту, который не знает базовых норм употребления лексики и фонетики на иностранном языке и основных способов работы над языковым и речевым материалом, имеет минимальные способности в работе с текстами профессиональной направленности, владеет минимальными приемами самостоятельной работы с языковым материалом (лексикой, грамматикой, фонетикой) с использованием справочной и учебной литературы и способами пополнения профессиональных знаний на основе использования оригинальных источников на иностранном языке, из разных областей общей и профессиональной культуры.

2. Описание шкалы оценивания

Максимально возможный балл за весь текущий контроль устанавливается равным **55**. Текущее контрольное мероприятие считается сданным, если студент получил за него не менее 60% от установленного для этого контроля максимального балла. Рейтинговый балл, выставляемый студенту за текущее контрольное мероприятие, сданное студентом в установленные графиком контрольных мероприятий сроки, определяется следующим образом:

Уровень выполнения контрольного задания	Рейтинговый балл (в % от максимального балла за контрольное задание)
Отличный	100
Хороший	80
Удовлетворительный	60
Неудовлетворительный	0

3. Методические материалы, определяющие процедуры оценивания знаний, умений, навыков и (или) опыта деятельности, характеризующих этапы формирования компетенций

Процедура проведения данного оценочного мероприятия включает в себя перечень вопросов базового и повышенного уровней для собеседования.

Предлагаемые студенту задания позволяют проверить следующие компетенции: ОК-5 - готовностью к коммуникации в устной и письменной формах на русском и иностранном языках для решения задач профессиональной деятельности - способностью к самоорганизации и самообразованию. Вопросы для собеседования повышенного уровня отличаются от базового более глубокими знаниями материала. Для подготовки к данному

оценочному мероприятию необходимо 20 часов самостоятельной работы.

При подготовке к ответу студенту предоставляется право пользоваться подготовленным им конспектом.

При проверке задания, оцениваются:

- умения студента применить знания материала на практике при выполнении предложенных заданий;

- правильность фонетического, лексического и грамматического строя иностранного языка;

- логичность и последовательность высказывания, темп речи.

Лист оценивания собеседования

ФИО студента баллы	Знание содержания всех вопросов из базовой части	Понимание сути излагаемого	Речь грамотная, ясная, точная	Анализ сути, приведение собственных примеров	Знание содержания материала повышенного уровня
	0 – 0,5 – 1	0 – 0,5 – 1	0 – 0,5 – 1	0 – 0,5 – 1	0 – 0,5 – 1

Составитель _____ Ю.В. Нагорная

« ____ » _____ 20__ г.

МИНИСТЕРСТВО НАУКИ И ВЫСШЕГО ОБРАЗОВАНИЯ РОССИЙСКОЙ
ФЕДЕРАЦИИ
Федеральное государственное автономное
образовательное учреждение высшего образования
«СЕВЕРО-КАВКАЗСКИЙ ФЕДЕРАЛЬНЫЙ УНИВЕРСИТЕТ»
Институт сервиса, туризма и дизайна (филиал) СКФУ в г. Пятигорске

УТВЕРЖДАЮ:

И.о.зав. кафедрой лингвистики и
межкультурной коммуникации
_____ Н.Ю. Климова
« ____ » _____ 20__ г.

**Темы индивидуальных заданий
по дисциплине «Иностранный язык в сфере профессиональной коммуникации»**

Базовый уровень

I. Найдите эквиваленты следующих слов и выражений и выучите их:

➤ *The Way You Eat*

To be hungry; to be starving; to be thirsty;

to be on a diet; to keep to a diet;

to have 3 meals a day; to have breakfast/ lunch/ dinner/ supper; to keep regular meals; to have a light\substantial lunch; to have a full-course dinner; to have smth to eat; to have a snack; to have smth for the first\second\main course; to have smth as a starter;

to have meals at home\in\out (at a restaurant, at a café, at a canteen, at a snack – bar); to dine in\out;

➤ *The Way You Cook*

To lay\clear the table; to spread the table cloth; to do the washing-up\to wash up\to wash the dishes;

to run out of smth; to do the shopping\to go shopping;

to roast; to fry; to boil; to barbecue; to bake; to grill; to stew;

to enjoy a meal; to like the way she cook; to prefer smth to smth; to be tasty\delicious; it makes my mouth water; to have\be a sweet tooth; to do smth on an empty stomach; to do the cooking.

➤ *Kitchen utensils*

Salad\fruit\sugar bowl; butter\meat\soup\deep plate; coffee pot\cup; saucer; water\milk jug; salt cellar; pepper\mustard pot; frying pan; cooking pot; tea kettle\pot; soup\dessert\tea spoon; fish\butter\caviar\carving knife; fork; tray;

➤ *Shopping for Foodstuffs*

At the butcher`s\baker`s\grocer`s\greengrocer`s\fishmonger`s\confectioner`s; customer\shopper; cashier; shop-assistant; carrier-bag\shopping bag; conveyer belt; check-out desk.

➤ *Departments at the Supermarket*

Frozen food; dairy products; tinned food; meat; packaged goods; vegetables and fruit.

➤ *Taste*: salty; sweet; sour; bitter; spicy.

➤ *Smell*: strong; appetizing.

II. Прочтите, запомните и подготовьтесь к аудиторному изложению материала:

SMELLvs SCENTvs AROMA

Smell is a most common and generic term to refer to our perception or sense. As human beings, we have five senses, of



which the sense of smell is an important one. This is a sense that is a result of olfactory nerve in our nasal cavity. There are many words that are used for smell such as scent, aroma, odor, fragrance etc. Many people treat these words as synonyms. Despite being similar, there are differences in smell, scent, and aroma.

Smell is a word that is used both for an odor as well as our sense of smell that results from olfactory receptors located in our brain. Smell is quite neutral as there can be good as well as bad smells. The sense of smell is a chemical sense just like our sense of taste. We have a stronger sense of smell when we are feeling hungry. It is through our smell sense that we can tell the vegetable or meat being cooked in our kitchen. All smells, whether good or bad, are called odors. Whenever there is a chemical dissolved in the air, we perceive it through our sense of smell. Like smells, odors can also be good or bad.

There are unpleasant smells, and there are also pleasant smells. **Aroma** is a word that is used for pleasant smells. We know about the pleasing smell of rose flower and also about the pleasing smell of coffee when it is being made. Aromatherapy is the science of treating many ailments using different fragrances derived from aromatic plants and flowers. You can sense the aroma of a fragrance when you spray it using a bottle of deodorant or a room freshener. Aroma is the adjective used to talk or describe about pleasing smells of foods and drinks.

Scent is a word used to refer to a pleasing smell or fragrance. It is also used to refer to bottles of fragrances available in the market. However, the word is not always used for pleasing smells as when used for the scent of an animal that it uses to demarcate its territory. Many people use scents to suppress their body odor. People also make use of incense and room fresheners to scent their rooms. To help in removing bad odors from their bathrooms, people spray various kinds of scents.

III. Соедините слова левой колонки с названиями продуктов в правой:

- | | |
|---------------|----------------|
| 1. a slice of | a. cake |
| 2. a loaf of | b. ham |
| 3. a piece of | c. lemon juice |
| 4. a bowl of | d. cornflakes |
| 5. a bunch of | e. salt |
| 6. a pinch of | f. bread |
| 7. a drop of | g. grapes |

IV. Знаете ли вы, что:

1. Banana is not a fruit, it is a herb.
2. Ancient carrots were purple.
3. Strawberries have more vitamin C than the oranges.
4. Avocados are poisonous to birds.
5. It takes 20 minutes for your brain to know that your stomach is full.
6. A hardboiled egg will spin, a soft boiled egg won't.
7. Rice is the main food for half of the world's population.
8. Ketchup was sold in the 1930's as medicine.
9. The average French eats 500 snails per year.
10. Men usually eat significantly faster than women.
11. Eating less and more than needed on alternate days prolongs life.
12. The benefit of frequent small meals ('nibbling') rather than few large ones ('gorging') for control of body fat growth has been known for more than 60 years, but the mechanisms are poorly understood.

Water and Our Body

- Between 60%-75% of an adult's body weight is water
- Our brain is 75% water, which is why even mild dehydration causes headaches
- Our blood is 92% water

- Our muscles are 75% water

V. Переведите текст и дайте синонимы следующих слов: amount; interval; porridge; to chop; to skip; to begin; nice; to enjoy; to eat.

MEALS

Some people have three or four meals a day. Others eat little amounts at some intervals throughout the day.

The first traditional meal is usually breakfast. People have it early in the morning at 7 or 8 o'clock before going out. Some people have light breakfast, consisting of a sandwich with cheese or sausage, or scrambled eggs with a slice of bread and butter. Others prefer more solid and substantial food, like fried or boiled potatoes with ham or chop; or porridge (rice, semolina or buckwheat porridge); or macaroni with sausages. The usual drink for breakfast is a cup of coffee or strong tea with sugar, milk or lemon. Most people skip breakfast because they don't have time.

Dinner is the biggest meal of the day. Some people have dinner at work; others have it at home when they come from work. Dinner usually begins with an appetizer: a little salad, a piece of herring or perhaps some pickled or marinated mushrooms, tomatoes or cucumbers.

The main course of the dinner is soup. For the 1st course we may eat chicken soup or cabbage soup (shchi), or beetroot and cabbage soup (borshch), solyanka, noodle soup or just broth. In spring and summer when it's hot it's so nice to have the soup called "okroshka", a traditional Russian dish (cold kvas with chopped vegetables and meat).

For the second course we eat roast meat or stewed meat and fried or boiled potatoes, or spaghetti. Many people like fish for dinner. All these dishes are juicy and tender.

For the dessert we drink a glass of mineral water, lemonade or juice. Traditional drinks are mors and kvas. Sometimes we have fresh or canned fruit. If you aren't on a diet you may enjoy a piece of cake or pie. In summer everybody adores to have a piece of melon or watermelon.

In our country many families also prefer to eat take-away food for dinner instead of cooking or eat at the McDonald's which have recently become popular in Russia for the obvious reasons. They are cheap and fast served.

Supper is the last meal of the day. Supper must be a light meal because it isn't good to eat much in the evening. The proverb says, "After dinner sleep a while, after supper walk a mile". Although many people prefer mashed potatoes with pickled or fresh vegetables (tomatoes, cucumbers, carrot, leek). Others eat stewed cabbage with a beefsteak or fried liver or kidneys. We finish supper with a glass of tea or milk.

A special Russian dish is "pyelmeni" – small cases of pasta containing chopped meat (beef and pork mixed). Pancakes with honey, caviar are one of the most popular dishes on the Russian table. They can be served as a main dish or as a dessert. There are small ones called oladyi and big round ones called bliny. They are also made in great quantity at Maslenitsa, a week-long spring festival the last week before Lent.

Most supermarkets sell a range of prepared meals to be cooked in the microwave.

There are the Food Courts in the cities that seats a lot of people and caters for every taste with dishes from all around the world. The aromatic smells that come from the Food Courts are so delicious that your mouth will water. In recent years foreign foods have become a regular part of our life. The restaurants contain many delicatessens offering cuisine from many countries including France, Italy, Greece, Japan and Poland. So nowadays many people prefer to eat out. There are a lot of places offering good value for money and having interesting decor.

VI. Напишите электронное письмо другу, отвечая на следующие вопросы по теме:

1. What kind of food do you like and why?
2. What did you have for breakfast/ dinner/ supper yesterday?

3. What are you going to have dinner/ supper today?
4. What's your favourite fruit/ vegetable/ kind of fish/ first course/ second course/ desert?
5. Do you eat healthily?
6. What measures should the government take to protect people from unhealthy eating?
7. How often do you eat out with friends or family?
8. What dishes do you cook?
9. On a long journey where would you choose to eat?
10. What is your favourite place to eat and why?
11. Where would you rather eat to celebrate a special occasion?
12. Why do people choose to eat in different places?

VII. Кто больше? Письменно перечислите:

- kinds of meat- kinds of fish - berries
- fruits- vegetables- pastries
- dairy produce- dishes with eggs
- spices

VIII. Заполните пропуски 1-5 частями предложений, обозначенными буквами а - е: DO WE LIVE TO EAT OR EAT TO LIVE?

- a. boost your brainpower
- b. can draw energy away from your brain
- c. while watching my favourite cartoon
- d. may actually help improve your health
- e. make food work for us

That is the question. I remember as a child growing up in Britain having fish and chips or baked beans on toast at least twice a week on my lap 1 . Of course I enjoyed my food but it wasn't something I often talked about. Now, I'm not blaming my culture for my lack of interest in food at an early age. Perhaps my silence was due to the fact that I didn't know anything about food. How many children know that prawns only turn pink when they are cooked and that tuna does not come from a can? Now after having lived in Southern Europe, Asia and Australia I find myself talking about food all the time. The world has seduced my taste buds and opened my mouth.

Food that's plain and simple is often the best but not always so. For many of us food is a need. For others, food is a friend. Yet to some others food is an enemy. We struggle to follow a strict diet that turned all our favourite desserts into mortal sins. There are others who regard food as an investment. To them, food has some kind of special powers that can control their lives, for better or for worse. If that's the case, it's time to change and 2 . Let's start by using food the way you would use a pencil or a pair of scissors. We begin using food as a tool. Like tools, some food works well for some tasks and some is specially designed to accomplish others.

Let's say you're feeling down. You had a tough day or a tiff with a best friend that drove you round the bend. You decide to treat yourself to a bar of chocolate – nothing like chocolate to perk you up. Unfortunately you're setting yourself up for a higher dose of the blues. That's because chocolate bars have a hefty amount of fat and sugar – which takes a long time to digest and 3 – and caffeine which will temporarily boost your mood and alertness but send you crashing back down as soon as its effect starts to wear off.

Does this mean snacking is a bad idea when you're feeling down? Not at all. You just have to do it wisely. In place of a chocolate bar, have a slice of toast with chunky marmalade. Then instead of fat and caffeine you've just given yourself a dose of vitamin C that has been shown to fight depression. In addition, marmalade is loaded with the type of sugar that spurs the release of mood-lifting chemicals in the brain. In fact you can manage your mood and 4 ,



metabolism by eating the right food. Whatever your goals, you can custom-design a diet to help you meet them.

Here's how taking control of your food can help you take control of your life. The next time you have an important meeting that requires mental processing, try some brain processing food that looks like this: tuna salad on whole wheat bread, green salad with tomatoes, a handful of nuts, bananas, a glass of skimmed milk. Tuna, bananas, nuts and whole wheat bread are high in vitamin B6, which has been scientifically proven to help preserve cognitive skills. Protein-rich food contains a nutrient called Tyrosine, which studies have shown, are linked to clear thinking and alertness. Greens such as broccoli and spinach naturally contain loads of vitamins and iron. Lack of these nutrients can lead to fatigue and difficulty in concentrating.

Having said all that, let's not be too stressed about what we eat. Many scientists these days believe that indulging in life's little pleasures _5_ because of the psychological lift it gives you. There is a lot of truth in the old saying that 'a little of what you fancy does you good'.

IX. Заполните пропуски в предложениях, используя слова из таблицы только 1 раз:

A

stir	speciality	boil	low-calorie spread
dressing	vegetarian	taste	breakfast cereal
additives	beat the eggs	spices	peel the potatoes
local market	slice of toast	empty	
list of ingredients	main course	fast food	

1. The _____ was so filling that I don't think I've got any room for a dessert.
2. I have to watch my figure so I use a _____ instead of butter.
3. Over 5 million servings of the nation's favourite _____ are eaten every day.
4. At the beginning of every recipe you'll find a _____.
5. It certainly looks good but what does it _____ like?
6. He's a _____, so this limits the choice of things we can offer him.
7. If you could _____ I'll see to the other vegetables.
8. You must _____ thoroughly when you make an omelette.
9. Food bought at the _____ is usually much fresher.
10. He loves every kind of _____ especially enormous hamburgers.
11. Fish soup is a _____ of this region.
12. The _____ on the salad was a little too rich for me.
13. Do you want another _____ or can I put the bread away?
14. Some _____ are used only to make the food more attractive.
15. In many countries, herbs and _____ are often used to add flavour to a dish.

B

raw	tender	root	balanced	instant
pie	take-away	tough	beans	lean
bun	staple	tasty	tart	fast food

1. If you want to be healthy you should be sure to eat a _____ diet.
2. Kevin enjoys eating the fat on the meat, but his wife says it's better to eat only _____ meat.
3. A number of nutritionists point out the value of eating uncooked food, such as salad and _____ vegetables.
4. I sent back my steak because it was _____.
5. _____ vegetables, such as carrots, parsnips and turnips taste very good when made into thick winter soups.
6. Potatoes, rice and pasta are examples of _____ foods.
7. The lamb Sara cooked was so _____ it seemed to melt in the mouth.
8. When Richard and Kate turned up unexpectedly, Sam dashed out and got a _____ from the Chinese restaurant.
9. Most children love the sort of _____ they serve in places like burger restaurants.

10. Mary doesn't like _____ coffee. She prefers to buy the _____ and grind them herself.
11. Jane manages to prepare really _____ dishes from the simplest ingredients.
12. Tom's favourite dish is steak and kidney _____.
13. Anna made a lovely jam _____.
14. A _____ is a sweet bread roll which often contains currants or spices.

C

menu	starter	steak or fish	dessert	eating out
pub				
reserve	cancel	tip	drinks	containers
				bill

1. A very popular pastime today is _____ in a restaurant.
2. If you want to dine at a restaurant you'd better _____ a table.
3. If you can't come don't forget to _____ your reservation.
4. You ask the waiter to see the _____.
5. First, you can have soup or a salad as a _____. Then follows the main course, i.e. _____. Finally you can order_____.
6. When you finish eating, ask the waiter to bring you the _____.
7. If you are content with the service you may give the waiter some extra money. This is called a _____.
8. You can also take food away from restaurants. It may be packed into special_____.
9. For many British people _____ is the centre of their social life.
10. You can buy many kinds of _____ in pubs.

Повышенный уровень

I. Найдите ошибки в тексте:

COCA-COLA

Coca-Cola is probably the world's best-known taste, and was the first trully global brand, Dr. John Stith Pemberton, a pharmacist from Atlanta, Georgia, invented the drink. He mixed the Coca-Cola syrup, witch was combined with carbonated water to make a popular soda fountain drink, in the local Jacobs farmacy. First customer who paid 5 cents a glass, pronounced the drink to be "ekcellent", "deliceous and refreshing." Frank M. Robinson, sugested the product's unusual name and wrote him down in his rather florid handwriting, feeling that the "Two C's would looke good in advertising". The first ad for the drink appeared in the Atlanta Journal, and hand painted in oilcloth signs indicated which soda fountains ofered the product. These was just the first step in a fantastic Kooperation between the brand and advertising, which had made the trademark universally recognized.

A continousstrim of slogans have entered the colective consciousness, from "Drink Coca-Cola" in 1886, the iconic "I'd like to teach the World to Sing" television advertisement of 1971, right up to the simple assertion "Always Coca-Colal" of todays' campaign.

From its original output of around nine drinks a day, Coca-Cola is now the world's most ubiquitous brand, serving over 1.3 billion drinks very day.

FISH AND CHIPS

"Fish and chips" is deep-friend feesh in batter with deep-fried potatoes, and a popular take-away foot. Fish and chips is originally from the United Kindom, but also very popular in Canada, Ireland, New Zealand, South Africa and some coastal towns of the Netherlands and Norway. For decades it was the dominant (if not the only) take-away food in the United Kingdom.

The fried potato are called chips in British and international usage; and while American English calls them French fries, the combination is still called "fish and chips". (Potato chips, an American inovation, are a different potato-derived food, and are known as crisps in the United Kingdom.) Fish and chips have separately been eaten for many year – thought the potato was not

introduced to Europe until the 17th century. The first combined fish and chip shop was probably the one opened in London by Joseph Malin in 1860.

II. Найдите подходящее слово в правой колонке и замените им часть предложения.

- | | |
|---|--------------------|
| 1. The bread should be cooked in dry heat in the oven | A) <i>dice</i> |
| for about fifty minutes. | B) <i>minced</i> |
| 2. Roasting meat should be covered with melted fat | C) <i>deep fry</i> |
| regularly to keep the meat moist. | D) <i>season</i> |
| 3. Decorate the vegetables with some parsley. | E) <i>poached</i> |
| 4. Be very careful to cook slowly, just below boiling point. | F) <i>baked</i> |
| 5. The meat for this recipe should be cut into very small pieces. | G) <i>garnish</i> |
| 6. One method of cooking fish is to cook it in lots of very hot fat. | H) <i>flavour</i> |
| 7. Could you remove the skin and bones from the fish | I) <i>defrost</i> |
| before cooking it. | J) <i>mash</i> |
| 8. When the potatoes are cooked you can crush them to a pulp. | K) <i>peel</i> |
| 9. Remove the outside skin of the potatoes, please. | L) <i>fillet</i> |
| 10. Guests may like eggs which have been broken into boiling | M) <i>simmer</i> |
| water and vinegar. | N) <i>basted</i> |
| 11. Increase the temperature completely before cooking the frozen chicken. | |
| 12. Cut the carrot into small squares. | |
| 13. Add salt and pepper before serving the soup. | |
| 14. You can improve the taste of the sauce with vanilla. | |

III. Составьте свои собственные предложения с выражениями, выделенными курсивом:

NEGATIVE EFFECTS OF FRIED, PROCESSED, SUGARY FOODS

Do you know that many foods you eat every day are *loaded with calories*, factory-created fats, salts, *artificial* flavors, sweeteners, colorings, chemicals that alter texture, and preservatives? Such foods are unhealthy and don't ensure the necessary daily intake of vitamins and minerals. And while occasional hamburger or can of Cola won't *ruin your health*, frequent consumption of the following foods may result in numerous health problems. And no matter how good they taste, if you care about your health you may wish to cut down the following. To give you a stronger motivation we provide scientifically proven information about the dangerous negative effects of these foods.

French Fries

Even home-made French fries are very unhealthy food. French fries are loaded with calories, sodium and fats. The average portion of French fries (170 g) contains 30 g of fat, up to 1200 mg of sodium and 550 calories. And this can contribute to obesity, high cholesterol and heart disease.



French fries are cooked in ultra-hot oil which is high in trans fats. Many fast-food restaurants use trans fats to deep-fry foods because oils with trans fats can be used many times in commercial fryers. Trans fats are twice as dangerous for the heart as saturated fat. Why? Trans fats are a result of a hydrogenation that converts liquid fats, such as plant oils, to solid ones. It turns a healthy oil into an unhealthy one. Studies show that trans fats increase bad LDL cholesterol, reduce beneficial HDL cholesterol, promoting heart attacks and stroke.

Burgers

Hamburgers, cheeseburger, sandwiches, etc. are source of unnecessary calories and fat and have no *nutritional value*, they lack vitamins, minerals and fiber. Depending on cooking methods and ingredients, a regular hamburger with condiments, vegetables and without mayonnaise has about 280 calories (about 14% of the needed daily value) and more than 13



grams of fat (about 20% of the needed daily value). Frequent consumption of hamburgers is associated with weight gain and obesity. Food that you eat may influence the body fat distribution. And so everything that was earlier said about trans fats in French fries is also true for burgers. Unacceptably high amounts of industrially-produced trans fat may produce a *negative effect* on the human fetus and on newborns. Most burgers contain more than 1000 mg of sodium (45% of recommended daily value) and can promote water retention and high blood pressure.

Soft Drinks

The sooner you exclude it from your diet, the better. An average 325 ml can of soda has 10 teaspoons of sugar, 150 calories, 30 to 55 mg of caffeine and artificial food colors. Besides contributing to numerous health problems, soda often replaces healthy beverage choices. Moreover, there are no nutritionally beneficial components in soft drinks. Yet the average American drinks about 57 gallons of soft drinks each year.

A common problem that *is associated with* consumption of a large number of soft drinks is the increased acid levels throughout the body. Most soft drinks contain citric, phosphoric and malic or tartaric acids. These acids are what give the drink the refreshing "bite" or "sting" and at the same time preserving the "quality" and sweetness of the drink. All soft drinks are very acidic, but dark colas such as Coke and Pepsi are much more acidic. Prolonged increased acid levels will cause erosion of the gastric lining, which is very painful and disrupts proper digestion.



Soft drinks harm teeth. Researchers say that soft drinks are responsible for doubling or tripling the incidence of tooth decay. Sugar and acid in soft drinks easily dissolve tooth enamel. They have negative effects on bone mineral density and contribute to osteoporosis. Phosphoric acid in soda beverages upsets the body's calcium-phosphorus ratio and dissolves calcium rapidly, resulting in

premature osteoporosis. Young people who frequently consume soft drinks are at increased risk of bone fractures than those who do not. There is evidence that consumption of too many soft drinks puts you under increased risk for liver cirrhosis similar to what chronic alcoholics have.

Doughnuts

Doughnuts are tasty and appetizing but they have no nutritional value. Most are loaded with trans fats or damaged fats due to deep frying. High *consumption* of trans fat is a significant risk factor for coronary heart disease.

Many cakes and cookies combine all three "whites" together: white sugar, flour, and fat. Also, these foods frequently contain artificial colors, artificial flavors, preservatives, texturizing and processing agents, and other additives that further detract from their nutritional stature and your health. Cakes, cookies, crackers, pies, and bread are the major food sources of trans fat.

Bacon

Fat, fat, and more fat! It's not really a meat. Fried bacon can drastically increase the level of cholesterol. It's also high in salt and full of both nitrites and nitrates. Recent US study has linked eating cured meat like bacon and hot dogs with increased risk of lung disease.

Chips



Corn chips, potato chips have literally no nutritional benefits. Almost all brands contain harmful levels of sodium and fat. Fried potato products such as French fries and chips may contain substantial amounts of carcinogenic substances like acrylamide. High temperatures used to cook them will potentially cause the formation of acrylamide, and this risk remains even if the trans fat is removed. *According to* some

studies, in foods like French fries and potato chips, acrylamide is present in the amount of about 300 times more than the "safe" limits recommended by WHO (World Health Organization). However, acrylamide content does not appear in the dietary nutritional information that goes with the packaging.

IV. Найдите синонимы к словам:

STRONG REASONS TO EAT SLOWLY

I like chocolate *candies* a lot. Most of the time I have to eat 3 candies to be totally pleased. But *recently* I noticed that if after two candies I take a 10-15 min pause, I have significantly less or even no desire at all to eat the third one. I started wondering why this happens and began my research, which turned into learning the effects of *slow* eating. The most prominent benefit of eating slowly is reduced intake of food and, therefore, weight loss, which has its own numerous beneficial effects. Other positive moments of slow eating include:

1 First of all - **It can't hurt you!** Slow eating rate doesn't have any negative effects on your health, but can bring you a number of benefits without extra *cost*.

2 **Appetite reduction.** Eating slowly gradually reduces the appetite from the time you begin to eat. It takes the brain about 15-20 minutes to start signaling feelings of fullness. And if you have no appetite, you end up eating less.

3 **Portion size control.** Slowly eating can make it much easier to eat less without feeling deprived. It takes some time to feel satiety, so give this time to your body. Eating fast lets you eat too much before you are fully aware of it. Slowing the rate of eating can allow the satiety signals to develop before your plate is empty.

4 **Weight control.** Portion size and eating speed seem to be the part of the reason of *famous* "French paradox" -- the relatively low incidence of heart disease and overweight in France as compared to the United States, despite the generally high intake of calorie-rich and fatty foods. It is well documented that the French take longer to eat than Americans despite French eat smaller portions. Recently Japanese researchers found strong positive correlation between rate of eating and body mass index (BMI) and obesity.

5 **Digestion.** It is well known that digestion begins in the mouth, where the saliva is mixed with the food and starts to break it down into smaller chemicals that can be absorbed and nourish the body. Chewing thoroughly promotes smooth, complete digestion. Basically the slower you eat the faster and more efficiently you metabolize the food. When food is swallowed whole it makes it more difficult for the body to absorb all the important vitamins, minerals, and amino acids.

6 **Taste and enjoy your food!** When you eat slowly, you end up tasting your food more. Eating slowly lets you experience more of the flavors, textures and smells of what you eat. Your food will become more interesting. And again, French experience. They focus more on the impression and less on the health effects of eating.

7 **Quality versus Quantity.** Slow eating is a real step to a more healthy diet. If you won't like what you eat when you eat it slowly, probably the next time you will choose something of a better quality and enjoy the pleasures of good food. Fast eaters are more prone to consume "junk" and "fast" foods.

V. Дайте антонимы слов:

INTERESTING FACTS ABOUT SALT



Salt has been used for seasoning and preserving food for pretty much as *long*, as humankind has been around. Our bodies do need salt, but most of us now consume too much of it, as it is hidden in many of the foods that we eat, let alone what we sprinkle on top of our fries. You know that too much salt is bad for you and you probably know that salt is either mined from rocks or extracted from the sea, so, here are ten more facts about salt that you might not have known:

1. The recommended daily intake of salt is just 1 teaspoon. Quite how *anyone* can actually check their salt intake is anyone's guess, because salt is *present* in many foods from bread to cookies. The best advice is not to add extra salt to food at mealtimes and avoid salty foods like potato chips and other salted snacks.

2. You can overdose on salt. If you eat too much salt in one go it will be fatal. If you were to eat one gram of salt for every kilogram of your own weight, then the salt would kill you.
3. Salt used to be a precious commodity. *Before* salt was so readily available as it is today, it was so *valuable* that people called it white gold. Right up to the early 20th century, one pound bars of salt were still used in Ethiopia as the basic form of currency.
4. Salt kills fleas. If your dog or cat has brought fleas into the home, then a light dusting of salt on your carpets will kill them off. Sprinkle salt over your carpets and leave it on for twelve hours and then vacuum it up again.
5. Salt free does not mean salt free. Be wary of foods that are labeled salt free or sodium free, because they may not be what they appear to be. To be able to use that claim in the US, for example, the food must contain less than 5mg of sodium, so it is not strictly salt free.
6. Roman soldiers were not paid in salt. It is a commonly held myth that Roman soldiers were paid in salt and that this is where the word 'salary' comes from. Roman soldiers were paid in coins, but one of their jobs was to guard the salt routes into Rome, so this is probably where the term 'salary' comes from.
7. Most of the salt used in the world is not eaten. Most of the salt that is mined or extracted from the sea doesn't end up on your dinner plate. Only 6% of the US consumption of salt is used in food, the rest is used in industrial processes and over 15% is used to treat the streets every year to guard against ice.
8. Most of your salt comes from processed food. Although the easiest way to reduce your salt intake is in the salt you add to your food at home, the largest proportion of salt intake, for the average American adult, comes from processed food and restaurant food.
9. You do need some salt in your diet. Salt is essential to your body, it regulates your water intake and it is important for the functioning of your brain and your nervous system. A lack of salt can be fatal and, if you drink too much water you can actually flush the salt out of your system and cause a life threatening condition called Hyponatremia.

VI. Прочтите текст, подготовьтесь к его обсуждению, высказав свои «за» и «против»: **THE RAW FOOD DIET**

A raw food diet will probably help you lose weight and might be good for your health, but it can be difficult to maintain. Find out what some nutrition experts think about the raw food diet.

It is usually strictly vegetarian, although some in the raw food movement allow unpasteurized dairy products, raw meat, raw eggs, and sushi. A basic belief is that you should restrict food that is cooked or heated above 116 to 118° Fahrenheit (+47° Celsius). Advocates of raw food diets believe that the typical American diet of processed foods, animal products, and chemical additives contributes to diseases such as diabetes and high blood pressure. Another raw food movement concept is that when we cook our food we break down the food's enzymes and lose many of the food's nutritional benefits.

When a raw food diet allows some meat, it is usually fish or poultry. Raw foods can be blended, dehydrated, or juiced. Although 75 percent of your food should be uncooked, some in the raw food movement allow for some boiled pasta or a baked potato.

If you stick to the raw foods diet, it's hard to overeat. As long as it is raw and vegetarian, there are no restrictions. You can eat as much as you want, as often as you want.

Pros:

- **Fiber.** This diet includes plenty of fiber, which fills you up and is great for your digestion.
- **Antioxidants.** Because the diet relies heavily on fruits and vegetables you will get plenty of antioxidants, substances that help protect your cells from damage.
- **Weight loss.** Because the raw food diet is so different from the typical American diet of animal fat and carbohydrates, you will almost certainly lose weight.
- **Heart health.** It is low in saturated fats, high in antioxidants, high in magnesium, and low in sodium. All of these factors make this diet healthy for your heart.

Cons:

On the negative side, the raw food diet is very hard to sustain.

- **Time consumption.** In order to make a raw food diet appetizing, a lot of time needs to go into special shopping and preparation.
- **Nutritional deficiencies.** You may have to supplement vitamins in this diet to keep from getting too low on B vitamins and calcium. The absence of any animal products can also leave you low on **protein** and iron.
- **Uncooked meat and dairy.** For those raw food diets that do include some meat and dairy, eating these products uncooked can expose you to bacteria that might make you sick.
- **Exclusions.** I would not consider this diet nutritionally safe for children, nursing mothers, or women who are pregnant.

By Chris Iliades, Doctor of Medicine

VII. Определите пищевые привычки вегетарианцев, соединив цифры с буквами:

EATING HABITS OF VEGETARIANS

The simplest definition of vegetarianism is a diet free of meat, fish, and fowl flesh. But eating habits of vegetarians cover a wide spectrum.

1	pescatarians	a	avoid animal flesh but eat eggs and milk products
2	forgo eating (and often wearing)	b	follow a diet that includes fruits, nuts, seeds, and other plant food
3	raw foodists	c	all animal-based products, including honey
4	lacto-ovo vegetarians	d	eat fish and seafood
5	fruitarians	e	eat mainly raw fruits, vegetables, legumes, sprouts, and nuts
6	macrobiotic diet	f	eat dairy products but not eggs
7	lacto-vegetarians	g	eat mostly grains but can also eat fish. They don't necessarily identify as vegetarians.
8	flexitarians	h	occasionally eat meat and fish

VIII. Прочтите текст и расскажите, сколько воды в день Вы выпиваете:

4 SIMPLE WAYS TO STAY HYDRATED

You may have heard that there's no science behind the age-old advice to drink eight cups of water a day, but how much should you be drinking? It seems like a pretty basic question, but unfortunately there's no clear-cut answer. It's actually surprising how little we know about the relationship between hydration and long-term health, given that water is the one nutrient we can't survive without for more than a few days (we can live significantly longer without calories or essential vitamins). Part of this knowledge gap stems from the fact that there is no scientific



consensus regarding the definition of "optimal hydration" and no one perfect method for assessing fluid status. There's also a shortage of reliable data on how much water and total fluids people drink on average, since relatively few studies have methodically assessed this.

The Institute of Medicine updated its recommendations regarding water intake and set the adequate intake for adults aged 19 and older at 2 liters daily for women (about 8 cups) and 2.5 liters for men (about 11 cups). And the recommendations don't refer to just pure water. They encompass total fluid intake from all beverages (including coffee and tea) as well as foods. About 20 percent of our daily water needs come from fruits, vegetables, meats, and other foods, which means most people don't actually need to gulp down 8 to 11 cups of liquid every day to stay hydrated. This guideline is intended for people engaging in moderate amounts of physical activity in temperate climates. Athletes may have much higher

needs, especially if they're exercising outdoors in hot, humid weather. Heavy exercisers can lose up to 6 liters of water per day through sweat in extreme conditions and need to drink an equivalent amount to replace these losses.

How to Make Hydration a Habit

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus so you can operate more efficiently, so it's important to give your drinking habits the attention they deserve. Here are some simple ways to make fueling up with fluid throughout the day a little easier:

1. **Always carry a water bottle, and if you have desk job, always keep one at your desk.** If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.
2. **When you're feeling frazzled or hazy, grab a glass of cold water.** Studies show that people instantly feel more alert after drinking H₂O. It's a simple, healthy way to snap out of a midday slump.
3. **Sip on a mug of herbal tea every evening.** If you make this a habit, you'll add an extra cup of fluid to your tally every single day. On top of that, this relaxing ritual is a wonderful way to de-stress at the end of the day.
4. **Eat a diet rich in whole foods.** By eating water-rich foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake. On the other hand, processed snack foods like chips, crackers, and baked goods have minimal water content.

If you're an elderly adult or a caretaker for one, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated. It may be helpful to fill up a big water bottle (at least 1 liter) at the beginning of the day, with the goal of emptying it by the end of the day. The water bottle is a physical reminder to drink even if you're not thirsty.

IX. Заполните пропуски 1-7 частями предложений, обозначенными буквами а – j:

THE BROWNS' DININGROOM

- a. at the other end
- b. supper or dinner in the evening
- c. is covered with a white cloth
- d. the right number of knives, forks, spoons and glasses for each person
- e. are having dinner with the Browns
- f. a table-napkin and a plate with a roll on it
- j. cheese and biscuits to finish with

In the dining-room we have our meals: breakfast in the morning, lunch in the midday, and _1_.

Here you see Mr. and Mrs. Thompson who've just arrived from abroad and _2_. The host, Mr. Brown, is sitting at the head of the table, and the hostess, Mrs. Brown, is _3_. The Thompsons are sitting on either side, facing each other.

The dining-room table _4_. Mr. Brown has laid the table in the usual way, and has put _5_. There is also pepper, salt, oil, vinegar and mustard. On the left of each person is _6_.

On the sideboard the Browns usually have a bowl of fruit: apples, pears, plums, cherries, grapes, oranges or bananas, according to the season. The mistress of the house has just served the soup. After this there'll be fish, meat or poultry with vegetables, then sweets, and perhaps _7_.

X. Ответьте на вопросы:

1. _____ How many meals a day do you have?
2. _____ Have you tried your hand in cooking?
3. _____ Can you work on an empty stomach?
4. _____ Have you ever been on a diet?

5. _____ What would you say when:

- you suggest smb having dinner with you
- you agree to have smth to eat
- you refuse the second helping of smth
- you offer tea or coffee to your guest
- you choose what to eat from the menu?

1. Критерии оценивания компетенций

Отметка «отлично» выставляется студенту, если он твердо знает базовые нормы употребления лексики и фонетики; основные способы работы над языковым и речевым материалом; лексико-грамматический минимум по специальности в объеме, необходимом для работы с иноязычным материалом и текстами в процессе профессиональной деятельности; способен планировать самостоятельную работу, структурировать информацию на иностранном языке и самостоятельно использовать их в профессиональных целях, владеет приемами самостоятельной работы с языковым материалом (лексикой, грамматикой, фонетикой) с использованием справочной и учебной литературы; способами пополнения профессиональных знаний на основе использования оригинальных источников на иностранном языке, из разных областей общей и профессиональной культуры необходимыми навыками профессионального общения на иностранном языке; техникой работы с основными типами справочной и учебно-справочной литературы (словари, энциклопедические

Отметка «хорошо» выставляется студенту, если он твердо знает базовые нормы практических задач в области иностранного языка и основные способы работы над языковым и речевым материалом; умеет работать с текстами профессиональной направленности на иностранном языке, владеет приемами самостоятельной работы с языковым материалом (лексикой, грамматикой, фонетикой) с использованием справочной и учебной литературы и способами пополнения профессиональных знаний на основе использования оригинальных источников на иностранном языке, из разных областей общей и профессиональной культуры.

Отметка «удовлетворительно» выставляется студенту, если он имеет знания только базовых норм употребления лексики и фонетики; и основных способов работы над языковым и речевым материалом, частично умеет работать с текстами профессиональной направленности на иностранном языке, частично владеет способами пополнения знаний на основе использования оригинальных источников на иностранном языке, но испытывает трудности в общении на иностранном языке и способами пополнения профессиональных знаний на основе использования оригинальных источников на иностранном языке, из разных областей общей и профессиональной культуры.

Отметка «неудовлетворительно» выставляется студенту, который не знает базовых норм употребления лексики и фонетики на иностранном языке и основных способов работы над языковым и речевым материалом, имеет минимальные способности в работе с текстами профессиональной направленности, владеет минимальными приемами самостоятельной работы с языковым материалом (лексикой, грамматикой, фонетикой) с использованием справочной и учебной литературы и способами пополнения профессиональных знаний на основе использования оригинальных источников на иностранном языке, из разных областей общей и профессиональной культуры.

2. Описание шкалы оценивания

Максимально возможный балл за весь текущий контроль устанавливается равным **55**. Текущее контрольное мероприятие считается сданным, если студент получил за него не менее 60% от установленного для этого контроля максимального балла. Рейтинговый балл, выставляемый студенту за текущее контрольное мероприятие, сданное студентом в

установленные графиком контрольных мероприятий сроки, определяется следующим образом:

Уровень выполнения контрольного задания	Рейтинговый балл (в % от максимального балла за контрольное задание)
Отличный	100
Хороший	80
Удовлетворительный	60
Неудовлетворительный	0

3. Методические материалы, определяющие процедуру оценивания знаний, умений, навыков и (или) опыта деятельности, характеризующих этапы формирования компетенций

Процедура проведения данного оценочного мероприятия включает в себя индивидуальные задания, которые позволяют оценить ответы студентов по дисциплине «Иностранный язык в сфере профессиональной коммуникации».

Предлагаемые студенту задания позволяют проверить компетенции: - ОК-5 способностью к коммуникации в устной и письменной формах на русском и иностранном языках для решения задач межличностного и межкультурного взаимодействия. Для подготовки к данному оценочному мероприятию необходимо 4,5 часа самостоятельной работы.

Составители _____ Ю.В. Нагорная

«_____» _____ г.