**13.04.20202020 группа П-17 АНГЛИЙСКИЙ ЯЗЫК**

**Внимание! Attention! Начинаем готовить итоговую работу за учебный год « COOKERY BOOK» ( 10 рецептов)**

**1 Прочитайте приведенный ниже текст. Преобразуйте слова, напечатанные заглавными буквами в скобках так, чтобы они грамматически соответствовали содержанию текста. Заполните пропуски полученными словами.**

**THE JOYS OF JUICE**

Fresh fruit and vegetable juice drinking has become much … (1. WIDESPREAD) in recent years.Many … (2. PERSON) start each day with a glass of freshly squeezed orange juice, while others harvest their own crops of fruits and vegetables to press themselves, or follow diet regimes that are based on juices.

Most fresh fruits and vegetables … (3.TO BE) excellent sources of the antioxidant vitamins, beta carotene and vitamins C and E. These … (4. A/THE/-) nutrients, research suggests, help to neutralize the harmful effects of the body’s free radicals, which have been linked to aging, heart disease and cancer.

Juices can also make you feel … (5. HEALTHY) because they contain plant enzymes that aid digestion. It is even claimed that juices are able to alleviate many common … (6. COMPLAINT) such as throats and insomnia. But fruit juices such as apple and citrus juices naturally contain about 10 % sugar and, if consumed frequently throughout the day, … (7. TO CAUSE) tooth decay.

Although juices do not pack as much of a punch nutritionally as the raw, fibrous fruit or vegetable, they are often … (8 TASTY). Juices are also a good way to boost your vitamin intake. In most cases a glass of fresh juice provides several times the recommended levels of vitamins and minerals.

**2 Переведите рецептуру блюда в соответствии с основными требованиями оформления**

**Dijon Garlic Salmon**

**Ingredients**

4 (6 ounce) salmon fillets

1/3 cup Dijon mustard

4 large cloves garlic, thinly sliced

1 red onion, thinly sliced

1 teaspoon dried tarragon

salt and pepper to taste

**Directions**

1. Preheat oven to 400 degrees F (200 degrees C). Spray a 9x13 inch pan with cooking spray.

2. Arrange the salmon skin side down in the prepared pan, and lightly coat with the Dijon mustard. Place the garlic and onion slices on the salmon fillets. Season with tarragon, salt and pepper.

3. Bake 20 minutes in the preheated oven, or until salmon is easily flaked with a fork.

**3 Используя приведённые ниже продукты, составьте описание блюда для меню.**

Сabbage, onion, celery, garlic, tomatoes, salt, pepper, butter

**Работы отправлять на эл.почту** [**letinayuliya@mail.ru**](mailto:letinayuliya@mail.ru) **или ВКонтакте**

1. **Задания отправить до 17.04.2020**

**THANK YOU**

**GOOD LUCK!!!**