

12+ Джонас Тичерман

Лексика английского языка для среднего уровня

Тематическое учебное пособие В1



*Your next step to
fluent
communication*

Джонас Тичерман
Лексика английского языка для
среднего уровня. Тематическое
учебное пособие B1

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Аннотация

Учебное пособие предназначено для изучающих английский язык на уровне B1 и направлено на развитие и закрепление активной лексики. Материал организован по тематическим разделам и включает тексты, списки слов с переводом, диалоги и практические вопросы. Пособие помогает расширить словарный запас, развить навыки устной речи и научиться использовать лексику в реальных коммуникативных ситуациях. Подходит для самостоятельного обучения и занятий с преподавателем.

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Джонас Тичерман

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Введение

Данное учебное пособие предназначено для изучающих английский язык на уровне В1 и направлено на развитие словарного запаса, навыков чтения, устной речи и понимания контекста употребления лексических единиц. Книга структурирована по тематическим разделам, охватывающим основные сферы повседневной жизни, общения, работы и личного развития.

Каждая глава включает тематический текст, список ключевой лексики с переводом, диалог с параллельным переводом, а также блок вопросов для самостоятельной практики. Такой формат позволяет системно закреплять изученный материал и развивать способность использовать новые слова и выражения в различных коммуникативных ситуациях.

Особое внимание в пособии уделяется актуальной лексике, необходимой для повседневного общения и понимания современных текстов. Темы подобраны с учётом типичных интересов и потребностей изучающих английский язык на среднем уровне.

Цель данного пособия заключается в формировании устойчивой лексической базы, развитии навыков самостоя-

тельной работы с языковым материалом и повышении уверенности в использовании английского языка в устной и письменной форме.

Автор придерживается принципа постепенного усложнения материала и ориентируется на практическое применение языка. Пособие может быть использовано как для самостоятельного изучения, так и в рамках занятий с преподавателем.

Daily routine and lifestyle

Text

Most people have a daily routine that helps them organize their time and make their life more stable. A routine is a set of activities that a person usually does every day. It does not have to be exactly the same, but it often includes repeated habits that give structure to the day.

For many people, the day begins in the morning. Some people wake up early because of work or study, while others prefer to stay in bed a little longer. After waking up, people usually wash, brush their teeth, and get dressed. These simple actions help them feel ready for the day.

Breakfast is an important part of the morning routine. It gives energy and helps people focus during the first part of the day. Some people eat a full meal at home, while others choose something quick, like coffee and a snack on the way to work or school.

During the day, most people are busy with work or study. Students go to school or university, where they attend lessons,

listen to teachers, take notes, and complete tasks. Workers go to offices, shops, or other workplaces where they have responsibilities and duties.

It is normal to feel tired during the day, so people often take short breaks. During these breaks, they can drink water, talk to colleagues, or simply rest for a few minutes. These small pauses help people feel more productive.

Lunch is usually eaten around midday. Some people bring food from home, while others prefer to eat in a canteen or café. After lunch, people continue their activities until the end of the working day.

When work or study is finished, people return home. The evening is usually more relaxed and calm. Many people cook dinner, spend time with family, or watch television. Others prefer to meet friends, go for a walk, or visit the gym to stay healthy.

Free time is important because it helps people relax and recover energy. People use their free time in different ways depending on their interests and personality. Some enjoy reading books, while others prefer social media, music, or movies.

Before going to bed, many people follow a simple evening routine. They wash, prepare things for the next day, and

sometimes set alarms. A regular sleep schedule is important because good sleep helps the body and mind recover.

Most adults need between seven and nine hours of sleep. Sleep quality affects mood, energy, and concentration during the day. When people do not sleep enough, they often feel tired and stressed.

Technology also plays a big role in modern lifestyle. People use smartphones to plan their day, communicate, and check information. However, too much screen time can affect health, so some people try to reduce it.

A healthy lifestyle is based on balance. It includes work, rest, physical activity, and time for personal interests. When a person manages their routine well, they often feel more organized, calm, and satisfied with life.

Vocabulary and expressions

daily routine — ежедневный распорядок

to organize time — организовывать время

stable — стабильный

habit — привычка

structure — структура

to wake up — просыпаться

to get dressed — одеваться

to focus — концентрироваться

energy — энергия

on the way — по пути

workplace — место работы

responsibility — ответственность

to take breaks — делать перерывы

to feel productive — чувствовать себя продуктивным

midday — полдень

canteen — столовая

to return home — возвращаться домой

free time — свободное время

to recover energy — восстанавливать энергию

personality — личность

evening routine — вечерний распорядок

to set alarms — ставить будильники

sleep schedule — режим сна

concentration — концентрация

screen time — время перед экраном

to communicate — общаться

balanced lifestyle — сбалансированный образ жизни

physical activity — физическая активность

to manage — управлять

satisfied — довольный

Dialogue with translation

Anna: What does your daily routine usually look like?

Anna: Как обычно выглядит твой ежедневный распорядок?

Mark: I wake up early, get ready, and go to work.

Mark: Я просыпаюсь рано, собираюсь и иду на работу.

Anna: Do you have a strict routine every day?

Anna: У тебя строгий распорядок каждый день?

Mark: Not strict, but I try to keep a stable routine.

Mark: Не строгий, но я стараюсь поддерживать стабильный распорядок.

Anna: What do you do during your working day?

Anna: Что ты делаешь в течение рабочего дня?

Mark: I attend meetings, take notes, and complete tasks.

Mark: Я посещаю встречи, делаю заметки и выполняю задачи.

Anna: Do you take breaks during work?

Anna: Ты делаешь перерывы во время работы?

Mark: Yes, short breaks help me stay productive.

Mark: Да, короткие перерывы помогают мне оставаться продуктивным.

Anna: How do you spend your evenings?

Anna: Как ты проводишь вечера?

Mark: I usually relax, cook dinner, or watch something.

Mark: Обычно я отдыхаю, готовлю ужин или что-то смотрю.

Anna: Do you think your lifestyle is balanced?

Anna: Ты считаешь, что твой образ жизни сбалансирован?

Mark: Yes, I try to balance work, rest, and free time.

Mark: Да, я стараюсь балансировать работу, отдых и свободное время.

Questions and sample answers

What time do you usually wake up?

I usually wake up early because I have work or study. I feel better when I start the day early. It helps me have more time in the morning.

How do you start your morning?

I start my morning by washing, getting dressed, and having breakfast. This routine helps me feel ready for the day. It also gives me energy.

What do you usually do during the day?

During the day, I work or study and focus on my tasks. I also take short breaks when I feel tired. This helps me stay productive.

How do you relax after a busy day?

After a busy day, I usually relax at home. I may watch TV, listen to music, or spend time with my family. It helps me recover energy.

Do you think your lifestyle is healthy?

I think my lifestyle is quite healthy because I try to eat well and sleep enough. I also try to include some physical activity. This keeps me in good shape.

What helps you feel more productive?

Good sleep and a clear plan for the day help me feel productive. When I organize my time, I can do more things. Breaks during work are also important.

How do you usually spend your evenings?

In the evenings, I usually stay at home and relax. Sometimes I meet friends or go for a walk. I try not to be too busy.

Do you prefer a busy or a quiet lifestyle?

I prefer a balanced lifestyle, not too busy and not too quiet. I like having time for both work and rest. This helps me feel comfortable and not stressed.

Morning habits and getting ready for the day

Text

Morning habits play an important role in how people feel and perform during the rest of the day. A good morning routine can help a person feel more awake, focused, and positive. Many people believe that the way the morning starts influences the whole day.

Most people begin their morning by waking up at a certain time. Some use alarms on their phones or clocks, while others wake up naturally. After waking up, many people stay in bed for a few minutes to fully become alert. This short moment of rest helps the brain adjust from sleep to activity.

After getting out of bed, people usually start with basic hygiene. They wash their face, brush their teeth, and sometimes take a shower. These actions help the body feel fresh and ready for the day. Personal care is an important part of feeling confident and active.

Getting dressed is the next step in the morning routine. People choose clothes depending on the weather, their work, or their plans for the day. Some people prepare their clothes in the evening to save time in the morning.

Breakfast is another key part of the morning. It provides energy and helps people concentrate better. Some people prefer a full breakfast with eggs, bread, or porridge, while others choose something light like yogurt or fruit. There are also people who skip breakfast, although this is not always considered healthy.

Many people also spend a few minutes checking their phones in the morning. They read messages, check the news, or look at the weather. However, some people try to avoid screens early in the day because they want to start their morning more calmly.

Before leaving home, people often make small preparations. They check their bags, take keys, and make sure they have everything they need. Some people also plan their tasks for the day to stay organized and avoid stress.

Transportation is also part of the morning routine for many people. Some walk to work or school, while others use buses, trains, or cars. The morning journey is often a time when people think about their plans or listen to music.

A good morning routine can reduce stress and improve productivity. When people follow a clear pattern, they do not waste time thinking about what to do next. This makes the morning smoother and more efficient.

However, not everyone has the same habits. Some people enjoy slow mornings, while others prefer to wake up quickly and start working immediately. Morning habits depend on personality, lifestyle, and responsibilities.

In general, a healthy morning routine includes enough sleep, proper hygiene, a good breakfast, and a calm start to the day. When people take care of their mornings, they often feel more balanced and ready for challenges.

Vocabulary and expressions

morning habits — утренние привычки

to play an important role — играть важную роль

to feel awake — чувствовать себя бодрым

focused — сосредоточенный

positive — позитивный

alarm — будильник

to become alert — проснуться полностью

hygiene — гигиена

to brush teeth — чистить зубы

to take a shower — принимать душ

personal care — уход за собой

to get dressed — одеваться

weather — погода

to prepare clothes — готовить одежду

to skip breakfast — пропускать завтрак

to check messages — проверять сообщения

calmly — спокойно

preparation — подготовка

to plan tasks — планировать задачи

transportation — транспорт

journey — дорога

to reduce stress — уменьшать стресс

productivity — продуктивность

efficient — эффективный

routine — распорядок

to depend on — зависеть от

responsibility — ответственность

to improve — улучшать

balanced — сбалансированный

challenge — вызов

Dialogue with translation

Anna: What is your usual morning routine like?

Anna: Как выглядит твой обычный утренний распорядок?

Mark: I usually wake up early, wash, and have breakfast.

Mark: Обычно я просыпаюсь рано, умываюсь и завтракаю.

Anna: Do you use an alarm to wake up?

Anna: Ты используешь будильник, чтобы просыпаться?

Mark: Yes, I set an alarm on my phone every day.

Mark: Да, я каждый день ставлю будильник на телефоне.

Anna: Do you check your phone in the morning?

Anna: Ты проверяешь телефон утром?

Mark: Yes, I read messages and check the weather.

Mark: Да, я читаю сообщения и проверяю погоду.

Anna: How important is breakfast for you?

Anna: Насколько для тебя важен завтрак?

Mark: It is very important because it gives me energy.

Mark: Это очень важно, потому что даёт мне энергию.

Anna: How do you get to work or study?

Anna: Как ты добираешься до работы или учёбы?

Mark: I usually take the bus and listen to music.

Mark: Обычно я еду на автобусе и слушаю музыку.

Anna: Do you think your mornings are stressful?

Anna: Ты считаешь, что твои утра стрессовые?

Mark: No, I try to keep my mornings calm and organized.

Mark: Нет, я стараюсь делать свои утра спокойными и организованными.

Questions and sample answers

What time do you usually wake up in the morning?

I usually wake up early on weekdays because of work or study. On weekends I sometimes wake up later. I like having a consistent sleep schedule.

How do you feel when you wake up?

I usually feel a bit tired at first, but after a few minutes I become more awake. A glass of water and washing my face help me feel better. Then I feel ready to start the day.

What do you usually do before leaving home?

Before leaving home, I get dressed, check my bag, and make sure I have everything I need. I also sometimes plan my day quickly. This helps me avoid forgetting important things.

Do you prefer slow or fast mornings?

I prefer slow mornings because they feel more comfortable and less stressful. I like having time for breakfast and preparing calmly. It helps me start the day in a better mood.

How important is breakfast for you?

Breakfast is very important for me because it gives me energy for the morning. When I skip it, I feel less focused. A good

breakfast helps me work better.

Do you use your phone immediately after waking up?

Sometimes I check my phone after waking up, but I try not to do it too much. I prefer to start the day without too many distractions. It helps me stay calm.

What helps you start the day in a good mood?

A good sleep and a quiet morning help me start the day well. I also feel better when I do not rush. Small routines make a big difference for me.

Do you think morning habits affect the whole day?

Yes, I think morning habits affect the whole day a lot. If the morning is calm and organized, the rest of the day is usually better. A stressful morning often makes the day harder.

Free time and hobbies

Text

Free time is an important part of life because it allows people to relax, recover energy, and do activities they enjoy. Without free time, people can feel stressed and tired, especially if they have a busy work or study schedule. That is why hobbies are important for mental and emotional well-being.

People spend their free time in different ways depending on their interests, personality, and lifestyle. Some prefer active hobbies, while others enjoy quiet and relaxing activities. There is no right or wrong way to spend free time as long as it helps a person feel better.

One of the most common hobbies is watching films and series. Many people enjoy relaxing at home after a long day and watching something interesting. Streaming platforms make it easy to find new movies and shows in different genres.

Reading is another popular hobby. Some people read books, while others prefer articles or online blogs. Reading helps improve vocabulary, imagination, and concentration. It is also a

good way to spend time without screens.

Sports and physical activities are also very important. Many people go to the gym, run in the park, or play team sports like football or basketball. Exercise helps people stay healthy, reduce stress, and improve their mood.

Some people enjoy creative hobbies such as drawing, painting, writing, or playing musical instruments. These activities allow people to express themselves and develop new skills. Creative hobbies can also be very relaxing.

Social activities are another way to spend free time. People meet friends, go to cafes, visit cinemas, or attend events. Spending time with others helps build relationships and makes life more enjoyable.

In modern life, many people also spend their free time online. They use social media, play video games, or watch videos. While this can be entertaining, too much screen time can be unhealthy, so balance is important.

Traveling and exploring new places is another hobby that many people enjoy. Even short trips to nearby cities or nature areas can bring new experiences and emotions. Traveling helps people learn about different cultures and lifestyles.

Some people prefer quiet hobbies like gardening, cooking, or solving puzzles. These activities are often done alone and help people relax after a busy day. They are simple but effective ways to reduce stress.

Free time is not only about entertainment, but also about personal development. People can use it to learn new skills, study languages, or improve themselves. This makes free time both enjoyable and useful.

In conclusion, hobbies and free time activities play an important role in a balanced life. They help people relax, stay healthy, and feel happier. The best hobby is the one that brings joy and does not feel like a duty.

Vocabulary and expressions

free time — свободное время

hobby — хобби

to relax — расслабляться

to recover energy — восстанавливать энергию

mental well-being — психическое благополучие

emotional well-being — эмоциональное благополучие

active hobby — активное хобби

quiet activity — спокойное занятие

streaming platform — стриминговая платформа

genre — жанр

to improve vocabulary — улучшать словарный запас

imagination — воображение

concentration — концентрация

physical activity — физическая активность

to reduce stress — уменьшать стресс

creative hobby — творческое хобби

to express oneself — выражать себя

skill — навык

social activity — социальная активность

relationship — отношения

screen time — время перед экраном

entertaining — развлекательный

traveling — путешествия

experience — опыт

culture — культура

lifestyle — образ жизни

gardening — садоводство

puzzle — головоломка

personal development — личное развитие

balanced life — сбалансированная жизнь

Dialogue with translation

Anna: What do you usually do in your free time?

Anna: Что ты обычно делаешь в свободное время?

Mark: I usually watch series or go for a walk.

Mark: Обычно я смотрю сериалы или иду гулять.

Anna: Do you have any hobbies?

Anna: У тебя есть хобби?

Mark: Yes, I like reading and sometimes playing sports.

Mark: Да, мне нравится читать и иногда заниматься спортом.

Anna: How often do you do sports?

Anna: Как часто ты занимаешься спортом?

Mark: I try to go to the gym two or three times a week.

Mark: Я стараюсь ходить в зал два или три раза в неделю.

Anna: Do you prefer active or quiet hobbies?

Anna: Ты предпочитаешь активные или спокойные хобби?

Mark: I prefer a mix of both. It depends on my mood.

Mark: Я предпочитаю сочетание обоих. Это зависит от настроения.

Anna: Do you spend much time online?

Anna: Ты много времени проводишь в интернете?

Mark: Yes, but I try to control my screen time.

Mark: Да, но я стараюсь контролировать время перед экраном.

Anna: What do you do to relax after work or study?

Anna: Что ты делаешь, чтобы расслабиться после работы или учёбы?

Mark: I usually listen to music or watch something calm.

Mark: Обычно я слушаю музыку или смотрю что-то спокойное.

Questions and sample answers

What do you usually do in your free time?

In my free time, I usually relax at home or go for a walk. Sometimes I watch films or read books. It depends on how tired I am.

Do you have any hobbies?

Yes, I have a few hobbies such as reading and playing sports. I also enjoy listening to music. These activities help me relax.

Why are hobbies important for you?

Hobbies are important because they help me reduce stress and feel better. They also make my free time more interesting. Without hobbies, life would feel boring.

Do you prefer active or quiet hobbies?

I prefer a mix of active and quiet hobbies. Sometimes I like doing sports, and sometimes I just want to relax. It depends on my energy and mood.

How often do you do something for fun?

I try to do something fun every day, even if it is something small. It can be listening to music or watching a short video. It helps me stay in a good mood.

Do you spend a lot of time online in your free time?

I spend some time online, but I try not to overdo it. I use the internet for entertainment and communication. However, I also try to do offline activities.

What helps you relax after a busy day?

After a busy day, I usually listen to music or take a walk. Sometimes I just stay at home and rest. This helps me recover energy.

Do you think free time is important?

Yes, free time is very important for a balanced life. It helps people relax and feel happier. Without free time, people can feel stressed and tired.

Weekend plans and activities

Text

Weekends are an important part of the week because they give people a chance to rest and spend time on activities they enjoy. After a busy week of work or study, many people look forward to the weekend as a time to relax and recharge.

People usually have different plans for the weekend depending on their lifestyle. Some prefer to stay at home and have a quiet rest, while others try to make their weekend more active and full of activities. There is no single way to spend a weekend, and every person chooses what suits them best.

One common weekend activity is sleeping longer than usual. Many people use weekends to catch up on sleep and recover energy. After a long week, extra rest can help improve mood and concentration for the next week.

Household chores are also often done during the weekend. People clean their homes, do laundry, go shopping, or organize their personal space. Although these tasks are not always enjoyable, they help create a more comfortable living

environment.

Social activities are very popular on weekends. People meet friends, go to cafes, restaurants, or cinemas, and spend time talking and relaxing together. Weekends are often the best time to maintain friendships and social connections.

Some people prefer to travel during the weekend. They may visit nearby cities, go to the countryside, or explore nature areas. Even short trips can feel refreshing and give new experiences without taking too much time.

Sports and outdoor activities are also common. Many people go running, cycling, or playing sports like football or tennis. Physical activity helps improve health and reduces stress after a busy week.

For others, weekends are a time for hobbies and personal interests. People read books, watch films, play video games, cook new recipes, or work on creative projects. These activities help people enjoy their free time in a meaningful way.

In modern life, many people also use weekends to catch up on tasks they did not finish during the week. This can include studying, replying to emails, or planning the next week. Although it may feel like work, it can reduce stress later.

Family time is another important part of weekends. People visit relatives, eat meals together, or simply spend time talking at home. Family connection is often stronger when people have more free time.

A good weekend usually includes a balance between rest, fun, and productivity. Some people prefer a very active weekend, while others choose a slow and peaceful one. The best choice depends on personal needs and energy levels.

In conclusion, weekends are valuable because they give people freedom to choose how they spend their time. Whether it is rest, social life, travel, or hobbies, weekends help people feel refreshed and ready for a new week.

Vocabulary and expressions

weekend plans — планы на выходные

to look forward to — с нетерпением ждать

to recharge — восстановить силы

lifestyle — образ жизни

to suit — подходить

to catch up on sleep — наверстать сон

to recover energy — восстанавливать энергию

household chores — домашние дела

living environment — условия жизни

social activities — социальные мероприятия

to maintain friendships — поддерживать дружбу

connection — связь

countryside — сельская местность

to explore — исследовать

outdoor activities — активные занятия на улице

cycling — езда на велосипеде

to reduce stress — уменьшать стресс

creative project — творческий проект

to catch up on tasks — наверстать дела

to reply to emails — отвечать на письма

to plan ahead — планировать заранее

family time — время с семьёй

balanced weekend — сбалансированные выходные

free time — свободное время

refreshing — освежающий

energy level — уровень энергии

personal needs — личные потребности

to relax — расслабляться

to enjoy oneself — получать удовольствие

Dialogue with translation

Anna: What do you usually do on weekends?

Anna: Что ты обычно делаешь на выходных?

Mark: I usually try to relax and sleep a bit longer.

Mark: Обычно я стараюсь отдыхать и немного больше спать.

Anna: Do you make plans for your weekends?

Anna: Ты планируешь свои выходные?

Mark: Sometimes I do, but often I just see how I feel.

Mark: Иногда да, но часто я просто смотрю по настроению.

Anna: Do you spend time with friends or family?

Anna: Ты проводишь время с друзьями или семьёй?

Mark: Yes, I often meet friends or visit my family.

Mark: Да, я часто встречаюсь с друзьями или навещаю семью.

Anna: Do you prefer active or quiet weekends?

Anna: Ты предпочитаешь активные или спокойные выходные?

ные?

Mark: I prefer a mix of both. I like balance.

Mark: Я предпочитаю сочетание обоих. Мне нравится баланс.

Anna: Do you ever work on weekends?

Anna: Ты когда-нибудь работаешь на выходных?

Mark: Sometimes I finish tasks or plan the next week.

Mark: Иногда я заканчиваю дела или планирую следующую неделю.

Anna: What makes a good weekend for you?

Anna: Что делает выходные хорошими для тебя?

Mark: A good weekend is when I rest and do something enjoyable.

Mark: Хорошие выходные — это когда я отдыхаю и делаю что-то приятное.

Questions and sample answers

What do you usually do on weekends?

I usually relax on weekends and do things I enjoy. Sometimes I meet friends or stay at home. It depends on how tired I feel after the week.

Do you plan your weekends in advance?

Sometimes I plan my weekends, but not always. I prefer to stay flexible and decide based on my mood. This makes my weekends feel more natural.

How important is rest for you on weekends?

Rest is very important for me because I feel tired after a busy week. I use weekends to recover energy. It helps me start the new week better.

Do you spend time with other people on weekends?

Yes, I often meet friends or spend time with my family. We usually talk, eat together, or go somewhere. It helps me feel connected.

Do you prefer active or relaxing weekends?

I prefer a balance between active and relaxing weekends. Sometimes I go out, and sometimes I stay at home. Both are

important for me.

Do you do any work or study on weekends?

Sometimes I do small tasks or prepare for the next week. I try not to do too much work. I still want to enjoy my weekend.

What makes your weekend enjoyable?

A good weekend for me includes rest and something interesting. I like doing at least one enjoyable activity. It makes me feel happy and refreshed.

Do weekends affect your mood for the next week?

Yes, weekends affect my mood a lot. If I rest well, I feel better during the week. If I am tired, the week starts harder.

Food and cooking at home

Text

Food is an essential part of everyday life because it gives people energy and keeps them healthy. Many people prefer cooking at home because it is cheaper, healthier, and more personal than eating in restaurants. Home cooking also allows people to control ingredients and choose what they want to eat.

Most people eat three main meals a day: breakfast, lunch, and dinner. Breakfast is usually simple and quick, such as porridge, eggs, toast, or yogurt. Lunch is often eaten at work or school, while dinner is the main meal of the day for many families.

Cooking at home can be both a routine and a hobby. Some people cook only simple meals because they are busy, while others enjoy trying new recipes and improving their cooking skills. Watching cooking videos or reading recipes online has become very popular.

When cooking, people usually start by choosing a recipe and preparing ingredients. This process is called meal preparation. It is important to have fresh products like vegetables, meat, rice, or

pasta. Good preparation helps make cooking faster and easier.

Different people have different cooking styles. Some prefer healthy food with less oil and sugar, while others enjoy more traditional or comfort food. Cultural background also influences what people cook and eat at home.

Home cooking often brings families together. People may cook and eat together, talk about their day, and spend quality time. This makes meals not only about food, but also about communication and relationships.

In modern life, many people try to save time by cooking simple meals or preparing food in advance. This is called meal planning. It helps people avoid stress during busy weekdays.

Kitchen tools and appliances also make cooking easier. For example, ovens, microwaves, and blenders help prepare food faster. Technology has made home cooking more efficient and accessible.

However, some people do not enjoy cooking because they feel tired or do not have enough time. In such cases, they may order food delivery or eat ready-made meals. Still, many people believe that home-cooked food is healthier.

Eating habits are also important for health. A balanced diet includes vegetables, fruits, proteins, and carbohydrates. People who eat well usually feel more energetic and focused during the day.

Cooking at home can also be a creative activity. People can experiment with new ingredients, try different cuisines, and develop their own recipes. This makes cooking interesting and enjoyable.

In conclusion, food and home cooking are important parts of a healthy and balanced lifestyle. They help people stay healthy, save money, and enjoy time with family or themselves.

Vocabulary and expressions

food — еда

essential — важный, необходимый

to give energy — давать энергию

healthy — здоровый

to cook at home — готовить дома

ingredients — ингредиенты

meal — приём пищи

breakfast — завтрак

lunch — обед

dinner — ужин

recipe — рецепт

meal preparation — подготовка еды

fresh products — свежие продукты

vegetables — овощи

meat — мясо

cooking skills — навыки приготовления пищи

comfort food — еда для удовольствия

cultural background — культурное происхождение

meal planning — планирование питания

appliance — бытовой прибор

efficient — эффективный

delivery — доставка еды

ready-made meal — готовая еда

balanced diet — сбалансированное питание

protein — белок

carbohydrate — углеводы

to experiment — экспериментировать

cuisine — кухня (тип еды)

creative — творческий

to save time — экономить время

Dialogue with translation

Anna: Do you like cooking at home?

Anna: Тебе нравится готовить дома?

Mark: Yes, I prefer cooking at home because it is healthier.

Mark: Да, я предпочитаю готовить дома, потому что это полезнее.

Anna: What do you usually cook?

Anna: Что ты обычно готовишь?

Mark: I usually cook simple meals like pasta or rice with vegetables.

Mark: Обычно я готовлю простые блюда, например пасту или рис с овощами.

Anna: Do you follow recipes?

Anna: Ты следуешь рецептам?

Mark: Sometimes I do, especially when I try new dishes.

Mark: Иногда да, особенно когда я пробую новые блюда.

Anna: Who usually cooks in your home?

Anna: Кто обычно готовит у тебя дома?

Mark: I usually cook for myself, but sometimes my family cooks too.

Mark: Обычно я готовлю сам, но иногда готовит и моя семья.

Anna: Do you think home food is better than restaurant food?

Anna: Ты думаешь, что домашняя еда лучше ресторанной?

Mark: Yes, I think it is healthier and more natural.

Mark: Да, я думаю, что она полезнее и более натуральная.

Anna: Do you enjoy trying new recipes?

Anna: Тебе нравится пробовать новые рецепты?

Mark: Yes, I like experimenting with different cuisines.

Mark: Да, мне нравится экспериментировать с разными кухнями.

Questions and sample answers

Do you like cooking at home?

Yes, I like cooking at home because it is healthy and cheaper than eating out. I also feel more comfortable when I prepare my own food. It gives me more control over what I eat.

What do you usually cook?

I usually cook simple meals like pasta, rice, or vegetables. Sometimes I try new recipes when I have more time. I prefer easy and quick dishes during the week.

How important is food for your lifestyle?

Food is very important because it gives me energy and affects my health. I try to eat balanced meals every day. Good food helps me feel better and more active.

Do you prefer home cooking or restaurants?

I prefer home cooking because it is healthier and more personal. I can choose my own ingredients and control portions. However, I sometimes enjoy eating in restaurants.

Do you plan your meals in advance?

Sometimes I plan my meals to save time during the week. This helps me avoid stress and eat more regularly. Meal planning also

helps me eat more healthy food.

Do you enjoy trying new food?

Yes, I enjoy trying new recipes and different types of food. It makes cooking more interesting. I like learning about different cuisines.

Who usually cooks in your family?

In my family, different people cook depending on the situation. Sometimes I cook, and sometimes my family members cook. We often share cooking duties.

Do you think cooking is a useful skill?

Yes, cooking is a very useful skill for everyday life. It helps people eat healthier and save money. It is also an important part of independence.

Eating out in restaurants and cafes

Text

Eating out in restaurants and cafes is a common part of modern lifestyle. Many people enjoy going out to eat because it is convenient, social, and offers a break from cooking at home. It is also a way to try different types of food and enjoy a change of environment.

People choose to eat out for different reasons. Some go out with friends or family to celebrate special occasions such as birthdays or achievements. Others simply want to relax after a busy day and avoid cooking or washing dishes.

Restaurants and cafes offer a wide variety of food and drinks. In restaurants, people usually order full meals such as soup, main dishes, and desserts. In cafes, people often prefer lighter food like sandwiches, salads, and coffee.

The process of eating out usually starts with choosing a place. Some people prefer familiar restaurants, while others like to explore new places. After arriving, customers look at the menu and decide what to order. The menu can include descriptions,

prices, and sometimes pictures of the dishes.

Service is also an important part of the experience. Waiters take orders, serve food, and help customers with questions. Good service can make the experience more enjoyable, while slow or unfriendly service can affect the mood.

Eating out can be a social activity. People talk, laugh, and spend time together without distractions from home or work. It helps strengthen relationships and create memories.

However, eating out is usually more expensive than cooking at home. Because of this, many people do not go to restaurants every day. They may choose special occasions or weekends for dining out.

Another important factor is food quality and taste. People expect fresh ingredients and well-prepared meals. Reviews and recommendations often help customers choose good restaurants.

In recent years, online reviews and food delivery apps have become very popular. People can check ratings, read comments, and even order food to their homes without visiting a restaurant.

Some people prefer quiet cafes where they can read, work, or study. Others enjoy busy restaurants with a lively atmosphere.

The choice depends on personality and mood.

Eating out is not only about food but also about experience. The atmosphere, decoration, music, and service all play a role in how people feel during the visit.

In conclusion, eating out in restaurants and cafes is an enjoyable activity that combines food, social life, and relaxation. It offers variety and convenience, but it is usually best enjoyed in moderation as part of a balanced lifestyle.

Vocabulary and expressions

to eat out — есть вне дома

restaurant — ресторан

cafe — кафе

convenient — удобный

social activity — социальная активность

special occasion — особый случай

celebration — празднование

to relax — расслабляться

menu — меню

main dish — основное блюдо

dessert — десерт

customer — клиент

waiter — официант

service — обслуживание

order — заказывать

experience — опыт

atmosphere — атмосфера

recommendation — рекомендация

review — отзыв

rating — рейтинг

food quality — качество еды

ingredients — ингредиенты

expensive — дорогой

affordable — доступный

lively — оживлённый

quiet — тихий

environment — обстановка

to strengthen relationships — укреплять отношения

moderation — умеренность

delivery app — приложение доставки

Dialogue with translation

Anna: Do you like eating out in restaurants?

Anna: Тебе нравится есть в ресторанах?

Mark: Yes, I enjoy eating out, especially on weekends.

Mark: Да, мне нравится есть вне дома, особенно на выходных.

Anna: How often do you go to cafes or restaurants?

Anna: Как часто ты ходишь в кафе или рестораны?

Mark: I go a few times a month, not very often.

Mark: Я хожу несколько раз в месяц, не очень часто.

Anna: What do you usually order?

Anna: Что ты обычно заказываешь?

Mark: I usually order simple dishes like pasta or chicken.

Mark: Обычно я заказываю простые блюда, например пасту или курицу.

Anna: Do you prefer cafes or restaurants?

Anna: Ты предпочитаешь кафе или рестораны?

Mark: I prefer cafes because they are more relaxed.

Mark: Я предпочитаю кафе, потому что там более расслабленная атмосфера.

Anna: Do you go out with friends or alone?

Anna: Ты ходишь один или с друзьями?

Mark: I usually go with friends or family.

Mark: Обычно я хожу с друзьями или семьёй.

Anna: Is eating out expensive for you?

Anna: Для тебя дорого есть вне дома?

Mark: Yes, it can be expensive, so I do it sometimes only.

Mark: Да, это может быть дорого, поэтому я делаю это нечасто.

Questions and sample answers

Do you like eating out in restaurants?

Yes, I like eating out because it is convenient and enjoyable. It is a nice way to spend time with friends. I also like trying different types of food.

How often do you eat out?

I eat out a few times a month, usually on weekends or special occasions. I do not do it very often because it can be expensive. Most of the time I cook at home.

What do you usually order in restaurants?

I usually order simple meals like pasta, chicken, or salads. I do not usually choose very expensive dishes. I prefer familiar food.

Do you prefer restaurants or cafes?

I prefer cafes because they feel more relaxed and quiet. I like sitting there for a long time and talking or resting. Restaurants are more formal for me.

Do you go out alone or with others?

I usually go out with friends or family. It is more enjoyable to share meals and talk together. Sometimes I also go alone for a quiet break.

What is important for you in a restaurant?

Good food quality and service are very important for me. I also care about the atmosphere. A nice environment makes the experience better.

Do you think eating out is healthy?

It depends on the food choices. Some restaurants offer healthy meals, but fast food is not always healthy. I try to choose balanced options.

Why do people eat out instead of cooking at home?

People eat out because it is convenient and saves time. It is also a social activity. Sometimes people just want a break from cooking.

Shopping for clothes and essentials

Text

Shopping for clothes and everyday essentials is a normal part of modern life. People need to buy items such as clothes, shoes, toiletries, and household products to maintain their daily routine. For many people, shopping is not only a necessity but also a way to relax or spend free time.

There are different ways to shop today. Some people prefer traditional shopping in physical stores, where they can see, touch, and try products before buying them. Others choose online shopping because it is fast, convenient, and offers a wide choice of products.

When shopping for clothes, people usually consider several factors. These include style, size, comfort, quality, and price. Trying clothes in fitting rooms helps customers decide whether something suits them or not. Fashion trends can also influence what people choose to buy.

Buying essentials is usually more practical. Essentials include basic products like toothpaste, soap, shampoo, cleaning supplies,

and food items. People often make a shopping list to avoid forgetting important things and to save time.

Online shopping has become very popular in recent years. People can order products using websites or mobile apps and receive delivery at home. This saves time, but it also has disadvantages, such as not being able to check the product physically before buying.

Shopping can also be a social activity. Some people go shopping with friends or family members to get advice and enjoy the experience together. It can also be a way to spend time outside the home.

However, shopping can sometimes lead to unnecessary spending. People may buy things they do not really need, especially when there are discounts or sales. Because of this, budgeting is an important skill.

Sales and promotions are common in shops. Discounts attract customers and encourage them to buy more. Many people wait for sales periods to buy clothes or expensive items at lower prices.

Customer service is also important in shopping experience. Helpful staff can make shopping easier and more pleasant. In online shopping, reviews and ratings help customers make better

decisions.

Another important aspect is sustainability. Some people try to buy fewer items and choose eco-friendly products. This helps reduce waste and protect the environment.

Shopping habits differ from person to person. Some people enjoy shopping and follow fashion trends, while others prefer simple and minimal shopping habits. Personal income and lifestyle also influence shopping behavior.

In conclusion, shopping for clothes and essentials is an important part of everyday life. It combines practical needs with personal preferences and can be both necessary and enjoyable when done in balance.

Vocabulary and expressions

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