

Food in Russia

Russia has many **delicious dishes**. One popular dish is **cabbage soup**, called "shchi." People make it with cabbage, **meat, onion, and tomatoes**. It is a warm and healthy food. Russians often eat it with **bread and butter**.

Another famous dish is "pelmeni." These are like dumplings. They are filled with meat, like **pork or beef**. Some people also fill them with **chicken** or even **fish**. Pelmeni are delicious and easy to make. You can boil them in water and eat with butter or **sour cream**.

Bread is very important in Russian meals. There are many kinds of bread, but the most famous is "black bread." It is dark and healthy. Russians eat it with **soups or main dishes**.

Cheese is also popular in Russia. It is often eaten for breakfast or with salad. Russians have many kinds of cheese. Some are soft, and some are hard.

"Blini" are like thin pancakes. They can be sweet or savory. People eat them with butter and **jam** or with meat and cheese. They are a common treat during festivals and holidays.

Fish is important in **Russian cuisine**. In the past, people used to catch their own fish. Now, fish like **salmon or herring** are common. Russians eat fish with **potatoes** or in **salads**.

These dishes show the variety of Russian cuisine. From cabbage soup to tasty bread, there is a lot to enjoy. Russian food is rich in flavors and is often considered very healthy food. Try some of these dishes to experience the taste of Russia!

1) Change the sentences using the words below:

Butter, cheese, bread, tomatoes, onion, fish, cabbage, meat, chicken, soup

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| 1 She used lettuce in the salad. | 6 They added dairy to the sandwich. |
| 2 He prefers beef to vegetables. | 7 She spread margarine on the toast. |
| 3 They served a loaf with the meal. | 8 He caught a trout in the river. |
| 4 She made a stew for dinner. | 9 They roasted a bird for dinner. |
| 5 He chopped a vegetable for the recipe. | 10 She sliced some red vegetables for the salad. |

2) Match words with translations:

1. cabbage
2. fish
3. bread
4. onion
5. healthy food
6. meat
7. soup
8. butter
9. chicken
10. tomatoes
11. cheese

- a. сыр
- b. рыба
- c. курица
- d. капуста
- e. хлеб
- f. суп
- g. лук
- h. мясо
- i. здоровая пища
- j. помидоры
- k. масло

3) Answer the questions:

- What is your favorite cuisine?
What is your favorite dish?
What is your favorite drink?