**Задания для самостоятельной работы**

**Дисциплина: ОГСЭ 03 Иностранный язык**

**(английский)**

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**Группа ТПОП 4 37**

ОГСЭ 03.Английский язык

Тема: Перевод профессионально –ориентированных текстов

**Задание.** Прочтите и переведите на русский язык текст **по теме: Здоровое питание**

Chicken — Everybody’s Meat

Chickens are on most tables today. Modem methods of rearing and refrigeration have made birds of uniform quality available everywhere and we eat them probably more than any other meat. Most people now buy frozen ones which are inexpensive and ready to cook. You can buy whole birds or chicken pieces. For a family a whole bird is a saving as it will provide more than one meal and it is so adaptable that there is never any problem with leftovers. Chicken pieces are good for a quick meal. The most economical joints are the drumsticks and thighs — there a lot of meat on them. Frozen oven-ready chickens are nearly always young birds that should never be overcooked, but you may occasionally come across a boiling fowl1, which is good value for money as there is plenty of meat on it and the flavour is good. These are old laying2 birds and are best slowly casseroled3. The rather bland4 taste of frozen chick lends itself to the addition of other flavours. Most keen cooks like to make their own stuffings or at least add to the bought packet variety. For a change, flavour the bird with herb butter or bacon tucked5 under the skin of the breast before roasting — it is much simpler than making an elaborate stuffing. Or roast it the French way with the addition of a little stock in the tin. Make a little chicken go a long way by stir frying.Two chicken breasts cut into fine strips and cooked this way, served with plenty of crispy vegetables, can be enough for six people.