

<<全国职业技能英语系列教材-烹饪英语>>

图书基本信息

书名：<<全国职业技能英语系列教材-烹饪英语>>

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## 前言

目前,我国高等职业教育发展迅速,已进入了优质教育和培养实用型人才教育模式的新阶段。教育部为高等职业教育提出了“实用为主,够用为度”的原则,反映了社会对实用型人才的需求,明确了高等职业教育的办学宗旨。

高等职业教育从本质上讲就是就业教育。

随着行业对从业人员英语应用能力要求的不断提高。

高等职业专业英语教育应紧密结合行业的实际,强调英语实际应用的能力,使学习者能将所学到的知识应用到行业中去,培养社会所需求的有用人才。

为了适应社会的需要,我们编写了《烹饪英语》一书,本教材符合高等职业教育的宗旨,以先进的教学理念为指导,以能力培养为本位,以就业为导向。

遵循专业英语的教学规律,紧密结合行业的实际,把语言教学和职业教育融为一体,突显了高等职业教育的特点,体现了学以致用用的教学原则。

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### 内容概要

《烹饪英语》一书，按照高等职业教育英语教学的性质和目标要求，以食品制作、菜肴制作岗位为背景，围绕烹饪工作任务设计教学内容，具有鲜明的针对性。

本教材内容全面、新颖独特、实用性强，情景设置与烹饪工作人员的实际工作密切相关，涵盖了实际工作的各个环节，突出了实际操作的特点。

本教材遵循功能语言学的教学原理，采用任务型教学模式，注重语言技能与职业知识技能的整合，加大了语言的输出量，体现了“在做中学”的教学理念。

本教材适用于餐饮、烹饪管理专业学生及有意于从事餐饮行业工作的有识之士。

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## 章节摘录

插图：Busy lives can benefit from food that's nutritious, like fresh fruits and vegetables. Fruits and vegetables are a natural source of energy and give the body many nutrients you need to keep going. Fruits and vegetables come in terrific colors and flavors, but their real beauty lies in what's inside. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases. To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly. Are all the fruits good for health?

It depends on your age, the time and amount you consume and your health condition. Apple, grapes, kiwi, berries, pineapple, orange, apricot, plum are in general you can eat any time. Don't eat few fruits just before going to bed. Banana, mangoes, papaya, avocado, are good to have two hours before going to bed. Remember, always eat fruit on an empty stomach. If you eat fruit after dinner the fruit can't be burned properly and will ferment. When eaten before dinner the sugars are burnt immediately, producing instant energy.

编辑推荐

《烹饪英语》：职场英语，贴近工作岗位，突出岗位情景，开放性、国际性、任务性、职业性、实用性、仿真性。

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