

также должны предпринимать встречные шаги, направленные на поиск компромисса.

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### **FAST FOOD: PROS AND CONS**

America has been called a 'fast food nation,' and for good reason. Everyday, one out of four Americans eats fast food. Most do it for the convenience – lack of time leads many people to the drive thru, and money plays a part as well. If you are eating out, fast food restaurants are often the cheapest option. Unfortunately, fast food restaurants are not the most nutritious option. Generally, fast food meals are higher in calories, sodium and fat, and often lacking in important vitamins and minerals. Until recently, french fries were the only vegetable option at many fast food restaurants. By most standards, it is a stretch to call fast food french fries a vegetable. Restaurant dining poses similar challenges. Restaurant meals also tend to include too much fat, salt, or sugar, and portions are almost always larger than normal.

RBC daily conducted a public opinion poll about popularity of fast-food restaurants. 300 respondents elder than 18 years took part in that poll. As it's results showed, 65% of questioned people from time to time visit fast food cafes, and 4% regularly have dinner there. Though there are 70% of them who consider it unhealthy. To safe the clients our Russian fast food follows foreign way of developing. More often "healthy food" appears in such cafes and restaurants: salads, low-calorie food and fish products. Nowadays there is a great effort in the whole world to change the image of fast food. The appeal to the healthy food, first of all, is the care for the next day's future.

As the poll showed people choose fast food because of quick service (53%), absence of another variants (15%), preferring fast food to anything else (14%).

I consider that who chooses the healthy way of life and ready to pay for it more, very often don't go to the fast food cafes, but they go to the traditional restaurant for business lunch. So to safe clients who cares about there health fast food restaurants have to suggest not simply new menu but the real conception of "healthy fast food". Unfortunately there is no such conception in our market yet.

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## **KABUKI THEATRE**

I am going to be talking about one of Japan's traditional theatrical arts - Kabuki. I will start with the history of the Kabuki theatre and then move on to its elements. Finally, I am going to speak about Kabuki today. The late 18th century is regarded as the golden age of Kabuki. The theatres were full of glory, fantasy, romance and intrigue. Kabuki performers during the earliest years of the genre were primarily women. The passion for Kabuki Theatre began with the first performance by the shrine dancer Okuni at Kyoto in 1603. This performance was a unique blend of slightly suggestive folk dance and religious dance and soon became popular with the lower classes. The very word 'Kabuki', which today is rendered in three ideograms: 'ka' meaning 'song'. 'bu' meaning 'dance', and 'ki' meaning 'skill', in that time had connotations of the shocking, unorthodox and fashionable, and it began to be applied to the performances of *Onna* Kabuki, or women's Kabuki. With the increasing popularity of Kabuki, many of the actresses began to attract undue attention from male admirers. The authorities felt that this would lead to a serious demoralization of the public and in 1629 they banned all