**Card 7**

**You met your friend and would like to discuss your last shopping experience. Tell:**

* *what types of shops exist nowadays;*
* *what a shopping list for a typical family should include;*
* *what shopping experience you've got .*

It would hardly be an exaggeration to say that going shopping has become a part of our everyday life. The first markets appeared in ancient Greece and ancient Rome and today we cannot imagine our life without this activity. For some people it's a pleasant pastime while for others it's an everyday routine. But whether you like shopping or not you have to do it because it's a necessity.

 Today people do a lot of shopping or at least window-shopping every day, because all necessary facilities are provided for them. In large cities and even in small towns there are all kinds of shops and stores, such as a department store, a food supermarket, women's and men's clothing shops, grocery, butchery and bakery.

People have an opportunity to buy food and clothes anytime and anywhere they want. However, it is always better to write a shopping list- a [list](http://en.wikipedia.org/wiki/Enumeration%22%20%5Co%20%22Enumeration) of items needed to be purchased. One article claims that approximately 40% of grocery shoppers use shopping lists. I totally agree that the usage of shopping lists clearly impact shopping behavior in a positive way- it helps to reduce average expenditure. [ɪk'spendɪʧə]( расходы, приобретения). Nowadays people can even create their shopping lists with the help of their smart phones using some special programs like Out of milk and others.

To my mind a grocery shopping list for a typical family should include some bread, poultry, some dairy products and various fruits and vegetables. Besides, sometimes it is necessary to buy some frozen food such as vegetables and ice-cream. Condiments ['kɔndɪmənt]( приправа, специи) are also important. They are: ketchup, mayonnaise, mustard, oil, salad dressing and different spices. It is also necessary not to forget about various snacks: cookies, candy, chocolate and nuts.

To tell the truth I don't like going shopping and that is why my experience of a shopper is very limited. My mother does shopping in my family. Sometimes I have to go the shop if my relatives are very busy or they need a helping hand.

I prefer buying clothes. This kind of activity is more interesting for me. But unfortunately I go shopping for food more often.

I remember my last shopping experience quite well.I accompanied my mother to the local market and supermarket (we had to go to both places) to buy some groceries that she needed for the coming Easter. Shopping just before a holiday was not a pleasant experience. Everyone had things to buy so there were crowds of people everywhere and the prices of things shot up. We made our way carefully through the various sections buying different foods from my mother’s shopping list which was quite big.Our bags were very heavy and I was so glad to comeback home. I think I will never forget this shopping experience in my life!
 In conclusion, I'd like to say that shopping is both a must and a pleasure; and certainly it's an unavoidable thing, so people have to make the process less stressful and plan their shopping well.

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