

Практическая работа № 27.

Тема: Здоровый образ жизни, вредные привычки, спорт.

Цель: Совершенствование и развитие навыков устной и письменной речи, навыков чтения и перевода текста.

Задачи: Знать соответствующую лексику по тематике, знать структуру английского предложения, уметь отвечать на вопросы по теме.

Алгоритм выполнения: письменно выполнить упражнения в тетради

«Здоровое питание»

Задание 1. Переведи слова и выучи их дома:

Vegetarian _____

To eat _____

Meat _____

To contain _____

Vegetable _____

Cut down _____

To keep fit _____

Diet _____

Health _____

Healthy _____

Задание 2. Соотнеси:

- | | |
|----------------|--|
| 1) dieticians | a) smth. that you do often or regularly, without thinking about it |
| 2) vegetarians | b) to stop doing smth. you do regularly |
| 3) habit | c) a condition in which someone is too fat in a way that is dangerous for health |
| 4) obesity | d) to reduce an amount of smth |
| 5) give up | e) people who avoid eating the flesh of animals |
| 6) cut down | f) people with knowledge of special diets |

Задание 3. Соотнеси части пословиц:

- | | |
|-----------------------------------|--|
| 1. Health is | a. worse than disease |
| 2. An apple a day | b. better than a cure |
| 3. A remedy is | c. the greatest wealth (above wealth) |
| 4. Early to bed and early to rise | d. catches the worm |
| 5. The early bird | e. keeps the doctor away |
| 6. Prevention is | f. in a sound body |
| 7. A sound mind | g. makes a man healthy, wealthy and wise |

Задание 4. Переведи текст:

A vegetarian is someone who avoids eating the flesh of animals (meat, poultry, or fish, including shellfish).

Most vegetarians will also not eat eggs or cheese or use cosmetics or toiletries made that contain animal ingredients or are tested on animals.

The word “vegetarian” comes not from “vegetable” but from the Latin word vegetus meaning “whole, fresh, full of life”.

People are vegetarians for a number of reasons.

Some think that it is wrong to keep and kill animals for use as food and in other products.

Others choose to be vegetarians because they believe that a vegetarian diet is healthier than a diet that includes meat.

Some people are vegetarian because of their religious beliefs.

Some people have chosen to be vegetarian for ecological reasons.

«Вредные привычки»

Задание 1. Переведи слова и выучи их дома:

Smoking _____
Drinking _____
Give up _____
Health _____
Habit _____
Disease _____
To save _____
Reduce _____
Affect _____
Science _____

Задание 2. Завершите предложения, используя слова из списка:

Tobacco smoking, heart disease, don't smoke, affects, development of cancer, scientific studies, reduce

Since 1939, numerous _____ have been conducted to determine whether smoking is a health hazard. Research teams have conducted studies that show that _____ is associated with a shortened life expectancy. Smoking is believed by most research workers to be an important factor in the _____ of the lungs and throat.

Smoking also _____ the heart and blood vessels. Smokers die much more often from _____.

Filters and low tar tobacco are claimed to make smoking to some extent safer, but they can only marginally _____, not eliminate the hazards.

The majority of physicians say, "Give up smoking, if you _____ - don't start!"

Задание 3. Ответь на вопросы:

- 1) What bad habits do you know?
- 2) What health habits do you know?
- 3) Is it important to give up bad habits?
- 4) Why should people give up smoking?
- 5) How do drugs affect people's body and mind?