


Практическая работа №13

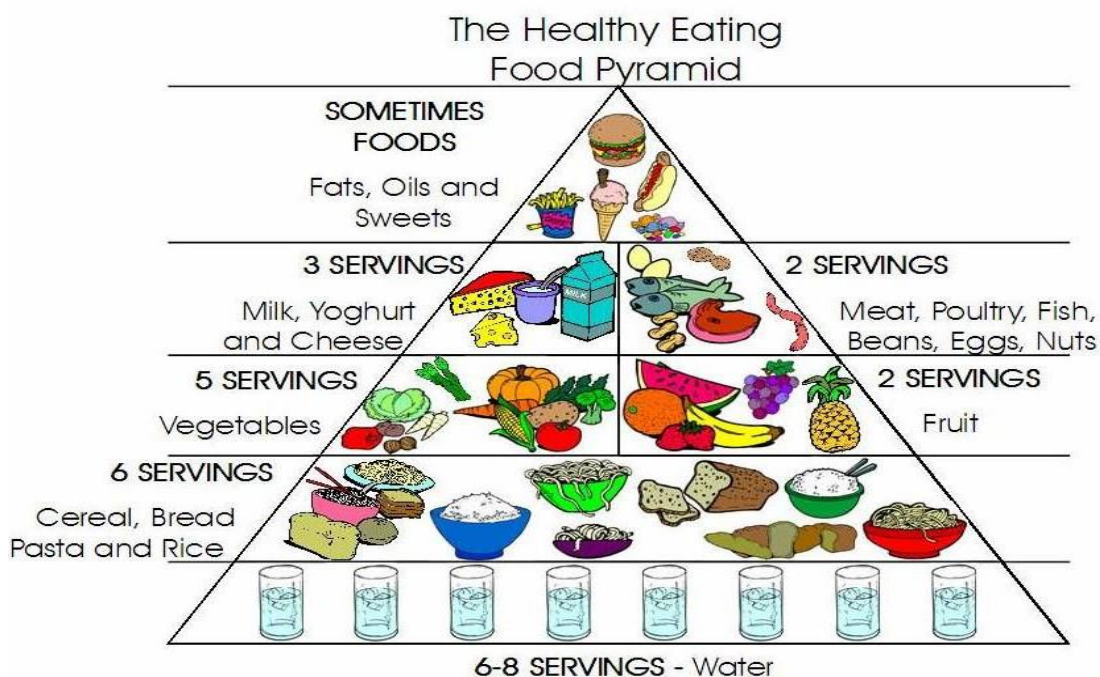
Тема: Еда полезная и вредная.

Содержание работы:

1. Лексические упражнения: 1 Записать лексику по теме в тетрадь с переводом; изучить пирамиду правильного питания(устно); найти в каждой строке лишнее слово и вычеркнуть его.
2. Выполнить упражнения.
3. Ответьте на вопросы о своем питании.

Ex.1. Переведите слова и выучите их дома:

Vegetarian _____	
To eat _____	
Meat _____	
To contain _____	
Vegetable _____	
Cut down _____	
To keep fit _____	
Diet _____	
Health _____	
Healthy _____	
Slimmer _____	



Find the odd word and cross it out. Найдите лишнее слово и вычеркните его.

- bacon, beef, turkey, pork, lamb,
- carrot, melon, onion, cabbage, potatoes.
- grapes, apple, pear, plum, nut,
- beer, lemonade, tea, sugar, coffee,
- ice-cream, toast with jam, pea-soup, cake.

Ex. 2. Соотнесите:

- | | |
|-----------------------|--|
| 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 |

Ex. 3. Сопоставьте части пословиц, переведите:

- | | |
|-----------------------------------|--|
| 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 |

Ex. 4. Прочитайте текст, переведите предложения, выделенные курсивом:**Healthy eating**

1. *Our health depends on our eating.* 2. *Food provides us with the energy that we spend with physical exertion.* Update and development of the organism at the cellular level directly depends on the products that we use. 3. *The body needs to receive a sufficient number of nutrients every day: proteins, carbohydrates, fats, vitamins, minerals, trace elements.*

4. *Proper nutrition is a mandatory point of a healthy lifestyle and a guarantee of stable functioning of the body as a whole.*

Everyday diet should be diverse and full. Freshness of products is very important. It is necessary to monitor the volume of food intake. Each person's portion varies, depending on age, health status, gender, and equipment. 5. *Cereals, fruits and vegetables, fish, meat, eggs, dairy products, nuts, salt, sugar, fat, should be present in the diet.* A balanced diet should become a way of life. 6. *You should refuse to give up snacks and fast food.* Thoroughly chew food, do not swallow large chunks. It is strictly forbidden to drink food with water. You can eat everything, but in moderation. 7. *Overeating and incompatibility of products leads to a disruption of metabolism, diabetes and obesity.* It is very appropriate to say Socrates: "We do not live in order to eat, but eat in order to live."

Ответьте на вопросы**Let's talk about your eating habits.**

1. What food do you like to eat?
2. What products do you usually buy?
3. Do you like sweets? Do you eat a lot of sweets?
4. What fruit and vegetables do you prefer?
5. Do you sometimes eat at night?
6. How often do you snack?
7. What products containing fibre do you know?
8. Are you fond of different kinds of desserts?
9. How many times a day do you eat?
10. Do you skip breakfast?
11. What do you usually eat for breakfast? (porridge, oatmeal or buckwheat, a glass of tea or coffee bread with butter and cheese, an apple or an orange)
12. Do you like sandwiches? (Yes, I do. They are tasty and easy to be cooked)