

Практическая работа №16

Тема: Здоровый образ жизни и забота о здоровье: Еда полезная и вредная.

Цель: работа с новым лексическим материалом и формирование навыков чтения и перевода текста по теме.

Содержание работы:

1. Перевести пословицы
2. Прочитать текст, перевести. Ответить на вопросы.
3. Задания отправляем на почту ketten.anna@yandex.ru

Список лексики по теме:

Healthy здоровый

be in good health Иметь хорошее здоровье

be in good shape/fit Быть в хорошей форме

1. Proverbs and Sayings:

Переведите и найдите русские эквиваленты):

1. An apple a day keeps a doctor a day.
2. A sound mind in a sound body.
3. Health is better than wealth.
4. Prevention is better than cure.
5. Health is not valued till sickness comes.
6. Early to bed and early to rise makes a man healthy, wealthy and wise.
7. Fit as a fiddle.
8. Read and translate the text.

2. Translate the text Переведите текст

Healthy Food.

It's very important to choose the right food nowadays. Healthy and balanced diet is useful for every person. We depend on food as well as the cars depend on gas, for example. It's our natural fuel, which gives our body physical strength and health. When the body is healthy, the mind will also be healthy. Different types of food contain different nutrients for our body. Some supply us with carbohydrates, some with proteins or fats, some with vitamins and minerals, etc. Many people think that fat is bad for people and they try to cut down on it. There is even a special line of products, called low-fat. The problem is that we do need some kinds of fat, but the saturated fats from animal products, like red meat, butter and cheese, can be really bad for health. Friendly fats can be found in avocados, nuts and seeds, olives and tuna fish, and in some other products. Some people cut down on too much sugar and salt, which is also a good idea. One of the healthiest types of food is fruit and vegetables. Such organic products can be only useful if they don't contain any chemicals and additives, which has become a common phenomenon in modern supermarkets. More and more people tend to grow fruit and vegetables in their own gardens, instead of buying them. Another problem is modified food. It's much cheaper than ordinary food, that is why people often buy it. From the other hand, modified food can lead to dangerous diseases. The food people eat depends a lot on their culture, religion, beliefs, health and other factors. However, some rules are common for everyone. They are: less fat, sugar and salt; and more water, vitamins, fresh fruit and vegetables.

Answer the questions:

1. Why does our body depend on food?
2. What do different types of food give us?
3. Are all kinds of fat dangerous for our health? Why?
4. What types of fruit and vegetables are considered to be the healthiest? Why?
5. What does the choice of food depend on?
6. What are common rules for everyone?