

Здорове харчування

1. Reading

a) Read the article and translate the underlined words.

Healthy food

Some foods have a lot of proteins, vitamins and fibre. These foods are healthy and you should eat a lot of them. Other foods have a lot of sugar and fat. You shouldn't eat too much of them. Eat more fruit and vegetables. They have a lot of vitamins, minerals and fibre. Fruit have all the sugar your body needs. Too much salt is as bad for your health as too much sugar. Don't add salt when you are cooking or eating. Add lemon juice or spices instead. Eat fewer chips and salted nuts. We don't need a lot of fat, so choose low-fat products if possible. Grilled food is much healthier than fried. There's less fat in it. Another important piece of advice is to eat regularly and drink five or six glasses of water every day. Enjoy your meals!

b) Read the article again and choose the best answer (a-c).

1. What foods are healthy?
 - a) Foods that have a lot of sugar and fat.
 - b) Foods that have a lot of proteins, vitamins and fibre.
 - c) Foods that have a lot of salt.
2. What should we eat more?
 - a) We should eat more fruit and vegetables.
 - b) We should eat more chips and salted nuts.
 - c) We should eat more fried food.
3. What food has all the sugar our body needs?
 - a) Fat has all the sugar your body needs.
 - b) Grilled food have all the sugar your body needs.
 - c) Fruit have all the sugar your body needs.
4. What can we add to the dishes instead of salt?
 - a) We can add mustard.
 - b) We can add garlic.
 - c) We can add lemon juice or spices.
5. What do we need to eat less?
 - a) We need to eat fewer chips and salted nuts.
 - b) We need to eat fewer fruit and vegetables.
 - c) We need to eat fewer fish and meat.
6. What don't we need to eat if possible?
 - a) We don't need to eat a lot of minerals.
 - b) We don't need to eat a lot of vitamins.
 - c) We don't need to eat a lot of fat.
7. What food is much healthier than fried?

- a) *Roasted food is much healthier than fried.*
- b) *Grilled food is much healthier than fried.*
- c) *Raw food is much healthier than fried.*

8 What important piece of advice this text gives?

- a) *To eat regularly and drink five or six glasses of water every day.*
- b) *To eat not later than at 6 o'clock.*
- c) *To eat only two times a day.*

Відповіді: 1b, 2a, 3c, 4c, 5a, 6c, 7b, 8a.

2. Listening

(запишіть в зошит)

Listen to the conversation “A Healthy Lifestyle” and answer the questions. This is a dialogue between a couple. *Додаток №1*

1. What does the man want to do?

- ☐ A. play basketball with friends from work
- ☐ B. try out for the company baseball team
- ☐ C. get in shape and compete in a cycling race

2. What is the woman's main concern?

- ☐ A. She is worried her husband will spend too much time away from home.
- ☐ B. She is afraid her husband will become a fitness freak.
- ☒ C. She is concerned about her husband's health.

3. What is the woman's first suggestion to her husband?

- ☒ A. He should see a doctor.
- ☐ B. Her husband should start with a light workout.
- ☐ C. Her husband needs to visit a fitness trainer.

4. What does the woman advise about the man's diet?

- ☐ A. He should consume less salt.
- ☒ B. He should eat less fatty foods.
- ☐ C. He should add more protein products to his diet.

5. Why does the man's wife recommend cycling?

- ☒ A. It is good for improving muscle tone.
- ☐ B. It helps strengthen the heart.
- ☐ C. It helps develop mental toughness.

Відповіді: 1a, 2c, 3a, 4b, 5a.

3. Writing

Look at the list of products and write them down into two columns - Healthy food and Unhealthy food. Explain why do you think so.

Chocolate, eggs, sweets, nuts, cakes, fruit, chips, ice-cream, vegetables, milk, hamburger, fish, porridge, cola.

Домашнє завдання

Do ex. 7 p.120.

Додаток 1

The conversation "A Healthy Lifestyle"

Man: Honey, the basketball game is about to start. And could you bring some chips and a bowl of ice cream? And . . . uh . . . a slice of pizza from the fridge.	Чоловік: Дорога, скоро почнеться гра з баскетболу. Не міг би ти принести чіпси і морозиво (досл. Чашку з морозивом)? І ... є .. шматок піци з холодильника.
Woman: Anything else?	Жінка: Що-небудь ще?
Man: Nope, that's all for now. Hey, hon, you know, they're organizing a company basketball team, and I'm thinking about joining. What do you think?	Чоловік: Неа, вистачить. Гей, дорога, знаєш ... організовується команда з баскетболу. Я думаю приєднатися. Що ти думаєш?
Woman: Humph	Жінка: Гм...
Man: "Humph" What do you mean "Humph." I was the star player in high school.	Чоловік: Що ти маєш на увазі під "Гм ..." У старших класах я був зоряним гравцем.
Woman: Yeah, twenty-five years ago. Look, I just don't want you having a heart attack running up and down the court.	Жінка: Так, двадцять п'ять років тому. Послухай, я просто не хочу, щоб у тебе стався серцевий напад під час бігу по полю.
Man: So, what are you suggesting? Should I just abandon the idea? I'm not that out of shape.	Чоловік: Ну і що ти пропонуєш? Мені потрібно кинути цю затію? Я ж ще у формі.
Woman: Well . . . you ought to at least have a physical before you begin. I mean, it HAS been at least five years since you played at all.	Жінка: Ну ... щонайменше тобі потрібно пройти медобстеження перед початком. Я маю на увазі, що минуло вже п'ять років з тих пір, коли ти взагалі грав.
Man: Well, okay, but . . .	Чоловік: Ну, добре, але ...

Woman: And you need to watch your diet and cut back on the fatty foods, like ice cream. And you should try eating more fresh fruits and vegetables.	Жінка: І тобі потрібно стежити за своєю дієтою і скоротити калорійну їжу типу морозива. І тобі слід їсти більше свіжих фруктів і овочів.
Man: Yeah, you're probably right.	Чоловік: Так, напевно, ти права.
Woman: And you should take up a little weight training to strengthen your muscles or perhaps try cycling to build up your cardiovascular system. Oh, and you need to go to bed early instead of watching TV half the night.	Жінка: І тобі слід трохи потренуватися з обтяженнями для зміцнення м'язів або спробувати велосипед для зміцнення серцево-судинної системи. І тобі потрібно рано відправлятися спати замість того, щоб півночі дивитися телевізор.
Man: Hey, you're starting to sound like my personal fitness instructor!	Чоловік: Гей, ти говориш так, як ніби ти мій особистий інструктор з фітнесу.
Woman: No, I just love you, and I want you to be around for a long, long time.	Жінка: Ні, я просто люблю тебе, і хочу, щоб ти залишався в силі довгий час.