

Healthy life styles



Look at the pictures and answer the following questions:

1. Which of these activities can be defined as conducing to good health?
2. Are you physically active?



Vocabulary

Body and lifestyle

Topic vocabulary

перевод и примеры употребления слов и выражений приводятся на с. 195

affect (v)	flu (n)	recover (v)
balance (v, n)	have an operation (v phr)	salty (adj)
benefit (v, n)	healthy (adj)	slice (v, n)
breathe (v)	ignore (v)	sour (adj)
chew (v)	infection (n)	spicy (adj)
chop (v)	ingredient (n)	stir (v)
contain (v)	injury (n)	suffer (v)
cough (v, n)	limit (v, n)	taste (v, n)
cure (v, n)	meal (n)	treatment (n)
exercise (v, n)	pill (n)	vitamin (n)

Phrasal verbs

cut down (on) do less of sth (smoking, etc)

fall down trip and fall

get over recover from (an illness, etc)

go off no longer be fresh

lie down start lying (on a bed, etc)

put on gain (weight)

sit down (start to) sit

stand up (start to) stand

Prepositional phrases

at night

at risk

in addition (to)

in comparison to/with

in shape

on a diet

Word formation

bake	baker, bakery	medicine	medical
bend	bent	pain	painful, painless
cook	cooker, cookery	reduce	reduction
intend	intention, intentional	sense	sensible, sensitive
jog	jogging, jogger	weigh	weight

Word patterns

<i>adjectives</i>	addicted to		die from/of
	allergic to		fight against
	covered in/with		recover from
	pleased with		smell of
<i>verbs</i>	combine sth with	<i>nouns</i>	a cure for
	complain (to sb) about		a recipe for

18. Задание 5 № 6019

Вы готовите тематическую радиопередачу с высказываниями пяти разных людей, обозначенных буквами А, В, С, D, Е. Подберите к каждому высказыванию соответствующую его содержанию рубрику из списка 1–6. Используйте каждую рубрику из списка только один раз. В списке есть одна лишняя рубрика. Вы услышите запись дважды.

1. Healthy eating habits.
2. How to grow a garden.
3. New hobby.
4. Childhood dream.
5. Recent day-off.
6. How to cook a special dish.



Говорящий	A	B	C	D	E
Утверждение					

affects
attacks
chemicals
cholesterol
diet
disease
doses
effects
energy
gentle
healthy
heart
mood
physical
pressure
protect
reduce
reward
weight

Fill in the blanks with words from the box. There are THREE words you will not need.



Scientists around the world agree that the key to staying _____ and keeping fit is to eat less and do _____ exercise such as walking or cycling. However, people who exercise too intensively often _____ themselves by spending the rest of the day in front of the TV set. At the same time, they have to eat more to give them _____ for the next workout. To avoid gaining _____, researchers suggest that going for a longer walk or riding a bike for a few hours may actually be better than high-energy exercise.

affects
attacks
chemicals
cholesterol
diet
disease
doses
effects
energy
gentle
healthy
heart
mood
physical
pressure
protect
reduce
reward
weight

A low-fat _____ may be good for your waistline, but research suggests it may have negative psychological _____. Medical experts have found out that volunteers who followed a strict twenty-five percent fat diet reported feelings of depressions and bad _____.

Many of us already know that drinking coffee raises your blood _____ but according to the latest studies, it too, can make you bad-tempered. Mice that were given regular _____ of caffeine by researchers turned out to be more aggressive than others. On the other hand, chemicals found in tea can _____ the risk of heart _____ and have a positive effect on _____ levels and high blood pressure.

If you're a chocolate fan, there's good news for you! Recent studies have revealed that _____ found in chocolate can not only put you in a good mood but also _____ you from a variety of minor illnesses including colds, coughs, depressions and even help reduce the risk of _____ disease.

- **Task 3. You are going to give a talk about keeping fit. You will have to start in 1.5 minutes and speak for not more than 2 minutes (10–12 sentences).**

- **Remember to say:**

- why a healthy lifestyle is popular nowadays;
- what you do to keep fit;
- what sports activities are popular with teenagers in your region;
- what your attitude to a healthy lifestyle is.
- **You have to talk continuously.**

- **Preparation**

Задание 1.

- | | | |
|------|--|-----------|
| § 1 | 1. None of the _____ will like the film. | CHILD |
| § 1 | 2. Some of the _____ noticed the bike. | POLICEMAN |
| § 1 | 3. All of the _____ on the list are interesting. | STORY |
| § 1 | 4. What do the _____ want to know? | MAN |
| § 10 | 5. Why are _____ mice so hungry? | THAT |
| § 10 | 6. What is _____ fireman carrying? | THAT |
| § 1 | 7. The _____ were carrying sand. | LORRY |
| § 10 | 8. What's wrong with _____ tooth? | THIS |
| § 10 | 9. You can take one of _____ boxes. | THIS |

§ 1	10. They worked hard all their _____.	LIFE
§ 10	11. What did _____ businessmen bring?	THAT
§ 21	12. You can find the answer in the _____ chapter.	THREE
§ 21	13. Try to find the answer in Chapter _____.	THREE
§ 21	14. We have _____ meals a day.	THREE
§ 21	15. Is it your _____ visit to St Petersburg?	ONE

Задание 2.

- | | |
|---|----------------|
| 1. I _____ the gate and _____ out. There was nobody around. | OPEN / LOOK |
| 2. If I _____ busy next Saturday, I _____ to the library. | BE
NOT GO |
| 3. I wonder if he _____ busy next Saturday. | BE |
| 4. Jerry _____ the tree when suddenly the branch _____. | CLIMB
BREAK |
| 5. Galileo Galilei _____ the movements of the Moon and planets. | OBSERVE |
| 6. Why is he tired? — He _____ all morning. | WORK |

7. She said he _____ the numbers the next day.

CHECK

8. He _____ his hand when he _____.

HURT / DIVE

9. I _____ off the computer when I _____ the work. I promise.

SWITCH

FINISH

10. She said she _____ already _____ a new apartment.

FIND

11. I'm sure they _____ a party tomorrow.

HAVE

12. Where's my umbrella? I _____ the office until I _____ it.

NOT LEAVE

FIND

13. She was in a hurry. She _____ the files, _____ off the computer and _____ the office.

COPY

SWITCH

LEAVE

14. I _____ him yesterday. When I _____ he _____ already _____ the place.

NOT SEE

ARRIVE / LEAVE

Задания

Задание 5 № [6012](#)

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1. The most popular sports.
2. Healthy eating habits.
3. A disagreement with a friend.
4. Doing sports at home.
5. The local sports centre.
6. His/her typical day off.



Говорящий	A	B	C	D	E
Утверждение					