

# 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?





## Unit

## 30

<https://quizlet.com/ru/500059879/macmillan-grammar-and-vocabulary-pre-intermediate-unit-30-body-and-lifestyle-flash-cards/>

## 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

<b>bake</b>	baker, bakery	<b>medicine</b>	medical
<b>bend</b>	bent	<b>pain</b>	painful, painless
<b>cook</b>	cooker, cookery	<b>reduce</b>	reduction
<b>intend</b>	intention, intentional	<b>sense</b>	sensible, sensitive
<b>jog</b>	jogging, jogger	<b>weigh</b>	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  
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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<br>NOT GO   |
| 3. I wonder if he _____ busy next Saturday.                     | BE             |
| 4. Jerry _____ the tree when suddenly the branch _____.         | CLIMB<br>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.

8. He \_\_\_\_\_ his hand when he \_\_\_\_\_.

9. I \_\_\_\_\_ off the computer when I \_\_\_\_\_ the work. I promise.

10. She said she \_\_\_\_\_ already \_\_\_\_\_ a new apartment.

11. I'm sure they \_\_\_\_\_ a party tomorrow.

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

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

14. I \_\_\_\_\_ him yesterday. When I \_\_\_\_\_ he \_\_\_\_\_ already \_\_\_\_\_ the place.

CHECK

HURT / DIVE

SWITCH

FINISH

FIND

HAVE

NOT LEAVE

FIND

COPY

SWITCH

LEAVE

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					