



- **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**

- **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 doing sport is very important for modern teenagers;
- what else besides sport young people do to keep fit;
- what you enjoy doing in your free time;
- what your attitude to doing sports activities is.

- **You have to talk continuously.**

- **Preparation**

- **Task 3. You are going to give a talk about sports. 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 lot of young people do sports nowadays;
- what sports clubs and teams there are in your school;
- what you do to keep fit;
- what your attitude to doing sports activities is.
- **You have to talk continuously.**

- **Preparation**

Rules



To make the **plural** we usually add **-s** to the noun.

book → books

pen → pens

Nouns ending in **-s**, **-sh**, **-ch**, **-x** and some nouns ending in **-o** → **es**.

class → classes

box → boxes

watch → watches

tomato → tomatoes

Nouns ending in consonant + **y** → **ies**.

country → countries

baby → babies

But

vowel + **y** → **s**

boy → boys

Most nouns ending in **-f** or **-fe** → **ves**.

knife → knives

leaf → leaves

Irregular nouns: **foot-feet**, **child-children**, **person-people**, etc.

Irregular plural nouns



a man



men



a woman



women



a child



children



a foot



feet



a tooth



teeth



a hair



hair



a fish



fish



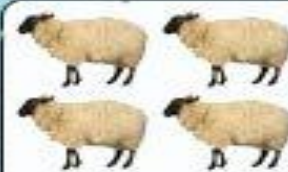
a mouse



mice



a sheep



sheep



a knife



knives



a leaf



leaves



a wolf



wolves



a species



species



a person



people



a cactus



cacti



Задание 1.

- | | | |
|------|--|-------|
| § 1 | 1. Do you sell _____? | PEACH |
| § 1 | 2. The animal had long pointed _____. | TOOTH |
| § 1 | 3. They have sold ten _____ of the book. | COPY |
| § 10 | 4. Which of _____ words are verbs? | THIS |
| § 10 | 5. Can you see _____ birds? | THAT |
| § 10 | 6. What's wrong with _____ basket? | THAT |
| § 10 | 7. Can I see _____ photo? | THIS |
| § 21 | 8. Will you open your books? Page _____. | THREE |

§ 1	9. What are the _____ discussing?	FIREMAN
§ 1	10. His _____ are wonderful.	MELODY
§ 10	11. Can I have _____ lilies?	THAT
§ 21	12. There is a list of new words on the _____ page.	FIVE
§ 21	13. Lermontov lived in the _____ century.	NINETEEN
§ 21	14. What does the _____ speaker mean?	THREE

§ 21

15. Have you discussed Dialogue _____?

THREE

§ 8

16. _____ phone is on the shelf, where is
_____?

YOU

I



Задание 2.

1. — Do you like the book?

— I _____ a chance to read it yet.

NOT HAVE

2. He _____ reservations last Friday.

MAKE

3. He said he _____ already _____ reservations.

MAKE

4. He said he _____ reservations the next week.

MAKE

5. I _____ reservations before I _____ to the library. I promise.

MAKE / GO

6. Yesterday when he _____ the roof he _____ the ladder.	REPAIR BREAK
7. The weather is great. It _____ already _____ snowing.	STOP
8. When I left the library it _____ already _____ snowing.	STOP
9. It's snowing. It _____ probably _____ all night.	SNOW
10. What's the weather like? — It _____.	SNOW

11. We _____ diving when we _____ on holiday last August.	GO / BE
12. He knows a lot about diving. He _____ interested in it for a long time.	BE
13. The weather _____ warm tomorrow.	NOT BE
14. She has toothache. She _____ to the dentist's for years.	NOT BE
15. She is a student. She _____ English.	STUDY
She _____ it for three years.	STUDY

In a healthy body a healthy mind

Вы два раза услышите четыре коротких диалога, обозначенных буквами А, В, С, D. Установите соответствие между диалогами и местами, где они происходят: к каждому диалогу подберите соответствующее место действия, обозначенное цифрами. Используйте каждое место действия из списка 1–5 **только один раз**. В задании есть **одно лишнее место действия**.

Прослушать
аудиозапись



1. At school
2. In a shopping centre
3. At home
4. On board a plane
5. In a café

Запишите в таблицу выбранные цифры под соответствующими буквами

Н.В. Щеглова

HEALTHY LIFESTYLE

Учебное пособие



Before reading

Look at the pictures and answer the following questions:

1. What pictures a healthy lifestyle is represented on?
2. Do you adhere to the principles of a healthy lifestyle?



Wordbank

mean *v* значить

reflect *v* отражать

attitude *n* отношение

result *v* иметь результатом

comprise *v* включать в себя

unrefined *p.p.* нерафинированный

moderation *n* умеренность

reduce *v* снижать

core *n* туловище

midsection *n* средняя линия

incorporate *v* включать

maintain *v* поддерживать

efficiently *adv* эффективно

manage *v* справляться

failure *n* неспособность

harm *v* вредить

affect *v* наносить ущерб

addiction *n* пагубная привычка

outlook *n* взгляд

pattern *n* модель

endanger *v* подвергать опасности

as well as так же, как

make up one's mind принимать решение

take care заботиться

arm *v* вооружаться

ensure *v* гарантировать

intertwine *v* переплетаться

Start reading



Read the text and make a summary.

HEALTHY LIFESTYLE

What does a healthy lifestyle *mean*? According to the dictionary, lifestyle is a way of life or style of living that *reflects* the *attitudes* and

value of a person or group. A healthy lifestyle would be a way of living that would *result* in a healthy mind, body and spirit.

A healthy lifestyle *comprises* of many components.

Healthy eating means eating food that are nutritional and good for the body like fresh fruits and vegetables, low fat diets, *unrefined* carbohydrates, etc. It includes avoiding food that is bad for you like refined carbohydrates, fatty foods, alcohol, etc. Eating in *moderation* is the essential component of healthy eating.

Regular exercise is an important part of a healthy lifestyle. Aerobic exercise is good for your heart and your body. Yoga has a therapeutic affect and also helps to *reduce* your stress level. Pilates are great for strengthening your «*core*» muscles which are situated around your *midsection*. You could consider some other forms of exercise like Tai Chi, martial arts and Qi Gong. It is essential that you *incorporate* any kind of exercises in to your daily life to help keep you fit and *maintain* your weight at a healthy level.

Managing stress *efficiently* is a critical part of a healthy lifestyle. *Failure* to manage stress effectively can *harm* your body and *affect* your relationship with others. If left unattended, stress can also lead to alcohol or drug *addiction*.

Sleeping right, having a positive *outlook* about life and having a balanced life are also the necessary components of a healthy lifestyle. If you go without sleep for a period of time, every area of your life will be ultimately affected. If it becomes a regular *pattern* in your life, you could *endanger* your health and reduce your overall performance. This can ultimately affect all other areas of your life, personal *as well as* professional.

Living a healthy lifestyle takes discipline. You must *make up your mind* and choose things that are good for you and your loved ones. Living a healthy lifestyle involves *taking care* of your physical, mental and spiritual health. You need to *arm* yourself with appropriate knowledge that will *ensure* that you get the result you want.

The physical, mental and spiritual aspects of your life are *intertwined*. To be happy and healthy, you need to keep all these aspects of your life balanced.

Wordbank

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reflect *v* отражать

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After reading

1. Find in the text and translate in written form the paragraphs

with information about:

- a) the importance of sleeping well;
- b) the definition of a healthy lifestyle;
- c) different physical activities

2. Answer the questions.

- 1. How can you define a healthy lifestyle?
- 2. What components a healthy lifestyle comprises of?
- 3. What food should be avoided?
- 4. What kind of exercises should you incorporate in your daily life?
- 5. How can stress affect your life?
- 6. Is it important to have a positive outlook about life?
- 7. What living a healthy lifestyle involves?

3. Find in the text equivalents of the following words and word combinations:

нерафинированные углеводы; здоровый образ жизни; принимать решение; позитивный взгляд на жизнь; наиболее важная часть; мышцы туловища; поддерживать вес; душевное здоровье

4. Complete the sentences with the statements from the text.

1. Lifestyle is a way of life that ...
2. To be happy and healthy, you need ...
3. Healthy eating means ...
4. You should incorporate any kind of exercises in to your daily life to ...
5. Failure to manage stress effectively ...
6. Living a healthy lifestyle involves ...

5. Complete the sentences with the words from the box.

to make up one's mind; to incorporate; to arm; efficiently; to reduce; to take care; to maintain; to comprise; outlook; to result; to ensure; to intertwine

1. The physical, mental and spiritual aspects of your life
2. A healthy lifestyle would be a way of living that would ... in a healthy mind, body and spirit.

to make up one's mind; to incorporate; to arm; efficiently; to reduce; to take care; to maintain; to comprise; outlook; to result; to ensure; to intertwine

3. Sleeping right, having a positive ... about life and having a balanced life are also the necessary components of a healthy lifestyle.

4. Yoga has a therapeutic affect and also helps to ... your stress level.

5. Living a healthy lifestyle involves ... of your physical, mental and spiritual health.

6. Managing stress ... is a critical part of a healthy lifestyle.

7. It is essential that you ... any kind of exercises in to your daily life to help keep you fit and ... your weight at a healthy level.

8. You need to ... yourself with appropriate knowledge that will ... that you get the result you want.

9. A healthy lifestyle ... of many components.

10. You must ... and choose things that are good for you and your loved ones.

6. Match the headings with right articles.

**Drug misuse
and addiction**

**Overcoming
alcohol addiction**

**Smoking: cutting down
or quitting**

1

The therapy in these groups takes place without the interference (*вмешательство*) of public bodies, doctors, psychologists or other professionals. Attending the meetings is on a voluntary basis. The only

2

Some drugs – for example heroin, cocaine and certain sleeping pills or painkillers (*болеутоляющее*) – are physically addictive. They have a specific effect on the body which leads to tolerance (*привыкание*) and with-

requirement (*требование*) is an honest (*искренний*) desire to quit (*бросать*) drinking. You will meet people who have been through (*испытывать*) the same hardships (*трудность*) as yourself.

.....

drawal symptoms (*абстиненция*). Other drugs may lead to a psychological addiction if people have a craving for (*страсно желать*) the effect that the drug causes.

.....

3

Addiction to tobacco is both physical and psychological. Every smoker knows how difficult it is to stop smoking or even cut down (*снижать*). Reducing the amount (*количество*) you smoke is a start – and better than nothing, but the ultimate goal should be to quit altogether. And, as many ex-smokers will tell you, it is possible.

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