

МИНИСТЕРСТВО ЗДРАВООХРАНЕНИЯ РЕСПУБЛИКИ БЕЛАРУСЬ
БЕЛОРУССКИЙ ГОСУДАРСТВЕННЫЙ МЕДИЦИНСКИЙ УНИВЕРСИТЕТ
КАФЕДРА ИНОСТРАННЫХ ЯЗЫКОВ

Е. В. БУСЬКО

**АНГЛИЙСКИЙ ЯЗЫК.
МЕДИКО-ПРОФИЛАКТИЧЕСКОЕ ДЕЛО
ENGLISH. PREVENTIVE MEDICINE**

Допущено Министерством образования Республики Беларусь в качестве
учебного пособия для студентов учреждений высшего образования
по специальности «Медико-профилактическое дело»



Минск БГМУ 2024

УДК 811.111:613.9(075.8)

ББК 81.2Англ-923

Б92

Рецензенты: доц. каф. речеведения и теории коммуникации Минского государственного лингвистического университета Т. В. Еромейчик; каф. иностранных языков Витебского государственного ордена Дружбы народов медицинского университета

Бусько, Е. В.

Б92 Английский язык. Медико-профилактическое дело = English. Preventive Medicine : учебное пособие / Е. В. Бусько. – Минск : БГМУ, 2024. – 116 с.

ISBN 978-985-21-1541-4.

Включает 4 тематических раздела: «Правильное питание», «Физическая активность», «Стресс», «Вредные привычки», каждый из которых содержит вокабуляр, аутентичные тексты, комплексную систему упражнений на формирование фонетических и лексическо-грамматических навыков, на развитие навыков и умений аудирования и говорения.

Предназначено для студентов 1-го курса, обучающихся по специальности «Медико-профилактическое дело», магистрантов и аспирантов.

УДК 811.111:613.9(075.8)

ББК 81.2Англ-923

Учебное издание

Бусько Екатерина Владимировна

АНГЛИЙСКИЙ ЯЗЫК. МЕДИКО-ПРОФИЛАКТИЧЕСКОЕ ДЕЛО

ENGLISH. PREVENTIVE MEDICINE

Учебное пособие

На английском языке

Ответственная за выпуск М. Н. Петрова
Компьютерная вёрстка Н. М. Федорцовой

Подписано в печать 18.05.24. Формат 60×84/8. Бумага писчая «Хегох Марафон Бизнес».

Ризография. Гарнитура «Times».

Усл. печ. л. 13,48. Уч.-изд. л. 6,6. Тираж 200 экз. Заказ 241.

Издатель и полиграфическое исполнение: учреждение образования
«Белорусский государственный медицинский университет».

Свидетельство о государственной регистрации издателя, изготовителя,
распространителя печатных изданий № 1/187 от 24.11.2023.

Ул. Ленинградская, 6, 220006, Минск.

ISBN 978-985-21-1541-4

© Бусько Е. В., 2024

© УО «Белорусский государственный
медицинский университет», 2024

ПРЕДИСЛОВИЕ

Настоящее учебное пособие предназначено для студентов I курса специальности «Медико-профилактическое дело», магистрантов, аспирантов и соискателей, а также специалистов в области здравоохранения, самостоятельно изучающих английский язык.

Основной задачей учебного пособия является формирование у студентов-медиков умения использовать английский язык как средство профессионального общения. Учебное пособие предусматривает формирование у обучающихся фонетических и лексическо-грамматических навыков, развитие навыков монологической и диалогической устной речи, аудирования на основе аутентичного материала и разработанной к нему системы упражнений.

Тематика материала соответствует содержанию учебной программы по дисциплине «Иностранный язык (английский)» для студентов 1-го курса специальности «Медико-профилактическое дело». Учебное пособие состоит из 4 тематических модулей: «Правильное питание», «Физическая активность», «Стресс», «Вредные привычки», каждый из которых содержит по 3–6 уроков. Все уроки строятся по единой схеме. В начале урока даются упражнения на введение в иноязычную обстановку на заданную тему. Далее следует тематический словарь и аутентичный текст. Основная задача — представить наиболее частотную активную лексику по теме, отработать и закрепить её при помощи коммуникативных заданий. Затем предлагается серия лексических упражнений и вопросы, контролирующие понимание текста. Грамматический материал представлен непосредственно в уроке для последовательного освоения и активизации на каждом занятии. Тем самым учебное пособие позволяет уйти от абстрактного формального заучивания к коммуникативному использованию грамматики в повседневном профессиональном общении. В завершении идут упражнения на отработку и закрепление грамматических навыков. В разделе «Задания на аудирование и говорение» предлагаются тематические диалоги, начитанные носителями языка, и задания к ним.

Пособие также включает в себя раздел, содержащий аутентичные тексты для самостоятельного изучения.

Иллюстративный материал, содержащийся в учебном пособии, и обозримое построение уроков призваны обеспечивать наглядность и преемственность в овладении материалом, а также способствовать развитию интереса и повышению мотивации учащихся. В ряде случаев изображения играют роль графического стимула устной профориентированной монологической речи студентов.

Учебное пособие рассчитано на 40 учебных часов и содержит 116 страниц.

Учебное пособие может быть использовано для работы как под руководством преподавателя, так и для самостоятельной работы.

Module 1

PROPER NUTRITION

Lesson I

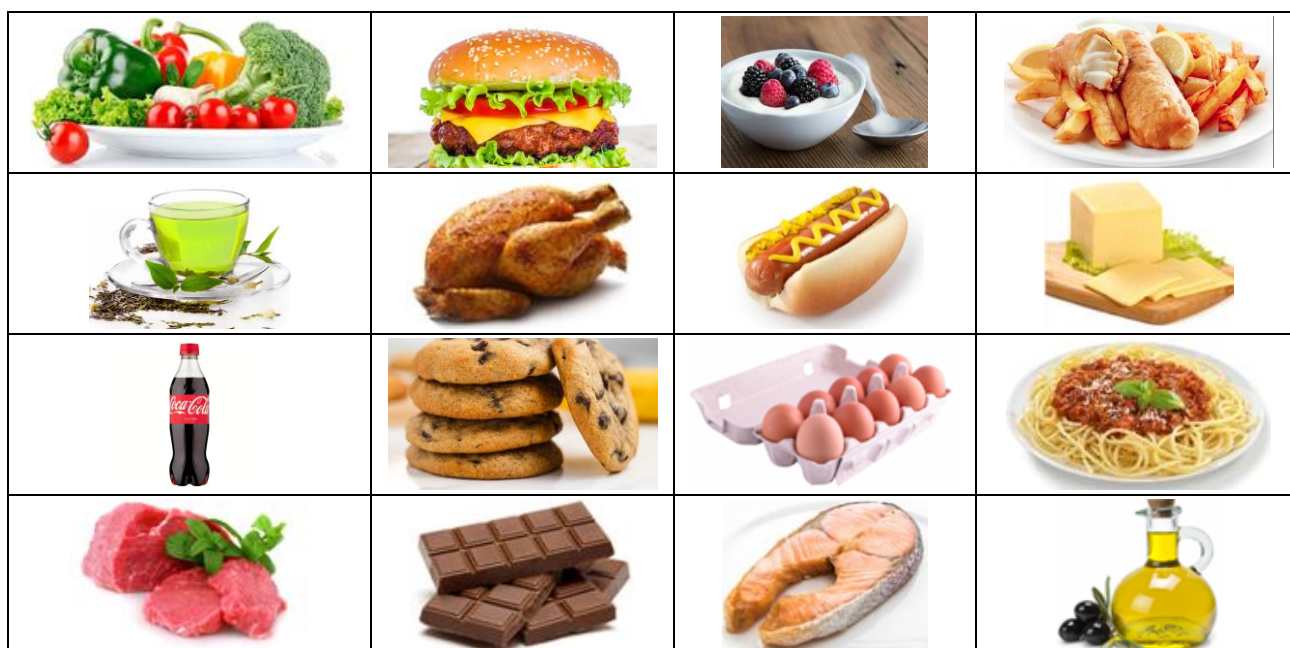
HEALTHY DIET



Grammar: Quantifiers much, many, (a) little, (a) few.

LEAD-IN

I. Look at the pictures. Which of these foods are healthy and which are unhealthy? Can you think of any other healthy or unhealthy kinds of food?



II. Let's discuss some questions.

- 1) Do you think you have a healthy lifestyle?
- 2) What is healthy food?
- 3) Do you try to eat your breakfast, lunch, and dinner at a certain time every day?
- 4) Do you have a snack every time you are hungry, or do you wait for the lunch or dinner?
- 5) What snacks are healthy?
- 6) Why is healthy eating so important?
- 7) What makes a person healthy?

VOCABULARY AND READING

III. Vocabulary practice. Pay attention to the pronunciation of the words.

to maintain	[meɪn'teɪn]	поддерживать, сохранять
overall	['əʊvəɹɔ:l]	общий, полный, совокупный
carbohydrate	[ˌkɑ:bə'hɑɪdreɪt]	углевод
lipids	['lɪpɪ:dz]	липиды

protein	['prəʊti:n]	белок, протеин
vitamin	['vitəmin] Br. ['vaɪtəmin] Am.	витамин
fiber	[faɪbə]	волокно, клетчатка
dietary fiber	['daɪətəri faɪbə]	пищевое волокно, пищевая клетчатка
obesity	[əʊ'bi:sɪtɪ]	ожирение, излишний вес
malnutrition	[mælnjʊ'trɪʃn]	недоедание, недостаточное питание
nutrient	['nju:triənt]	питательное вещество
nutrition	[nju:'trɪʃn]	питание, еда, корм, пища
nutritional	[nju:'trɪʃnl]	пищевой, питательный, диетологический
nutritious	[nju:'trɪʃəs]	питательный
nutritionist	[nju:'trɪʃ(ə)nɪst]	диетолог; специалист по питанию
fat	[fæt]	жир
fat-soluble	[fæt'sɒljʊb(ə)l]	жирорастворимый
essential	[ɪ'senʃəl]	важнейший; необходимый; основной
to provide smth with smth	[prə'vaɪd]	обеспечить что-то чем-то
cereal products	['sɪəriəl 'prɒdʌkts]	зерновые продукты
wholegrain cereals	[həʊlgreɪn 'sɪəriəlz]	цельнозерновые крупы
crackers	['krækəz]	крекеры, сухарики
beans	[bi:nz]	бобы
legumes	['legju:mz]	бобовые
peas	[pi:z]	горох
lentil	['lentl]	чечевица
acid	['æsɪd]	кислота
fatty acids	['fætri 'æsɪdz]	жирные кислоты
hormone	['hɔ:məʊn]	гормон
to absorb	[əb'zɔ:b]	впитывать, абсорбировать, поглощать
to store	[stɔ:]	хранить, сохранять, накапливать, запасать
to protect (against)	[prə'tekt]	защищать (от)
trauma	['trɔ:mə]	травма, повреждение
enzyme	['enzaim]	фермент, энзим
lean	[li:n]	постный, нежирный
poultry	['pəʊltrɪ]	домашняя птица
vision	['vɪʒən]	зрение
syn. eyesight	['aɪsaɪt]	
potassium (K)	[pə'tæsiəm]	калий
calcium (Ca)	['kælsiəm]	кальций
iron (Fe)	['aɪən]	железо
oxygen	['ɒksɪdʒən]	кислород
calorie	['kæləri]	калория
bulk	[bʌlk]	основная масса, большая часть, объем
digestive system	[daɪ'dʒestɪv 'sɪstɪm]	пищеварительная система
constipation	[kɒnstɪ'peɪʃn]	запор

chemical	['kemɪkl]	химическое вещество; химический
to be high in		быть с высоким содержанием
dehydration	[di:haɪ'dreɪʃn]	обезвоживание
urine	['jʊərɪn]	моча
sweat	[swet]	пот
to consume	[kən'sju:m]	потреблять, съесть, употреблять
consumption	[kən'sʌmpʃn]	потребление
long-term	[,lɒŋ'tɜ:m]	длительный, долгосрочный
chronic	['krɒnɪk]	хронический
stroke	[strəʊk]	паралич, удар; инсульт
diabetes	[daɪə'bi:tɪz]	диабет
cancer	['kænsə]	рак
weight	[weɪt]	вес; масса
weight gain	[weɪt geɪn]	увеличение веса, набор веса
weight loss	[weɪt lɒs]	потеря веса, снижение веса, похудение
to reduce	[rɪ'dju:s]	ослаблять, понижать, сокращать, уменьшать

IV. Read the text.

HEALTHY DIET

A healthy diet is a diet that maintains or improves overall health. A balanced diet contains the correct amount of all food groups. The food groups are carbohydrates, lipids, proteins, vitamins, minerals, dietary fiber, and water. Each food group has its own role to play within a healthy diet. To be healthy, it is vital to keep to a balanced diet. This means eating the right amount from different food groups. Too much may cause obesity and too little may cause malnutrition.

Your body needs energy to work normally and keep alive. You get this energy from nutrients in the food that you eat — mostly carbohydrates, fats, and proteins. The World Health Organization recommends getting at least half of your energy intake from carbohydrates and no more than 30 % from fats. It is also recommended to eat 400 grams of fruit and vegetables a day.

- **Carbohydrates** are an essential part of your diet. They provide the body with energy. They are found in fruit, vegetables, bread, potatoes, pasta, cereal products, crackers, dried beans, peas, and lentils.

- **Lipids (fats and oils)** give your body the fatty acids it needs to grow and to produce new cells and hormones. Fat also helps some vitamins move through your body. Vitamins A, D, E, and K are fat-soluble vitamins, which means they need some fat to be absorbed. They are also stored in the fatty tissues in your body and the liver. Fat also helps protect your organs against trauma. Fat comes from a variety of food groups, particularly milk, meat, and oils.

- **Proteins** help your body build new cells, repair old cells, create hormones and enzymes, and keep your immune system healthy. If you don't have enough protein, your body takes longer to recover from illness. Good sources of protein are lean meat, fish, poultry, and low-fat dairy products, as well as nuts, dried beans, peas, and lentils.

- **Vitamins** keep your bones strong, your vision clear and sharp, and your skin, nails, and hair healthy. Vitamins also help your body use energy from the food you eat. Fruit and vegetables are vitamin rich.

- **Minerals** are chemical elements that help regulate the processes in your body. Potassium, for example, helps your nerves and muscles function. Calcium helps your teeth and bones stay strong. Iron carries oxygen to your cells.

Fiber is a type of carbohydrates. It cannot be absorbed by the body and contains no calories or vitamins; however, it is necessary for a balanced and healthy diet. Fiber adds bulk to food and helps it to pass through the digestive system. Fiber also prevents constipation and heart disease. Fruit, vegetables, and wholegrain cereals are high in fiber.

Water is necessary for life. Water makes up about 50 % to 66 % of your total body weight. It regulates your temperature, moves nutrients through your body, and gets rid of waste. Losing a lot of fluids can lead to dehydration. Drinking water frequently replaces the water lost in urine, sweat, and breathing out.

Consuming a wide range of foods that include a variety of nutrients is the easiest way to have a healthy diet. A healthy diet may help prevent certain long-term (chronic) diseases such as heart disease, stroke, and diabetes. It may also help reduce the risk of developing some cancers and help you maintain a healthy weight.

V. Give the English equivalents.

- 1) правильное питание
- 2) улучшить общее состояние здоровья
- 3) углеводы и белки
- 4) пищевая клетчатка
- 5) вызывать недоедание
- 6) получать энергию из питательных веществ
- 7) необходимые (важнейшие) вещества
- 8) жирные кислоты
- 9) жирорастворимые витамины
- 10) образовывать (создавать) гормоны и ферменты
- 11) сохранить иммунную систему здоровой
- 12) калий и кальций
- 13) не содержит калорий или витаминов
- 14) быть с высоким содержанием клетчатки
- 15) химические вещества и минералы
- 16) привести к обезвоживанию
- 17) предотвращать определенные длительные (хронические) заболевания
- 18) поддерживать здоровый вес

VI. Match the words to their definitions.

1) carbohydrates	a) proteins that help speed up metabolism, or the chemical reactions in our bodies; they build some substances and break others down
2) diabetes	b) the main source of energy for the body; they are the sugars, starches, and dietary fiber that are found in plant foods and dairy products
3) dietary fiber	c) large, complex molecules that do most of the work in cells and are necessary for the structure, functioning and regulation of tissues and organs of the body

4) nutrients	d) the part of plant foods your body can't digest or absorb; it prevents constipation and heart disease
5) proteins	e) substances that you need in order to remain healthy, which are found in food or can be eaten in the form of pills; they are generally classified as either fat-soluble or water-soluble
6) malnutrition	f) a condition caused by the loss of too much fluid from the body
7) vitamins	g) a disorder of the metabolism causing excessive thirst and the production of large amounts of urine
8) dehydration	h) substances used by an organism to survive, grow, and reproduce
9) enzymes	i) chemical messengers that coordinate different functions in your body
10) hormones	j) a lack of nutrients, either as a result of a poor diet or problems absorbing nutrients from food

VII. Match the beginnings and the endings of the expressions. Find only one best alternative.

- | | |
|------------------------------|--|
| 1) dietary | a) food groups |
| 2) total | b) dairy products |
| 3) the correct amount of all | c) from nutrients |
| 4) to maintain | d) substances |
| 5) to cause | e) to a balanced diet |
| 6) good sources | f) heart disease, stroke, and diabetes |
| 7) to keep | g) fiber |
| 8) low-fat | h) acids |
| 9) to prevent | i) body weight |
| 10) to get energy | j) meat |
| 11) wholegrain | k) overall health |
| 12) lean | l) cereals |
| 13) essential | m) of protein |
| 14) fatty | n) obesity or malnutrition |

VIII. Fill in the gaps with the words below.

● fat	● consume	● nutrients
● weight	● fiber	● carbohydrates
● maintain	● nutrition	● minerals
● stroke	● protein	● calories

- 1) ... helps the body digest (break down) food.
- 2) ... gives us energy and protects our organs.
- 3) Many studies have shown that drinking water can increase ... loss.
- 4) Carbohydrates, proteins, fats, and alcohol are all sources of ... in the diet.
- 5) Examples of ... foods include meat, eggs, fish, beans, nuts, and legumes.
- 6) By eating a balanced diet, we get all the ... that are necessary for healthy living.
- 7) A balanced diet helps you ... good health throughout your life.
- 8) Fruit and vegetables are a good source of vitamins, ... and fiber.
- 9) ... are an important source of energy for the body.
- 10) People who ... large amounts of animal fats are more likely to get cancer and heart disease.

- 11) Following a healthy, balanced diet can reduce the risk of diseases like heart disease, ..., type 2 diabetes and some types of cancer in the long term.
- 12) Overall health and well-being depend on good ..., physical exercise, and healthy body weight.

IX. Fill in the prepositions where necessary.

- 1) A healthy diet provides the body ... essential nutrition.
- 2) A diet rich ... fruits and vegetables provides numerous health benefits.
- 3) Drinking enough water is important ... your health.
- 4) Fish is a good source ... protein and contains many vitamins and minerals.
- 5) A healthy diet helps to protect ... diabetes, heart disease, stroke, and cancer.
- 6) Pulses, including beans, peas, and lentils, are naturally very low ... fat and high... fiber, protein, vitamins, and minerals.
- 7) A balanced diet reduces the risks ... developing chronic diseases.
- 8) Consuming calories more than the body needs will eventually lead ... unhealthy weight gain.
- 9) Vegetables are rich ... essential vitamins, minerals, fiber, and antioxidants.
- 10) Calcium is a mineral that is good ... your bones and teeth.
- 11) Dairy foods are good sources ... protein, vitamins, and calcium ... healthy bones.
- 12) We need ... many different nutrients to stay healthy.
- 13) Carbohydrates are an essential part ... a healthy diet.
- 14) Cream is high ... calories and is associated ... heart disease when it is eaten ... large amounts.

X. Answer the questions.

- 1) What is a healthy diet?
- 2) What are the seven basic food groups?
- 3) Why is it vital to keep to a balanced diet?
- 4) Why do we need energy?
- 5) What are the main sources of energy for your body?
- 6) What are the benefits of carbohydrates?
- 7) Give the examples of carbohydrates.
- 8) What are the functions of lipids?
- 9) Which food groups contain fats?
- 10) What is the role of proteins?
- 11) What are the sources of proteins?
- 12) What are the main functions of vitamins?
- 13) Name the sources of vitamins.
- 14) Why do we need minerals?
- 15) Why is fiber good for our health?
- 16) What is the role of water in our body?
- 17) What diseases may a proper diet prevent?

GRAMMAR

XI. Quantifiers **much**, **many**, **(a) little**, **(a) few**.

Слова **many** (много), **few** (мало), **a few** (несколько) используются с исчисляемыми существительными. **Many** обозначает большое количество чего-либо: *many apples* (много яблок), *many friends* (много друзей).

Противоположность **many** — это **few**: *few apples* (мало яблок), *few friends* (мало друзей). У **few** часто негативное значение: чего-то очень мало, недостаточно, так мало, что практически нет.

A few имеет промежуточное значение между **many** и **few**, переводится как «несколько»: *a few apples* (несколько яблок), *a few friends* (несколько друзей), *a few ideas* (несколько идей).

Слова **much** (много), **little** (мало), **a little** (немного) используются с неисчисляемыми существительными. **Much** обозначает большое количество чего-либо неисчисляемого: *much sugar* (много сахара), *much time* (много времени).

Противоположность **much** — это **little**: *little sugar* (мало сахара), *little time* (мало времени). **Little**, как и **few**, означает, что чего-то недостаточно, очень мало. **A little** подразумевает под собой небольшое количество чего-то, что нельзя посчитать: *a little sugar* (немного сахара), *a little time* (немного времени).

Употребление местоимений с существительными		
с неисчисляемыми	с исчисляемыми	перевод
much	many	много
little	few	мало, почти нет
a little	a few	немного, достаточно

A lot of (много) можно использовать как с исчисляемыми существительными, так и с неисчисляемыми. **A lot of (lots of)** заменяет **much** и **many**: *a lot of people* (много людей), *lots of tea* (много чая). В утвердительных предложениях вы чаще услышите **a lot of**, чем **much** или **many**. В отрицательных и вопросительных предложениях предпочтительнее употреблять **much** или **many**, но **a lot of** тоже встречается.

Однако если есть наречия *very* (очень), *too* (слишком), *so* (так), то в утвердительных предложениях после них может стоять только **much** и **many**.

I ate a lot of fish. — Я съел много рыбы.

I ate too much fish. — Я съел слишком много рыбы.

XII. Fill in a lot of / much / many.

- 1) How ... portions of fruit and vegetables do you eat a day?
- 2) Consuming too ... sugar can lead to weight gain.
- 3) There are ... alternative foods and drinks available in supermarkets to replace milk and dairy products.
- 4) She doesn't eat ... chocolate because it is high in sugar and saturated fat.
- 5) How ... sugar do you put in your tea?
- 6) Fiber is found in ... foods that come from plants, including fruits, vegetables, nuts, seeds, beans, and whole grains.
- 7) I don't consume ... saturated fat because it can increase the amount of cholesterol in the blood.

- 8) Some people claim that ... protein can lead to osteoporosis [, ɒstɪəʊpə' rəʊsɪs].
- 9) How ... minerals do you need in your diet?
- 10) Too ... fat in your diet increases the risk of heart disease.


XIII. Fill in a few or a little.

- 1) I'm going shopping. I need to buy ... things for tonight's party.
- 2) There is ... bread in the cupboard. But that's enough for dinner.
- 3) Can I have ... milk in my coffee? I like white.
- 4) ... apples are enough for me not to feel hungry.
- 5) Are you thirsty? There's ... juice left in this bottle.
- 6) "Can I ask you ... questions about the effects of malnutrition?" — "Sure."
- 7) I want to eat I'm hungry.
- 8) We need ... milk and ... eggs to make a cake.
- 9) Could you buy ... bottles of water for me?
- 10) "Would you like some more soup?" — "Just ..., please."

XIV. Fill in a few / few or a little / little.

- 1) The tea is not sweet. There are ... lumps of sugar in it.
- 2) I eat very ... meat. I prefer fish.
- 3) If you eat ... fiber, you may experience constipation.
- 4) I bought ... snacks during the break.
- 5) I have ... free time for hobbies because I work a lot.
- 6) There is ... meat in the fridge. Can you go and buy some?
- 7) I need to talk to you. Do you have ... minutes?
- 8) There are ... people in the world who are vegans.
- 9) All fruit and vegetables have very ... or no salt in their fresh, natural state.
- 10) Low-fat fish contains ... calories.

LISTENING AND SPEAKING TASK

XV.  People are talking about their eating habits. What does each person eat now? Listen and choose the correct picture. (Etest: Topic "Proper Nutrition"; recording No.1)



a.



b.



a.



b.



a.



b.



a.



b.

XVI. Speak on the following.

- 1) What you think a healthy diet is.
- 2) Six nutrients we get from food, their functions, and the foods that contain them.
- 3) The importance of eating a variety of foods from all the food groups.
- 4) The benefits of drinking plenty of water.













**Lesson II
PROTEINS AND FATS**



Grammar: Indefinite Pronouns some, any, no.

LEAD-IN

I. Name the following foods and put them into the five categories. Then say which are considered to be healthy and which unhealthy. Some of the foods fit into more than one category.

			
			
			
Fats: Proteins: Carbs: Fiber: Sugar:	healthy — — — —	unhealthy — — — —	

II. Match each description to the appropriate nutrient.

carbohydrates	fats	proteins

- 1) Help repair damaged cells and tissues.
- 2) Support cell growth.
- 3) They are the main source of energy for the body.
- 4) Starches, sugar, and fiber are types of this nutrient.
- 5) Help protect your organs against trauma.
- 6) They are necessary for the body for healthy growth.
- 7) Help the body absorb other nutrients.

VOCABULARY AND READING

III. Vocabulary practice. Pay attention to the pronunciation of the words.

muscle	[mʌsl]	мышца
tendon	['tendən]	сухожилие
ligament	['lɪgəmənt]	связка
amino acids	[ə'mi:nəʊ 'æsɪdz]	аминокислоты
beef	[bi:f]	говядина
lamb	[læm]	ягнёнок, барашек, овечка
veal	[vi:l]	телятина
pork	[pɔ:k]	свинина
prawn	[prɔ:n]	креветка
lobster	['lɒbstə]	омар
mussel	['mʌs(ə)l]	мидия
oyster	['ɔɪstə]	устрица
scallop	['skəlɒp]	морской гребешок
clam	[klæm]	двустворчатый моллюск
nut	[nʌt]	орех
almond	['ɑ:mənd]	миндаль
pine nut	[paɪn nʌt]	кедровый орех
walnut	['wɔ:lʌt]	грецкий орех
hazelnut	['heɪz(ə)lʌt]	фундук, лесной орех
pumpkin seeds	['pʌmpkɪn si:dz]	тыквенные семечки
sesame seeds	['sesəmi si:dz]	кунжутные семечки
sunflower seeds	['sʌnflaʊə si:dz]	семена подсолнечника
chickpea	['tʃɪkpi:]	нут, хумус
split pea	[split pi:]	дробленый горошек
tofu	['təʊfu:]	тофу
cereal-based	['siəriəl beɪst]	на основе злаков
to excrete	[ɪk'skri:t]	выделять
excess	[ɪk'ses]	избыток
fuel	[fju:əl, 'fjuəl]	топливо
to insulate	['ɪnsjəleɪt]	защищать, изолировать
saturated	['sætʃəreɪtɪd]	насыщенный
unsaturated	[ʌn'sætʃəreɪtɪd]	ненасыщенный
LDL (low-density lipoprotein)	[ləʊ'densɪtɪ lɪpə'prəʊti:n]	липопротеин низкой плотности
HDL (high-density lipoprotein)	[haɪ'densɪtɪ lɪpə'prəʊti:n]	липопротеин высокой плотности
cholesterol	[kə'lestərɒl]	холестерин
cholesterol level		уровень холестерина
heart attack	[hɑ:t ə'tæk]	сердечный приступ
to cut down on		уменьшить потребление чего-либо
coconut oil	['kəʊkənʌt ɔɪl]	кокосовое масло
palm oil	[pɑ:m ɔɪl]	пальмовое масло

palm kernel oil	[pɑ:m kɜ:nl ɔɪl]	пальмоядровое масло
solid	['sɒlɪd]	твёрдый
monounsaturated	[ˌmɒnəʊsʌn'sæfjəreɪtɪd]	мононенасыщенный
polyunsaturated	[pɒlɪʌn'sæfjəreɪtɪd]	полиненасыщенный
peanut	['pi:nʌt]	арахис, арахисовый
peanut oil	['pi:nʌt ɔɪl]	арахисовое масло
olive oil	['ɒlɪv ɔɪl]	оливковое масло
canola oil	[kə'nɒlə 'ɔɪl]	рапсовое масло
corn oil	[kɔ:n ɔɪl]	кукурузное масло
soybean oil	['sɔɪbi:n ɔɪl]	соевое масло
omega-3 fatty acids	['əʊmɪgə θri: 'fæti 'æsaɪdz]	омега-3 жирные кислоты
salmon	['sæmən]	лосось
flax seeds	[flæks si:dz]	семена льна
trans fatty acids	[trænz 'fæti 'æsaɪdz]	трансжирные кислоты
hydrogenation	[ˌhaɪdrədʒə'neɪʃ(ə)n]	гидрогенизация
hydrogenated fat	['haɪdrədʒəneɪtɪd fæt]	гидрогенизированный жир
French fries	[frenʃ fraɪz]	картофель фри

IV. Read the text.

PROTEINS

Proteins are essential nutrients present in all living organisms. They are a great source of energy and support in the growth and functioning of our body. Proteins build muscles, tendons, ligaments, and other tissues; strengthen the bones, the immune system, the neurons in the brain; maintain an ideal body weight, hormonal balance, healthy skin; prevent heart-related diseases, hair damage; slow down the aging process by improving the overall health of the body.

Proteins are made up of building blocks called amino acids. The nutritional value of a protein is measured by the quantity of essential amino acids it contains. Different foods contain different amounts of essential amino acids. Our daily diet generally consists of 10–35 % of proteins, which meet our daily needs. It is usually recommended to take 0.8 grams of protein per kilogram of body weight in order to stay fit. Some food sources of dietary protein include:

- lean meat — beef, lamb, veal, pork;
- poultry — chicken, turkey, duck, goose;
- fish and seafood — fish, prawns, crabs, lobsters, mussels, oysters, scallops, clams;
- eggs;
- dairy products — milk, yoghurt (especially Greek yoghurt), cheese (especially cottage cheese);
- nuts (including nut pastes) and seeds — almonds, pine nuts, walnuts, hazelnuts, pumpkin seeds, sesame seeds, sunflower seeds;
- legumes and beans — all beans, lentils, chickpeas, split peas, tofu.

Some cereals and cereal-based products are also sources of protein, but they are generally not as high in protein as meat and meat-alternative products. The human body can't store protein and will excrete any excess. So, the most effective way of meeting your daily protein requirement is to consume it in small amounts at every meal.

FATS

Fats are nutrients in food that the body uses to build cell membranes, nerve tissue (including the brain), and hormones. The body also uses fat as fuel. You also need fat to keep your skin and hair healthy. Fat helps you absorb vitamins A, D, E, and K, the so-called fat-soluble vitamins. Fat also fills your fat cells and insulates your body to help keep you warm. All fats are made up of saturated and unsaturated fatty acids.

Saturated fats are tightly packed with no double bonds between the fatty acids. They are solid at room temperature. Saturated fats raise your LDL (bad) cholesterol level. High LDL cholesterol puts you at risk for heart attack, stroke, and other major health problems. You should avoid or cut down on foods that are high in saturated fats. Foods with a lot of saturated fats are animal products, such as butter, cheese, whole milk, ice cream, cream, and fatty meats. Some vegetable oils, such as coconut, palm, and palm kernel oil, also contain saturated fats.

Unsaturated fats are liquid at room temperature. Eating unsaturated fats instead of saturated fats can help lower your LDL cholesterol. Most vegetable oils have unsaturated fats. There are two types of unsaturated fats:

- *monounsaturated*, found in avocados; peanut butter; nuts; olive, peanut, and canola oils;
- *polyunsaturated*, found in most vegetable oils, like corn and soybean oil;
 - *omega-3 fatty acids*, a type of polyunsaturated fat found in fatty fish like salmon, walnuts, and flax seeds.

Trans fatty acids are unhealthy fats that are formed when vegetable oil goes through a process called hydrogenation. This causes the fat to harden and become solid at room temperature. Hydrogenated fats, or “trans fats”, are often used to keep some foods fresh for a long time. They are also used for cooking in some restaurants. Trans fats have harmful health effects. They can raise LDL (bad) cholesterol levels in your blood and lower HDL (good) cholesterol levels, increasing the risk of heart disease. Trans fats are found in commercial baked goods such as cakes, cookies and pies, microwave popcorn, frozen pizza, cookies and buns, fried foods including French fries, donuts, and fried chicken.

V. Give the English equivalents.

- 1) отличный источник энергии
- 2) укреплять кости и иммунную систему
- 3) поддерживать идеальную массу тела
- 4) замедлять процесс старения
- 5) аминокислоты
- 6) питательная ценность
- 7) удовлетворять наши повседневные потребности
- 8) продукты на основе злаков
- 9) использовать жир в качестве топлива
- 10) насыщенные и ненасыщенные жирные кислоты
- 11) повысить уровень липопротеинов низкой плотности
- 12) подвергать риску сердечного приступа
- 13) сократить потребление кокосового и пальмового масла
- 14) жидкий при комнатной температуре
- 15) полиненасыщенные жиры содержатся в
- 16) гидрогенизированные жиры или трансжиры
- 17) оказывать вредное воздействие на здоровье

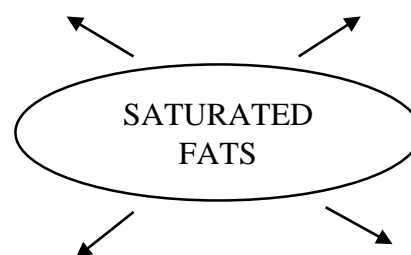
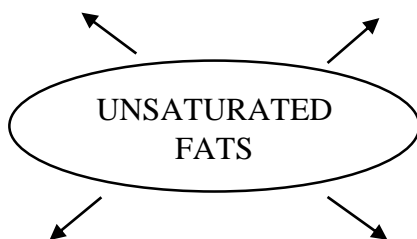
VI. Fill in the gaps with the words and word combinations below.

• immune system	• muscles	• excess
• legumes	• poultry	• essential
• amino acids	• cereals	• protein
	• skin	

- 1) ... is found throughout the body — in muscles, bones, skin, hair and almost any other part of the body or tissue.
- 2) The building blocks of protein are called
- 3) Protein is ... for wound healing, muscle maintenance and development, and other functions.
- 4) Our bodies need protein from the foods we eat to build and maintain bones, ... and skin.
- 5) Protein is essential for generating healthy ... and nails.
- 6) Proteins make the ... much stronger because antibodies which fight various diseases are made up of proteins.
- 7) Lean meat, ..., fish and seafood, eggs are high-quality sources of dietary protein.
- 8) You can get all the protein you need from plant-based sources: nuts, seeds, ... or grains.
- 9) ... protein is typically broken down by the liver, producing a waste product called urea, which is excreted by the kidneys.
- 10) A small amount of protein is contained in ... and cereal-based products.

VII. What is the difference between saturated and unsaturated fats? Match their health effects and sources to the type of fats.

Health Effects	Sources
• improve blood cholesterol levels	• olive, peanut, and canola oils
• increase LDL (bad) cholesterol level	• processed and fatty meats like sausages, ham, burgers, and bacon
• stabilize heart rhythm	• avocados
• solid at room temperature	• fatty fish like salmon, walnuts, and flax seeds
• increase the risk of stroke or heart attack	• some vegetable oils, such as coconut, palm, and palm kernel oil
• liquid at room temperature	• pumpkin and sesame seeds, flax seeds, walnuts
• lower the risk of premature death	• dairy products like butter, cream, cheese, whole milk
• cause weight gain	• cookies and other grain-based desserts



VIII. Fill in the prepositions where necessary.

- 1) Good plant sources ... protein are legumes (including soybeans, tofu, and other soy products), nuts, and seeds.
- 2) Most saturated fats come ... animal sources, including meat and dairy products, as well as some plant foods, such as palm oil and coconut oil.
- 3) Deep fried foods are often high ... calories but low ... nutritional value.
- 4) If possible, monounsaturated fats and polyunsaturated fats, including omega-3 fats, should be used ... saturated fats and trans fats.
- 5) Foods ... plant sources are incomplete proteins because they are low ... essential amino acids.
- 6) Eating too much saturated fat puts you ... risk ... heart disease.
- 7) Saturated fats are solid ... room temperature.
- 8) Protein is found ... a wide range ... food and it's important that you get enough protein ... your diet every day.
- 9) Consuming a lot of fatty foods can lead ... weight gain.
- 10) Cutting ... foods and drinks that are high ... saturated and trans fats will help keep your heart healthy and maintain your weight.
- 11) Olive oil is rich ... monounsaturated fats that are good ... heart health.
- 12) It is better to replace coconut oil ... unsaturated types like vegetable or olive oils.
- 13) A small amount ... trans fats is naturally found ... some meat and dairy products.
- 14) Protein is made ... many 'amino acid' molecules.

IX. Answer the questions.

- 1) What are proteins?
- 2) Why is protein important in your diet?
- 3) What are proteins made of?
- 4) How much protein does our daily diet consist of?
- 5) What is the recommended dose of protein in order to stay fit?
- 6) What are the best sources of protein?
- 7) Can your body store protein?
- 8) What are the functions of fat in the body?
- 9) What are the types of fat?
- 10) Why are saturated fats unhealthy?
- 11) What foods are high in saturated fat?
- 12) Why are unsaturated fats better for your health?
- 13) What are the two main types of unsaturated fats?
- 14) What foods contain unsaturated fats?
- 15) Why are trans fatty acids harmful?
- 16) What foods are high in trans fatty acids?

GRAMMAR

X. Some, any, no.

Some (несколько, немного, некоторые) употребляется:

- 1) с неисчисляемыми (которые нельзя посчитать) существительными в значении «немного»

*There is **some** water in the bottle. — В бутылке есть немного воды.*

2) с исчисляемыми (которые можно сосчитать) существительными во множественном числе в значении «несколько» или «некоторые»

Some students prepared interesting reports. — Несколько студентов (некоторые студенты) подготовили интересные доклады.

3) с исчисляемыми существительными в единственном числе в значении «какой-либо»

Some girl has just called you. — Какая-то девушка только что звонила тебе.

Some и его производные **somebody**, **something**, etc. чаще всего употребляются в утвердительных предложениях. Однако они могут быть использованы и в вопросительных структурах, когда мы предполагаем утвердительный ответ на наш вопрос, для выражения просьбы или предложения:

Would you like something to drink? — Не хотите ли чего-нибудь выпить?

Can I have some warm milk? — Можно мне немного теплого молока?

Any (несколько, немного, какой-либо) и его производные **anyone**, **anything**, etc. употребляются в основном в отрицательных и вопросительных предложениях:

Is there any juice in the fridge? — В холодильнике есть какой-нибудь сок?

Any и его производные могут употребляться и в утвердительных конструкциях в следующих ситуациях:

- в значении «любой, всякий», «что угодно, где угодно» и т. д.

You may take anything you need. — Вы можете взять все, что вам нужно.

- в придаточных предложениях после *if*.

If you tell anyone, I will be angry. — Если ты кому-нибудь расскажешь, я разозлюсь.

Местоимение **no** употребляется перед любыми существительными. Употребление местоимения **no** делает предложение отрицательным.

There are no apples on the table. — На столе нет яблок.

No имеет следующие производные: **nobody** = **no one** (никто), **nothing** (ничто), **nowhere** (нигде). Так как местоимение и его производные имеют отрицательное значение, то глагол-сказуемое в предложении должен стоять в утвердительной форме.

When they entered the room, they saw nobody there. — Когда они вошли в комнату, то никого там не увидели.

About	Some +	Any +	No +
people людях	somebody, someone — кто-то, кое-кто, кто-нибудь, некто	anybody, anyone — кто-либо, никто, кто угодно, всякий, любой	nobody, no one — никто, никого
things вещах	something — что-то, нечто, что-либо	anything — что-нибудь, ничто, ничего; всё, что угодно	nothing — ничто, ничего
places местах	somewhere — где-то, где-нибудь, куда-либо	anywhere — в любом месте, где угодно, куда угодно	nowhere — нигде, никуда

XI. Fill in *some* / *any* / *no*.

- 1) There is ... tea in the glass, but it is very hot.
- 2) There is ... fresh milk in the fridge. I can't make porridge.
- 3) Are there ... tasty apples in the bag?
- 4) Healthy eating doesn't involve ... particular diet.

- 5) There is ... cheese on the table, but there are ... cheese sandwiches.
- 6) She hates fish and never eats
- 7) Have you got ... ice-cream?
- 8) There aren't ... vegetables in the fridge.
- 9) Would you like ... tea?
- 10) Is there ... sugar in my coffee?
- 11) I don't have ... money left.
- 12) Could I have ... salt, please?
- 13) You can find him ... time between 6 and 9 o'clock.
- 14) A healthy diet may help reduce the risk of developing ... cancers.
- 15) Take ... food you like.
- 16) We don't have ... cereal for breakfast.

XII. Choose the correct pronoun.

- 1) Eating out is expensive here. There aren't *some / any / no* cheap restaurants.
- 2) We need *some / any / no* beans. They are rich in plant protein, fiber, vitamins, and minerals.
- 3) We haven't got *some / any / no* lean meat at the moment.
- 4) Is there *some / any / no* water in the glass?
- 5) Could you give me *some / any / no* help?
- 6) Don't take *some / any / no* chocolate today!
- 7) There's *some / any / no* coffee left. Could you get *some / any / no*?
- 8) Could I have *some / any / no* more crackers, please?
- 9) Eating fatty food increases your risk of developing *some / any / no* heart disease.
- 10) Fiber contains *some / any / no* calories or vitamins.
- 11) I don't drink *some / any / no* alcohol at all.
- 12) *Some / any / no* types of carbohydrate-rich foods are better than others.
- 13) Could you pass me *some / any / no* sugar, please?
- 14) He has *some / any / no* money. He can't spend his holidays abroad anymore.


XIII. Fill in *some / any / no / somebody / anybody / nobody / somewhere / anywhere / nowhere / something / anything / nothing*.

- 1) I need to buy a lot of things. There is ... time to waste.
- 2) Let's have ... to drink. How about juice?
- 3) No, thanks. I'm not thirsty. I don't want
- 4) I know ... who can help you.
- 5) The student didn't understand ... because he heard
- 6) I feel bored. Let's go ... and have ... tea.
- 7) I'm thirsty. Can I have ... cold water?
- 8) ... can speak all the languages in the world.
- 9) He has ... money. He eats only fast food.
- 10) I have ... to tell you about a healthy diet.
- 11) They stayed at home all day. They didn't go
- 12) There is ... in the room, I heard voices.
- 13) There was ... in the fridge, it was empty.
- 14) There is ... food in the fridge. Do you want ... to eat?
- 15) Can ... tell us about the health benefits of omega-3 fatty acids?
- 16) Is there ... difference between vitamins and minerals?

XIV. Fill in a lot of / much / many / (a) little / (a) few.

- 1) Calcium is a mineral found in ... foods.
- 2) The tea is not sweet; there are ... lumps of sugar in it.
- 3) Your doctor will decide how ... protein you should eat a day.
- 4) How ... cups of coffee do you drink in the morning?
- 5) You look ... slimmer now. How ... pounds have you lost?
- 6) Some foods contain ... carbohydrates, such as meat, fish, some types of cheese, nuts, and oils.
- 7) There is strong evidence that eating ... fiber is associated with a lower risk of heart disease.
- 8) I have drunk so ... water that I feel full now.
- 9) There is still ... cheese left. You do not have to go to the supermarket.
- 10) If you eat ... carbohydrates, you can gain weight.
- 11) I'm sorry, I can't pay for your lunch. I have ... money.
- 12) Consuming too ... or too ... salt can be harmful to your health.
- 13) I don't drink ... coffee as it can cause nervousness, increased heart rate and other side effects.
- 14) Foods like milk, meat, cheese, or eggs have no fiber, but they have ... protein instead.
- 15) How ... fiber or vitamin C do you consume?
- 16) How ... calories should you consume a day to lose weight?

LISTENING AND SPEAKING TASK

XV.  a) A doctor is talking to her patients about nutrition. What advice does she give each person? Listen and choose the correct answer. (Etest: Topic "Proper Nutrition"; recording No.2)

- | | |
|-------------------------------|-----------------------------------|
| 1. a. to eat fewer vegetables | 4. a. to eat less bread |
| b. to eat less cheese | b. to eat more meat |
| c. to eat a lot of fat | c. to eat less fruit |
| 2. a. not to eat fish | 5. a. to eat more eggs and cheese |
| b. to eat more vegetables | b. not to eat cheese |
| c. to eat more fruit | c. to eat more vegetables |
| 3. a. to eat less meat | 6. a. to eat less meat |
| b. to eat less fruit | b. not to eat chocolate |
| c. to eat more meat | c. to eat more vegetables |

b) Listen again. What is each person's health problem? Match the numbers to the letters.

- | | |
|-----------------|-------------------------------------|
| 1. Mr. Grant | a. is losing too much weight. |
| 2. Linda | b. has a skin problem. |
| 3. Chris | c. needs to lose weight. |
| 4. Ms. Barton | d. has high cholesterol. |
| 5. Mr. O'Brien | e. has been feeling tired and weak. |
| 6. Mrs. Johnson | f. has high blood pressure. |

XVI. Speak on the following.

- 1) Protein and its functions in the body.
- 2) High protein foods.
- 3) The role and importance of fats.
- 4) Saturated fats vs unsaturated fats.
- 5) Trans fats.

Lesson III CARBOHYDRATES



Grammar: Modal Verbs.

LEAD-IN

I. For questions 1–13, choose from items A–F. Each item may be chosen more than once. There is an example at the beginning (0).

A 	C 	E 
B 	D 	F 

Which type(s) of food or drink:

is quickly turned into energy?

0 D

can keep you awake if consumed late in the day?

1

2

can improve your mood?

3

fills you up and keeps you from eating too much?

4

may lead to weight gain if eaten in excess?

5

6

7

can help to prevent a disease of the bones?

8

may cause a type of cancer?

9

help you to concentrate?

10

11

may lead to heart problems?

12

has no nutritional value?

13

VOCABULARY AND READING

II. Vocabulary practice. Pay attention to the pronunciation of the words.

carbohydrates	[kɑːbəʊ 'haɪdr(e)ɪts]	углеводы
simple carbohydrates		простые углеводы
complex carbohydrates		сложные углеводы
carbs	[kɑːbz]	углеводы
molecule	['mɒlɪkjʊːl]	молекула
glucose	['gluːkəʊs]	глюкоза
liver	['lɪvə]	печень
fructose	['frʌktəʊs]	фруктоза
sucrose	['s(j)uːkrəʊs]	сахароза
lactose	['læktəʊs]	лактоза, молочный сахар

candy	['kændi]	леденцы, сладости
starch	[stɑ:ʃ]	крахмал
to bond (together)	[bɒnd]	связывать, соединять, скреплять
to break down	[breɪk daʊn]	расщеплять
stable	[steɪbl]	стабильный, постоянный, неизменный
corn	[kɔ:n]	кукуруза; зерновые культуры
to overeat	[əʊvər'i:t]	переесть
benefit	['benɪfɪt]	выгода, польза
stomach	['stʌmək]	желудок
intestinal	[ɪn'testɪnl]	кишечный
refined	[rɪ'faɪnd]	очищенный, рафинированный; освобождённый от примесей
unrefined	[ʌnrɪ'faɪnd]	неочищенный, нерафинированный
processed	['prəʊsest]	обработанный, переработанный
cardiovascular	[kɑ:diə(ʊ) 'væskjʊlə]	сердечно-сосудистый
pastry	['peɪstri]	выпечка, мучные кондитерские изделия
daily intake	['deɪli 'ɪnteɪk]	суточная доза
guidelines	['gaɪdlaɪnz]	рекомендации, указания
dietary guidelines	['daɪətəri 'gaɪdlaɪnz]	рекомендации по питанию

III. Read the text.

CARBOHYDRATES

Carbohydrates, or carbs, are sugar molecules. Along with proteins and fats, carbohydrates are one of the three main nutrients found in foods and drinks. Your body breaks down carbohydrates into glucose. Glucose is the main source of energy for your body's cells, tissues, and organs. Glucose can be used immediately or stored in the liver and muscles for later use. There are three main types of carbohydrates:

- **Sugars.** They are also called simple carbohydrates because they are in the most basic form. They are small molecules, so they can be broken down and absorbed by the body quickly and are the quickest source of energy. They quickly increase the level of blood glucose (blood sugar). They are naturally found in some foods, including fruits, vegetables, milk, and milk products. Types of sugar include fruit sugar (fructose), table sugar (sucrose) and milk sugar (lactose). Added sugars can be found in many foods, such as cookies, sugary drinks, and candy.

- **Starches.** They are complex carbohydrates, which are made of lots of simple sugars bonded together. It takes your body longer to break down complex carbohydrates into sugars to use them for energy. As a result, blood sugar levels remain stable, and fullness lasts longer. Starches include bread, cereals, and pasta, certain vegetables, like potatoes, peas, and corn.

- **Fiber.** It is also a complex carbohydrate. Your body cannot break down most fibers, so eating foods with fiber can help you feel full and make you less likely to overeat. Diets high in fiber have other health benefits. They may help prevent stomach or intestinal problems, such as constipation. They may also help lower cholesterol and blood sugar. Fiber is found in many foods that come from plants, including fruits, vegetables, nuts, seeds, beans, and whole grains. The recommended daily intake of natural fiber is from 20 to 45 grams.

Carbohydrates can be refined and unrefined. Refined means that the food is highly processed. A diet high in simple or refined carbohydrates increases the risk of obesity, diabetes, and cardiovascular problems. Examples of food products that contain refined carbohydrates include packaged cereals, white bread, white rice, pasta, cakes, biscuits, sweets, pastries, pies, white flour, beer, sweet white wine, and many others. Unrefined carbohydrates are rich in fiber, vitamins, and minerals, which are necessary for energy production in the human body. Natural foods such as whole grains, legumes, fruits, and raw vegetables are the main sources of unrefined carbohydrates.

The dietary guidelines recommend that carbohydrates make up 45 % to 65 % of total daily calories. So, if you get 2,000 calories a day, between 900 and 1,300 calories should be from carbohydrates. That means between 225 and 325 grams of carbs a day.

IV. Give the English equivalents.

- 1) молекулы сахара
- 2) расщеплять углеводы до глюкозы
- 3) накапливаться в печени и мышцах
- 4) простые и сложные углеводы
- 5) повышать уровень глюкозы в крови
- 6) фруктоза, сахароза и лактоза
- 7) соединённые вместе
- 8) крахмал и клетчатка
- 9) польза для здоровья
- 10) проблемы с желудком или кишечником
- 11) суточная доза
- 12) натуральное пищевое волокно
- 13) рафинированные и нерафинированные углеводы
- 14) продукты, прошедшие высокую степень обработки
- 15) рекомендации по питанию

V. Match the words and word combinations to their definitions.

1) glucose	a) treated or prepared in a special way with the addition of chemicals that make it last longer or give it extra taste or color
2) processed	b) a complex carbohydrate and a natural component of most plants, including fruits, vegetables, and grains
3) unrefined carbs	c) recommendations on what to eat and drink to meet nutrient needs, strengthen health, and prevent disease
4) refined carbs	d) foods that are minimally processed, rich in vitamins, minerals, and fiber, and include whole grains, fruit, vegetables, and beans
5) molecule	e) the smallest particle of a substance that has all the physical and chemical properties of that substance
6) starch	f) foods that have been heavily processed to remove many of the nutrients they normally contain
7) benefit	g) something that produces good or helpful results or effects or that promotes well-being
8) dietary guidelines	h) a simple sugar which is an important energy source in living organisms and is a component of many carbohydrates

VI. Fill in the gaps with the words and word combinations below.

● daily intake	● fiber	● sugar
● unrefined carbohydrates	● complex carbohydrates	● carbohydrates
● benefits	● refined carbohydrates	● simple carbohydrates
● cholesterol	● nutrition	● starch

- 1) ... are the main source of energy for the body. They are sugars, starches, and dietary fiber.
- 2) ... are rich in fiber, vitamins, and minerals, which are necessary for the production of energy in the human body.
- 3) The recommended ... of natural fiber is from 20 to 45 grams.
- 4) ... do not contain the necessary nutrients that are beneficial for your health.
- 5) ... — those with one or two sugar units — are also simply known as sugars.
- 6) Processed foods with sugar and refined carbs don't provide the same nutritional ... as carbs in their natural form.
- 7) ... provide the body with energy more slowly than simple carbohydrates but still more quickly than proteins or fats.
- 8) Fresh fruits and vegetables, whole grains, legumes, nuts, and seeds are good sources of
- 9) Don't choose potatoes since they contain mainly
- 10) Various forms of ..., such as fructose and sucrose, are simple carbohydrates.
- 11) ... is the process of consuming, absorbing, and using nutrients needed by the body for growth, development, and maintenance of life.
- 12) Soluble fiber can help lower the level of harmful ... in the blood and limit the rise in blood sugar levels after eating.

VII. Fill in the prepositions where necessary.

- 1) Carbohydrates are made up ... building blocks ... sugars.
- 2) During digestion starches are broken simple sugars.
- 3) Beans, peas, and lentils are a good source ... protein and can be a healthy substitute for meat.
- 4) Sugary drinks, desserts and candy are high ... calories but low ... nutrition.
- 5) Consumption ... refined products is the leading cause ... diseases such as obesity, heart disease, and diabetes.
- 6) Starches are found ... potatoes, cereals, pasta, flour, and other plant products.
- 7) Eating too much sugar results ... an abnormal increase in calories, which finally leads ... obesity.
- 8) Aim to eat no more than 70 g ... red and processed meat ... a day.
- 9) Replacing saturated fats ... healthier unsaturated fats can help protect your heart.
- 10) A diet rich ... vegetables and fruit can have a positive effect ... blood sugar.
- 11) The carbs provide us ... energy.
- 12) The dietary guidelines suggest that we get about half ... our calories ... carbohydrates.

VIII. Answer the questions.

- 1) What are carbohydrates?
- 2) How does the body process carbohydrates?
- 3) What are the main types of carbohydrates?
- 4) What is the difference between simple and complex carbohydrates?

- 5) Where is sugar naturally found?
- 6) What are the different types of sugar?
- 7) What are starches?
- 8) Name starchy foods.
- 9) What is fiber?
- 10) Where is fiber found?
- 11) Why are refined carbohydrates unhealthy?
- 12) Give some examples of foods containing refined carbohydrates.
- 13) What are the benefits of unrefined carbohydrates?
- 14) How many carbs do you need every day?

GRAMMAR

IX. Modal verbs and their equivalents (модальные глаголы и их эквиваленты).

1. Can — мочь, уметь.

Глагол выражает физическую возможность, способность, умение совершить действие. После **can** идёт глагол в начальной форме без **to**. К нему не добавляется суффикс **-s** в третьем лице единственного числа. Будущего времени у него нет. Для выражения будущего времени используется эквивалент **be able to**. Вопрос задаётся путём вынесения **can** перед подлежащим, а отрицание — через добавление **not (cannot/can't)**.

Утвердительная форма	Отрицательная форма	Вопросительная форма
<i>I can help you.</i> <i>Я могу помочь тебе.</i>	<i>I can't help you.</i> <i>Я не могу тебе помочь.</i>	<i>Can you help me?</i> <i>Вы не могли бы мне помочь?</i>

	Present	Past	Future
Утверд. форма	can am / is / are able to	could was / were able to	— will be able to
Отриц. форма	cannot/can't am / is / are not able to	could not / couldn't was / were not able to	— will not be able to
Вопрос. форма	Can + подлежащ. + V? Am / is / are + подлежащ. + able to ...?	Could + подлежащ. + V? Was / were + подлежащ. + able to ...?	— Will + подлежащ. + be able to ...?

2. May — мочь, иметь разрешение.

Глагол выражает просьбу, возможность, вероятность. После **may** идёт глагол в начальной форме без **to**. К нему не добавляется суффикс **-s** в третьем лице единственного числа. Будущего времени у него нет. Для выражения будущего времени используется эквивалент **be allowed to**. Вопрос задаётся путём вынесения **may** перед подлежащим, а отрицание — через добавление **not (may not)**.

Утвердительная форма	Отрицательная форма	Вопросительная форма
<i>Fiber may lower cholesterol.</i> <i>Клетчатка может снизить уровень холестерина.</i>	<i>These foods may not contain refined carbohydrates.</i> <i>Эти продукты могут не содержать рафинированных углеводов.</i>	<i>May I have a cup of coffee, please?</i> <i>Можно мне чашечку кофе, пожалуйста?</i>

	Present	Past	Future
Утверд. форма	may am / is / are allowed to	might was / were allowed to	— will be allowed to
Отриц. форма	may not am / is / are not allowed to	might not was / were not allowed to	— will not be allowed to
Вопрос. форма	May + подлежащ. + V? Am / is / are + подлежащ. + allowed to ...?	Might + подлежащ. + V? Was / were + подлежащ. + allowed to ...?	— Will + подлежащ. + be allowed to ...?

3. Must — должен.

Глагол выражает обязательство и необходимость. После **must** идёт глагол в начальной форме без **to**. К нему не добавляется суффикс **-s** в третьем лице единственного числа. Будущего и прошедшего времени у него нет. Для выражения будущего и прошедшего времени используется эквивалент **have to** (вынужден, приходится). Вопрос задаётся путём вынесения **must** перед подлежащим, а отрицание — через добавление **not (must not/mustn't)**.

Утвердительная форма	Отрицательная форма	Вопросительная форма
<i>You must eat more fiber.</i> Вы должны есть больше клетчатки.	<i>You mustn't eat these burgers.</i> Вы не должны есть эти бургеры.	<i>Must I follow a strict diet?</i> Должен ли я соблюдать строгую диету?

	Present	Past	Future
Утверд. форма	must have / has to	— had to	— will have to
Отриц. форма	must not don't have to / doesn't have to	— didn't have to	— will not have to
Вопрос. форма	Must + подлежащ. + V? Do / Does + подлежащ. + have to ...?	— Did + подлежащ. + have to ...?	— Will + подлежащ. + have to ...?

4. Should — следует, следовало бы, должен (совет).

Глагол выражает совет. Мы используем **should**, когда хотим сообщить, как правильно будет поступить, или, когда говорим о чьих-то обязанностях. После **should** идёт глагол в начальной форме без **to**. К нему не добавляется суффикс **-s** в третьем лице единственного числа. Вопрос задаётся путём вынесения **should** перед подлежащим, а отрицание — через добавление **not (should not/shouldn't)**.

Утвердительная форма	Отрицательная форма	Вопросительная форма
<i>Fast food should be banned in schools.</i> Фаст-фуд следует запретить в школах.	<i>You shouldn't eat red and processed meat like bacon, ham, and sausages.</i> Вам не следует есть красное и обработанное мясо, такое как бекон, ветчина и сосиски.	<i>Should I choose wholegrain foods?</i> Должен ли я выбирать цельнозерновые продукты?

X. Choose the correct modal verb.

- 1) A balanced diet *must* / *can* help you stay energetic and healthy.
- 2) 60 % of our food *should* / *may* consist of carbohydrates.
- 3) *Should* / *Can* I avoid foods that have a lot of added sugar?
- 4) Low-carb diets *may* / *must* limit the amount of fiber you get each day.
- 5) 250 kg! You *may* / *must* lose weight!
- 6) *Can* / *Could* I eat as many vegetables as I want?
- 7) You *mustn't* / *can't* consume saturated fats. It's an order!
- 8) Their son has passed all his exams. They *are able to* / *must* be really pleased!
- 9) You *didn't have* / *were not able to* eat oranges if you were allergic.
- 10) *Must* / *May* I use your phone, please?
- 11) *Could* / *Should* you use less salt when you cook? It's bad for your health.
- 12) After several attempts, I *was allowed* / *was able to* cut down on trans fats.
- 13) *Must* / *May* I open the window? It's really hot!
- 14) I *can't* / *may not* watch TV late at night. My parents say I *can* / *must* go to bed early.
- 15) Children *are not allowed* / *are not able to* eat what they want.
- 16) Students *must* / *may* come to class on time.

XI. Fill in the blanks with *can* / *may* / *must* / *should* or their equivalents in the correct tense form.

Can / be able to

- 1) ... he buy olive oil? — Yes, he
- 2) Unfortunately, I ... give up high-calorie food.
- 3) I ... go shopping tomorrow because I'm busy right now.
- 4) The coffee is bitter. ... you pass me the sugar, please?
- 5) He told me that I ... go home then, and I left.
- 6) I think I ... keep to a low-calorie diet next month.
- 7) ... you ... help me with this exercise next Monday?

May / be allowed to

- 1) Mary, wait a minute. ... I ask you a question?
- 2) If you continue eating so much fatty food, you ... have problems with the cardiovascular system.
- 3) You ... pass the exam. It is very difficult.
- 4) Next time the students ... borrow only four books at a time.
- 5) He ... maintain a healthy body weight if he wanted to.
- 6) Last week we ... attend the lecture on healthy nutrition because of the large number of people.
- 7) She asked if she ... have a cup of coffee.


Must / have to / should

- 1) We ... eat sweets! We are on a diet.
- 2) To keep fit, you ... walk at least half an hour every day.
- 3) I ... get up early tomorrow. There are a lot of things I want to do.
- 4) I ... buy any meat. There was a lot of it in the fridge.
- 5) Students ... wear uniform at the university.
- 6) You ... worry so much. These foods are low in calories.
- 7) He ... pass a lot of exams before he becomes a doctor.

XII. Fill in the correct modal verb or its equivalent.

- 1) I ... drink milk. I'm allergic to it.
- 2) You ... talk to your health care provider before starting a diet.
- 3) You ... suffer from heart diseases because you eat too much junk food.
- 4) Next week she ... take two days off because she has worked overtime this week.
- 5) He ... eat more fruit and vegetables to be healthy.
- 6) He ... work hard if he wants to pass his exam.
- 7) Your child is overweight. He ... eat many sweets.
- 8) He is still at work! I'm afraid he ... come late.
- 9) ... you please explain me the difference between simple and complex carbohydrates?
- 10) You ... use your mobile phone during exams.
- 11) I think that I ... pass my exam in Chemistry.
- 12) You ... rest and drink lots of liquids if you have a cold.
- 13) When he was young, he ... run every day.
- 14) You ... eat at least five portions of fruit and vegetables a day.
- 15) Making an omelette is easy. You ... a great chef to do it.
- 16) We didn't have any food yesterday, so we ... go shopping.

LISTENING AND SPEAKING TASK

XIII.  **A doctor is talking to his patients about nutrition. What advice does he give each person? Listen and choose the correct answer.** (Etest: Topic "Proper Nutrition"; recording No.3)

- | | |
|---|---|
| 1. a. to eat more cheese
b. to eat less cheese
c. to eat bigger meals | 4. a. not to eat vegetables
b. to eat smaller meals
c. to eat more peas |
| 2. a. to drink more tea
b. not to drink tea
c. to drink tea every night | 5. a. to eat more bread
b. to eat less fruit
c. not to eat vegetables |
| 3. a. to eat carrots for snacks
b. to eat fewer vegetables
c. to eat more ice cream | |

XIV. Speak on the following.

- 1) Reasons why we need carbohydrates.
- 2) Types of carbs: sugars, starches, fiber.
- 3) Refined and unrefined carbohydrates.

Lesson IV VITAMINS AND MINERALS



Grammar: Demonstrative pronouns.

One (ones), that of (those of) в качестве
заменителей имен существительных.

LEAD-IN

I. Test your knowledge about vitamins. Discuss the results with your groupmates.

- 1) What is the role of vitamins?
 - A. To control calories.
 - B. To keep food from spoiling.
 - C. To make food taste good.
 - D. To regulate the functions of cells.
- 2) Vitamins are grouped into two categories:
 - A. water-soluble and fat-soluble.
 - B. synthetic and natural.
 - C. green and yellow.
 - D. required and optional.
- 3) Sun exposure is the most important natural source of
 - A. vitamin D.
 - B. vitamin A.
 - C. vitamin E.
 - D. vitamin C.
- 4) What is another name for vitamin C?
 - A. Niacin ['ni:əsɪn].
 - B. Thiamine ['θaiəmi:n].
 - C. Ascorbic acid [ə'skɔ:bɪk 'æsɪd].
 - D. Riboflavin [raɪbəʊ'fleɪvɪn].
- 5) What foods contain vitamin C?
 - A. Almonds, olives, asparagus [əs'pærəgəs].
 - B. Milk, fish oil, margarine.
 - C. Whole grains, bananas, chicken.
 - D. Citrus fruits, tomatoes, peppers.
- 6) What foods are the major sources of vitamin D?
 - A. Salmon, milk, beef liver.
 - B. Meat, chicken, fish.
 - C. Almonds, olives, asparagus.
 - D. Peppers, broccoli, potatoes.
- 7) What does vitamin D do for your body?
 - A. Aids in the absorption of iron.
 - B. Aids in the absorption of calcium.
 - C. Helps form red blood cells.
 - D. Helps absorb vitamin K.
- 8) What does vitamin A do for your body?
 - A. Helps absorb calcium.
 - B. Helps heal wounds.
 - C. Promotes good vision.
 - D. Helps form red blood cells.
- 9) Which vitamin contributes to the formation of bones and teeth?
 - A. Vitamin D.
 - B. Vitamin B₉.
 - C. Vitamin C.
 - D. Vitamin B₆.
- 10) Vitamins and minerals are called micronutrients because
 - A. they are small in size.
 - B. they are produced by microbes.
 - C. we need them in small amounts.
 - D. we need them in large amounts.
- 11) Zinc is responsible for keeping _____ functioning.
 - A. bones and teeth
 - B. the immune system
 - C. muscles
 - D. nerve cells

- 12) What is the difference between vitamins and minerals?
- A. The human body makes vitamins, but not minerals.
 B. Vitamins supply energy, minerals do not.
 C. Vitamins and minerals are the same.
 D. Vitamins come from plants or animals, minerals — from soil.

VOCABULARY AND READING

II. Vocabulary practice. Pay attention to the pronunciation of the words.

to supplement	['sʌplɪmənt]	добавлять, дополнять, пополнять
supplement	['sʌplɪmənt]	добавка, пищевая добавка
added	['ædɪd]	дополнительный
organic	[ɔ:'gænɪk]	органический, натуральный
inorganic	[,ɪnɔ:'gænɪk]	неорганический, неживой
thiamine	['θaɪəmɪn]	тиамин, витамин В ₁
riboflavin	[,raɪbəʊ'fleɪvɪn]	рибофлавин, витамин В ₂
niacin	['naɪəsɪn]	ниацин, витамин В ₃
pantothenic acid	[præntə'θenɪk 'æsɪd]	пантотеновая кислота, витамин В ₅
pyridoxine	[pɪrɪ'dɒksɪn]	пиридоксин, витамин В ₆
biotin	['baɪətɪn]	биотин, витамин В ₇
folic acid syn. folate	['fɔ:lɪk 'æsɪd] ['fəʊleɪt]	фолиевая кислота, витамин В ₉
cobalamin	[kə(ʊ) 'bæləmɪn]	кобаламин, витамин В ₁₂
fat-soluble	['fæt, sɒljʊb(ə)l]	жирорастворимый
water-soluble	['wɔ:tə, sɒljʊb(ə)l]	водорастворимый
critical	['krɪtɪkəl]	важный, необходимый, критический
to be critical for		быть важным для
metabolism	[mə'tæbəlɪz(ə)m]	метаболизм, обмен веществ
to dissolve	[dɪ'zɒlv]	исчезать, растворяться, испаряться
to preserve	[prɪ'zɜ:v]	сохранять, хранить
soil	[sɔɪl]	грунт, земля, почва
major minerals syn. macrominerals	[,meɪdʒə 'mɪnərəlz] ['mækrəʊ'mɪnərəlz]	макроэлементы
trace minerals syn. microminerals	[treɪs 'mɪnərəlz] [,maɪkrəʊ'mɪnərəlz]	микроэлементы
to require	[rɪ'kwaɪə]	требовать, нуждаться, потребоваться
phosphorus (P)	['fɒsfərəs]	фосфор
sulfur (S)	['sʌlfə]	сера
sodium (Na)	['səʊdɪəm]	натрий
chloride (Cl)	['klɔ:raɪd]	хлорид, соль хлористоводородной кислоты
magnesium (Mg)	[mæg'ni:ziəm]	магний
iron (Fe)	['aɪən]	железо
zinc (Zn)	[zɪŋk]	цинк
copper (Cu)	['kɒpə]	медь
manganese (Mn)	[mæŋgə'ni:z]	марганец
iodine (I)	['aɪdi:n]	йод

selenium (Se)	[sɪ'li:niəm]	селен
short-term	[ʃɔ:t tɜ:m]	кратковременный, краткосрочный
ant. long-term	[,lɒŋ'tɜ:m]	долговременный, долгосрочный, длительный
advice	[əd'vaɪs]	совет, рекомендация
on advice	[ɒn əd'vaɪs]	по совету, по рекомендации
dietitian	[,daɪə'tɪʃ(ə)n]	врач-диетолог
toxicity	[tɒk'sɪsɪtɪ]	токсичность, интоксикация

III. Read the text.

VITAMINS AND MINERALS

Vitamins and minerals are essential nutrients that our body needs to work properly. Most of us get all the vitamins and minerals we need by eating a healthy balanced diet. Sometimes people need to supplement their diet with added vitamins and minerals.

Vitamins. Vitamins are organic substances, which means they are made by plants or animals. There are 13 essential vitamins — vitamins A, C, D, E, K, and the B vitamins: B₁ (thiamine), B₂ (riboflavin), B₃ (niacin), B₅ (pantothenic acid), B₆ (pyridoxine), B₇ (biotin), B₉ (folic acid), B₁₂ (cobalamin). Vitamins are divided into two groups: fat-soluble and water-soluble.

Fat-soluble vitamins are found in animal products and foods that contain fat, such as milk, butter, vegetable oils, eggs, liver, and oily fish. We don't need to eat food containing fat-soluble vitamins every day because our body can store them. It can be harmful to consume more of these types of vitamins than we need. Vitamins A, D, E and K are fat-soluble vitamins.

Water-soluble vitamins come from foods such as fruit, vegetables, dairy products, and grains. These vitamins help the body turn food into energy and are critical for the nervous system, healthy skin, metabolism, and the formation of red blood cells. Water-soluble vitamins dissolve in water and are not stored by the body. Since they are excreted in urine, we require a continuous daily supply in our diet. Water-soluble vitamins are easily destroyed during storage or cooking. Proper storage and cooking can minimize vitamin loss. To preserve vitamins, always store fresh food in the refrigerator, keep milk and cereals away from bright light and avoid cooking vegetables. The water-soluble vitamins include the vitamin B-complex group and vitamin C.

Minerals. Minerals are inorganic elements present in soil and water, which are absorbed by plants or consumed by animals. We need minerals to help us do three main things: build strong teeth and bones; control body fluids inside and outside cells; turn the food we eat into energy. Minerals are found in foods like cereals, bread, meat, fish, dairy products, nuts, fruit (especially dried fruit) and vegetables. Essential minerals are classified into two equally important groups: major minerals (or macrominerals) and trace minerals (microminerals). Although the amount you need differs between minerals, major minerals are generally required in larger amounts. Some examples include calcium, phosphorus, potassium, sulfur, sodium, chloride, magnesium. Trace minerals, although equally important for the functioning of the body, are required in smaller amounts. Examples include iron, zinc, copper, manganese, iodine, and selenium.

It is preferable to get enough vitamins and minerals from food products than from supplements. Remember, supplements are a short-term measure and should only be taken on advice of your doctor or dietitian. Vitamins and minerals can cause toxicity if consumed in large amounts.

IV. Give the English equivalents.

- 1) дополнять витаминами и минералами
- 2) органические вещества
- 3) жирорастворимые и водорастворимые
- 4) накапливать витамины
- 5) превращать пищу в энергию
- 6) образование красных кровяных телец
- 7) выводиться с мочой
- 8) правильное хранение и приготовление
- 9) сохранять витамины
- 10) неорганические элементы
- 11) макроэлементы или микроэлементы
- 12) минералы содержатся в
- 13) требоваться в меньших количествах
- 14) натрий, калий, фосфор, кальций
- 15) медь, железо, марганец, цинк и йод
- 16) получать из добавок
- 17) краткосрочная мера
- 18) принимать по рекомендации врача или диетолога
- 19) вызывать токсичность
- 20) употреблять в больших количествах

V. Match the letter symbols of B vitamins to their names.

- | | |
|--------------------|------------------------|
| 1) B ₁ | a) riboflavin |
| 2) B ₂ | b) pyridoxine |
| 3) B ₃ | c) cobalamin |
| 4) B ₅ | d) thiamin |
| 5) B ₆ | e) niacin |
| 6) B ₇ | f) folate (folic acid) |
| 7) B ₉ | g) biotin |
| 8) B ₁₂ | h) pantothenic acid |

VI. Match the letter symbols of minerals to their names.

- | | |
|--------|---------------|
| 1) Se | a) calcium |
| 2) Mg | b) potassium |
| 3) Na | c) iron |
| 4) I | d) phosphorus |
| 5) Ca | e) manganese |
| 6) S | f) copper |
| 7) Zn | g) sulfur |
| 8) K | h) chloride |
| 9) Fe | i) sodium |
| 10) P | j) magnesium |
| 11) Mn | k) zinc |
| 12) Cu | l) iodine |
| 13) Cl | m) selenium |

VII. Answer the questions.

- 1) Why does our body need vitamins and minerals?
- 2) What are vitamins?
- 3) How many essential vitamins are there? What are they?
- 4) What groups are vitamins divided into?
- 5) What vitamins are fat-soluble?
- 6) Does your body need fat-soluble vitamins every day? Why?
- 7) What are the main functions of water-soluble vitamins?
- 8) Are these vitamins stored in the body?
- 9) What vitamins are water-soluble?
- 10) What are minerals?
- 11) Why are minerals important for your body?
- 12) What are the sources of minerals?
- 13) How are minerals classified?
- 14) Give some examples of major minerals and trace minerals.
- 15) What is the difference between major minerals and trace minerals?
- 16) Why should vitamin supplements be taken on the recommendation of a doctor?

GRAMMAR

VIII. Demonstrative pronouns (указательные местоимения).

Указательные местоимения служат для указания на предметы, находящиеся рядом (**this, these**) или на некотором расстоянии (**that, those**) от говорящего.

Единственное число	Множественное число
this (это, этот, эта)	these (эти)
that (то, тот, та)	those (те)

This food is balanced, and that food is unhealthy. — Эта пища сбалансирована, а та — вредна для здоровья.

Указательные местоимения **this (these), that (those)** в предложении могут являться определением, если они стоят перед существительным, или подлежащим, если стоят перед глаголом. В роли подлежащего **this (these)** переводится «это», а **that (those)** — «то».

This is a vitamin supplement. — Это витаминная добавка.

These are vitamins. — Это витамины.

IX. One (ones), that of (those of) в качестве заменителей имен существительных.

Местоимения **one (ones), that of (those of)** могут употребляться вместо имени существительного во избежание его повторения. Местоимения **one** и **that of** употребляются для замены имен существительных в единственном числе; **ones, those of** — для замены имен существительных во множественном числе.

Местоимения	Примеры	Перевод
one	I don't like this salad. Give me another one .	Мне не нравится этот салат. Дай мне другой.
ones	The green apples are cheaper than the red ones .	Зеленые яблоки дешевле, чем красные.

that of	The benefit of avocado is bigger than that of apples.	Польза от авокадо больше, чем от яблок.
those of	The best sources of zinc are meat, shellfish, legumes, and those of iodine are seaweed, fish, and dairy products.	Лучшими источниками цинка являются мясо, моллюски, бобовые, а йода — морские водоросли, рыба и молочные продукты.

X. Read and translate the following collocations.

This diet, these supplements, this amount, those substances, these fatty acids, this dietitian, these vitamins, those minerals, those carbohydrates, this nutrient, these wholegrain cereals, those enzymes, that ligament, that nutritionist, these hazelnuts, this molecule, that veal, those trace minerals.

XI. Translate the following sentences into English.

- 1) Мы получаем эту энергию из питательных веществ.
- 2) Эти жиры вредны для здоровья.
- 3) Та диета улучшает общее состояние здоровья.
- 4) Те витамины являются жирорастворимыми.
- 5) Эти продукты содержат рафинированные углеводы.
- 6) Эти минералы включают железо, цинк, медь и марганец.
- 7) Листовая зелень, фасоль и орехи являются хорошими источниками этого минерала.
- 8) Те углеводы увеличивают риск ожирения.
- 9) Этот минерал помогает поддерживать вашу иммунную систему.
- 10) Эти витамины легко разрушаются во время приготовления.

XII. Read the following sentences and say what is meant by *one / ones, that of / those of* in them.

- 1) Sports drinks contain less sugar than soda and energetic ones.
- 2) Vitamin B₁₂ plays a key role in the development of the brain and that of nerve cells.
- 3) Small pineapples are sweeter than big ones.
- 4) The symptoms of thiamine deficiency are different from those of folic acid deficiency.
- 5) If you buy two bottles of water, you get a third one free.
- 6) Fresh vegetables are healthier than cooked ones.
- 7) Potassium ensures proper functioning of the muscles and that of the nerves.
- 8) “Would you like a glass of juice?” — “No, thanks. I have just had one.”
- 9) Look at these nuts. Which ones contain zinc?
- 10) A healthy diet is the one that maintains or improves overall health.
- 11) I’d like to have a muffin. Is there one without sugar?
- 12) This is the type of sugar you should cut down on, not the one found in fruit and milk.

XIII. Rephrase the following sentences using *one / ones, that of / those of*.

- 1) Complex carbohydrates are larger molecules than simple carbohydrates.
- 2) Replacing refined grains with whole grains may help reduce type 2 diabetes risk.
- 3) Eating foods high in dietary fiber lowers the risk of heart disease and the risk of stroke.
- 4) Having too much of one major mineral can result in a deficiency of another mineral.
- 5) Replace sugary drinks with sugar-free soft drinks.

- 6) Excess of vitamins is harmful as well as excess of minerals.
- 7) Palm and coconut oils contain more saturated fats than other oils.
- 8) The deficiency of vitamin E is less common than the deficiency of vitamin D.
- 9) Water-soluble vitamins aren't stored in your body like fat-soluble vitamins.
- 10) Major minerals are no more important for your health than trace minerals.
- 11) Food sources of vitamin B₁ are different from food sources of vitamin B₅.
- 12) The daily intake of carbohydrates should be higher than the daily intake of proteins.

SPEAKING TASK

XIV. Some of the important vitamins and minerals to keep us healthy are listed below. Speak about any three vitamins and three minerals using the table.

Additional vocabulary:

deficiency	[di'fɪʃnsɪ]	отсутствие чего-либо, нехватка, дефицит
cantaloupe	['kæntəlu:p]	мускусная дыня
spinach	['spɪnɪʃ]	шпинат
shrimp	[ʃrɪmp]	креветка
fortified	['fɔ:tɪfaɪd]	обогащённый; витаминизированный
night blindness	[,naɪt 'blaɪndnəs]	куриная слепота
keratin	['kerətɪn]	кератин
beriberi	['berɪ'berɪ]	авитаминоз
asparagus	[əs'pærəgəs]	спаржа
tuna	['tju:nə]	тунец
pellagra	[pə'lægrə]	пеллагра
anemia	[ə'ni:mɪə]	анемия, малокровие
peripheral neuropathy	[pə'rɪfərəl njʊ(ə) 'rɒrəθɪ]	периферическая невропатия
DNA	['di:əneɪ]	ДНК
(deoxyribonucleic acid)	[di,ɒksɪraɪbəʊnju:'kli:ɪk 'æsaɪd]	дезоксирибонуклеиновая кислота
RNA	['ɑ:rəneɪ]	РНК
(ribonucleic acid)	[raɪbəʊnju:'kli:ɪk 'æsaɪd]	рибонуклеиновая кислота
anaemia	[ə'ni:mɪə]	анемия
pregnancy	['pregnənsɪ]	беременность
trout	[traʊt]	форель
neurological	[njʊ(ə)rə'lɒdʒɪk(ə)l]	неврологический
antioxidant	[æntɪ'ɒksɪd(ə)nt]	антиоксидант
blackcurrant	['blæk'kʌr(ə)nt]	чёрная смородина
Brussels sprouts	[brʌslz sprəʊts]	брюссельская капуста
lettuce	['letɪs]	салат-латук
cauliflower	['kɔ:lɪ,flaʊə]	цветная капуста
scurvy	['skɜ:vɪ]	цинга
mackerel	['mækrəl]	скумбрия
osteoporosis	[ɒstɪəʊpə'rəʊsɪs]	остеопороз
collagen	['kɒlədʒən]	коллаген

cocoa	['kəʊkəʊ]	какао
shellfish	['ʃelfɪʃ]	моллюск
rickets	['rɪkɪts]	рахит
blood clotting	[blʌd 'klɒtɪŋ]	свертываемость крови
kale	[keɪl]	капуста
thyroid	['θaɪrɔɪd]	щитовидная железа
seaweed	['si:wi:d]	морская водоросль, морская капуста
kelp	[kɛlp]	ламинария, морская капуста
iodized salt	['ɪədaɪzd sɔ:lɪt]	йодированная соль
goiter	['gɔɪtə]	зоб, разрастание щитовидной железы
haemoglobin	[hi:məʊ'gləʊbɪn]	гемоглобин
hypokalaemia	[haɪpə(ʊ)keɪ'li:mɪə]	гипокалиемия, дефицит калия
cashew	['kæʃu:]	(орех) кешью

Vitamins and minerals	Functions	Food sources	Deficiency effects
Vitamin A	<ul style="list-style-type: none"> • fights off infections • keeps our skin healthy • helps with vision 	<ul style="list-style-type: none"> • orange and yellow fruit and vegetables — carrots, mangoes, apricots, pumpkin, and cantaloupe • leafy green vegetables — spinach, peas, and broccoli • seafood — shrimp, salmon • liver, eggs • some fortified milk and milk products (with added vitamin A) 	<ul style="list-style-type: none"> • increased risk of infections • night blindness • excessive keratin build-up of the skin
Vitamin B₁ (thiamin)	<ul style="list-style-type: none"> • helps the body generate energy from nutrients 	<ul style="list-style-type: none"> • pork • wholegrain cereals, brown rice • vegetables, potatoes, liver, eggs 	<ul style="list-style-type: none"> • beriberi
Vitamin B₂ (riboflavin)	<ul style="list-style-type: none"> helps with • growth of cells • energy production • breakdown of fats, steroids, and medications 	<ul style="list-style-type: none"> • dairy products • bananas • green beans, asparagus 	<ul style="list-style-type: none"> • skin disorders • hair loss • reproductive problems • sore throat • red eyes
Vitamin B₃ (niacin)	<ul style="list-style-type: none"> • turns food into energy • protects skin and tissues • improves cholesterol levels 	<ul style="list-style-type: none"> • lean meat — chicken, turkey • fish — salmon, tuna • eggs • vegetables • mushrooms • peanuts, and peanut butter 	<ul style="list-style-type: none"> • pellagra

Vitamins and minerals	Functions	Food sources	Deficiency effects
Vitamin B₆ (pyridoxine)	<ul style="list-style-type: none"> • immune function • nervous system function • protein, carbohydrate, and fat metabolism • red blood cell formation 	<ul style="list-style-type: none"> • chickpeas • beef liver • bananas • nuts • salmon, tuna 	<ul style="list-style-type: none"> • anemia, peripheral neuropathy
Vitamin B₉ (Folic acid)	<ul style="list-style-type: none"> • helps form DNA and RNA • helps tissues grow and cells work • prevents birth defects 	<ul style="list-style-type: none"> • leafy vegetables — spinach, broccoli, asparagus • oranges, orange juice, • legumes — beans, peas, and lentils • liver • wholegrains 	<ul style="list-style-type: none"> • folate-deficiency anemia • birth defects (during pregnancy)
Vitamin B₁₂ (cobalamin)	<ul style="list-style-type: none"> • conversion of food into energy • nervous system function • red blood cell formation 	<ul style="list-style-type: none"> • dairy products • eggs • fortified cereals • meat, poultry • seafood — clams, trout, salmon, tuna 	<ul style="list-style-type: none"> • neurological problems • anemia
Vitamin C	<ul style="list-style-type: none"> • helps in the absorption of iron • fights infections • works as an antioxidant • improves skin appearance 	<ul style="list-style-type: none"> • fruit — oranges, lemons, grapefruits, blackcurrants, mangoes, kiwifruits, tomatoes, and strawberries • vegetables — particularly green vegetables (such as cabbage, spinach, Brussels sprouts, lettuce, broccoli), cauliflower, potatoes 	<ul style="list-style-type: none"> • scurvy
Vitamin D	<ul style="list-style-type: none"> • keeps bones strong • helps nerves carry messages • strengthens the immune system 	<ul style="list-style-type: none"> • fatty fish — salmon, tuna, mackerel • eggs • dairy products with vitamin D 	<ul style="list-style-type: none"> • osteoporosis • bone fractures • rickets
Vitamin K	important for <ul style="list-style-type: none"> • healthy bones • blood clotting and wound healing 	<ul style="list-style-type: none"> • leafy greens — spinach, kale, broccoli • fruits — avocado, kiwi fruit • soybean oil 	<ul style="list-style-type: none"> • bleeding
Calcium	<ul style="list-style-type: none"> • strengthens bones and teeth • regulates muscle and heart function • helps in blood clotting 	<ul style="list-style-type: none"> • dairy products — milk, yoghurt, cheese • green leafy vegetables • nuts, seeds • soymilk, tofu 	<ul style="list-style-type: none"> • weak nails • slower hair growth • thin skin • osteoporosis

Vitamins and minerals	Functions	Food sources	Deficiency effects
Copper	<ul style="list-style-type: none"> • antioxidant • bone formation • collagen and connective tissue formation • energy production • iron metabolism • nervous system function 	<ul style="list-style-type: none"> • chocolate and cocoa • oysters and shellfish • lentils • nuts and seeds • liver • whole grains 	<ul style="list-style-type: none"> • copper deficiency
Iodine	<ul style="list-style-type: none"> • makes thyroid hormones 	<ul style="list-style-type: none"> • dairy products • seafood, seaweed (kelp) • eggs • iodized salt 	<ul style="list-style-type: none"> • iodine deficiency (goiter)
Iron	<ul style="list-style-type: none"> • contributes to the normal formation of red blood cells and haemoglobin function 	<ul style="list-style-type: none"> • beef, fish, poultry • legumes, nuts • eggs • breakfast cereals with added iron 	<ul style="list-style-type: none"> • iron deficiency anaemia
Potassium	<ul style="list-style-type: none"> • helps lower blood pressure • regulates the heartbeat • ensures proper functioning of muscles and nerves 	<ul style="list-style-type: none"> • bananas and apricots • mushrooms and spinach • nuts and seeds • lean meat • eggs • seafood 	<ul style="list-style-type: none"> • hypokalaemia
Zinc	<ul style="list-style-type: none"> • supports a healthy immune system helps in • creation of DNA • growth of cells • building proteins • healing damaged tissue 	<ul style="list-style-type: none"> • beef • poultry • oysters, crabs, lobsters • milk and cheese • whole grains • nuts, sesame, and pumpkin seeds 	<ul style="list-style-type: none"> • zinc deficiency
Magnesium	<ul style="list-style-type: none"> • maintains bone health • helps control blood sugar and blood pressure • makes proteins and DNA • turns food into energy 	<ul style="list-style-type: none"> • nuts — cashews, almonds • legumes • dark green vegetables, avocado • seafood • whole grains • chocolate 	<ul style="list-style-type: none"> • magnesium deficiency

Lesson V

JUNK FOOD. REVIEW



Grammar: Парные союзы both... and, either... or, neither... nor. Modal Verbs.

LEAD-IN

I. Look at the pictures and discuss the questions.



- 1) Who seems to be a sensible eater? Give reasons.
- 2) Who is more likely to skip breakfast? Why?
- 3) Who prefers home cooked meals to junk food or snacks?
- 4) Which of the following foods/drinks is each person more likely to include in their diet? Which are high in carbohydrates, protein, fat, vitamins?

- | | | | |
|---------------------|-------|--------------|-------|
| a) raw vegetables | | i) tuna | |
| b) chicken | | j) ice-cream | |
| c) wholegrain bread | | k) hazelnuts | |
| d) white bread | | l) coffee | |
| e) burger | | m) green tea | |
| f) chocolate | | n) water | |
| g) yogurt | | o) salt | |
| h) dried fruit | | p) pizza | |

II. Answer the questions about yourself.

- 1) What is a typical breakfast for you? What time do you usually have breakfast?
- 2) What is the main meal of the day? When do you have it?
- 3) How often do you have snacks during the day? What do you usually have?
- 4) How often do you eat out? What kind of places do you usually go to?

VOCABULARY AND READING

III. Vocabulary practice. Pay attention to the pronunciation of the words.

junk food	[dʒʌŋk fu:d]	вредная пища, нездоровая пища
to lack	[læk]	не хватать, не доставать
kilojoule	['kiləʊdʒu:l]	килоджоуль, кДж
extent	[ɪks'tent]	степень, мера, размер, объем
to a great extent		в значительной степени
content	['kɒntent]	содержание
innocent	['ɪnəsənt]	невинный, безобидный, безвредный
corn syrup	[kɔ:n 'sɪrəp]	кукурузный сироп
milled corn	[mɪld kɔ:n]	молотая кукуруза
cheese puffs	[tʃi:z pʌfz]	сырные слойки, сырные шарики
inflammation	[ɪnflə'meɪʃn]	воспаление, воспалительный процесс

fatigue	[fə'ti:g]	усталость, утомление
weakness	['wi:knəs]	слабость
hypertension	[haɪpə'tenʃn]	гипертония, повышенное кровяное давление
non-alcoholic fatty liver disease		неалкогольная жировая болезнь печени
tooth decay	[tu:θ dr'keɪ]	разрушение зуба, кариес
to stick to	[stɪk]	придерживаться чего-либо
exception	[ɪk'sepʃn]	исключение

IV. Read the text.

JUNK FOOD

“Junk food” is food that lacks nutrients, vitamins, and minerals, and is high in kilojoules (energy), salts, sugars, saturated or trans fats. Junk food is called so because it doesn't play a role in healthy eating, especially if it is eaten to excess. This food is processed to such a great extent that it loses almost all its vital nutrients, fiber, and water. Some examples of junk food include:

- cakes and biscuits;
- fast foods (such as French fries, burgers, and pizzas);
- chocolate and sweets;
- processed meat (such as bacon);
- snacks (such as chips);
- sugary drinks (such as sports, energy, and soft drinks);
- alcoholic drinks.

Most of the junk food falls into the categories of either snack food or fast food. And then there are things like breakfast cereals. They seem innocent enough, but some of them could definitely be considered junk food, as they mostly contain sugar or high-fructose corn syrup and white flour or milled corn. Popular snack foods are usually commercially prepared and packaged, like chips, cheese puffs, chocolate bars, cakes, and cookies.

If your diet is high in fats, salt and sugar and you are not receiving the essential nutrients, the risk of obesity and other chronic (long-term) diseases may well increase. In the short term, fast food affects blood sugar and blood pressure, increases inflammation, leads to fatigue, poor sleep, weakness, poor concentration and may mean that a person does not consume enough necessary nutrients. In the long term, a diet rich in fast food can lead to digestive problems, depression, heart disease, stroke, hypertension, type 2 diabetes, non-alcoholic fatty liver disease, tooth decay, constipation, and many others.

Avoid eating junk food and stick to a balanced diet with all essential nutrients, fiber, moderate amount of sugar and salt. Healthy food helps strengthen the body and brain. Consider junk food an exception, rather than the norm.

V. Give the English equivalents.

- 1) испытывать недостаток питательных веществ
- 2) быть с высоким содержанием килоджоулей
- 3) подвергаться обработке в значительной степени
- 4) закуски и фаст-фуд
- 5) казаться достаточно безобидным
- 6) содержать кукурузный сироп с большим количеством фруктозы

- 7) слабость и усталость
- 8) плохой сон и плохая концентрация
- 9) кариес и проблемы с пищеварением
- 10) избегать употребления нездоровой пищи
- 11) придерживаться сбалансированной диеты
- 12) умеренное количество сахара и соли

VI. Match the beginnings with the endings.

BEGINNINGS ...

- 1) A balanced diet is a diet that ...
- 2) Carbohydrates are the nutrients that ...
- 3) Fats are the nutrients that the body ...
- 4) Proteins are the nutrients that ...
- 5) Vitamins help our body ...
- 6) Junk food usually refers to foods that ...
- 7) We know that the consumption of junk food ...
- 8) Junk food and foods high in sugar reduce energy levels and ...
- 9) Eating an excessive amount of junk food can ...
- 10) The long-term effects of eating junk food include ...
- 11) Lack of water can lead to dehydration — a condition that ...
- 12) The short-term effects of eating junk food include ...

... ENDINGS

- a) ... give us energy to perform our daily work.
- b) ... help us grow.
- c) ... eating disorders, depression, high cholesterol, high blood pressure, obesity, heart problems, type 2 diabetes.
- d) ... contains all the nutrients in the right amount.
- e) ... occurs when you don't have enough water in your body to carry out normal functions.
- f) ... contain a lot of calories but little nutritional value.
- g) ... the ability to maintain concentration.
- h) ... uses to build cell membranes, nerve tissue, and hormones.
- i) ... use energy from the food we eat.
- j) ... have a negative effect on your general health and wellbeing.
- k) ... increased stress levels, fatigue, difficulty sleeping, decreased energy levels, concentration difficulties.
- l) ... is associated with many chronic diseases.

VII. Fill in the prepositions where necessary.

- 1) Beans, peas, and lentils are typically low ... fat and high ... folate, potassium, iron, and magnesium.
- 2) Milk, cheese, yogurt, and other dairy products are good sources ... calcium, protein, vitamin D, potassium, and other vitamins and minerals.
- 3) Vitamins and minerals are organic compounds that our body uses ... very small amounts ... various metabolic processes.
- 4) Replacing dangerous trans fats ... healthy fats will have a positive effect ... your health.
- 5) Vitamins are essential ... healthy vision, skin, and bones.

- 6) You should have junk food occasionally and ... small amounts.
- 7) A persistent lack ... vitamin C ... your diet can lead ... scurvy.
- 8) Last summer she tried an apple diet ... the advice ... her friend.
- 9) Spending too much time ... the sun may increase your risk ... skin cancer.
- 10) We get vitamins and minerals ... the foods we eat.
- 11) B₁₂ and folate are stored ... the liver.
- 12) Foods rich ... carbohydrates are an important part ... a healthy diet.
- 13) Try to stick ... a diet rich ... whole foods.
- 14) Salmon and tuna generally have omega-3 fatty acids, which are good ... your heart.
- 15) The lack ... nutrients in fast food can lead ... fatigue.
- 16) Most B-group vitamins can't be stored ... the body.

VIII. Answer the questions.

- 1) What is junk food?
- 2) Give some examples of junk food.
- 3) Why are breakfast cereals considered junk food?
- 4) What problems can fast food lead to in the short term?
- 5) What problems can fast food lead to in the long term?
- 6) What are the benefits of a healthy diet?
- 7) Do you think we can eat junk food from time to time?

IX. Read the text and choose the correct word for each space (A, B, C or D).

FOOD FOR FEAR

We all know that eating too much junk food is bad for our health, but did you know that eating some kinds of healthy foods could be just as bad for you?

Michael Simon, who (1) _____ the Center for Informed Food Choices in the USA, says there are sugary sports drinks that are unhealthy as cola. "These drinks may be (2) _____ for marathon runners, but for kids doing ordinary exercises, they may end up doing more (3) _____ than good." Breakfast cereals, which of course are very (4) _____ with kids, have also been criticized. Whilst they are often high in fiber, some of them (5) _____ a lot more sugar and salt than you would expect. In addition, some of the foods we have come to know as '(6) _____ snacks' have also been added to the black (7) _____. Although they look and sound nutritious, in most (8) _____ they are much tastier than they are healthy for you. For example, some types of dried fruit were (9) _____ to have more fat and sugar than the fruit they were (10) _____ from.

So, next time you decide to cut down (11) _____ junk food, think twice about what you end up eating (12) _____.

1	A	arranged	B	invented	C	constructed	D	founded
2	A	precious	B	worthy	C	beneficial	D	valuable
3	A	loss	B	injury	C	harm	D	damage
4	A	common	B	known	C	popular	D	famous
5	A	involve	B	contain	C	consist	D	include
6	A	healthy	B	good	C	cold	D	sound
7	A	guide	B	account	C	column	D	list
8	A	cases	B	purposes	C	occasions	D	situations

9	A	searched	B	found	C	discovered	D	realized
10	A	produced	B	created	C	formed	D	developed
11	A	with	B	from	C	on	D	for
12	A	instead	B	or else	C	in place	D	alternatively

GRAMMAR

X. Парные союзы **both ... and**, **either ... or**, **neither ... nor**.

Русским союзам «как ..., так и»; «и ..., и» соответствует английский союз **both ... and**:
Both vitamins **and** minerals are essential nutrients. — Как витамины, так и минералы являются необходимыми питательными веществами.

Слово **both** (без and) имеет значение оба:
We both are students. Мы оба студенты.

Парный союз **either ... or** в утвердительном предложении переводится «или ..., или»; «либо ..., либо»:

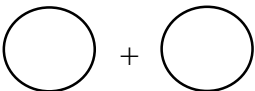
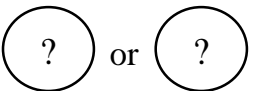
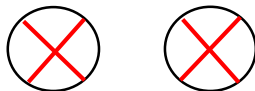
I prefer either pork or beef. — Я предпочитаю либо свинину, либо говядину.

Этот союз может стоять и в отрицательном предложении, тогда он переводится «ни ..., ни»:

I don't like either pork or beef. — Я не люблю ни свинину, ни говядину.

Парный союз **neither ... nor** употребляется в отрицательном предложении, если в нем нет отрицания “not”, и переводится «ни ..., ни».

He eats neither meat nor fish. — Он не ест ни мяса, ни рыбы.

		
both ... and	either ... or	neither ... nor

XI. Read the sentences with **both ... and ...** / **either ... or ...** / **neither ... nor ...** and translate them into Russian.

- 1) *Both* vitamins *and* minerals help your body function.
- 2) *Neither* meat *nor* dairy products contain fiber.
- 3) People should *either* limit their consumption of trans fats *or* eliminate trans fats from their diet.
- 4) Vitamin D is important for *both* strengthening bones *and* muscles.
- 5) There are hundreds of minerals — they are usually classified *either* as major *or* as trace minerals.
- 6) You should eat *neither* fried fast food *nor* processed foods.
- 7) Vitamin B₁₂ is necessary for *both* the formation of red blood cells *and* DNA.
- 8) Polyunsaturated fats help with *both* muscle movement *and* blood clotting.
- 9) Most of the fats eaten should be *either* polyunsaturated *or* monounsaturated fats.
- 10) Fat and cholesterol can dissolve *neither* in water *nor* in blood.
- 11) Nutritionists provide information about *both* food *and* healthy eating.
- 12) *Both* high blood pressure *and* cholesterol can be a symptom of too much salt and saturated fats in your diet.

XII. Complete the sentences with *both ... and ... / either ... or ... / neither ... nor ...* .

- 1) Eating too much free sugar can lead to ... weight gain ... obesity.
- 2) This is a vegetarian restaurant. They serve ... meat ... fish.
- 3) ... fruit juices ... smoothies contain a lot of sugar.
- 4) Some people don't drink milk because they are ... allergic to cow's milk protein ... they are vegans.
- 5) Iron deficiency can affect ... children ... adults.
- 6) Fish and other seafood are ... nutritious ... healthy.
- 7) Many people think they are ... overweight ... underweight when they are not.
- 8) Jane prefers a healthy lifestyle. She ... smokes ... drinks alcohol.
- 9) She didn't buy ... fruit ... vegetables. She bought only beef for dinner.
- 10) Calcium is vital for ... healthy teeth ... bones.
- 11) We eat ... hamburgers ... sandwiches. We eat only fresh food.
- 12) Glucose can ... be used immediately ... stored in the liver and muscles for later use.
- 13) Frequent dieting can affect ... your mental ... physical health.
- 14) Fat and cholesterol cannot dissolve ... in water ... in blood.
- 15) You cannot give me advice about my diet. You are ... a nutritionist ... a dietician.
- 16) Vitamin C can be destroyed ... by heat ... by light.
- 17) Replace foods and drinks high in saturated fat with ... monounsaturated ... polyunsaturated alternatives.

XIII. Fill in the correct modal verb (*can / may / must / should*) or its equivalent.


- 1) ... I ask you a few questions about your diet? It won't take long.
- 2) Adults ... consume at least 25 grams of dietary fiber per day.
- 3) I ... maintain the desired body weight if I wanted to.
- 4) Too much saturated fat in our diet ... raise cholesterol in the blood, which ... increase the risk of heart disease and stroke.
- 5) Complex carbs ... reduce the risk of some chronic diseases.
- 6) I think I ... avoid eating dairy products all my life.
- 7) Drinking water ... also have positive effects on a person's mood.
- 8) You ... cut down on your sugar intake! You are more likely to get diabetes because you are overweight.
- 9) Last month I ... follow a healthy diet to control my blood sugar levels.
- 10) People with high cholesterol levels ... reduce their total fat intake.
- 11) I think the positive effects of healthy eating ... include weight loss, reduced risk of diabetes, improved heart health, and better immunity.
- 12) If you plan your meals for the next week, you ... avoid junk food.

XIV. Translate into English.

- 1) Сбалансированная диета содержит продукты из следующих групп: фрукты, овощи, молочные продукты, злаки и белок.
- 2) Тринадцать витаминов классифицируются либо как водорастворимые, либо как жирорастворимые.
- 3) Некоторые витамины, такие как витамины С и Е, и минералы, такие как селен, действуют как антиоксиданты.
- 4) Слишком большое количество йода может быть вредным.

- 5) Многие люди не пьют достаточно воды.
- 6) Углеводы — клетчатка, крахмалы и сахара — являются важнейшими питательными веществами, которые ваш организм превращает в глюкозу.
- 7) Вам следует заменить фаст-фуд здоровой пищей.
- 8) Как спортивные напитки, так и энергетические напитки могут привести к увеличению веса.
- 9) Нездоровая пища содержит большое количество калорий, жиров и сахара.
- 10) Нерафинированные углеводы полезнее рафинированных.
- 11) Я выпиваю несколько чашек кофе в день — может быть, две или три.
- 12) У нее избыточный вес, потому что она ест много нездоровой пищи.
- 13) Жиры дают вам энергию и помогают вашему организму усваивать витамины.
- 14) Употребление нездоровой пищи может привести к таким заболеваниям, как диабет и высокое кровяное давление.
- 15) Сладкие напитки содержат много калорий, но мало питательных веществ.
- 16) Молоко и молочные продукты, такие как сыр и йогурт, являются хорошими источниками белка.
- 17) Все жиры состоят из насыщенных и ненасыщенных жирных кислот.
- 18) Мы не должны употреблять витамины и минералы в больших количествах, потому что это может вызвать интоксикацию.

LISTENING AND SPEAKING TASK

XV.  **People are talking about their eating habits. What does each person eat? Listen and choose the correct answer.** (Etest: Topic “Proper Nutrition”; recording No.4)

- | | | |
|--|---|---|
| 1. a. warm pizza and cold milk
b. cold pizza and warm milk
c. cereal with milk | 3. a. dairy products
b. fruit and vegetables
c. meat and eggs | 5. a. bread and cakes
b. rice and vegetables
c. baked goods |
| 2. a. milk shakes
b. grilled fish
c. steaks | 4. a. hamburgers and French fries
b. rice and tofu
c. cakes and cookies | |

XVI. Speak on the following.

- 1) More and more people are becoming overweight nowadays. What do you think might be the causes of this?
- 2) The type of food you usually eat. Do you think your diet is healthy? Why or why not?
- 3) Your friend eats junk food too often. Does he know exactly what he is eating? Convince him to replace the consumption of unhealthy foods with healthy ones.
- 4) Vitamins and minerals are essential for the normal functioning of the body. You are a nutritionist. Tell us about different vitamins and the roles they play in our body.
- 5) Vitamins and minerals are essential for the normal functioning of the body. You are a nutritionist. Tell us about different minerals and the roles they play in our body.
- 6) The role of carbohydrates and fats in our body.

Module 2 PHYSICAL ACTIVITY

Lesson I THE IMPORTANCE OF PHYSICAL ACTIVITY

Grammar: Past Participle (Participle II).

LEAD-IN

I. Let's discuss some questions.

- 1) What is physical activity?
- 2) Can you give some examples of physical activity that is present in your life?



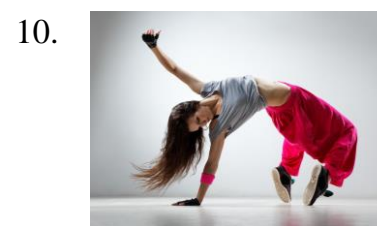
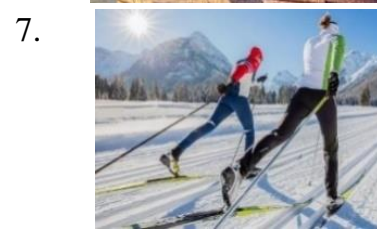
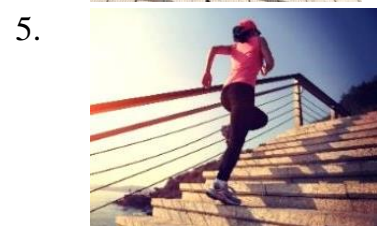
swimming			
jogging			
skateboarding			

- 3) Why is physical activity important?
- 4) Are you doing enough physical activity?
- 5) How can you include more physical activity in your life?

II. Look at the examples of some physical activities. Match the pictures to the physical activities.



- a) jogging
b) yoga
c) cycling
d) brisk walking
e) swimming
f) dancing
g) cross-country skiing
h) lifting weights
i) hiking uphill
j) stair climbing



VOCABULARY AND READING

III. Vocabulary practice. Pay attention to the pronunciation of the words.

physical activity	['fɪzɪk(ə)l æk'tɪvətɪ]	физическая активность, физическая нагрузка
benefit	['benɪfɪt]	выгода; польза
health benefits		польза для здоровья
beneficial	[,benɪ'fɪʃ(ə)l]	полезный
to have profound benefits	[prə'faʊnd]	иметь серьезные преимущества
long-term benefit	[lɒŋ tɜ:m 'benɪfɪt]	долгосрочное преимущество
fitness	['fɪtnəs]	хорошая физическая форма
contraction	[kən'trækʃn]	сокращение; сжатие;
stair-climbing	[steə 'klaɪmɪŋ]	подъём по лестнице
mental health	['ment(ə)l helθ]	психическое здоровье, душевное здоровье
disability	[,dɪsə'bɪlətɪ]	нетрудоспособность; инвалидность
anxiety	[æŋ(g)'zaɪətɪ]	беспокойство, тревога, боязнь, страх
to improve	[ɪm'pru:v]	улучшать; совершенствовать
to elevate	['elɪveɪt]	поднимать, повышать, возбуждать
to lower	['ləʊə]	снижать, понижать, уменьшать
death	[deθ]	смерть
strength	[streŋθ]	сила
strength training	[streŋθ 'treɪnɪŋ]	силовая тренировка
endurance	[ɪn'djuərə(ə)ns]	выносливость
dementia	[dɪ'menʃə]	слабоумие, деменция
depression	[dɪ'preʃ(ə)n]	угнетённое состояние, депрессия
well-being	['wel bi:ɪŋ]	самочувствие, благосостояние
to improve quality of life and well-being		улучшить качество жизни и самочувствие
moderate	['mɒd(ə)rət]	умеренный
moderate activity		умеренная активность
vigorous	['vɪg(ə)rəs]	интенсивный, энергичный
vigorous activity		активная деятельность, энергичная деятельность
shortness of breath	[',ʃɔ:tnəs əv breθ]	одышка
breath	[breθ]	дыхание
to breathe	[bri:ð]	дышать
breathing	['bri:ðɪŋ]	дыхание
walking	[wɔ:kɪŋ]	ходьба
brisk walking	[brɪsk 'wɔ:kɪŋ]	быстрая ходьба
stretching	['stretʃɪŋ]	упражнения на растягивание, растяжка
to stretch	[stretʃ]	тянуть, растягивать
palpitation	[pælprɪ'teɪʃn]	сильное сердцебиение, учащенное сердцебиение; трепет, дрожь
jogging	['dʒɔ:gɪŋ]	пробежка, бег трусцой

cycling	['saɪklɪŋ]	езда на велосипеде
hiking	['haɪkɪŋ]	пеший туризм, пешеходная прогулка
aerobic	[eə'reʊbɪk]	аэробный
aerobics classes	[e(ə) 'rəʊbɪks klɑ:sɪz]	занятия аэробикой
anaerobic	[,ænə'reʊbɪk]	анаэробный
balance	['bæləns]	равновесие; баланс
flexibility	[,fleksɪ'bɪlətɪ]	эластичность, гибкость, упругость
flexible	['fleksəbl]	эластичный, гибкий, упругий
cardio machines	['kɑ:diəʊ mə'ʃi:nz]	кардиотренажеры
cross country skiing	[krɒs'kʌntri 'ski:ɪŋ]	катание на беговых лыжах
kickboxing	['kɪkbɒksɪŋ]	кикбоксинг
to sustain	[sə'steɪn]	выдерживать, выносить, поддерживать
weightlifting	['weɪt, lɪftɪŋ]	тяжёлая атлетика, поднятие тяжестей
sprinting	[sprɪntɪŋ]	спринтерский бег
yoga	['jəʊgə]	йога
Pilates	[pɪ'la:teɪz]	пилатес
sedentary	['sed(ə)nt(ə)rɪ]	сидячий; неподвижный, малоподвижный
a sedentary lifestyle		малоподвижный образ жизни
mortality	[mɔ:'tælətɪ]	смертность, летальность
intense	[ɪn'tens]	напряженный, интенсивный
session	['seʃ(ə)n]	занятие, тренировка
limitation	[lɪmɪ'teɪʃn]	ограничение
arthritis	[ɑ:'θraɪtɪs]	артрит
pulmonary conditions	['pʌlmən(ə)rɪ kən'dɪʃ(ə)nz]	легочные заболевания
safety guidelines	['seɪftɪ 'ɡaɪdlɑ:nz]	рекомендации по технике безопасности

IV. Read the text.

THE IMPORTANCE OF PHYSICAL ACTIVITY

Physical activity is essential for maintaining and improving health. Staying physically active can have profound benefits at every stage of life, regardless of sex, race, ethnicity, or current fitness level.

Physical activity is defined as any movement that involves contraction of your muscles. Any of the activities we do throughout the day that involve movement — housework, gardening, walking, climbing stairs — are examples of physical activity. Exercise has immediate and long-term benefits to both physical and mental health for healthy individuals, people at risk of developing chronic diseases and people with chronic conditions or disabilities. In the short term, regular physical activity reduces anxiety and blood pressure and improves sleep. It can elevate mood, increase energy, and give people a chance to have fun with friends and family. The long-term benefits of regular exercise don't just mean maintaining a balance of calories and weight. Physical activity can

- lower the risk of early death;
- lower the risk of cardiovascular disease, hypertension, type 2 diabetes and stroke;

- increase HDL (high-density lipoproteins) or “good” cholesterol;
- improve muscle strength and endurance;
- reduce the risk of falls;
- prevent some types of dementia;
- improve mental health and reduce depression;
- improve quality of life and well-being.

The best kind of physical activity for a person is one that can be maintained and enjoyed. It is important to include various types of physical activity in order to get the maximum benefit from exercise. Experts describe physical activities in three ways: **light, moderate, and vigorous.**

Light exercises include activities that do not cause you pain or shortness of breath. For example, slow walking, cooking, childcare, light stretching, etc.

Moderate-intensity activity means an activity that makes you breathe a bit faster, notice your heart beating faster, and feel a bit warmer — for example, brisk walking, light swimming, ballroom dancing, etc.

Vigorous-intensity activity usually makes you breathe very hard, so you feel short of breath, heart palpitations and will not be able to maintain a conversation — for example, running or jogging, fast cycling, hiking, or swimming from moderate to strong.

In addition to the classification of physical activity by intensity, there are other types of physical activity. These include **aerobic exercises, anaerobic exercises,** and exercises to train **balance and flexibility.** **Aerobic exercises,** sometimes called “**cardio**”, provide conditioning of the cardiovascular system. The term “aerobic” means “with oxygen”. Thus, breathing controls the amount of oxygen that can enter the muscles, helping them burn fuel and move. Examples of aerobic exercises include cardio machines, running, swimming, walking, hiking, aerobics classes, dancing, cross country skiing, and kickboxing. **Anaerobic exercises** are performed at an intensity that causes you to get out of breath quickly and can be sustained for only a few moments. Weightlifting and sprinting are examples of anaerobic exercises. **Flexibility exercises** stretch your muscles and can help your body stay flexible. Examples of flexibility exercises are stretches, yoga, Pilates. **Balance training** involves doing exercises that strengthen the muscles that help keep you upright. These kinds of exercises can improve stability and help prevent falls.

Being active during the day is becoming an increasingly challenging task in the modern lifestyle. The World Health Organization (WHO) has defined physical inactivity as a global public health problem. A sedentary lifestyle is very harmful to human health. It increases the risk of mortality from cardiovascular diseases and type 2 diabetes. Studies show that a sedentary lifestyle for eight or more hours a day increases the risk of mortality at the same rate as smoking and obesity. This effect is reduced by 60–75 minutes of daily exercise; in fact, any exercise is good for health.

It is recommended that adults receive 150 minutes (two hours and 30 minutes) of moderate to intense physical activity each week. These 150 minutes can be distributed over a week — for example, to train for 20–25 minutes every day or to train for 50 minutes three times a week. Strength training should be included in the routine in the form of two 30-minute sessions per week. Before starting an exercise program, you should consult with your doctor. Ask what, if any, limitations you may have. People who suffer from diabetes, hypertension, heart disease, arthritis, pulmonary conditions, or other health conditions may need additional safety guidelines for exercise.

V. Give the English equivalents.

- 1) для поддержания и улучшения здоровья
- 2) серьезные преимущества
- 3) физическая активность / нагрузка
- 4) сокращение мышц
- 5) ходьба и подъем по лестнице
- 6) долгосрочное преимущество
- 7) психическое здоровье
- 8) тревога и депрессия
- 9) снизить риск ранней смерти
- 10) улучшить мышечную силу и выносливость
- 11) улучшить качество жизни и самочувствие
- 12) активность средней интенсивности
- 13) активность высокой интенсивности
- 14) аэробные упражнения
- 15) тренировать баланс и гибкость
- 16) малоподвижный образ жизни
- 17) смертность от сердечно-сосудистых заболеваний

VI. Match the words to their definitions.

1) flexibility	a) the type of physical activity that requires the body's metabolic system to use oxygen to produce energy
2) aerobic exercises	b) a medical condition in which excess body fat has accumulated to an extent that it may have a negative effect on health
3) depression	c) a common condition that causes the level of sugar (glucose) in the blood to become too high
4) a sedentary lifestyle	d) physical activity done with a large amount of effort, resulting in a higher heart rate and rapid breathing
5) obesity	e) running at a slow, regular speed
6) endurance	f) the ability of joints to move in an unlimited, painless range of motion
7) type 2 diabetes	g) a type of lifestyle involving little or no physical activity
8) jogging	h) the number of deaths in a given area or period, or from a particular cause
9) mortality	i) the ability of the body to strain and stay active for a long period of time
10) vigorous-intensity activity	j) a mood disorder that causes a persistent feeling of sadness and loss of interest.

VII. Fill in the gaps with the words and word combinations below.

● aerobic	● moderate	● obesity
● muscle-strengthening	● vigorous	● benefits
● physical activities	● anaerobic	● flexibility
● sedentary lifestyle	● healthy lifestyle	● heart diseases

- 1) Activities like running, cycling, and singles tennis are usually classified as
- 2) ... exercise (“cardio”) increases the efficiency of oxygen delivery to the rest of the body, improves heart health, lung function, and more.
- 3) A ... is a type of lifestyle involving little or no physical activity.
- 4) Examples of ... intensity activities include brisk walking, water aerobics, riding a bike, dancing, and hiking.
- 5) Dancing, stretching, and yoga reduce the risk of injuries by improving physical stability and
- 6) Lifting weights, carrying a child, heavy gardening and walking are a few examples of ... activities.
- 7) Regular physical activity, such as walking, cycling, roller skating, provides significant ... to health.
- 8) A ... means eating a balanced diet, getting regular exercise, avoiding tobacco and drugs, and getting plenty of rest.
- 9) Physical activity guidelines recommend that you sit less and choose the ... that you like.
- 10) Aerobic activity improves your cardiovascular health and helps protect against
- 11) ... exercise involves short, fast, high-intensity exercises that don’t make your body use oxygen like it does for cardio activities.
- 12) A sedentary lifestyle may increase your risk of ..., diabetes, heart disease and cancer.

VIII. Answer the questions.

- 1) What is physical activity essential for?
- 2) What is physical activity?
- 3) Are daily activities physical activity? Give some examples of everyday activities.
- 4) What are the benefits of physical activity in the short term?
- 5) What are the long-term benefits of regular exercise?
- 6) What are the three types of physical activity by intensity?
- 7) How do you understand what light exercises are? Give some examples.
- 8) What is moderate physical activity? Give some examples.
- 9) How do you know when your activity is getting vigorous?
- 10) What does the term “aerobic” mean? Give some examples of aerobic exercises.
- 11) Is sprinting an aerobic or anaerobic exercise? Why?
- 12) What exercises improve flexibility?
- 13) Why is balance training important?
- 14) What happens if a person lives a sedentary lifestyle?
- 15) What is the recommended amount of physical activity for adults?
- 16) How much strength training is recommended per week?
- 17) Why is it necessary to consult with your doctor before starting an exercise program?

IX. Fill in the prepositions where necessary.

- 1) There are several health benefits associated ... regular participating ... an aerobic activity.
- 2) Less active and less fit people have a greater risk ... developing high blood pressure.
- 3) Aerobic activity can be performed ... light, moderate, or vigorous intensity.
- 4) Regular physical activity raises your levels ... good cholesterol and reduces bad cholesterol.
- 5) It is important to include various types ... physical activity in order to get the maximum benefit ... exercise.

- 6) Physical activity is essential ... maintaining and improving health.
- 7) A sedentary lifestyle is very harmful ... human health.
- 8) Consult ... your doctor ... starting a new exercise program to make sure it's safe ... you.
- 9) A healthy diet provides the body ... essential nutrients.
- 10) Exercise has immediate and long-term benefits ... both physical and mental health.
- 11) Start ... moderate-intensity activities and then move on to vigorous-intensity activities to avoid injuries.
- 12) Almost any type ... exercise (water aerobics, walking, swimming, yoga, and many others) is helpful ... everybody.
- 13) Physical inactivity and lack ... exercise are associated ... heart disease and some cancers.
- 14) Physical activity reduces feelings ... depression and anxiety.
- 15) Running and a healthy diet help you stay ... a reasonable weight.
- 16) Not getting enough physical activity can lead ... heart disease.

GRAMMAR

X. Past Participle (Participle II) (причастие прошедшего времени).

Past Participle (Participle II) соответствует причастию прошедшего времени (причастие II, третья форма глагола). У правильных глаголов **Past Participle** образуется, как и простое прошедшее время Past Simple прибавлением к основной форме глагола окончания -ed:

Infinitive	Past Simple	Past Participle
to reduce	reduced	reduced
to elevate	elevated	elevated
to improve	improved	improved

У неправильных глаголов особый способ образования причастия II, который требует запоминания каждого слова (см. Appendix 2. Irregular verbs):

Infinitive	Past Simple	Past Participle
to give	gave	given
to run	ran	run
to build	built	built

Past Participle имеет значение страдательного залога, когда предмет или лицо подвергается действию, выражаемому этим причастием:

- involved muscles — задействованные мышцы
- improved diet — улучшенная диета
- recommended activity — рекомендуемая активность


XI. Write the Past Participle of the verbs below.

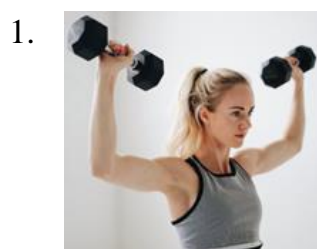
To examine, to give, to take, to start, to run, to become, to drink, to feel, to begin, to fall, to break, to catch, to have, to get, to find, to hurt, to keep, to know, to be, to leave, to make, to do, to put, to mean, to eat, to bring, to ride, to see, to say, to choose, to swim, to come, to feed, to fight, to forget, to go, to lead, to learn, to think, to lose, to meet, to spend, to understand, to burn, to build, to cut, to loose.

XII. Translate into English.

- 1) сломанные кости
- 2) включенные в программу упражнений
- 3) улучшенный сон
- 4) повышенный уровень холестерина
- 5) улучшенная физическая подготовка
- 6) выполняемые регулярно
- 7) пониженное кровяное давление
- 8) задействованные мышцы
- 9) улучшенное качество жизни
- 10) предотвращенная болезнь
- 11) уменьшенный ежедневными физическими упражнениями
- 12) распределенная в течение недели
- 13) рекомендованный диетологами
- 14) растянутые мышцы
- 15) требуемая физическая активность
- 16) обеспеченный необходимыми витаминами

LISTENING AND SPEAKING TASK

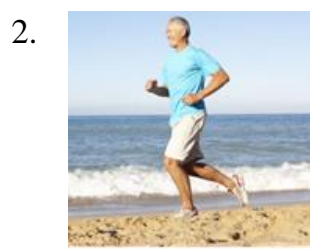
XIII.  a) Which kind of exercise does each person prefer now? Listen and choose the correct picture. (Test: Topic "Physical Activity"; recording No.1)



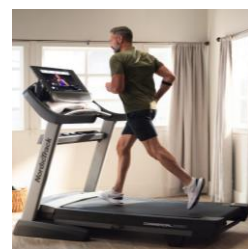
a.



b.



a.



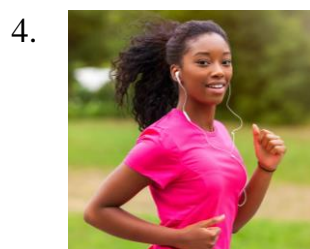
b.



a.



b.



a.



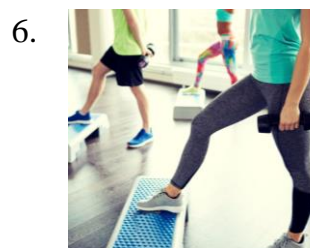
b.



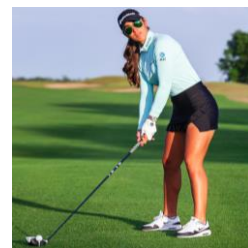
a.



b.



a.



b.

b) Listen again. Choose the reason why each person likes the kind of exercise he or she does now.

- 1) a) It's not fun.
b) It's a good place to meet people.
- 2) a) He does it indoors.
b) He listens to the ocean as he does it.
- 3) a) It's fun.
b) It's not easy to find a place to play.
- 4) a) It's easy to do it.
b) She can do it almost anywhere.
- 5) a) It took a short time to learn.
b) It's a great way to keep fit.
- 6) a) It's cheap to do.
b) It's not as easy as it looks.

XIV. Speak on the following.

- 1) Convince your friend to start exercising with you. Think of the arguments. Speak about the benefits of physical activity.
- 2) You are a physical fitness consultant. Describe the types of physical activity according to its intensity.
- 3) Your patient wants to strengthen the heart muscle. Recommend some physical activity to him and explain the difference between aerobic and anaerobic exercises.
- 4) Your friend hates physical education classes. Tell him about the risks of a sedentary lifestyle.
- 5) You are a physical fitness consultant. Give some recommendations for physical activity.

Lesson II
WAYS TO INCREASE
YOUR PHYSICAL ACTIVITY



Grammar: The Passive Voice (Simple Passive).

LEAD-IN

I. Answer these questions to assess how active you are now and why you want to become more active. Present your results to the group.

- 1) Are you currently exercising on a regular basis? (Yes/No)
- 2) How much time do you spend sitting each day?
- 3) How much time are you active and how often each week?
- 4) When you are active, what kinds of activities do you do?

5) What motivated or would motivate you to start exercising? Choose all that apply:

- To become more physically fit.
- To prevent future health problems.
- To reduce stress.
- To manage a chronic condition, like heart disease or diabetes.
- To spend time with friends and family or make new friends.
- Other_____.

II. Sort out the examples of physical activity into three groups.

Water aerobics, washing the car, gardening, running, slow dancing, light housework, aerobics, hiking uphill, walking a pet, biking slower than 10 miles per hour, slow walking, cycling 10 miles per hour or faster, brisk walking (at least 2.5 miles per hour), jumping rope, cooking, volleyball, bowling, strength training, vacuuming, washing windows, stair climbing, jogging, stretching exercises, light swimming.

light-intensity activities	moderate-intensity activities	vigorous-intensity activities

VOCABULARY AND READING

III. Vocabulary practice. Pay attention to the pronunciation of the words.

life hack	[laɪf hæk]	лайфхак
to reveal	[rɪ'vi:l]	выявлять, обнаруживать
to incorporate	[ɪn'kɔ:p(ə)reɪt]	включать
to aim for	[eɪm fɔ:]	стремиться к
schedule	Br. ['ʃedju:l] Am. ['skedʒu:l]	график, расписание
stiff	[stɪf]	скованный
to devote	[dɪ'vəʊt]	посвятить, посвящать
workout	['wɜ:kəʊt]	тренировка, упражнение, разминка

IV. Read the text.

LIFE HACKS TO INCREASE PHYSICAL ACTIVITY

Physical activity is not just for burning calories and losing weight — it helps your body function properly and adds precious years to your life. Recent studies have revealed that our physical activity levels play a critical role in our overall health and wellbeing, thus making it highly essential to incorporate healthy levels of physical activity in our day-to-day lives. Experts advise that we aim for at least 30 minutes of physical activity per day. But if your lifestyle and schedule do not allow you to exercise regularly, there are a lot of ways to do some extra movements without going to the gym. Here are some life hacks to increase your physical activity:

- **Start Stretching.** Stretching reduces fatigue. You can take some stretching breaks at work, which is always a good idea, since sitting too long can make you feel stiff. Or if you

are one of those people who like to lie in bed for a few minutes before getting up, why not use that time to stretch? Instead of checking your email and social media accounts, start the day with a basic stretching routine. This should effectively energize you for the day.

- **Take the Stairs.** If you really want to increase your physical activity levels each day, take the stairs as often as you can, especially if you have to go up or down just three floors or less. Stair climbing is a great cardiovascular exercise. You can also try using the lift or escalator only when going up and using the stairs whenever you need to go down.

- **Walk More.** Walking is one of the easiest, most convenient activities you can do. To burn calories, all you have to do is walk faster and devote more time to each walk. Brisk walking can burn more than 200 calories in 30 minutes, depending on your weight and workout intensity.

- **Do Some Desk Exercises.** If you have a job that requires you to sit at a desk, make it a rule to stand up, stretch, and take short movement breaks for 2–3 minutes between every 20–30 minutes of sitting.

- **Do More Household Chores.** You can do anything from vacuuming and polishing the floors to arranging your furniture and washing the dishes. If you can, do housework more frequently. When you spend time in the kitchen, you are more active than you realize. When people are vacuuming then it is as same as doing kickboxing for 15 minutes.

- **Plan More Active Dates.** Instead of going to the cinema or having dinner at your favorite cafe, choose a more “active” activity for a date with your girlfriend or boyfriend. You can take a walk, ride bicycles, go bowling or try to dance salsa! It can be almost any activity that requires you to move around — as opposed to sitting in a chair in a movie theater or in a bar for two or three hours.

- **Dance Whenever You Can.** Dancing is a fun and exciting way to train. This is a very effective way to make your heartbeat faster, increase strength and burn calories, which makes it one of the most popular ways to exercise — and without the need for exercise equipment. All you need is yourself and some nice dance music!

V. Give the English equivalents.

- 1) сжигать калории и терять вес
- 2) помогает организму функционировать должным образом
- 3) общее состояние здоровья и благополучие
- 4) включить физическую активность в нашу повседневную жизнь
- 5) стремиться уделять физической активности не менее 30 минут в день
- 6) увеличить физическую активность
- 7) перерыв на растяжку
- 8) чувствовать скованность
- 9) подъем по лестнице
- 10) быстрая ходьба
- 11) интенсивность тренировки
- 12) веселый и захватывающий способ тренироваться

VI. Match the beginnings and the endings of the expressions. Find only one best alternative.

- | | |
|-------------------------|-----------------------------------|
| 1) to lose | a) calories |
| 2) to incorporate | b) health |
| 3) to exercise | c) the stairs |
| 4) to burn | d) physical activity in your life |
| 5) to aim | e) stiff |
| 6) overall | f) intensity |
| 7) to feel | g) for a healthy lifestyle |
| 8) workout | h) regularly |
| 9) to take | i) to walking |
| 10) to devote more time | j) weight |

VII. Answer the questions.

- 1) How does physical activity improve your daily life?
- 2) How much exercise do you need a day?
- 3) Can you exercise without going to the gym?
- 4) What physical activities can you do at home?
- 5) How can you improve your physical activity at the university?
- 6) Why is physical activity important when working sedentary?
- 7) Why is dancing a physical activity?
- 8) What are the health benefits of using public transport instead of a private car?
- 9) How can you personally increase your physical activity?

GRAMMAR

VIII. Страдательный залог группы Simple.

В английском языке существует два залога — активный (Active Voice) и пассивный или страдательный (Passive Voice). В активном залоге действие выполняет подлежащее. В пассивном залоге действие производится над подлежащим. Давайте сравним:

*The doctor **examines** patients every day.* — *Врач **осматривает** пациентов каждый день.* (Активный залог)

Подлежащее (врач) выполняет действие (осматривает).

*Patients **are examined** every day.* — *Пациентов **осматривают** каждый день.* (Пассивный залог)

Неизвестно, кто выполняет действие. Подлежащее (пациенты) подвергается действию (их осматривают).

Страдательный залог в английском языке образуется с помощью вспомогательного глагола **to be** и смыслового глагола в третьей форме (V₃) / **PII**. На месте подлежащего в утвердительных предложениях будет стоять человек или предмет, над которым будет производиться действие.

to be + V₃ / PII

to be examined

В этой формуле вспомогательный глагол **to be** изменяется по лицам, числам и временам.

Для образования отрицательной формы пассивного залога необходима частица **not**. Ставим ее после вспомогательного глагола.

to be + not + V₃ / ПII

Для образования вопросительной формы первый вспомогательный глагол выносится в начало предложения перед подлежащим:

	Present Simple	Past Simple	Future Simple
Утверд. форма	am is + V ₃ are	was + V ₃ were	will be + V ₃
Отриц. форма	am is + not + V ₃ are	was + not + V ₃ were	will + not + be + V ₃
Вопрос. форма	Am Is + подлежащ. + V ₃ ? Are	Was + подлежащ. + V ₃ ? Were	Will + подлежащ. + be + V ₃ ?

IX. Open the brackets using the verbs in Present Simple Passive.

- 1) Physical exercises of low to high intensity (to call) aerobic exercises.
- 2) Physical inactivity (to link) to cardiovascular mortality.
- 3) Coronary artery diseases (to characterize) by deposits of fatty substances in the arteries of the heart.
- 4) Moderate-intensity activity as walking for pleasure usually (to perform) daily.
- 5) Inflammation in the bones and joints (to cause) by this medicine.
- 6) Particular attention (to pay) to improving physical education of children and young people.
- 7) Stretching breaks (to take) regularly to reduce muscle tension.
- 8) Physical activity (define) as any movement that uses skeletal muscles and requires more energy than rest.
- 9) Walking for pleasure (to regard) as moderate-intensity activity.
- 10) Running and competitive sports (to associate) with increased risk of injury.

X. Open the brackets using the verbs in Past Simple Passive.

- 1) Muscle-strengthening activities at least 2 days a week (to recommend) to this man.
- 2) His high blood pressure (to cause) by lack of exercise and obesity.
- 3) Regular physical activity (advise) as an important way to help prevent her heart disease from getting worse.
- 4) Her healthy weight (to achieve) by a good diet and regular exercise.
- 5) Cancer risk (to reduce) by physical fitness.
- 6) They (to recommend) vigorous exercise program.
- 7) His calorie intake (to reduce).
- 8) The doctor (to consult) before starting a vigorous exercise programme.
- 9) A lot of illnesses (to prevent) through regular physical activity.
- 10) An hour a day of moderate-to-vigorous physical activity (to need) to maintain a steady weight.

XI. Open the brackets using the verbs in Future Simple Passive.

- 1) Being physically active (recommend) at least four days a week.
- 2) Colon cancer (to prevent) by even moderate-intensity activities.
- 3) Vigorous aerobic activities (to do) three or four times a week for 30–60 minutes.
- 4) Physical fitness (to achieve) through proper nutrition, moderate-vigorous physical exercise, and sufficient rest.
- 5) Coronary artery disease (to cause) by lack of exercise, obesity, high cholesterol.
- 6) Benefits of yoga (to observe) in 2 weeks.
- 7) Sugary and alcoholic drinks (replace) with water.
- 8) Activities like running and cycling (to classify) as vigorous.
- 9) Type 2 diabetes (to prevent) by maintaining a normal body weight, physical activity, and eating a healthy diet.
- 10) Muscle mass (to build) by eating particular foods, weightlifting, and other muscle-strengthening activities.

XII. Make the sentences negative and interrogative.


- 1) Stair climbing and stretching are done at home without any special clothing or equipment.
- 2) Many of our eating habits were established during childhood.
- 3) HDL (high-density lipoprotein) is considered “good” cholesterol.
- 4) Walking more than 2 hours per day was associated with lower mortality in men without critical diseases.
- 5) You will be pleasantly surprised by the health benefits of yoga.
- 6) LDL cholesterol is often associated with a greater risk for cardiovascular disease.
- 7) About 136 calories are burnt while walking for 30 minutes.
- 8) Your bones and muscles will be strengthened by regular exercises.
- 9) Systolic and diastolic blood pressure were reduced after the program of supervised walking.
- 10) A slight increase in heart rate was achieved by performing simple, moderate exercises, such as housework and gardening.

XIII. Complete the sentences using one of these verbs in the correct form: active or passive.

hold	do	include	prevent	help
make	recommend	choose	reduce	diagnose

- 1) Physical activities to strengthen your muscles ... at least 2 days a week.
- 2) Muscle-strengthening activities ... in addition to your aerobic activity next week.
- 3) Examples of bone-strengthening activity ... running, brisk walking, and weight-lifting exercises.
- 4) Regular physical activity ... you sleep better.
- 5) About 22,000 mass sport events ... in Belarus every year.
- 6) Activities such as walking, or biking ... instead of dancing last week.
- 7) Type 2 diabetes ... by regular physical activity.
- 8) Aerobic activities ... your heart and lungs work harder.
- 9) Your risk of developing coronary heart disease, such as angina or a heart attack, ... much if you are regularly physically active.
- 10) If you ... with type 2 diabetes, regular physical activity can help improve the control of your diabetes.

LISTENING AND SPEAKING TASK

XIV.  **a) People are talking about exercise. Listen and choose the activities they do or don't do now.** (Etest: Topic "Physical Activity"; recording No.2)

	Does	Doesn't		Does	Doesn't
1 James			3 William		
a) swimming	<input type="checkbox"/>	<input type="checkbox"/>	a) tennis	<input type="checkbox"/>	<input type="checkbox"/>
b) jogging	<input type="checkbox"/>	<input type="checkbox"/>	b) golf	<input type="checkbox"/>	<input type="checkbox"/>
c) bicycling	<input type="checkbox"/>	<input type="checkbox"/>	c) weightlifting	<input type="checkbox"/>	<input type="checkbox"/>
2 Emma			4 Lily		
a) jogging	<input type="checkbox"/>	<input type="checkbox"/>	a) weightlifting	<input type="checkbox"/>	<input type="checkbox"/>
b) aerobics	<input type="checkbox"/>	<input type="checkbox"/>	b) swimming	<input type="checkbox"/>	<input type="checkbox"/>
c) weightlifting	<input type="checkbox"/>	<input type="checkbox"/>	c) jogging	<input type="checkbox"/>	<input type="checkbox"/>

b) Listen again. What sport does each person want to try? Choose the correct letter.

1) James	_____	a) swimming
2) Emma	_____	b) jogging
3) William	_____	c) tennis
4) Lily	_____	d) bicycling
		e) weightlifting
		f) golf
		g) aerobics

XV. Work in pairs.

- 1) You are an office worker. You are consulting with a medical professional. Discuss the negative consequences of a sedentary lifestyle and how to include breaks in work while sitting.
- 2) You are the parent of an overweight child. You have come to an appointment with a dietician. Discuss the effects of being overweight on health, causes, methods of treatment: weight loss, lifestyle changes and physical exercise.
- 3) You are talking to your friend who is worried about the upcoming exams. Talk about his / her problems, his / her lifestyle, mental health benefits from physical exercise.
- 4) Your child spends a lot of time at the computer. You are consulting with a specialist. Discuss the importance of being active, the health risks for inactive children, different ways to increase your child's physical activity.

Lesson III

HOW IS YOUR PHYSICAL ACTIVITY? REVIEW



Grammar: Past Participle.
The Passive Voice (Simple Passive).

LEAD-IN

I. Why is physical activity so important for health and well-being? Here are some key points. Expand these ideas.

- 1) It's a natural mood lifter.
- 2) It keeps you physically fit.
- 3) It helps keep the doctor away.
- 4) It can help you live longer.
- 5) It helps with relaxation and sleep quality.
- 6) Exercise can be fun ... and social!

II. What do you do to keep fit? Match each goal on the left with the correct suggestion on the right. Discuss your answers with a partner.

- | | |
|-----------------------------------|--------------------------------------|
| 1) have a healthier diet ____ | a) do lots of sit-ups |
| 2) tighten stomach muscles ____ | b) join a health club with a pool |
| 3) put on weight ____ | c) eat less meat and more vegetables |
| 4) swim regularly ____ | d) lift weights every other day |
| 5) get some outdoor exercise ____ | e) take up jogging |

VOCABULARY AND READING

III. Give the English equivalents.

- 1) упражнения для укрепления мышц
- 2) аэробные упражнения
- 3) контролировать свое кровяное давление
- 4) увеличить прочность костей
- 5) предотвратить сердечные заболевания и инсульт
- 6) малоподвижный образ жизни
- 7) активность средней интенсивности
- 8) улучшить сон
- 9) улучшить физическое здоровье
- 10) энергичные аэробные нагрузки
- 11) польза для здоровья
- 12) растяжка и йога
- 13) способствовать ожирению
- 14) смертность от сердечно-сосудистых заболеваний
- 15) интенсивность тренировки
- 16) увеличить выносливость

IV. You are going to read an article about the benefits of getting fit. Six sentences have been removed from the article. Choose from the sentences below which one fits each gap.

BENEFITS OF GETTING FIT

Exercise is essential for your overall wellbeing and there are a lot of reasons why you should do it. **(1)** _____ Especially when all around you seems more and more unbalanced and the world becomes ever fast and furious.

(2) _____ It can improve muscle strength and promote good posture. Other benefits include prevention of muscles imbalances. **(3)** _____ It can also improve the condition of the heart and lungs and blood circulation.

However, did you know that exercise helps to reduce depression and tiredness? **(4)** _____

There are plenty of types of exercise you can do — aerobics, jogging, working out with free weights, working on weight machines. **(5)** _____ The reason for this is that it improves flexibility and helps you to maintain correct posture and to prevent muscle strains and injuries. **(6)** _____ So, stretching should play an important part in your exercise routine, which should be performed both slowly and precisely.

Therefore, the best exercise involves good warm-ups and stretching exercises, an energetic workout, and a cool-down period.

- 1) If done regularly, it will guarantee a more flexible, fitter body.
- 2) Moreover, it helps to regulate sleep patterns.
- 3) It is one of the best ways to maintain a perfect balance.
- 4) This is important as this can lead to injuries.
- 5) There are numerous benefits exercises can have on you.
- 6) You should include stretching in your exercise.

GRAMMAR

V. Change the sentences from Active Voice to Passive according to the model.

Model: Regular physical activity controls diabetes. — Diabetes is controlled by regular physical activity.

- 1) The doctor recommended him only supervised physical activity.
- 2) Depression usually causes a feeling of sadness.
- 3) He will limit sedentary behavior such as sitting, lying down, or watching TV.
- 4) She made a healthy diet plan for herself and her family.
- 5) A healthy eating pattern does not include sports drinks.
- 6) We will add muscle and bone strengthening activities into your exercise program.
- 7) Aerobic exercises involve large muscle groups.
- 8) They didn't change their unhealthy eating habits.
- 9) Regular physical activity will keep you mobile for longer.
- 10) Exercise relieved the symptoms of depression and anxiety.
- 11) Physical fitness will treat many chronic health conditions.
- 12) Regular physical activity prevents the development of diabetes.
- 13) He will not limit the consumption of saturated fats.
- 14) They didn't incorporate movement into their daily lives.

VI. Translate into English.

- 1) Аэробные упражнения помогают контролировать ваше кровяное давление.
- 2) Ишемическая болезнь сердца была вызвана недостаточной физической активностью и высоким уровнем холестерина в крови.
- 3) Кости и мышцы укрепляются регулярными упражнениями.
- 4) Отсутствие физической активности повышает риск смерти от болезней сердца, инсульта и диабета.
- 5) Упражнения на выносливость выполняются три раза в неделю.
- 6) Йога улучшает силу, равновесие и гибкость.
- 7) Какие виды физической активности вам рекомендуются?
- 8) Эксперты рекомендуют два вида физических нагрузок: аэробные и укрепляющие мышцы.
- 9) Аэробные упражнения называются упражнениями на выносливость или кардиотренировками.
- 10) Аэробика может быть умеренной или энергичной.
- 11) Эксперты рекомендуют не менее 150 минут в неделю аэробной нагрузки средней интенсивности.
- 12) Регулярные физические упражнения уменьшают стресс и беспокойство.
- 13) Малоподвижный образ жизни связан с заболеваниями сердца и некоторыми видами рака.
- 14) Здоровый образ жизни включает в себя эмоциональное или психическое здоровье.
- 15) Слишком много физических упражнений увеличивают риск получения травмы.
- 16) Вам следует проконсультироваться со своим врачом, прежде чем начинать программу упражнений.

VIDEO “HOW IS YOUR PHYSICAL ACTIVITY?”

(Etest: Topic “Physical Activity”; video “How is Your Physical Activity?”)

PRE-VIEWING TASK

VII. Vocabulary.

teen = teenager	[ti:n] [ˈti:neɪdʒə]	подросток
adolescent	[ˌæd(ə)ˈles(ə)nt]	молодой человек; юноша; девушка; подросток
startling	[ˈstɑ:tlɪŋ]	поразительный
consequence	[ˈkɒnsɪkwəns]	последствие
mature	[məˈtʃuə]	зрелый, взрослый
self-confident	[ˌselfˈkɒnfɪd(ə)nt]	уверенный в себе; самоуверенный
Personal Activity Pyramid	[ˈpɜ:s(ə)n(ə)l ækˈtɪvəti ˈpɪrəməɪd]	пирамида личной активности
pushups	[ˈpuʃʌps]	отжимания от пола
lunges	[ˈlʌndʒɪz]	выпады
crunches	[krʌntʃɪz]	упражнения для укрепления мышц брюшного пресса
recreational activities	[rekriˈeɪʃnəl]	рекреационная деятельность, активный отдых
physique	[fɪˈzi:k]	телосложение
astounding	[əˈstaʊndɪŋ]	изумительный, поразительный, удивительный

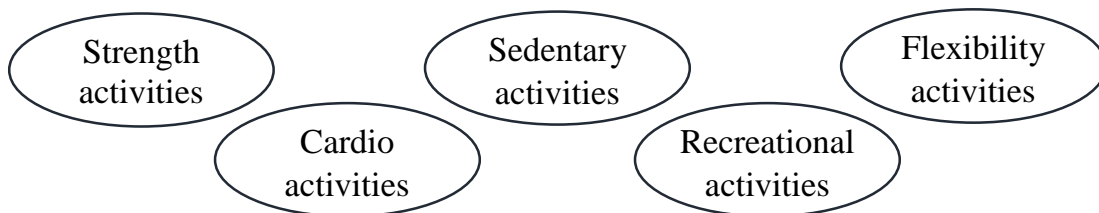
COMPREHENSION CHECK

VIII. Watch the video and give the English equivalents.

- 1) недостаточная физическая активность
- 2) отсутствие физической активности
- 3) выработать хорошие привычки к физическим упражнениям
- 4) боль и дискомфорт
- 5) хронические заболевания
- 6) улучшить физическое здоровье
- 7) психическое здоровье
- 8) социальное благополучие
- 9) регулярно заниматься спортом
- 10) страдать от депрессии
- 11) уровень активности
- 12) силовые упражнения
- 13) поднятие тяжестей
- 14) упражнения на гибкость
- 15) растяжка и йога
- 16) кардиотренировки
- 17) активный отдых
- 18) положительное влияние, позитивное воздействие
- 19) польза для здоровья от физических упражнений
- 20) уменьшить риск возникновения проблем со здоровьем

IX. Choose the appropriate examples to illustrate each type of physical activity.

- | | | |
|-------------------|-----------------------|--------------------------|
| • lifting weights | • watching TV | • pushups |
| • swimming | • yoga | • playing computer games |
| • lunges | • playing video games | • running |
| • crunches | • biking | • stretching |
| • basketball | • football | • hiking |



X. Agree or disagree with the following.

- 1) Most young people in the USA get enough physical activity.
- 2) Many teenagers spend a lot of time being sedentary (sitting or lying down) during their free time.
- 3) Physical inactivity or sedentary lifestyle does not cause risks to our health.
- 4) Physical activity is beneficial for development and sets good habits for adulthood, therefore influencing health outcomes later in life.
- 5) There are two types of physical activity that you need to include in your life.
- 6) Scientific research makes clear that sleep is essential at any age. It is reported that healthy adults need not more than 6 hours of sleep per night.

- 7) Strength activities should be performed two times per day.
- 8) To get the maximum benefit you will need to do cardio at least three days a week.
- 9) The things you do on a daily basis like riding your bike, walking your dog, or taking the stairs don't add more physical activity into your life.
- 10) Physical activity and exercise can only bring immediate health benefits.

SPEAKING TASK

XI. Answer the questions.

- 1) Is physical activity an important part of a healthy lifestyle?
- 2) Does intensive use of mobile devices and the Internet take time away from other activities, including physical activity?
- 3) What diseases can lack of physical activity cause?
- 4) How does physical activity improve your mental health and social wellbeing?
- 5) What is the Personal Activity Pyramid?
- 6) How many hours of sleep do people need daily?
- 7) Why is it necessary to cut back on sedentary activities like watching TV and playing video, or computer games?
- 8) How many flexibility exercises are recommended per week?
- 9) What are the most common cardio activities?
- 10) How many times a week is it recommended to do recreational activities such as basketball, football, or hiking?

XII. Speak about Personal Activity Pyramid (which daily activities and sports you should do to have a healthy lifestyle, which activities should be done daily, and which can be performed weekly or less frequently).



Module 3 STRESS

Lesson I WHAT IS STRESS?



Grammar: Present Participle / Participle I.
Continuous Active.

LEAD-IN

I. Look at the list below and rank the stressful situations from 1 to 9, where 1 is the least stressful and 9 is the most stressful. Compare your list to your partner's and talk about the situations.

a	being stuck in a traffic jam
b	doing the housework
c	waiting in a queue for a long time
d	being late for university
e	missing the bus to university
f	walking home alone at night
g	going to the dentist
h	taking an exam
i	not being able to sleep at night

II. Look at the pictures. What would you do to help you relax when you are stressed? You can add your own ideas.



VOCABULARY AND READING

III. Vocabulary practice. Pay attention to the pronunciation of the words.

stress	[stres]	стресс, напряженное состояние
to manage stress	['mænidʒ stres]	справляться со стрессом
to handle stress	['hændl stres]	
to cope with stress	[kəʊp wið stres]	
to experience stress	[iks'piəriəns stres]	испытывать стресс
short-term stress		краткосрочный, кратковременный стресс
long-term stress		долгосрочный, длительный стресс
stimulus (pl. stimuli)	['stimjələs] ['stimjular]	раздражитель, стимул
stressor	['stresə]	стресс-фактор, (любое явление, вызывающее стрессовое состояние; напр., потеря близкого человека, смена работы, трудности на работе, переезд и т. д.)
to trigger	['trigə]	инициировать, вызвать
to threaten	['θret(ə)n]	угрожать, представлять опасность
threat	[θret]	опасность, угроза
to feel threatened	[fi:l θretnd]	чувствовать угрозу
sense of self	[sens əv self]	ощущение своего «я»
divorce	[di'vɔ:s]	развод, расторжение брака
to release	[ri'li:s]	освобождать
flood	[flʌd]	поток
adrenaline	[ə'drenəlin]	адреналин
surges of adrenaline		всплески адреналина
cortisol	['kɔ:tisol]	кортизол
emergency	[i'mɜ:dʒənsi]	чрезвычайная ситуация
fight-or-flight response	[fait ə: flait ri'spɔns]	реакция «сражайся или беги»
to pound	[paund]	колотиться, сильно биться (о сердце)
to tighten	[taɪtn]	напрягаться
stamina syn. endurance	['stæminə] [in'dʒʊərəns]	выносливость
to enhance	[in'hɑ:ns]	увеличивать, усиливать, улучшать
to enhance one's focus		повысить внимание
to adapt (to)	[ə'dæpt]	приспосабливать(ся), адаптировать(ся)
traffic jam	['træfik dʒæm]	дорожная пробка
to be dissatisfied	[dis'sætɪsfaɪd]	быть недовольным
uneasy feeling	[ʌn'i:zi 'fi:lɪŋ]	тревожное чувство
exhaustion	[ɪg'zɔ:sʃ(ə)n]	изнеможение, истощение
nausea	['nɔ:siə] ['nɔ:ziə]	тошнота; морская болезнь
distress	[di'stres]	дистресс (полное истощение от сильного физического напряжения)
eustress	['ju:stres]	положительный стресс, эвстресс
challenge	['tʃælɪndʒ]	вызов, проблема

creativity	[kri:er'tiviti]	творческий потенциал, творческие способности
self-esteem	[self is'ti:m]	самооценка, чувство собственного достоинства
vague	[veig]	неопределённый, неясный
agitated	['ædʒiteitɪd]	взволнованный, возбуждённый
frustrated	[frʌ'streitɪd]	расстроенный, недовольный, удручённый
moody	['mu:di]	легко поддающийся переменам настроения; унылый, угрюмый
overwhelmed	[əʊvə'welmd]	ошеломленный, подавленный, пораженный
lonely	['ləunli]	одинокий
worthless	['wɜ:θləs]	никчёмный, жалкий, ничтожный
depressed	[di'prest]	подавленный, унылый
upset stomach	[ʌp'set 'stʌmək]	расстройство желудка
diarrhea	[,daɪə'riə]	понос, диарея
tense	[tens]	напряжённый
insomnia syn. sleeplessness	[ɪn'sɒmniə] ['sli:plɪsnɪs]	бессонница
sexual desire	['sekʃuəl dɪ'zaɪə]	половое влечение
shaking	['ʃeɪkɪŋ]	дрожь
difficulty swallowing	['dɪfɪkəltɪ 'swɒləʊɪŋ]	затрудненное глотание
cognitive	['kɒgnɪtɪv]	когнитивный
worrying	['wʌrɪɪŋ]	беспокойство
forgetfulness	[fə'getf(ə)lnɪs]	забывчивость
judgment	['dʒʌdʒmənt]	суждение
poor judgment		плохое суждение
behavioral	[bi'heɪvjərəl]	поведенческий; бихевиористический
responsibility	[rɪ,spɒnsə'bɪlətɪ]	ответственность
nail biting	[neɪl baɪtɪŋ]	кусание ногтей, онихофагия
to recognize	['rekəɡnaɪz]	распознавать

IV. Read the text.

WHAT IS STRESS?

Everyone feels stressed from time to time, but what is stress? How does it affect your overall health? And what can you do to manage your stress?

Stress is a normal human reaction that happens to everyone. In fact, the human body is designed to experience stress and react to it. Stress is a physical, mental, and emotional reaction of a person to a certain stimulus, called a “stressor”. Many different situations or life events can cause stress. It is often triggered when we experience something new, unexpected or that threatens our sense of self, or when we feel we have little control over a situation. Such events can happen at the university, like a test or examination; at your office, like getting a new boss or in your private life, like preparing for a divorce.

When you feel threatened, your nervous system responds by releasing a flood of stress hormones, including adrenaline and cortisol, which rouse the body for emergency action. This is known as the fight-or-flight response. Your heart beats faster, muscles tighten, blood pressure rises, breath quickens, and your senses become sharper. These physical changes increase your strength and stamina, speed up your reaction time, and enhance your focus.

Stress responses help your body adapt to new situations. However, you should distinguish between short-term stress and long-term stress, and between positive stress and negative stress. **Short-term stress** is also called acute stress. Examples of acute stress would be any stress you suffer from for a short period of time — like a traffic jam, an argument with your girlfriend or boyfriend, criticism from your boss. **Long-term stress**, for example, occurs when you are permanently dissatisfied with your job, preparing for a difficult exam, or having private problems with your parents, teachers, or friends.

Long-term stress is also **negative stress** because it gives you a painful and uneasy feeling. **Negative stress** (also called **distress**) is a type of stress you cannot handle, it occurs when your body cannot return to normal relaxed state even in the absence of the stressor. This permanent, negative stress makes you tired, weakens your immune system and leads to serious health problems, for example, exhaustion, racing heart, headaches, nausea.

Positive stress or **eustress** (also called **good stress**) is when you perceive a stressful situation as an opportunity that will lead to a good outcome. Eustress or a positive reaction to stress motivates you to cope with a problem or complete a task. In the end, eustress can lead you to feelings of satisfaction, achievement, and well-being. Some examples of positive stress can include going rock climbing for the first time, getting promoted at your job, and going on a first date. Experiencing positive stress leads to several benefits which include increased creativity, higher productivity, improved self-esteem, and better health. You feel excited and motivated. Eustress can keep you energized. It's associated with surges of adrenaline.

Stress can affect all aspects of our life, including our emotions, behavior, thinking ability, and physical health. No part of the body is immune. But, because people handle stress differently, symptoms of stress can vary. Symptoms can be vague and may be the same as those caused by medical conditions. Therefore, it is important to discuss them with your doctor. People may experience any of the following symptoms of stress:

Emotional symptoms

- becoming easily agitated, frustrated, and moody
- feeling overwhelmed, like you are losing control
- having difficulty relaxing and quieting your mind
- feeling bad about yourself (low self-esteem), lonely, worthless, and depressed
- avoiding others

Physical symptoms

- low energy
- headaches
- upset stomach, including diarrhea, constipation, and nausea
- aches, pains, and tense muscles
- chest pain and rapid heartbeat
- insomnia
- frequent colds and infections
- loss of sexual desire and/or ability
- nervousness and shaking, ringing in the ear, cold or sweaty hands and feet
- dry mouth and difficulty swallowing

Cognitive symptoms

- constant worrying
- racing thoughts
- forgetfulness and disorganization
- inability to focus
- poor judgment
- being pessimistic or seeing only the negative side

Behavioral symptoms

- changes in appetite — either not eating or eating too much
- avoiding responsibilities
- increased use of alcohol, drugs, or cigarettes
- demonstrating more nervous behavior, such as nail biting

Being able to recognize common stress symptoms can help you manage them. Stress that is not controlled can lead to many health problems, such as high blood pressure, heart disease, obesity, and diabetes.

V. Give the English equivalents.

- 1) испытывать стресс (2)
- 2) справляться со стрессом (3)
- 3) общее состояние здоровья
- 4) реакция на стрессор
- 5) угрожать нашему самоощущению
- 6) чувствовать угрозу
- 7) адреналин и кортизол
- 8) реакция «сражайся или беги»
- 9) краткосрочный стресс
- 10) положительный стресс или эустресс
- 11) повышенная самооценка
- 12) всплески адреналина
- 13) взволнованный, расстроенный и угрюмый
- 14) чувствовать себя одиноким, никчемным и подавленным
- 15) диарея, запор и тошнота
- 16) бессонница, нервозность и дрожь
- 17) скачущие мысли, забывчивость и неорганизованность
- 18) нервное поведение, такое как кусание ногтей

VI. Match the words to their definitions.

1) stress	a) a physiological reaction that occurs when we are in the presence of something that is mentally or physically terrifying
2) stressor	b) feeling annoyed or less confident because you cannot achieve what you want
3) self-esteem	c) a state of extreme physical or mental tiredness
4) adrenaline	d) confidence in yourself and a belief in your qualities and abilities
5) eustress	e) a stimulus that causes stress
6) fight-or-flight response	f) the concept under which people understand who they are, their ambitions, and their failures and successes in life

7) exhaustion	g) a “fight-or-flight hormone” released in response to a stressful, exciting, dangerous, or threatening situation; it helps your body react more quickly
8) sense of self	h) a positive form of stress having a beneficial effect on health, motivation, performance, and emotional well-being
9) insomnia	i) any type of change that causes physical, emotional, or psychological tension
10) frustrated	j) a sleep disorder in which people have trouble sleeping

VII. Read the list of stressors that are typically experienced as negative or positive by most people. Divide them into two groups.

positive stressors	negative stressors

Receiving a promotion or raise at work; starting a new job; the death of a family member; marriage; divorce; hospitalization; injury or illness; buying a house; separation from a spouse; having a child; moving; money problems; unemployment; relationship conflicts or loneliness, exhausting work schedule; job loss; retiring; taking educational classes; performing in a concert.

VIII. Answer the questions.

- 1) What is stress?
- 2) What is a stressor?
- 3) Where can stressful events happen?
- 4) How does stress affect your hormones?
- 5) What happens to the body during the fight-or-flight response?
- 6) Why is the fight-or-flight reaction good for health?
- 7) Give some examples of short-term (acute) stress and long-term (chronic) stress.
- 8) Why is long-term stress considered negative?
- 9) What is positive stress?
- 10) What aspects of our life can stress affect?
- 11) What are emotional and physical symptoms of stress?
- 12) What are cognitive and behavioral symptoms of stress?
- 13) How does stress affect the body if it is not controlled?

GRAMMAR

IX. Present Participle (Participle I) (причастие настоящего времени).

Причастие настоящего времени в английском языке используется для обозначения действия, происходящего одновременно с действием, выраженным сказуемым. **Present Participle** (Participle I) образуется путем добавления окончания **-ing** к основе глагола (**V + ing**).

to manage — managing
(*справляющийся*)

to experience — experiencing
(*испытывающий*)

to handle — handling
(*справляющийся*)

to feel — feeling
(*ощущающий*)

X. Времена группы Continuous Active.

Времена группы **Continuous Active** выражают длительное действие, происходящее в определенный момент в настоящем, прошлом или будущем. Для образования утвердительной формы используется глагол **to be** и **причастие I (V + ing)**. Другое название этой группы — Progressive Tenses.

to be + Participle I (V + ing)

В этой формуле вспомогательный глагол **to be** изменяется по лицам, числам и временам.

Present Continuous

Обозначает действие, которое совершается в момент речи. Часто сопровождается словами-маркерами, подчеркивающими длительность и отношение действия к настоящему моменту (now; at the moment). Present Continuous образуется с помощью **to be** в настоящем времени (**am, is, are**) и **Participle I (V + ing)**.

Jane is reading now. — Джейн сейчас читает.

Также Present Continuous может использоваться для описания действий, которые произойдут в будущем (особенно для запланированных мероприятий).

We are leaving tomorrow. — Мы уезжаем завтра.

Past Continuous

Обозначает длительное действие, которое происходило в определенный момент или период в прошлом. Это время можно узнать по словам-маркерам, которые указывают на такой период (at 7 a.m.; all day/night (long); all the time; at that moment; while; when). Past Continuous образуется при помощи глагола **to be** в прошедшем времени (**was, were**) и **Participle I (V + ing)**.

Jane was reading at 9 p.m. yesterday. — Вчера в 9 вечера Джейн читала.

Future Continuous

Обозначает длительное действие, которое произойдет в определенный момент в будущем (at this time; at this moment; at ... o'clock tomorrow; when). Образуется с помощью глагола **to be** в будущем времени (**will be**) и **Participle I (V + ing)**.

Jane will be reading when he comes. — Джейн будет читать, когда он придет.

Для образования отрицательной формы необходима частица **not**. Ставим ее после вспомогательного глагола: **to be + not + Participle I (V + ing)**.

Для образования вопросительной формы первый вспомогательный глагол ставится в начало предложения перед подлежащим:

	Present Continuous	Past Continuous	Future Continuous
Утверд. форма	am is + V + ing are	was + V + ing were	will be + V + ing
Отриц. форма	am is + not + V + ing are	was + not + V + ing were	will + not + be + V + ing
Вопрос. форма	Am Is + подл. + V + ing? Are	Was + подл. + V + ing? Were	Will + подл. + be + V + ing?

XI. Translate into English.

- 1) влияющий на ваше общее состояние здоровья
- 2) испытывающий стресс
- 3) угрожающий нашему самоощущению
- 4) страдающий от кратковременного стресса
- 5) упражнения, увеличивающие силу
- 6) повышающие самооценку
- 7) справляющийся со стрессом (3)
- 8) увеличивающие выносливость
- 9) вызывающий изнеможение
- 10) приводящий к хорошему результату
- 11) избегающий ответственности
- 12) демонстрирующий нервное поведение

XII. Open the brackets using the verbs in Present Continuous Active.

- 1) I (to try) to relax now.
- 2) I'm really worried as we (to write) a test tomorrow.
- 3) She (to prepare) for a divorce and she feels nervous.
- 4) My heart (to beat) faster now because of the surge of adrenaline.
- 5) I (to exercise) because I feel symptoms of stress coming on.
- 6) They (to use) drugs or alcohol to cope with stress.
- 7) This traffic jam (to make) me feel stressed.
- 8) Your rapid heart rate and breathing (to indicate) the fight-or-flight response.
- 9) I (to participate) in an important sports event.
- 10) These problems with my friends (to give) me a painful and uneasy feeling.

XIII. Open the brackets using the verbs in Past Continuous Active.

- 1) I noticed that I (to get) tense.
- 2) He (to suffer) from personal problems.
- 3) Lots of things (to stress) me at that moment.
- 4) As she (to watch) a horror film at that moment her senses became sharper.
- 5) That negative stress (to make) him tired.
- 6) These physical changes (to increase) my strength and stamina at the moment of the threat.
- 7) She (to avoid) people, conversations, or other situations.
- 8) We (to try) to handle stress.
- 9) He (to experience) chest pain and a rapid heartbeat.
- 10) That stress (to affect) all aspects of her life, including her emotions and physical health.

XIV. Open the brackets using the verbs in Future Continuous Active.

- 1) He (to change) the work environment to relieve work stress.
- 2) I (to face) big changes in my life.
- 3) They (to provide) stress management programs such as therapy, communication programs, and a more flexible work schedule.
- 4) The fight-or-flight response (to play) a critical role in dealing with stress and danger.
- 5) Psychologists (to help) people find ways to cope with stress if they have problems.
- 6) You (to experience) excitement and motivation at this moment.

- 7) She (to participate) in the treatment planning.
- 8) Physical activity and a balanced diet (to minimize) stressors.
- 9) I (to take) up yoga classes or swimming at this time tomorrow.
- 10) We (to listen) to some calm music to relax at 10 a.m. tomorrow.

XV. Make the sentences negative and interrogative.

- 1) Criticism from my boss is getting on my nerves.
- 2) I am trying to adapt to new situations in my life.
- 3) He was preparing for a difficult exam.
- 4) We are having private problems with our parents.
- 5) They were discussing stress symptoms with the doctor.
- 6) The absence of children was making them feel depressed.
- 7) They will be demonstrating more nervous behavior.
- 8) This long-term stress was weakening my immune system.
- 9) Now I am coping with the symptoms of acute stress disorder.
- 10) They were listening to music to reduce anxiety and depression.

SPEAKING TASK

XVI. Speak on the following.

- 1) You attended a lecture on “Stress”. Tell your fellow students what stress is and what causes it.
- 2) You’re a psychologist. Explain to your patient what the fight-or-flight reaction is.
- 3) You are preparing a report about stress. Speak about the types of stress.
- 4) Do you remember the last stressful situation in your life? How did you feel? Speak about symptoms that people may experience in stressful situations.

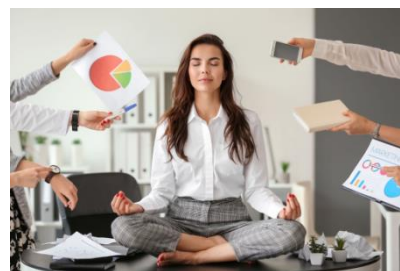
Lesson II STRESS MANAGEMENT

Grammar: Present Participle (Participle I).
Continuous Active.

LEAD-IN

I. Let’s discuss some questions.

- 1) How do you understand what stress is?
- 2) What causes stress?
- 3) How do you recognize stress in your life?
- 4) What is the “fight-or-flight” response? How is it related to stress?
- 5) Do you like to relax or be active when stressful?
- 6) Can alcohol or cigarettes help cope with stress?
- 7) Can you handle stress yourself or do you need help?
- 8) Have you ever helped anyone who was experiencing stress?
 - What did you do?



- Did you give them advice?
- Did you listen to them?
- Did you do most of the talking?
- Did you take any action to help them?

II. Look at these photos below and discuss the following questions.



- 1) Which is the most stressful situation for you? Why?
- 2) Which situation do you experience most often? How do you handle it?
- 3) How would you handle the other situations?
- 4) How do you feel physically in each of these situations?
 - Do you feel tired?
 - Can you sleep well at night?
 - Do you have a stomachache?
 - Do you have a headache?
 - Are your hands sweaty?
- 5) How do you feel emotionally?
 - Do you feel nervous or worried?
 - Do you get angry easily?
 - Do you feel worthless?
 - Do you avoid other people?

VOCABULARY AND READING

III. Vocabulary practice. Pay attention to the pronunciation of the words.

to overcome	[əʊvə'kʌm]	преодолеть, победить, побороть
impact	['ɪmpækt]	влияние, воздействие
to have an impact on		оказывать влияние на
tip	[tɪp]	полезный совет
to identify	[aɪ'dentɪfaɪ]	устанавливать, определять
to alter	['ɔ:lteɪ]	изменять; менять
to accept	[ək'sept]	принимать, мириться
to regain	[rɪ'geɪn]	восстанавливать
to regain a sense of control		восстановить чувство контроля
attitude	['ætɪt(j)u:d]	отношение
beyond	[brɪ'jɒnd]	вне, выше, сверх
endorphin	[en'dɔ:fn]	эндорфин
tai chi	[ˌtaɪ'tʃiː, ˌtaɪ'dʒiː]	тайцзи (древнее единоборство)
technique	[tek'ni:k]	метод, методика, способ, техника
restfulness	['restfʊlnɪs]	спокойствие

to prioritize	[praɪ'ɔːrɪtaɪz]	отдавать предпочтение; уделять первостепенное внимание
to delegate	['delɪgeɪt]	делегировать, передавать полномочия, поручать
caffeine	['kæfiːn]	кофеин
psychologist	[saɪ'kɒlədʒɪst]	психолог
counselor	['kaʊnsələ]	консультант

IV. Read the text.

STRESS MANAGEMENT: HOW TO REDUCE, PREVENT, AND COPE WITH STRESS

We all experience stress, but how you handle it affects your life in different ways. If you're living with high levels of stress, you're putting your entire well-being at risk. Stress damages your emotional balance as well as your physical health. Effective stress management helps you overcome the impact of stress on your life so that you can be happier, healthier, and more productive. The following stress management tips can help you with this:

Tip 1: Identify the sources of stress in your life. Start a stress journal.

A stress journal can help you identify the regular stressors in your life and the way you deal with them. Write down what caused your stress; how you felt, both physically and emotionally; how you acted in response; what you did to make yourself feel better.

Tip 2: Practice the 4 A's (Avoid, Alter, Adapt and Accept) of stress management.

Avoid unnecessary stress. Learn how to say "no." Know your limits and stick to them. Avoid people who stress you out.

Alter the situation. If you can't avoid a stressful situation, try to alter it.

Adapt to the stressor. If you can't change the stressor, change yourself. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude.

Accept the things you can't change. Don't try to control the uncontrollable. Many things in life are beyond our control, particularly the behavior of other people. Focus on what you can control such as the way you choose to react to problems.

Tip 3: Get moving.

Physical activity is a huge stress reliever. Exercise releases endorphins that make you feel good. Good choices include walking, running, swimming, dancing, cycling, tai chi, and aerobics.

Tip 4: Connect to others.

There is nothing more calming than spending quality time with another human being who makes you feel safe and understood. Therefore, make it a rule to communicate regularly with your family and friends.

Tip 5: Make time for fun and relaxation.

Take up relaxation practice. Relaxation techniques such as yoga, meditation, and deep breathing activate the body's relaxation response, a state of restfulness that is the opposite of the fight-or-flight or mobilization stress response. As you learn and practice these techniques, your stress levels will decrease, and your mind and body will become calm and focused.

Tip 6: Manage your time better.

Prioritize tasks. Delegate responsibility.

Tip 7: Maintain a balance with a healthy lifestyle.

Eat healthy food. Cut down on caffeine and sugar. Avoid alcohol, cigarettes, and drugs. These may seem to help, but they can create additional problems and increase the stress you are already experiencing. Get enough sleep.

Tip 8: Recognize when you need more help.

If the steps you've taken aren't working, it may be time to contact a psychologist, a social worker, or a professional consultant.

The key to quick stress relief is to experiment and discover the techniques that work best for you.

V. Give the English equivalents.

- 1) справляться со стрессом (2)
- 2) эмоциональное равновесие
- 3) эффективное управление стрессом
- 4) определить источники стресса
- 5) избегать ненужного стресса
- 6) адаптироваться к стрессовым ситуациям
- 7) мощное средство от стресса
- 8) чувствовать себя в безопасности
- 9) состояние покоя
- 10) спокойный и сосредоточенный
- 11) расставлять приоритеты задач
- 12) создавать дополнительные проблемы
- 13) высыпаться как следует
- 14) обратиться к психологу
- 15) социальный работник или профессиональный консультант
- 16) быстрое снятие стресса

VI. Complete each sentence (A–H) with one of the endings (1–8).

- A. Stress is a natural reaction to many situations in life, such as ...
- B. Stress causes ...
- C. Feeling stressed many people try ...
- D. Stress often makes us ...
- E. We all experience stress differently, so it's important ...
- F. One of the best ways to cope with stress is ...
- G. Regular leisure activities and relaxing hobbies ...
- H. Speaking with a healthcare professional can also ...

1. to find some distraction and to escape their problems.
2. to keep a sense of humour in difficult situations.
3. tension, irritability, anxiety, loss of concentration, sensations of fear and panic as well as headaches and a rapid heartbeat.
4. are also very important in reducing stress.
5. work, family, relationships, and money problems.
6. lose control and shout at our spouses, relatives, friends, or colleagues.
7. to be aware of your individual stress symptoms.
8. reduce stress and help us learn healthier coping strategies.

VII. Answer the questions.

- 1) Do all people experience stress?
- 2) How does stress affect you?
- 3) What are the benefits of stress management?
- 4) What is a stress journal?
- 5) What are the four A's of stress management?
- 6) Why does exercise reduce stress and depression?
- 7) How do your friends and family help you overcome stress?
- 8) How can relaxation techniques relieve stress?
- 9) Can alcohol, cigarettes and drugs help cope with stress?
- 10) When is it necessary to contact a professional consultant?

GRAMMAR

VIII. Open the brackets using the correct tense form (Present Continuous, Past Continuous, Future Continuous).

- 1) He constantly (to experience) a high level of stress when he worked as a surgeon.
- 2) If you (to suffer) from changes in sleep or appetite now, talk to a professional counselor.
- 3) Ann and Julia (to prepare) for the test tomorrow at 8 a.m.
- 4) She (to cry) because she has just lost her job.
- 5) He (to perform) on stage when he felt an attack of nausea.
- 6) They (to take) a vacation next Monday that's why they are excited.
- 7) When we saw him, he (to slow) down his breathing to calm down.
- 8) He (to master) a new hobby now to cope with the stress caused by the divorce.
- 9) We (to experience) money problems when we were students.
- 10) Tomorrow from 3 p.m. to 6 p.m. a psychologist (to consult) those who have some problems at work.
- 11) I (to talk) to my healthcare provider about my worries while you (to exercise) yesterday.
- 12) If you currently (to use) drugs or alcohol to cope with stress, you should consult a doctor.
- 13) The doctor prescribed me antidepressants because I (to experience) depression and anxiety.
- 14) She (to treat) anxiety disorders with psychotherapy, medication, or a combination of the two from 9 a.m. till 11 a.m. next week.

IX. Use the words to write sentences in Continuous Tenses Active or Simple Tenses Active.

- 1) She (to stay) with her parents at the moment.
- 2) Two months ago I (to try) relaxation activities such as meditation, yoga, tai chi, and breathing exercises.
- 3) Yesterday he (to argue) with his fellow students when we came.
- 4) Mental stress usually (to lead) to serious problems.
- 5) We (to buy) a new house next week.
- 6) Last year stress at work (to make) me feel exhausted.
- 7) Now we (to listen) to music to relax.
- 8) They (to practice) meditation tomorrow at this time.


- 9) Next time these techniques (to help) you avoid the most emotional symptoms of stress.
- 10) I (to start) a stress journal at present.
- 11) Everyone (to react) differently to stressful situations.
- 12) Yesterday from 2 p.m. to 4 p.m. they (to talk) to a psychologist.

LISTENING AND SPEAKING TASK

X.  Listen to the dialogue “Coping with Stress” and answer the questions below. (Etest: Topic “Stress”; recording No.1)

- 1) What is the man doing?
- 2) When did he start doing that?
- 3) How did the daughter react when she saw her Dad?
- 4) Why did her Dad go to the doctor?
- 5) According to the doctor, what are the negative health effects of being chronically stressed out?
- 6) What lifestyle changes is Dad making?

XI. How can we cope with stress? Discuss it with your partner and make a list of effective tips.

e.g. We should eliminate stressors when we can.	

XII. Make your Stress Reduction Action Plan. Present it to the group.

Stress Reduction Action Plan			
Stress Factors in Your Life (list 6 factors that cause stress)	Rank them from 1 (most stressful) to 6 (least stressful)	What can you do to reduce, eliminate, or cope with these stressors?	List what your family can do to help you reduce stress

Lesson III STRESS. REVIEW



Grammar: Present Participle (Participle I).
Continuous Active.

LEAD-IN

I. Let's discuss some questions.

- 1) Do you have a stressful lifestyle?
- 2) Have you been under stress recently?
- 3) What can make you feel stressed at the university?
- 4) If you feel stressed, what do you do?
- 5) Who can help you handle stressful situations?
- 6) Is it necessary to consult a specialist? Why?

VOCABULARY AND READING

II. Fill the in gaps with one of the words.

<ul style="list-style-type: none"> • to cope • health problems • yoga 	<ul style="list-style-type: none"> • cause • pressure • a university 	<ul style="list-style-type: none"> • rest • depressed • to handle
--	---	--

We often hear the word “stress” in everyday life, although it is not clear what it really is. “Stress” means (1) _____ and tension. It is a common problem in modern life. Unfortunately, too much stress results in physical, emotional, and mental (2) _____. There are many reasons for stress. It's not only overworking or having no time for (3) _____. Stress factors also include dangerous situations, problems at home, divorce, loss of close friends, etc. Changes for the better can also (4) _____ stress, for example, getting married, having a baby, moving, entering (5) _____. Of course, everything depends on the way a person reacts. Experts advise not to worry too much and to stay calm in any situation. It is very important to try to avoid stress or at least to minimize it. One of the best ways (6) _____ stress is to keep a sense of humor in difficult situations. Even doctors agree that laughter is the best medicine for all diseases. Other ways (7) _____ with stress include recreational activities and interesting hobbies. If someone feels (8) _____, a good solution is taking up (9) _____ classes or swimming, bicycling, gardening, painting, etc. Anything that can help a person relax or start a new life is useful.

III. Test your knowledge about stress. Discuss the results with your groupmates.

- 1) What is the definition of stress?
 - A. The act of awareness with the help of the senses.
 - B. Anything that causes stress.
 - C. The reaction of the body and mind to everyday challenges and demands.
 - D. University

- 2) What is a stressor?
- A. Anything that causes stress.
 - B. Anything that relieves stress.
 - C. A scale that shows how much stress something causes.
 - D. An acute stress response.
- 3) Stress that can be positive or beneficial is known as _____.
- A. eustress.
 - B. distress.
 - C. chronic stress.
 - D. adaptive stress.
- 4) What are the positive effects of stress?
- A. It causes a change in appetite, resulting in weight loss.
 - B. It causes sleep loss, giving you more hours to get things done.
 - C. It forces you to slow down.
 - D. It improves performance and efficiency.
- 5) Which of these is an example of chronic stress?
- A. Unhappy marriage
 - B. Getting promoted at your job
 - C. Ongoing money problems
 - D. All of the above
- 6) The causes of stress are the same for everyone.
- A. True
 - B. False
- 7) The main keys to stress management are _____.
- A. recognizing and understanding the signs of stress.
 - B. identifying sources of stress.
 - C. identifying what we can and can't control.
 - D. All of the above
- 8) Which is a helpful way to deal with stress?
- A. Meditation
 - B. Exercise
 - C. Talking with others
 - D. All of the above
- 9) When a task appears overwhelming, it is best to _____.
- A. put it off until later.
 - B. drink a glass of alcohol to relax.
 - C. break it down into smaller segments.
 - D. avoid the task.
- 10) A good way to prevent stress is
- A. getting enough sleep.
 - B. drinking high-caffeine beverages.
 - C. a proper diet.
 - D. taking time out for relaxation.

IV. Look through the symptoms of stress. Describe the situation where you have experienced any of them in response to stress and how you coped with stress.

fatigue	overeating	insomnia	poor judgment
nail biting	worrying	upset stomach	loneliness
anxiety	muscle tension	nervousness	sweaty hands
frustration	depression	racing thoughts	dry mouth
headache	rapid heartbeat	anger	forgetfulness

GRAMMAR

V. Fill in the prepositions where necessary.

- 1) People suffering ... stress often experience anxiety.
- 2) Prolonged stress can lead ... a number ... serious mental illnesses.
- 3) Stress has a huge impact ... the health and well-being ... our body, our feelings, and our mind.
- 4) Some common physical symptoms ... stress include headaches, muscle tension, fatigue, and difficulty sleeping.
- 5) Stress can affect ... all aspects ... our life
- 6) Acute stress usually lasts ... a short period ... time.
- 7) Stress is our body's response ... pressure.
- 8) Exercise can help reduce the effects ... stress.
- 9) One of the best ways to cope ... stress is to keep a sense ... humor ... difficult situations.
- 10) Eustress is associated ... positive outcomes.
- 11) Managing stress effectively is essential ... maintaining a healthy and balanced life.
- 12) If you are dissatisfied ... your job, you may have sleep problems or appetite changes.


VI. Ask different types of questions.

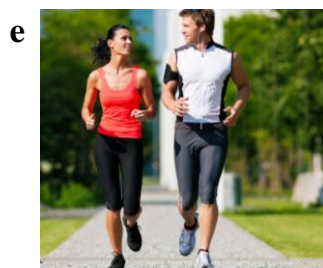
- 1) Stress is causing serious physical and mental health problems. (General)
- 2) When we met him, he was trying to adapt to new situations in his life. (Special)
- 3) He will be discussing stress symptoms with a professional consultant. (Alternative)
- 4) Now I am learning to understand my stress and how to deal with it. (To the Subject)
- 5) They are using alcohol to cope with stress. (Disjunctive)
- 6) Now she is trying to handle stress. (General)
- 7) They were experimenting with different stress management techniques. (To the Subject)
- 8) Your stress levels will be decreasing gradually. (Special)
- 9) He was living with high levels of stress. (Disjunctive)
- 10) Physical activity and a balanced diet were minimizing the stressors. (To the Subject)
- 11) I am constantly experiencing anxiety. (Alternative)
- 12) Lack of sleep is making me feel stressed. (To the Subject)
- 13) We are cutting down on caffeine and sugar. (To the Subject)
- 14) They are practicing relaxation techniques such as yoga and meditation. (Alternative)

VII. Translate into English.

- 1) Стресс — это естественная реакция на многие жизненные ситуации.
- 2) Хронический стресс может привести к ослаблению иммунной системы.
- 3) Физические упражнения помогают улучшить сон и повысить самооценку.
- 4) Недостаток сна приводит к усталости, раздражительности и повышенному уровню стресса.
- 5) Стресс может вызвать тревогу и депрессию.
- 6) Стресс также оказывает влияние на наше поведение.
- 7) Некоторые люди употребляют наркотики или алкоголь, чтобы справиться со стрессом.
- 8) Стресс может быть кратковременным или длительным.
- 9) В настоящее время специалист по психическому здоровью помогает нам эффективно справиться со стрессом.
- 10) Здоровое питание уменьшит стресс и укрепит общее состояние здоровья.
- 11) Как вы справляетесь со стрессом?
- 12) Сейчас я пробую занятия по релаксации, такие как медитация, йога, тай-чи, дыхательные упражнения и расслабление мышц.
- 13) Существует множество различных физических, ментальных, эмоциональных и поведенческих симптомов стресса.
- 14) Некоторые примеры стрессоров включают сложные взаимоотношения, проблемы со здоровьем и финансовые трудности.
- 15) Музыка может помочь вам расслабиться и снять стресс.

LISTENING AND SPEAKING TASK

VIII.  Listen to three conversations between patients and medical specialists. Identify the treatment suggested by the medical practitioner in each conversation. (Etest: Topic “Stress”; recording No.2)



IX. Choose a situation which is the most stressful in your opinion. Say what you should do in this situation to cope with stress.

1) You are being asked to speak in public. But you don't know much about the subject discussed by the participants. Everybody is looking at you. You are terrified and don't know what to say. You feel your hands shaking and your cheeks blushing.

2) You are a first-year student of the University. You are taking your first exam. You are absolutely calm and self-confident as you know the subject very well. You are taking a question card and feel a spasm in the stomach. You don't remember the answer to the question.

3) You work as an epidemiologist at a large center of hygiene and epidemiology. You like your job as it is interesting and well-paid. The only problem is your boss. He gives you much work both important and unimportant. This time he has ordered you to type a pile (куча, груда) of urgent documents, though your working day is over and you are having a date in the evening. But your boss insists (настаивает) that you should do this work right now.

4) Your best friend has fallen ill and he has asked you to go to the chemist's to buy some medicine. You've gladly agreed to help him. Standing in the queue you suddenly realize that you've lost your friend's purse (кошелек) with a considerable sum of money in it. You are shocked and don't know what to do.

5) You are a first-year student. You live in a hostel. You are constantly running out of time: you do not have time to prepare for classes, do not get enough sleep, sometimes you do not even have time to eat.

Module 4 BAD HABITS

Lesson I ALCOHOL AND DRUGS

Grammar: Present Participle (Participle I). Gerund.

LEAD-IN

I. Discuss in pairs.

- 1) Do you care about your health?
- 2) What good habits do you have?
- 3) What bad habits do you know?
- 4) What is the worst bad habit in your opinion?
- 5) What is a healthy way of life?



II. Use the words denoting bad habits to label the pictures.

• nail biting	• skipping breakfast	• sedentary lifestyle
• insufficient sleep	• smoking	• drug use
• caffeine addiction	• drinking alcohol	• overeating

1.



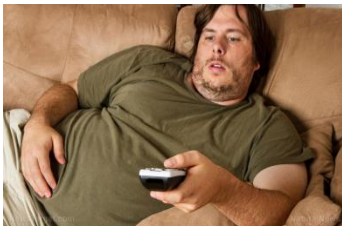
2.



3.



4.



5.



6.



7.



8.



9.



VOCABULARY AND READING

III. Vocabulary practice. Pay attention to the pronunciation of the words.

to get rid of smth	[get rɪd əv]	избавляться от чего-либо
to acquire	[ə'kwɪə]	приобретать
immature	[,ɪmə'tʃuə]	незрелый
premature	[,premə'tʃuə]	преждевременный, ранний
acquisition	[,ækwi'zɪʃ(ə)n]	приобретение
psychotropic	[,saɪkə'trəʊpɪk]	психотропный
gambling	['gæmblɪŋ]	азартная игра; игра на деньги
to transmit	[trænz'mɪt]	передавать
sexually transmitted diseases		заболевания, передающиеся половым путем
abuse	[ə'bjʊ:s]	злоупотребление
depressant	[dɪ'presnt]	успокоительное средство, депрессант
to blur	[blɜ:]	делать неясным; затуманивать
blurred vision	[blɜ:d 'vɪʒən]	неясное зрение, затуманенное зрение
to slur	[slɜ:]	произносить невнятно
slurred speech	[slɜ:d spi:tʃ]	невнятная речь
to impair	[ɪm'peə]	ухудшать; повреждать, портить
respiratory system	[rɪ'spɪrət(ə)rɪ / 'resp(ə)rət(ə)rɪ 'sɪstɪm]	дыхательная система
gastrointestinal tract	[gæstrəʊɪn'testɪnl trækt]	желудочно-кишечный тракт
renal	['ri:n(ə)l]	почечный
abnormality	[æbnɔ:'mælnɪtɪ]	аномалия, патология, нарушение
mental abnormalities		психические отклонения
delirium tremens	[dɪ,lɪrɪəm 'tri:menz]	белая горячка
trembling	['tremblɪŋ]	дрожание, дрожь
hallucination	[hə,lu:sɪ'neɪʃn]	галлюцинация
disorientation	[dɪsɔ:riən'teɪʃn]	дезориентация
confusion	[kən'fju:ʒ(ə)n]	смущение, смятение, замешательство
confusion of consciousness	['kɒnʃəsnɪs]	спутанность сознания
victim	['vɪktɪm]	жертва
addiction (to)	[ə'dɪkʃ(ə)n]	склонность к чему-либо, пагубная привычка
drug addiction		наркомания, наркотическая зависимость
addictive	[ə'dɪktɪv]	вызывающий привычку, привыкание
addict	['ædɪkt]	наркоман
marijuana	[,mæri'wɑ:nə]	марихуана
bronchitis	[brɒŋ'kaɪtɪs]	бронхит
arrhythmia	[ə'riðmiə]	аритмия
opiate	['əʊpiət]	наркотик, опиат
to inject	[ɪn'dʒekt]	ввести; вводить парентерально
intravenously	[,ɪntrə'vi:nəsli]	внутривенно

AIDS, Acquired Immune Deficiency Syndrome	[eɪdz] [ə'kwaɪəd ɪ'mju:n drɪ'fɪʃnsɪ 'sɪndrəʊm]	СПИД, синдром приобретённого иммунодефицита
syphilis	['sɪfɪlɪs]	сифилис
hepatitis	[, hepə'taɪtɪs]	гепатит, воспаление печени
psychostimulant	[, saɪkəʊ'stɪmjələnt]	психостимулятор
psychosis	[saɪ'kəʊsɪs]	психоз
heart failure	['hɑ:t, feɪljə]	остановка сердца, инфаркт
volatile	['vɒlətaɪl]	летучий, испаряющийся
inhalant	[ɪn'heɪlənt]	лекарственная форма для ингаляции; летучий препарат
cerebral cortex	['serɪbrəl 'kɔ:teks]	кора головного мозга
retarded	[rɪ'tɑ:dɪd]	отсталый, отстающий
temperament	['tempərəmənt]	темперамент, нрав, характер

IV. Read the text.

BAD HABITS AND THEIR IMPACT ON HUMAN HEALTH

Everyone has unpleasant habits. Some people try to get rid of them, while others don't even think about getting rid of them.

The category of bad habits includes those habits that are harmful to human health. The most dangerous habits are those that were acquired at a relatively immature age and that a person is not able to get rid of. Such habits cause significant damage to human existence — loss of potential and motivation, premature aging of the human body and the acquisition of various diseases. Unhealthy habits include the use of the following killing substances: tobacco, alcohol, drugs, toxic and psychotropic substances. However, there are also less dangerous, but still harmful habits, such as computer or smartphone dependency; harmful diet, including weight loss diets and consumption of fatty foods that cause obesity; the habit of not getting enough sleep — not letting your body to rest at least 8 hours a day; gambling; undisciplined sex life, which provokes various sexually transmitted diseases; uncontrolled use of medicines, etc.

Alcohol abuse

Alcohol refers to a group of depressants — substances that impair the activity of the brain centers. Such substances reduce the flow of oxygen into the human brain relatively strongly, because of that the brain can only function with less activity: the person has difficulty walking, blurred vision, slurred speech, slowed reaction time, impaired memory, unclear thinking, loss of concentration and attention, inability to think logically and make reasonable decisions. Excessive consumption of alcohol negatively affects all systems of the human body, causing damage to the cells of the “thinking” part of the brain. In addition, drinking alcohol leads to the diseases of the cardiovascular system, respiratory system, and the gastrointestinal tract; impaired liver and renal functions; mental abnormalities; weakening of the immune system; decreased sexual activity; muscle weakness and exhaustion.

The most severe form of alcoholism is delirium tremens. Trembling, rapid pulse, agitation, high blood pressure and fever are symptoms of this kind of disease. Delirium tremens is manifested in the form of hallucinations, disorientation, confusion of consciousness.

What is more, alcohol consumption shortens a human's life by 15–20 years.

Narcotic substances

In modern society, more and more people are starting to use pharmacological drugs, or simply known as drugs. The victims of which, in particular, are teenagers using these substances for entertainment. Frequent use of pharmacological drugs causes drug addiction, which negatively affects human health. All drugs harm the nervous system, the immune system, the liver, the heart, and the lungs. Smoking marijuana and other substances provokes the formation of chronic bronchitis, lung cancer, impaired immunity system, cardiovascular insufficiency, arrhythmia, liver intoxication. Opiate drugs are injected intravenously, so when using these substances, the risk of AIDS, syphilis, and hepatitis (B and C) is incredibly great. Psychostimulants harm the human nervous system, developing severe depression, which can lead to psychosis. They dramatically increase metabolism, heart rate and blood pressure, which, in turn, can lead to myocardial infarction and heart failure. Volatile drugs — inhalants, slow down the mental development of a person, destroying the activity of the cerebral cortex, and cause damage to all organs and tissues of the body. The most terrible outcome from the use of inhalants is the so-called “death in the bag” — loss of consciousness and the inability to remove the bag from the head (when using inhalants, a person puts a bag on his head).

All narcotic substances negatively affect the next generation of parents who are drug addicts. Their children may be born mentally retarded, with physical abnormalities.

Factors, including the personality of a person, his temperament, social environment, as well as psychological surroundings can affect the formation of unhealthy habits. It is worth remembering that bad habits harm not only you but also your loved ones. So, it's worth getting rid of them as soon as possible!

V. Give the English equivalents.

- 1) избавиться от вредных привычек
- 2) токсичные и психотропные вещества
- 3) зависимость от компьютера или смартфона
- 4) злоупотребление алкоголем
- 5) трудности при ходьбе
- 6) затуманенное зрение
- 7) невнятная речь
- 8) потеря концентрации и внимания
- 9) психические отклонения
- 10) белая горячка
- 11) наркомания
- 12) сердечно-сосудистая недостаточность и аритмия
- 13) вводить внутривенно
- 14) летучие лекарственные средства/ ингалянты
- 15) разрушать активность коры головного мозга
- 16) инфаркт миокарда
- 17) наркоманы
- 18) умственно отсталый
- 19) психологическое окружение

VI. Match the words to their definitions.

1) habit	a) the experience of seeing something that is not really there because you are ill or have taken a drug
2) drug addict	b) drugs that may cause dependence and addiction after continuous use
3) psychosis	c) substances giving off fumes that can cause damage to the brain and other side effects when inhaled
4) hallucination	d) something that you do often or regularly
5) alcohol abuse	e) mental illness of a severe kind which can make people lose contact with reality
6) volatile drugs	f) a serious medical condition in which someone's heart does not work as well as it should, sometimes stopping completely so that they die
7) psychotropic substances	g) a feeling of being confused about where you are, where you are going, or what is happening
8) disorientation	h) a person addicted to illegal drugs
9) heart failure	i) drugs or other substances that affect how the brain works, and cause changes in mood, thoughts, feelings, or behavior
10) narcotic substances	j) drinking too much alcohol too often

VII. Complete the sentences with the words and word combinations from the box.

• dependency	• alcohol abuse	• narcotic drugs
• addiction	• blurred vision	• habits
• consumption	• delirium tremens	• marijuana
• psychostimulants	• physical abnormalities	• tobacco

- 1) Our lifestyle and ... play a great role in our health and well-being.
- 2) You are suffering from ... if you drink too much alcohol at one time or too often throughout the week.
- 3) Physical dependence on a drug is called ...
- 4) ... use and alcohol consumption are the main risk factors for various forms of cardiovascular diseases.
- 5) The main symptoms of ... are nightmares, agitation, confusion, disorientation, visual hallucinations, fever, high blood pressure.
- 6) There is a link between smartphone ... and symptoms of depression and loneliness.
- 7) Smoking ... can increase the risk of cancer, shortness of breath, chronic cough, and impaired immunity system.
- 8) Even light and moderate alcohol ... has negative effects on health.
- 9) Symptoms indicating decreased brain function include difficulty walking, ..., slurred speech, slower reaction time, and memory impairment.
- 10) ... refer to those drugs that may cause dependence and addiction after continuous administration.
- 11) Regular use of ... is a major risk factor leading to severe depression and the onset of chronic psychosis.
- 12) Drug abuse and cigarette smoking during pregnancy are associated with mental retardation and ... in newborns.

VIII. Answer the questions.

- 1) What habits are called bad habits?
- 2) What do such habits cause?
- 3) Can you give any examples of bad habits?
- 4) Why is alcohol dangerous to health?
- 5) What can excessive alcohol consumption lead to?
- 6) What is the most severe form of alcoholism?
- 7) What are the symptoms of delirium tremens?
- 8) What does frequent use of pharmacological drugs cause?
- 9) What does smoking marijuana and other substances lead to?
- 10) When is the risk of AIDS, syphilis, and hepatitis (B and C) incredibly great?
- 11) What is the result of using psychostimulants?
- 12) Why are volatile drugs dangerous?
- 13) How can drugs affect the next generation of drug-addicted parents?
- 14) What can affect the formation of unhealthy habits?

GRAMMAR

IX. Present Participle (Participle I).

Формы причастия

Причастие настоящего времени имеет две формы в активном и пассивном залогах. Оно образуется прибавлением окончания **-ing** к смысловым глаголам или к вспомогательным глаголам to be, to have.

	Active Voice	Passive Voice
Participle I Simple неопределенное причастие	finishing	being finished
Participle I Perfect совершенное причастие	having finished	having been finished

Неопределенное причастие (Participle I Simple) в активном и пассивном залогах выражает действие, которое происходит одновременно с другим действием, которое выражено глаголом-сказуемым. Также оно может указывать на действие, время которого неизвестно или не важно.

Taking psychostimulants, she feels anxiety. — *Принимая психостимуляторы, она чувствует тревогу.*

Совершенное причастие (Participle I Perfect) в активном и пассивном залогах выражает действие, начавшееся до момента времени, в котором протекает основное действие в предложении.

Having taken psychostimulants, she felt a rapid heartbeat. — *Приняв психостимуляторы, она почувствовала учащенное сердцебиение.*

Функции Present Participle в предложении

1) Определение (стоит перед определяемым словом).

*Those **working** men look tired.* — *Те **работающие** мужчины выглядят уставшими.*

2) Обстоятельство.

***Being** an experienced person, he solved that problem immediately.* — ***Будучи (Являясь)** опытным человеком, он немедленно решил эту проблему.*

3) Часть определительного причастного оборота (стоит после определяемого слова).
*The girl **smoking** in the corner looks very upset.* — Девушка, **курящая** в углу, выглядит очень расстроенной.

X. Gerund.

Герундий (Gerund) — это неличная форма глагола, которая выражает название действия и сочетает в себе признаки глагола и существительного. Соответственно, на русский язык герундий обычно переводится существительным или глаголом (чаще неопределенной формой глагола). Герундий, как и причастие настоящего времени, образуется путем прибавления к основе глагола в неопределенной форме окончания **-ing (V + ing)**.

Infinitive	Gerund	Translation
to drink	drinking	потребление алкоголя / пить
to smoke	smoking	курение / курить
to use	using	употребление / употреблять

*Do not try to quit **drinking** alcohol alone.* — Не пытайтесь бросить **пить** алкоголь в одиночку.

Формы герундия

Герундий имеет простую (Simple) и перфектную (Perfect) формы, а также может употребляться в активном и пассивном залогах и образуется прибавлением окончания **-ing** к смысловым глаголам или к вспомогательным глаголам to be, to have.

	Active Voice	Passive Voice
Simple	using	being used
Perfect	having used	having been used

Простая форма герундия (Simple Gerund) обозначает действие, которое происходит одновременно с действием глагола-сказуемого. Перфектная форма герундия (Perfect Gerund) обозначает действие, которое предшествует действию глагола-сказуемого.

Функции Gerund в предложении

Поскольку герундий обладает свойствами существительного и глагола, то он может употребляться в роли любого члена предложения (кроме простого сказуемого).

1) Герундий в роли подлежащего.

В роли подлежащего герундий употребляется без предлога, на русский язык чаще всего переводится либо существительным, либо инфинитивом.

***Smoking** causes lung cancer.* — **Курение** вызывает рак легких.

2) Герундий как часть составного сказуемого.

Как часть составного именного сказуемого герундий следует за глаголом-связкой to be (am, is, are, was, were и т. д.). Но при этом подлежащее обозначает предмет, который не может сам осуществлять действие, передаваемое герундием.

*One of his duties is **attending** lectures.* — Одна из его обязанностей — **посещать** лекции.

3) Герундий после глаголов в роли прямого дополнения.

*When will you give up **smoking**?* — Когда ты бросишь **курить**?

4) Герундий в роли определения.

В роли определения герундий обычно стоит после определяемого слова (существительного) с различными предлогами: чаще с of, реже с for, at, about, to, in.

*I don't like his manner of **speaking**.* — Мне не нравится его манера (какая?) **говорить**.

5) Герундий в роли обстоятельства.

В роли обстоятельства перед герундием всегда используются предлоги; например, такие как in, on, before, after, without, by, about, at, to, of, for, besides, instead of.

*Instead of **drinking** alcohol you should go in for sports. — Вместо употребления алкоголя вам следует заняться спортом.*

XI. Name the forms of the Present Participle. Translate the sentences.

- 1) I saw her biting her nails before the exam.
- 2) Having prescribed the medicine, the doctor went away.
- 3) Being offered a cigarette, he couldn't refuse.
- 4) Having acquired this bad habit in childhood, she couldn't get rid of it.
- 5) Having been unemployed for so long, he lived under stress.
- 6) Being asked about her bad habits, she said nothing.
- 7) The guy smoking in the street is my fellow student.
- 8) Having drunk too much, he didn't drive home himself.
- 9) Being addicted to drugs, they had to undergo a course of treatment.
- 10) Not having been admitted to university, I was upset.

XII. Name the forms of the Gerund. Translate the sentences.

- 1) Jogging is my favourite hobby.
- 2) I should give up fast food and consuming sweets.
- 3) He was afraid of being asked about his drug addiction.
- 4) I don't mind spending long hours at the computer.
- 5) I remember being told about her bad habits.
- 6) There is nothing worse for me than being addicted to alcohol.
- 7) Smoking cigarettes and inhaling secondhand smoke are responsible for 90 per cent of lung cancer cases.
- 8) She was sorry for having used these pain killers so often.
- 9) The young man was happy about having been sent for rehabilitation.
- 10) I remember consulting this specialist.

XIII. Complete the sentences with the Gerund form of the verbs in brackets. Translate the sentences.

- 1) She avoids ... fast food. (to eat)
- 2) They consider ... their job. (to change)
- 3) We go ... every morning. (to jog)
- 4) She enjoys ... in front of the TV all day long. (to sit)
- 5) They should stop ... drugs. (to use)
- 6) They went on ... psychostimulants. (to take)
- 7) ... stairs is healthier than ... the lift. (to climb, to take)
- 8) He is always afraid of ... his job. (to lose)
- 9) ... is a good exercise. (to walk)
- 10) The doctor recommended me ... more water. (to drink)
- 11) ... can destroy your health. (to smoke)
- 12) I think of ... smoking next month. (to quit)

SPEAKING TASK

XIV. Speak on the following using the keywords.

- 1) Common bad habits (dangerous habits, harmful to, to get rid of, premature aging, various diseases).
- 2) Alcohol addiction (depressant, alcohol consumption, to lead to, damage to, delirium tremens).
- 3) Narcotic substances (the victims, drug addiction, opiate drugs, volatile drugs, psychostimulants).

Lesson II SMOKING

Grammar: Present Participle (Participle I).
Gerund.

LEAD-IN

I. Let's discuss some questions.

- 1) What bad habits do you have?
- 2) What bad habits do your friends have?
- 3) What bad habits get us into trouble with parents, teachers, and the police?
- 4) When does a bad habit become an addiction?
- 5) Why do people smoke?

II. Write down ten different words or word combinations that you associate with the word "cigarette." Share your ideas with your partner (partners) and make sentences with them. Present your ideas to the group.

VOCABULARY AND READING

III. Vocabulary practice. Pay attention to the pronunciation of the words.

poison	[ˈpɔɪz(ə)n]	яд, отравка
poisoning	[ˈpɔɪz(ə)nɪŋ]	отравление; заражение, интоксикация
poisonous	[ˈpɔɪz(ə)nəs]	токсический, ядовитый
toxic	[ˈtɒksɪk]	токсический, ядовитый, вредный
nicotine	[ˈnɪkətiːn]	никотин
to quit	[kwɪt]	бросать (привычку), прекращать (что-либо делать)
to give up	[gɪv ʌp]	бросить, прекратить
vessel	[ˈves(ə)l]	сосуд
blood vessels	[blʌd veslz]	кровеносные сосуды
alveolus (pl. alveoli)	[ˌælvɪˈəʊləs], [ælvɪˈəʊlaɪ]	альвеола (альвеолы)
combustion products	[kəmˈbʌstʃən ˈprɒdækts]	продукты сгорания
carbon monoxide	[ˈkɑːbən məˈnɒksaɪd]	окись углерода, угарный газ



prussic acid	['prʌsɪk' æsɪd]	синильная кислота
hydrogen sulfide	['haɪdrədʒən 'sʌlfaɪd]	сероводород
carbon dioxide	['kɑːbən daɪ'ɒksaɪd]	углекислый газ
essential oils	[ɪ'senʃəl ɔɪlz]	эфирные масла
ammonia	[ə'məʊniə]	аммиак
tobacco resin	[tə'bækəʊ 'rezɪn]	табачная смола
to inhale	[ɪn'heɪl]	вдыхать
syn. to breathe in	[brɪ:ð ɪn]	вдыхать
irritation	[,ɪrɪ'teɪʃ(ə)n]	раздражение
mucus	['mju:kəs]	слизь
mucous membrane	['mju:kəs 'membreɪn]	слизистая оболочка
larynx	['lærɪŋks]	гортань
trachea	[trə'ki:ə]	трахея
bronchus (pl. bronchi)	['brɒŋkəs] ['brɒŋkaɪ]	бронх (бронхи)
vocal cords	['vəʊkəl kɔːdz]	голосовые связки
glottis	['glɒtɪs]	голосовая щель
cough	[kɒf]	кашель
to provoke	[prə'vəʊk]	вызывать; провоцировать
bronchitis	[brɒŋ'kaɪtɪs]	бронхит
emphysema	[,emfɪ'si:mə]	эмфизема
COPD (chronic obstructive pulmonary disease)	[si: əʊ pi: di:] ['krɒnɪk əb'strʌktɪv 'pʌlmən(ə)rɪ dɪ'zi:z]	ХОБЛ (хроническое обструктивное заболевание легких)
asthma	['æsθmə, 'æsmə]	астма
pneumonia	[ŋju:'məʊniə]	воспаление лёгких, пневмония
circulatory system	['sɜ:kjʊlətəri 'sɪstɪm]	система кровообращения
tension	[tenʃn]	напряжение
saliva	[sə'laɪvə]	слюна
enamel	[ɪ'næml]	эмаль
caries	['keəri:z]	кариес
stomach ulcer	['stʌmək 'ʌlsə]	язва желудка
second(-)hand smoke	['sekənd hænd sməʊk]	табачный дым, вдыхаемый некурящим; вторичный табачный дым
insidious	[ɪn'sɪdɪəs]	коварный
to offer	['ɒfə]	предлагать

IV. Read the text.

SMOKING

Smoking refers to one of the forms of substance abuse, which causes chronic poisoning of the human body, the development of mental and physical dependence. Nicotine is the main addictive drug in tobacco that makes quitting so hard. After smoking nicotine immediately enters the blood vessels through the alveoli of the lungs. In addition, tobacco smoke also contains many toxic substances, including the combustion products of tobacco leaves and substances used in processing, such as carbon monoxide, prussic acid, hydrogen sulfide, carbon dioxide, essential oils, ammonia, tobacco resin.

Smoking, as well as alcohol abuse, negatively affects all parts of the human organism. Nicotine has an exciting effect, which eliminates the central nervous system from functioning properly. The brain receives less amount of blood with a reduced oxygen content in it, which is followed by a decrease in the mental activity of a smoker.

Smoking also has a negative impact on the respiratory system. After inhaling tobacco smoke, irritation of the mucous membranes of the mouth, larynx, nose, damage to the trachea and bronchi begin. This causes airway inflammation. If a person has been smoking for a long time, he may suffer from irritation of the vocal cords, as well as narrowing of the glottis. Cough with the secretion of dark color mucus is normal for a smoker. Smoking is also one of the factors causing the development of diseases such as chronic bronchitis, emphysema of the lungs, COPD (chronic obstructive pulmonary disease), asthma, pneumonia, and lung cancer.

When you smoke, there is a significant risk of harming the circulatory system. Increased blood pressure, impaired circulation of brain cells and cardiac activity, which can lead to a heart attack or stroke, can be caused by smoking. With constant smoking, the heart begins to contract more often, which leads to constant tension of the circulatory system.

The digestive system is also under attack. Tooth enamel is destroyed, caries is formed. Along with saliva, most of the toxic substances enter the stomach. The appearance of a stomach ulcer is possible. Smoking also provokes the development of cancer.

The use of tobacco products of any kind harms both the smoker and the people who surround him. The combination of smoke from the burning end of the cigarette and the smoke breathed out by smokers is called second-hand smoke. Breathing in second-hand smoke is called passive smoking. Passive smoking is dangerous and can cause many of the same diseases as smoking.

Currently, more than five million people die from tobacco use every year around the world. If you don't smoke, never start to. Don't forget that smoking is a rather insidious addiction. It seems innocent at first, and you are sure that you will give up at any moment. But one day you suddenly realize that you can't do it. So, think twice before taking an offered cigarette. Just think that it can cost you your life!

V. Give the English equivalents.

- 1) злоупотребление психоактивными веществами
- 2) хроническое отравление человеческого организма
- 3) психическая и физическая зависимость
- 4) продукты сгорания
- 5) оксид углерода и сероводород
- 6) негативное воздействие на дыхательную систему
- 7) раздражение слизистых оболочек
- 8) сужение голосовой щели
- 9) развитие астмы и пневмонии
- 10) нарушение кровообращения клеток головного мозга
- 11) постоянное напряжение системы кровообращения
- 12) зубная эмаль
- 13) провоцировать развитие язвы желудка и рака
- 14) табачные изделия
- 15) табачный дым, вдыхаемый некурящим
- 16) довольно коварная зависимость
- 17) бросить курить в любой момент (2)

VI. Agree or disagree with the following statements and explain your choice.

- 1) Unlike other more dangerous drugs, nicotine is not addictive.
- 2) Cigarette smoke contains dangerous chemicals.
- 3) Smoking can lead to heart disease.
- 4) Smoking does not affect the central nervous system.
- 5) People who smoke never develop a cough.
- 6) Toxic substances from cigarettes do not enter the stomach, they only enter the lungs.
- 7) Smoking cigarettes can cause only cancer.
- 8) Only people who smoke are exposed to the danger of tobacco smoke.
- 9) Passive smoking does not cause any serious diseases.
- 10) Smoking is a habit that is difficult to give up.

VII. Fill in the prepositions where necessary.

- 1) Nicotine is a drug that affects ... many parts ... your body, including your brain.
- 2) About 80–90 % ... people who smoke regularly are addicted ... nicotine.
- 3) Excessive alcohol use can lead ... the development ... chronic diseases.
- 4) Chemicals ... second-hand smoke are especially harmful ... people ... lung conditions such as bronchitis or asthma.
- 5) Giving ... smoking will make you healthier and improve the health ... your partner, children, or other family members.
- 6) Secondhand smoke can cause health problems... both adults and children.
- 7) Alcohol has a negative impact ... the human body.
- 8) Health benefits ... reducing alcohol consumption include a decreased risk ... many forms ... cancer.
- 9) Smoking tobacco reduces the amount ... oxygen ... your blood.
- 10) Addiction is most often associated ... gambling, drugs, alcohol, and smoking.
- 11) The best way to prevent health problems now and ... the future is to stop drinking ... the help ... a professional treatment program.
- 12) Tobacco smoke is very harmful ... your health.
- 13) Illegal drugs can have dangerous effects ... your heart and body.
- 14) Smoking, drug use, alcohol abuse and gambling can contribute ... poor mental health.
- 15) Getting rid ... bad habits such as smoking, drugs, and alcohol can help us take back control ... our moods and emotions.

VIII. Answer the questions.

- 1) Why is smoking addictive?
- 2) What toxic substances does tobacco contain?
- 3) How does smoking affect the nervous system?
- 4) What are the effects of smoking on the respiratory system?
- 5) How does smoking affect blood circulation?
- 6) What happens to your digestive system when you smoke?
- 7) Does smoking affect tooth enamel?
- 8) Is the use of tobacco products dangerous only for those who smoke?
- 9) What is passive smoking?
- 10) Why is passive smoking dangerous?
- 11) Why is smoking a rather insidious addiction?

GRAMMAR

IX. Gerund and Present Participle (герундий и причастие настоящего времени).

И герундий (Gerund), и причастие первое (Participle I) являются неличными формами глагола и образуются с помощью **-ing**. Как же идентифицировать их в речи? По смыслу и структуре предложения. Герундий сочетает в себе признаки глагола и существительного, а причастие — глагола и прилагательного. Соответственно, «поведение» первого носит предметный характер, а второго — описательный.

Drinking much alcohol is harmful. The guy drinking juice is my fellow student.	Пить много алкогольных напитков вредно. Парень, пьющий сок, — мой сокурник.	Gerund Participle I
I prefer jogging rather than watching TV. Jogging in the park, my friend was listening to music.	Я предпочитаю бегать трусцой , а не смотреть телевизор. Бегая трусцой по парку, мой друг слушал музыку.	Gerund Participle I
He was ashamed of having taken drugs. Having taken drugs, he felt a bad pain in the heart.	Ему было стыдно за то, что он принимал наркотики. Приняв наркотики, он почувствовал сильную боль в сердце.	Gerund Participle I

X. Choose the correct Gerund form.

- 1) He enjoys (cycling, having cycled).
- 2) She dislikes (having told, being told, having been told) what to do.
- 3) I clearly remember (being explained, explaining, having been explained) them the negative effects of alcohol.
- 4) I am thinking of (giving, having given, being given) up smoking.
- 5) We remember him (treating, having treated, being treated) for addiction to alcohol in the drug treatment clinic.
- 6) (Working, having been worked, being worked) full-time was extremely difficult.
- 7) (Being taken, having been taken, taking) psychotropic substances was one of her satisfactions.
- 8) She didn't forgive him for (ruining, being ruined, having ruined) her life.
- 9) I congratulated them on (curing, having cured, having been cured) of drug addiction.
- 10) He was ashamed of (gambling, being gambled, having gambled) in his youth.
- 11) Most people begin (smoking, being smoked, having smoked) during childhood or adolescence.
- 12) I am not sad about (being lost, having lost, having been lost) my job.
- 13) (Breathing, being breathed, having breathed) in second-hand smoke is called passive smoking.
- 14) Exposure to secondhand smoke increases the risk of (developing, being developed, having been developed) heart disease.

XI. Choose the correct Participle form.

- 1) (Gambling, being gambled, having been gambled) at night, we spend a lot of money.
- 2) (Treating, being treated, having been treated) for drug abuse, he started a new life.
- 3) (Having received, receiving, having been received) much money, they moved to another place to live.
- 4) (Being, having been) poor, he didn't spend much on clothes.
- 5) (Giving, having been given, being given) a cigarette, she couldn't refuse.
- 6) The test (writing, being written, having written) now is our final paperwork.
- 7) People constantly (consuming, being consumed, having consumed) fast food develop depression.
- 8) (Affecting, having affected, being affected) by stress, she felt anxious and irritable.
- 9) (Being consulted, having consulted, having been consulted) with an expert, we learnt how to start a healthy diet and lifestyle.
- 10) The man (smoking, being smoked, having smoked) a cigarette is my brother.
- 11) (Being given, having given, having been given) up smoking, she felt less stressed.
- 12) (Quitting, being quitted, having been quitted) smoking you may experience irritability, anger, anxiety, depressed mood.
- 13) Secondhand smoke is smoke from (burning, being burnt, having burnt) tobacco products, like cigarettes, cigars, or pipes.
- 14) (Inhaling, being inhaled, having inhaled) tobacco smoke, the average smoker takes in 1–2 milligrams of nicotine per cigarette.

XII. Fill in the gaps with a suitable verb in the form of a Gerund or Present Participle.


• to inhale	• to eat	• to exercise	• to drive	• to overeat
• to avoid	• to develop	• to drink	• to stress	• to play
• to experience	• to get rid	• to smoke	• to listen	• to take

- 1) You should avoid ... so much meat.
- 2) ... too much alcohol increases your risk for many health problems, including high blood pressure, obesity, stroke, breast cancer, liver disease, depression.
- 3) ... frequent headaches, she takes medications.
- 4) I don't mind him ... a lot of computer games.
- 5) ... he smokes, drinks alcohol, or takes drugs more than usual.
- 6) I did not know you had stopped ... marijuana.
- 7) The doctor recommended him ... of bad habits.
- 8) Look at that girl ... to increase her endurance.
- 9) ... to relaxation music we calm our body and mind.
- 10) She suggested him ... junk food.
- 11) ... secondhand smoke, you damage your health.
- 12) ... drugs can affect not just your physical and mental health, but your whole life.
- 13) ... leads to digestive problems and also weakens the immune system.
- 14) Frequent consumption of fast food can also increase the risk of ... diabetes.
- 15) Drunk ... is the main reason for car accident deaths in the world.

SPEAKING TASK

XIII. Speak about the harmful effects of smoking.

SMOKING HEALTH RISKS

<ul style="list-style-type: none"> • CARDIOVASCULAR DISEASE • CATARACTS & LOSS OF EYESIGHT • ATHEROSCLEROSIS • REDUCED FERTILITY • REDUCED LIFE EXPECTANCY 		<ul style="list-style-type: none"> • CHRONIC OBSTRUCTIVE PULMONARY DISEASE • CANCERS • PERIODONTAL DISEASE • ASTHMA • AGEING & FACIAL WRINKLES • ULCERS
---	---	---

**Lesson III
SOME OTHER BAD HABITS.
REVIEW**




Grammar: Present Participle (Participle I).
Gerund.

LEAD-IN

I. Divide into two teams. Make a list of bad and good habits in five minutes. Present your results to the rest of the group.

Bad Habits	Good habits
—	—
—	—

II. Fill in the table. Share the results with your groupmates.

People	What bad habit does everyone have?	What should he/she stop doing to be healthy?	What should he/she start doing to be healthy?
 Mary			

 Julia			
 John			
 Amy			
 Daniel			
 James			

VOCABULARY AND READING

III. Read what people say about their bad habits. Then give them advice on how to give up their bad habits.

Steve

I stay up too late and it's really affecting my life in a bad way. I know it's wrong but when I get home, I just want to relax. So, after I have dinner, I start looking at things online and before I know it, it's two a.m. I just end up watching these stupid videos on YouTube. I'm not even learning anything. It's just mindless entertainment.

Michael

This is so embarrassing, but I pick my nose. My wife has told me that I have started to do this in public. The thing is, I don't even know I'm doing it. It's like it's an automatic thing where I just reach up and start digging inside my nose. I work in sales so I am very worried that I might do this in the presence of a client. I wish I could stop.

Maria

I am so overweight, and I can't seem to control what I eat. I eat all the wrong kinds of food too. If I go to the supermarket, I think nothing of buying a big bag of chocolate cookies. Then I'll eat all of them in one evening. I eat a lot of fast food too. I go to McDonald's or KFC twice or three times a week easily. It's ruining my life.

Janine

I can't stop looking at my phone. My mum says she will take my phone off me if I don't stop staring at it all the time. It's like some kind of nervous reaction. The first thing I do in

the morning is check my phone for any messages or updates. I know I could do more important things in my life, but it just seems easier to stay on my phone all day.

Ben

My wife wants me to stop smoking. I smoke about a pack a day although my wife seems to think I smoke more than that. I don't actually believe that it is that harmful to my health. All those news reports about smoking are just fearmongering ['fiə,mʌŋgəriŋ]. I have no intention of stopping. I work hard and I think I deserve a little reward from time to time. Live and let others live — that's what I always say.

IV. Read the text. Fill in the prepositions and give a short summary of the text.

Many people today are worried ... drugs. It seems that more and more people are getting addicted ... dangerous substances, such as heroine, crack, and cocaine. This damages their health. But what causes people to become drug addicts? Why do people inject drugs ... their veins? In some cases, it is the inability to cope ... problems they may have ... their everyday lives.

When we complain ... the problems that hard drugs cause, we need to remember that people suffer ... all kinds of health problems caused ... legal substances, like alcohol and cigarettes. We would all benefit ... more education and the government should try to make sure that we are aware ... all the risks associated ... this.

GRAMMAR

V. Make up sentences using gerundial phrases according to the model.

Model: (a) to be tired of + (b) to experience stress ... = I am tired of experiencing stress at work.

a	b
1) to be good at	to lift weights ...
2) to be busy	to prepare for a difficult exam ...
3) to be proud of	to quit smoking ...
4) to be tired of	to feel lonely ...
5) to be afraid of	to lose job ...
6) to be fond of	to jog ...
7) to forget about	to include cardio exercises ...
8) to be interested in	to get rid of computer dependency ...
9) to be sorry for	to drink some alcohol ...
10) to thank for	to develop a daily physical activity plan ...

VI. Rewrite the sentences replacing the italic part with Present Participle.

Model: *She was talking to her friend* and forgot about everything around her.

Talking to her friend she forgot about everything around her.


- 1) *Since we watch the news every day*, we know what's going on in the world.
- 2) *They are vegetarians* and don't eat meat.
- 3) *As they didn't have enough money*, they spent their holidays at home last year.
- 4) *Since I didn't feel well*, I consulted a psychologist.

- 5) *She was walking home* and met an old friend.
- 6) *You inhale tobacco smoke* and irritation of the mucous membranes of the mouth begins.
- 7) *When I looked at her*, I realized that she was a drug addict.
- 8) *When a person is under stress*, he may drink more alcohol than usual.
- 9) Psychostimulants harm the human nervous system *and cause severe depression*.
- 10) Some people *drink alcohol* and try to express themselves with the help of it.

VII. Translate the sentences into English using Present Participle or Gerund.

- 1) Переедание приводит к многочисленным проблемам со здоровьем.
- 2) Чувствуя усталость, он испытывал боли в мышцах и суставах.
- 3) Употребление продуктов из цельного зерна может снизить риск ряда заболеваний, включая ишемическую болезнь сердца, инсульт, рак и другие.
- 4) Он не может перестать думать о наркотиках.
- 5) Бегая трусцой по парку, мой друг улучшил свою физическую форму.
- 6) Приобретя эту вредную привычку в детстве, он не мог от нее избавиться.
- 7) Когда вы курите, существует большой риск нанести вред системе кровообращения.
- 8) Психологическая помощь играет ключевую роль в исцелении больных от наркотической зависимости.
- 9) Я думаю о том, чтобы избавиться от вредных привычек.
- 10) Курение вызывает хроническое отравление человеческого организма.
- 11) Будучи зависимыми от наркотиков, они должны были пройти курс лечения.
- 12) Потеря работы — одно из стрессовых переживаний в жизни.

LISTENING AND SPEAKING TASK

VIII.  Six people tell what they are addicted to. Listen to the interview and answer the following questions. (Etest: Topic “Bad Habits”; recording No.1)

Speaker 1	Speaker 2	Speaker 3	Speaker 4	Speaker 5	Speaker 6
Arienne, Norway	Jeff, Canada	Fred, Canada	Kevin, Korea	Reky, Indonesia	Rebecca, Australia

- 1) Why is it easy for Arienne to quit smoking in Norway?
 - a) Cigarettes are really expensive.
 - b) There are many places where you can't smoke.
- 2) How often does Jeff need physical exercise?
 - a) Basically every day
 - b) A few times a week
- 3) Why does Fred go to the gym?
 - a) To get big muscles
 - b) To reduce stress
- 4) Kevin is addicted to _____.
 - a) sweet foods
 - b) eating everything

- 5) What does Reky do every Monday?
a) Homework
b) Watches “Heroes”
- 6) Rebecca eats a lot of _____.
a) chocolate
b) bananas
- 7) Two people are addicted to _____.
a) sweets
b) exercise
c) television
d) smoking

IX. Choose a situation and talk about it.

1. Which bad habit do you think would be the most difficult to get rid of? Why?
2. Are we born with our bad habits? Or do we acquire them from the environment surrounding us?
3. You think smoking should be banned completely. Your friend thinks people should be allowed to smoke if they want to. Exchange your points of view.
4. You were asked to prepare an article for a magazine about the harm that drugs cause to an addict (physical, financial, social, etc.).
5. Alcohol has ruined your uncle’s life. He is in very poor health. His family life is in ruins because he cannot stop drinking. Think of more reasons why alcohol should be illegal.
6. Drugs and alcohol change the balance of chemicals that help your brain think, feel, create, and make decisions. Do you think that drinking alcohol can lead to problems later in your life?
7. Your friend doesn’t mind having a drink from time to time and he thinks it’s safe. You think there are no safe doses of alcohol. Tell him about the harmful effects of alcohol on the body.

REFERENCES

1. *Bad Habits* [Электронный ресурс]. Режим доступа: <https://engexam.info/fce-listening-practice-tests/fce-listening-practice-test-1/3/>. Дата доступа: 18.12.2022.
2. *Bad Habits and Their Impact on a Human's Health* [Электронный ресурс]. Режим доступа: <https://hmcisrael.com/news/bad-habits-and-their-impact-on-a-humans-health/>. Дата доступа: 02.12.2021.
3. *Carbohydrates, Fats and Proteins* [Электронный ресурс]. Режим доступа: <https://www.liveworksheets.com/fz2517068es>. Дата доступа: 28.12.22.
4. *Coping with Stress* [Электронный ресурс]. Режим доступа: https://bogglesworldesl.com/Listening_Intermediate/copingwithstress.html. Дата доступа: 09.02.2023.
5. *Dietary Fats Explained* [Электронный ресурс]. Режим доступа: <https://medlineplus.gov/ency/patientinstructions/000104.htm>. Дата доступа: 10.01.2023.
6. *Fats* [Электронный ресурс]. Режим доступа: <https://kidshealth.org/en/parents/fat.html>. Дата доступа: 30.12.2022.
7. *Food and Nutrition* [Электронный ресурс]. Режим доступа: <https://english-practice.net/listening-exercises-b1-food-and-nutrition/>. Дата доступа: 01.01.2023.
8. *Food for Fear* [Электронный ресурс]. Режим доступа: https://www.liveworksheets.com/worksheets/en/English_as_a_Second_Language_%28ESL%29/Healthy_-_unhealthy_food/Food_to_fear_sm1370943kt. Дата доступа: 28.01.2023.
9. *Health* [Электронный ресурс]. Режим доступа: https://www.examenlsh.com/B1/b1_listening_health.htm Дата доступа: 22.10.2021.
10. *Healthy Eating* [Электронный ресурс]. Режим доступа: <https://patient.info/healthy-living/healthy-eating>. Дата доступа: 03.12.2022.
11. *How is Your Physical Activity?* [Электронный ресурс]. Режим доступа: https://www.youtube.com/watch?v=p55RZ_A4Ycg&t=22s. Дата доступа: 02.10.2021.
12. *How Your Body Gets Nutrients from Foods* [Электронный ресурс]. Режим доступа: <https://www.breastcancer.org/managing-life/diet-nutrition/what-does-healthy-eating-mean/getting-nutrients-from-food>. Дата доступа: 01.12.2022.
13. *Junk Food and Your Health* [Электронный ресурс]. Режим доступа: <https://www.healthdirect.gov.au/junk-food-and-your-health>. Дата доступа: 24.01.2023.
14. *Physical Activity* [Электронный ресурс]. Режим доступа: <https://www.healthyeating.org/nutrition-topics/general/lifestyle/physical-activity>. Дата доступа: 20.09.2021.
15. *Physical Activity — it's Important* [Электронный ресурс]. Режим доступа: <https://www.betterhealth.vic.gov.au/health/healthyliving/physical-activity-its-important>. Дата доступа: 18.09.2021.
16. *Protein* [Электронный ресурс]. Режим доступа: <https://www.betterhealth.vic.gov.au/health/healthyliving/protein>. Дата доступа: 15.12.2022.
17. *Some, any, no и их производные. Правила употребления* [Электронный ресурс]. Режим доступа: <http://grammar-tei.com/some-any-no-i-ix-proizvodnye-pravila-upotrebleniya/>. Дата доступа: 14.01.2023.
18. *Stress* [Электронный ресурс]. Режим доступа: <https://my.clevelandclinic.org/health/articles/11874-stress>. Дата доступа: 28.10.2021.
19. *Stress Management* [Электронный ресурс]. Режим доступа: <https://www.helpguide.org/articles/stress/stress-management.htm>. Дата доступа: 08.11.2021.
20. *Vitamins and Minerals* [Электронный ресурс]. Режим доступа: <https://www.betterhealth.vic.gov.au/health/healthyliving/Vitamins-and-minerals>. Дата доступа: 26.01.2023.
21. *Vitamins and Minerals from A to Z* [Электронный ресурс]. Режим доступа: <https://www.webmd.com/vitamins-and-supplements/ss/slideshow-vitamins-minerals-overview>. Дата доступа: 26.01.2023.
22. *What is Stress?* [Электронный ресурс]. Режим доступа: <https://www.verywellmind.com/stress-and-health-3145086>. Дата доступа: 28.10.2021.
23. *8 Ways to Increase Your Daily Physical Activity* [Электронный ресурс]. Режим доступа: <https://sitflow.com/8-ways-to-increase-your-daily-physical-activity/> Дата доступа: 20.09.2021.

ADDITIONAL TEXTS

WHAT DOES HEALTHY FOOD MEAN?

The best way to ensure you're eating healthily is to eat a wide variety of different kinds of food.

Eat vegetables, lettuce, or fruits during every meal — they are rich in vitamins, minerals, and fiber, which are good for your health, help you feel full and protect you from chronic diseases. Eat foods of different colors to get the best combination of protective nutrients. For a healthy diet, it is recommended to eat at least five servings of vegetables, lettuce, and fruits.

Cereals, rice, pasta, potatoes, and bread are excellent sources of energy. It's best to eat wholegrain versions of these as they contain fiber to keep your digestive system working well. How much you need depends on your age, size, gender, and activity levels.

Milk, yogurt, and cheese contain calcium and protein. Calcium is essential for bone health throughout life. Choose varieties with a reduced fat content, they contain the same amount of calcium and other nutrients with fewer calories and saturated fats.

Your body needs protein to support growth and maintain a healthy body, so it is needed every day. Meat, poultry, fish, eggs, beans, and nuts are good ways to get protein in your diet.

When preparing meat dishes, choose lean meat and poultry. Eat fish at least twice a week — white fish on one day and oily fish on the other. Fatty fish contains essential omega-3 fats that support the health of your heart.

Healthy fats are an essential part of a balanced diet, but they are only needed in very small amounts. Low-fat spreads and vegetable oils such as canola and olive oil are best. Saturated fats, found in hard fats like butter, can raise your cholesterol levels.

Eat healthy snacks such as fruit, vegetables, low-fat dairy products, and high-fiber cereals, instead of snacks high in fat, sugar, and salt, such as sweets, cakes, and chips.

It's easy to forget that drinks make up a big part of our diets. Water and milk are the healthiest options, and sugary drinks are best avoided.

PROTEINS

Proteins are known as the building blocks of life as they break down into amino acids that help the body grow and repair. Our hair, skin and muscles are all made from the protein we eat. Protein plays an important role in many bodily processes, including blood clotting, fluid balance, immune system responses, vision, hormones, enzymes.

According to the Dietary Guidelines a healthy diet includes a variety of foods containing protein. Both animal and plant foods can be excellent sources of protein. The guidelines classify the following foods as protein foods: seafood, lean meat and poultry, eggs, legumes (which include beans and peas), nuts, seeds, soy products. Dairy products, such as milk, cheese, and yogurt, also contain protein. Whole grains and vegetables contain some protein, but generally less than other sources. Animal products contain higher amounts of protein than plant foods, so people following a vegetarian diet, or a vegan diet may need to plan their meals to ensure they meet their protein needs.

Foods that provide 5 % or less of a person's daily value are considered low in protein. Foods with 20 % of a person's daily value or more are considered high in protein. A person does not need to consume foods containing all the essential amino acids at each meal because their body can use amino acids from recent meals to form complete proteins. Eating a variety of protein foods throughout the day is the best way for a person to meet their daily protein needs.

FATS, SPREADS AND OILS

We all need some fats in our diet to stay healthy. They provide energy and some vitamins. Eating too much or the wrong types of fat can be unhealthy. Fats can be divided into three main groups: saturated fats, unsaturated fats, and trans fats. Eating too much saturated and trans fats puts us at risk of heart disease, so consume them as little as possible. Unsaturated fats are best for heart health, so choose them more often. Remember that it is best to consume fats in very small amounts, even unsaturated fats.

Unsaturated fats are found in oily fish, nuts, seeds, avocados, vegetable oils (olive, sunflower, canola), vegetable oil spreads (instead of butter). Saturated and trans fats are found in tropical oils such as coconut and palm oil, cakes, biscuits, chocolate, butter, sausages and other processed meat, meat pies, fast food.

Eating too much fat — whether good or bad — can cause weight gain. So be sure to keep fats and oils to small amounts in your diet and add just small amounts during cooking.

STARCHY FOODS

Starchy foods are the main source of carbohydrates and play an important role in a healthy diet. They are also a good source of energy and the main source of a range of nutrients in your diet. As well as starch, they contain fiber, calcium, iron, and B vitamins.

It is best to use starchy foods with a high fiber content: they support the health of your intestines and will keep you going for longer between meals. Choose brown rice, wholemeal pasta, and wholegrain bread instead of white. Wholegrain breakfast cereals like porridge are a great start to the day. Potatoes, bread, rice, and pasta naturally contain little fat — until we add fats such as butter and cheese. Do not overuse these supplements to keep these products low in fat. Most people need three to five portions of starchy foods a day. Teenage boys and men aged 19–50 may need up to seven. Very active people, such as athletes, will need even more.

People with diabetes or high blood sugar should monitor their intake of starchy foods. This is because people with these conditions are more sensitive to blood sugar spikes that naturally accompany consuming carbohydrates.

REFINED CARBOHYDRATES

Carbohydrates are an essential component of any diet. However, carbs from whole foods provide much more health benefits than refined carbohydrates. The body breaks down refined, or simple, carbohydrates quickly, leading to rapid spikes in blood sugar and insulin levels. When these levels then drop, a person may experience food cravings (тяга к еде) and

low energy. Because refined carbs cause frequent increases and decreases in blood sugar, consuming them is associated with an increased risk of type 2 diabetes.

Here are some common refined carbohydrate foods: white flour, white bread, pastries, cookies, cakes, muffins, certain cereals, breakfast foods like waffles and pancakes, white-flour crackers, pizza dough, white rice.

Make refined carbohydrates and sugary foods a rare treat, not a permanent part of your diet. As you reduce your consumption of these unhealthy foods, you will probably find that you want them less and less.

FOOD SUPPLEMENTS

Most people do not need dietary supplements — their diet contains all the nutrients they need. The exceptions are vitamin D and folic acid. Do not mix dietary supplements with medications without consulting your health professional. Eat a balanced diet — supplements cannot replace a good diet.

Vitamin D is needed for strong healthy bones. We can make vitamin D in our skin through exposure to sunlight from March to September each year. Vitamin D can also be found in certain foods — oily fish, eggs, and fortified foods. Exposure to strong sunlight is not recommended due to the risk of skin cancer. So, foods rich in vitamin D or a supplement are needed. This is particularly important in autumn and winter months.

Folic acid is a vitamin of group B. This helps the body produce red blood cells and DNA. Taking folic acid can help prevent some birth defects of the brain. All adults need 200 micrograms of folic acid a day. We can get this from foods like green leafy vegetables including spinach, kale, broccoli, and cabbage; peas, beans, and lentils; whole grains including wheat bran, wholegrain rice, and oats; foods fortified with folic acid.

WHAT IS THE FOOD PYRAMID?

Your body needs lots of different nutrients to stay healthy. That means eating a variety of foods from each of the main food groups. The Food Pyramid is used to make healthy eating easier. It shows the different food groups and how much of each we need to have a healthy diet. Eating the right amount from each food group is called eating a “balanced” diet.

Eating well is important for all of us. In the short-term, it can help us to feel good, look our best and stay at a healthy weight. In the long-term, a healthy, balanced diet can reduce our risk of heart disease, diabetes, osteoporosis, and some cancers.

The Food Pyramid organizes food into five main shelves — a shelf for each food group. The most important shelf is at the bottom and the least important is at the top. What is on each shelf of the Food Pyramid?

- 1) Vegetables, salad, and fruits. Eat them in large quantities, up to seven servings a day.
- 2) Starchy foods. Have wholegrain cereals and breads, potatoes, pasta, or rice with each meal. It is best to use whole grains.
- 3) Dairy products. Have some milk, yogurt, and cheese. Choose reduced-fat or low-fat foods.
- 4) Meat and alternatives. Have some meat, poultry, fish, eggs, beans, and nuts. Choose lean options and have fish at least twice a week — one being oily.

5) Fats, spreads, and oils. Have small amounts and choose unsaturated or reduced-fat options.

You don't have to keep the right balance at every meal. It's okay if you distribute it throughout the day or even a week.

HOW FAST FOOD AFFECTS CHILDREN'S HEALTH

Fast food or junk food is a general term for all types of foods that are rich in energy because they contain a lot of fat and sugar, as well as salt, but few other important nutrients such as protein, fiber, vitamins, and minerals.

However, fast food is extremely attractive to most children because of its taste, comparatively lower price, and convenience (it doesn't require any cooking or preparation). Since children typically do not understand how this kind of food negatively impacts their health, it can be quite addictive. Regular consumption of unhealthy food leads to long-term health problems such as obesity, accompanying emotional and self-esteem problems, and chronic illnesses in later life. A single fast food meal could add 160 and 310 extra kilocalories to the daily calorie intake for teenagers and younger children, respectively.

Lack of vitamins such as A and C, and minerals such as magnesium and calcium, contributes to the development of vitamin deficiency diseases and osteoporosis, as well as dental caries due to increased sugar intake. The presence of dangerous food coloring agents and/or unhealthy trans fats in many fast food products, as well as problems with the safety of cooking, often further complicate the problem.

Eating junk food 4–6 times a week leads to lower math and reading skills compared with the children who do not eat so much junk food. Excessive amounts of calories, fats, sugars, and other carbohydrates during repeated meals change the child's food preferences and reduce the likelihood that he will eat fiber, fruits, milk, and vegetables. This can lead to constipation.

Obesity can result in lowered self-esteem, and depression. Some children who eat junk food are at risk of developing depression even without obesity. Depression in turn affects growth and development, academic performance, and social relationships.

The consumption of fast food by children should definitely be strictly controlled as it does no good and may do much harm.

EXERCISE AND TEENAGERS

Exercise is an important part of keeping teens healthy. The best way to promote a healthy lifestyle is to involve the whole family in it. A daily exercise program is a fun way to share physical activity with family and friends while helping to establish good heart-healthy habits. The following exercise guidelines for teens can help you plan activities:

- Teenagers need at least 60 minutes of moderate to vigorous physical activity on most days to maintain good health and fitness, and for healthy weight during growth. Physical activity should include aerobic, muscle-strengthening, and bone-strengthening exercises.
- Parents are advised to limit a teen's screen time (TV, video games, phone, tablet, and computer) to less than 2 hours daily and replace these sitting activities with activities that require more movement.

Even low- or moderate-intensity activities lasting only 30 minutes a day can be beneficial. These activities may include a pleasant walk, climbing stairs, dancing, home exercises.

Regular aerobic physical activity increases a teen's capacity for exercise. It also plays a role in the prevention of heart diseases and type 2 diabetes. Aerobic activities are continuous activities that cause the heart rate and breathing rate to increase. To prevent dehydration, encourage your teen to drink fluids regularly during physical activity. Also, ask them to drink a few glasses of water or other liquid without added sugar after completing physical activity. Examples of vigorous activities may include brisk walking, running, swimming, cycling, roller skating, jumping rope, playing on the playground, dancing, gymnastics, hiking.

For teens, daily exercise may help prevent conditions such as weight gain, high blood pressure, and abnormal cholesterol levels, as well as poor lifestyle habits that lead to heart attacks and stroke later in life.

LACK OF EXERCISE

Regular exercise is essential for maintaining good physical and mental health. Not moving enough, sitting too much, and not setting goals can all contribute to a sedentary lifestyle, which can lead to various health problems. It is important to find ways to incorporate physical activity into your daily routine to stay healthy and fit. The average person should get at least 30 minutes of moderate-intensity exercise five days a week, or 20 minutes of vigorous-intensity exercise three days a week. However, many people don't reach this goal due to lack of motivation or time. Finding activities that you enjoy doing, such as walking, running, swimming, or cycling, can help make it easier for you to stick to your fitness plan and get the recommended amount of physical activity each day.

Prolonged sitting is associated with an increased risk of developing chronic diseases such as diabetes and heart disease. It can also cause chronic neck, back and shoulder pain. Exercising regularly is an important part of staying healthy and keeping your body in good condition, as well as helping you lose weight or maintain a healthy weight.

YOGA AND STRETCHING

Yoga and stretching are good for your body. But it's impossible to say which one is best for everyone. You can combine yoga and stretching by doing yoga 2–3 times a week and doing a few light static stretches after more strenuous (напряженных) cardio workouts.

Yoga is an ancient practice that involves not only concentrated breathing, stretching and balance, but also a high degree of concentration and peace of mind. Yoga can improve your overall fitness level and improve your posture and flexibility. It may also lower your blood pressure and heart rate, help you relax, improve your self-confidence, reduce stress, improve your coordination, improve your concentration, help you sleep better, aid with digestion. Yoga exercises are recommended if you want to strengthen both mental and physical health. A typical yoga class can last between 60 minutes to 90 minutes and is considered a complete workout.

Stretching is a type of physical activity that involves positioning the body in such a way as to stretch and lengthen a muscle or a group of muscles, improving their flexibility and elasticity. Stretching can increase blood flow throughout the body. This can help

improve both mental and physical performance, as well as reduce pain in tense joints. Depending on the type of stretches you're doing, they can include various improvements to your health: reducing muscle pain, loosening stiff joints, improved blood circulation, increased energy levels throughout your body.

Stretching exercises are usually performed before the start of the exercise program or after a short warm-up. You will also want to do some stretching exercises after your workout to cool down and prevent muscle stiffness. These exercises can last 5–10 minutes. Stretching by itself is not considered a workout.

STRESS AND HEALTH

Stress is a common problem in most societies. There are three main types of stress that may occur in our everyday lives: acute (a brief event such as a heated argument or getting stuck in a traffic jam), acute episodic (frequent acute events such as work deadlines), and chronic stress (persistent events like unemployment due to a job loss, physical or mental abuse, substance abuse, or family conflict). Many of us may experience a combination of these three types.

Our body reacts to all types of stress using the same mechanisms that occur regardless of whether the stress is caused by a real or perceived event. Both acute and chronic stressors cause a “fight or flight” reaction. Hormones are released that trigger several actions within a few seconds: rapid blood and oxygen supply to our cells, increased heart rate and increased mental activity. With acute stress, the event is brief and hormone levels will gradually return to normal. Acute episodic and chronic stress repeatedly triggers the “fight or flight” response causing a persistent elevation of hormones, leading to a risk of health problems: digestive problems, weight gain, high blood pressure, chest pain, heart disease, problems with the immune system, skin diseases, muscle pain (headaches, back pain, neck pain), sleep disturbance, insomnia, anxiety, depression.

Chronic stress can affect the body's use of calories and nutrients in various ways. It raises the body's metabolic needs and increases the use and excretion of many nutrients. If one does not eat a nutritious diet, a deficiency may occur. Stress also creates a chain reaction of behavior that can negatively affect eating habits, leading to other health problems in the future.

Stress can disrupt sleep, causing lighter sleep or more frequent awakenings, leading to fatigue during the day. To cope with daytime fatigue, people can use stimulants to increase energy, such as caffeine or high-calorie snacks. The opposite is also true: poor-quality sleep itself is a stress factor.

UNHEALTHY STRESS MANAGEMENT HABITS

Stress is an inevitable part of life. No matter how much we try to avoid it, it will eventually affect us. Stress can be caused by various factors such as work pressure, relationship problems, financial troubles, or health problems. It is important to manage stress in a healthy way. Ignoring stressful situations can lead to increased stress levels and cause physical and mental health problems.

When faced with a difficult situation, it is important to take the time to assess it and make a plan for the best way out of it. Relying on unhealthy coping mechanisms, such as substance abuse or emotional overeating, is an unhealthy way to deal with stress that should

be avoided. While alcohol can relieve stress for a moment, constant abuse of it can lead to a number of negative health consequences, including addiction, depression, liver disease, heart problems and other serious health conditions.

Illegal drugs, prescription drugs, or over-the-counter drugs, such as sleeping pills, are sometimes used to cope with stress. However, similar to alcohol, these drugs do not solve the problem or improve the body's stress response. Serious health or legal consequences may also occur.

For heavy smokers, smoking a cigarette can create a short-term calming effect. However, the use of cigarettes increases the level of stress in the body, harms the respiratory system and contributes to the development of serious diseases.

Emotional eating and overeating can lead to weight gain, obesity, and related diseases. Maintaining a healthy diet can really reduce stress.

Finally, the lack of time to take care of yourself is another bad habit when dealing with stress. Self-care activities such as exercise, meditation, keeping a diary or spending time outdoors are all great ways to manage stress in a healthy way, and if possible, they should be included in your daily routine.

ALCOHOL ADDICTION

“Addiction” means having a dependence on a substance or activity. Addiction to alcohol, sometimes called alcoholism, means that you have a physical dependence on alcohol. There are changes that happen in the brain of someone who drinks a lot of alcohol which makes them have physical withdrawals (симптомы отмены) if they don't drink. Withdrawal symptoms can include insomnia, nausea, sweating, anxiety, and physical discomfort. If you are experiencing dependence, it also means you need to consume more alcohol to achieve the intended effect.

There are short-term and long-term side effects of being addicted to alcohol. Short-term effects include vision problems; memory problems; depression; anxiety; paranoia; poor nutrition, resulting in weight loss, reduced energy, and other health problems. Long-term effects include permanent brain damage; liver damage; high risk of cancers, such as mouth and throat cancers; high risk of cardiovascular disease, such as stroke and heart failure; more frequent diseases, because of a weakened immune system.

You can stop drinking when you are addicted to alcohol. It may be difficult, but many people have done it. There are 2 main types of addiction that can make it difficult to stop: physical dependency and psychological dependency. Physical dependency is when your body needs alcohol. It can mean feeling very ill without alcohol. The symptoms of physical dependency include shaking hands (tremor), feeling sick (nausea), sweating, seizures, anxiety, insomnia. You may need medicine to help you stop drinking alcohol. Psychological dependency on alcohol is when it is difficult for you to give up your drinking habits. It may seem difficult to face the world without alcohol if it has become a big part of your life. For example, if you drink alcohol to try to cope with the situation.

DRUG ADDICTION

Drug addiction, also called substance use disorder, is a disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medicine. Substances such as alcohol, marijuana and nicotine are also considered drugs. When you are addicted, you may continue using the drug despite the harm it causes.

Drug addiction can start with experimental use of a recreational drug in social situations, and, for some people, drug use becomes more frequent. For others, particularly with opioids, drug addiction begins when they take prescribed medicines or receive them from others who have prescriptions.

The risk of addiction and how fast you become addicted depends on the drug. Some drugs, such as opioid painkillers, have a higher risk and cause addiction more quickly than others. As time passes, you may need larger doses of the drug to get high. Soon you may need the drug just to feel good. As your drug use increases, you may find that it is increasingly difficult to go without the drug. Attempts to stop drug use may cause intense cravings (тягу) and make you feel physically ill. These are called withdrawal symptoms (симптомы отмены).

Help from your health care provider, family, friends, support groups or an organized treatment program can help you overcome your drug addiction and stay drug-free.

ARE YOU GETTING ENOUGH SLEEP?

Poor sleep habits, like having an irregular sleep schedule or consuming too much caffeine, can interfere with your sleep quality. Alcohol also disturbs your sleep, even though it is considered a sedative. Not getting enough sleep can have a significant impact on your overall health and wellbeing. Adults should get 7–9 hours of sleep per night for optimal functioning throughout the day. When you don't get enough sleep, it can lead to fatigue, irritability, difficulty concentrating, and impaired decision-making. It is important to establish healthy sleeping habits to ensure that you get adequate rest each night:

- Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- Remove electronic devices such as TVs, computers, and phones from the bedroom.
- Avoid large meals, caffeine, and alcohol before bedtime.
- Don't use tobacco.
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

UNHEALTHY HABITS EVERYONE SHOULD QUIT TO BE HEALTHY

Unhealthy habits can have serious consequences for our health and wellbeing if they are not controlled. It's important to recognize these bad habits and try to give them up to live a healthier lifestyle. Eating junk food, skipping workouts, sleeping too little or too much, dealing with stress incorrectly and participating in toxic social activities — there are many bad habits that need to be broken if we want to improve physical and mental health.

Smoking is a major cause of many health problems, including heart disease, stroke, and cancer. Quitting smoking can help reduce the risk of developing these conditions and improve overall health.

Eating too much or eating unhealthy foods can lead to weight gain and other serious health problems, such as diabetes and high blood pressure. Making healthier food choices and controlling portion sizes are key steps in managing overeating habits.

Regular physical activity helps maintain a healthy weight, strengthens bones and muscles, reduces stress levels, boosts energy levels, improves mood, promotes better sleep patterns and more. Exercise for at least 30 minutes every day to achieve optimal health benefits.

Getting enough quality sleep is essential for good mental and physical wellbeing, but poor sleeping habits like staying up late or using electronic devices before going to bed can interfere with this important process. Establishing a sleep routine that works for you will help you get the recommended amount of sleep each night, stay alert during the day, as well as improve your overall well-being.

PASSIVE SMOKING

Passive smoking means breathing in other people's tobacco smoke. Second-hand tobacco smoke comes from cigarettes, pipes, cigars. There are two types of second-hand smoke:

- mainstream smoke — smoke that is breathed out by someone who smokes;
- side-stream smoke — smoke that comes from the lit end of a tobacco product.

Passive smoking is dangerous and can cause many of the same diseases as smoking. Tobacco smoke releases over 5000 chemicals and many of these are harmful. Most of the harmful tobacco smoke is invisible, but it spreads easily and can stay in the air for hours. It can also build up on surfaces and clothes.

Passive smoking puts people at higher risk of smoking-related diseases. It's clear that second-hand smoke can cause lung cancer, heart disease and stroke. It may also increase the risk of some other types of cancer, and a serious lung condition called chronic obstructive pulmonary disease (COPD). Coughing, headaches, sore throats and eye and nasal irritation are some of the short-term effects of passive smoking.

The only way to protect your friends and family from secondhand smoke is to keep the environment around them smoke free.

IRREGULAR VERBS

Infinitive	Past Simple	Past Participle
be	was/were	been
begin	began	begun
break	broke	broken
bring	brought	brought
buy	bought	bought
build	built	built
burn	burnt/burned	burnt/burned
can	could	–
catch	caught	caught
choose	chose	chosen
come	came	come
cost	cost	cost
cut	cut	cut
deal	delt	delt
do	did	done
draw	drew	drawn
drink	drank	drunk
drive	drove	driven
eat	ate	eaten
fall	fell	fallen
feed	fed	fed
feel	felt	felt
fight	fought	fought
find	found	found
fly	flew	flown
forbid	forbade	forbidden
forget	forgot	forgotten
freeze	froze	frozen
get	got	got
give	gave	given
go	went	gone
grow	grew	grown
have	had	had
hear	heard	heard
hold	held	held
hurt	hurt	hurt
keep	kept	kept
know	knew	known
lay	laid	laid
lead	led	led
learn	learnt	learnt

Infinitive	Past Simple	Past Participle
leave	left	left
let	let	let
lie	lay	lain
lose	lost	lost
make	made	made
mean	meant	meant
meet	met	met
pay	paid	paid
put	put	put
read	read	read
ring	rang	rung
rise	rose	risen
run	ran	run
say	said	said
see	saw	seen
sell	sold	sold
send	sent	sent
set	set	set
shake	shook	shaken
shine	shone	shone
show	showed	shown
sing	sang	sung
sit	sat	sat
sleep	slept	slept
speak	spoke	spoken
spend	spent	spent
spoil	spoilt/spoiled	spoilt/spoiled
stand	stood	stood
steal	stole	stolen
swim	swam	swum
take	took	taken
teach	taught	taught
tell	told	told
think	thought	thought
throw	threw	thrown
undergo	underwent	undergone
understand	understood	understood
wake	woke	woken
wear	wore	worn
win	won	won
write	wrote	written

CONTENTS

Предисловие.....	3
Module 1. PROPER NUTRITION.....	4
Lesson I. Healthy Diet.....	4
Lesson II. Proteins and Fats	12
Lesson III. Carbohydrates	21
Lesson IV. Vitamins and Minerals.....	29
Lesson V. Junk Food. Review.....	39
Module 2. PHYSICAL ACTIVITY	46
Lesson I. The Importance of Physical Activity.....	46
Lesson II. Ways to Increase Your Physical Activity	54
Lesson III. How is Your Physical Activity? Review	61
Module 3. STRESS	66
Lesson I. What is Stress?	66
Lesson II. Stress Management	74
Lesson III. Stress. Review.....	80
Module 4. BAD HABITS.....	85
Lesson I. Alcohol and Drugs.....	85
Lesson II. Smoking	93
Lesson III. Some Other Bad Habits. Review	99
References	104
Appendix 1. Additional Texts	105
Appendix 2. Irregular Verbs.....	114