

**Методические рекомендации по выполнению**

**дополнительных практических работ по дисциплине «Иностранный язык» для студентов 2-3 курсов очной формы обучения по теме**

**«Здоровый образ жизни. Спорт. Здоровое питание».**

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**Пояснительная записка.**

Методические рекомендации по выполнению дополнительных практических работ по дисциплине «Иностранный язык» предназначены для студентов 2-3 курсов очной формы обучения и преподавателей средних профессиональных учебных заведений, соответствуют действующей программе, и содержит систему заданий для аудиторных и внеаудиторных практических работ.

Методические рекомендации представляют собой систему упражнений по развитию и совершенствованию навыков аудирования, чтения про себя и лексико-грамматических навыков и устной монологической речи.

Данные рекомендации включают в себя разнообразные тексты по теме «Здоровый образ жизни. Спорт. Здоровое питание» и упражнения после этих текстов.

Рекомендации состоят из трех разделов- задания по аудированию, задания по чтению и устной речи, лексико-грамматические задания.

Методические рекомендации включают следующие задания по аудированию : выберите правильный вариант ответа, расскажите текст, используя план, прочитайте вопросы и найдите соответствующий ответ.

Методические рекомендации включают следующие задания по чтению : прочитайте текст про себя, установите соответствие между заголовками  и текстами, переведите тексты на русский язык, перескажите тексты своими словами, прочитайте текст и заполните пропуски частями предложений, составьте план текста и перескажите его, выпишите ключевые слова и перескажите текст, найдите в тексте причастие 1и 2 и определите его функции, объясните явление на английском языке, составьте краткий пересказ текста из 10 предложений, выпишите из текста все числительные, напишите эти числительные словами, напишите что обозначают эти числительные.

Методические рекомендации включают следующие лексико-грамматические задания: прочитайте текст, преобразуйте если необходимо слова, напечатанные заглавными буквами после пробелов так, чтобы они грамматически соответствовали содержанию текста,

переведите текст на русский язык, задайте вопросы по тексту, перескажите текст, используя следующие ключевые слова, используя лексику текста, расскажите о своем личном опыте,

выпишите из текста все недостатки и преимущества (использования компьютера и Интернета.), задайте 10 вопросов к тексту, расскажите текст по плану, прочитайте текст, преобразуйте, если необходимо слова, напечатанные заглавными буквами после пробелов так, чтобы они грамматически и лексически соответствовали содержанию текста, выпишите из текста придаточные определительные предложения, прочитайте текст с пропусками, обозначенными буквами. Выберите номер выбранного вами варианта ответа, задайте вопросы к тексту, прочитайте и переведите текст, придумайте задания к тексту.

Предлагаемые задания отличаются разнообразием и степенью трудности, что позволяет использовать упражнения на разных этапах обучения и соответственно разным уровням знаний студентов.

Лексико-грамматический состав упражнений отвечает требованиям федеральных программ по английскому языку для групп СПО.

**I. Задания на аудирование.**

**Задание 1.**

**Jamie Oliver**

Jamie Oliver is a genius in the world of food and one of Britain's most famous cooks. He has encouraged people to spend more time in the kitchen and enjoy it. His programmes are shown in over 100 countries including the USA, Australia, South Africa, Brazil, Japan and Iceland. They were translated into over 30 languages, Jamie Oliver's cookery books are bestsellers not only in the UK but across the world.  
  
Jamie Oliver was born in 1975 in England. From an early age he got interested in food. His parents had a pub where he often helped them in the kitchen. He actually began working there at the age of eight. Jamie cut vegetables like any other ordinary worker in the pub.  
  
Jamie Oliver left school at 16 without any official certificate. He went to Westminster College to study economics and after that travelled to France. Jamie knew that in France cooking was a kind of art. And he wanted to master that art. It was no doubt the best place to study if he wished to become a professional chef.  
  
After returning from France, Jamie worked in a number of British restaurants. At that time there was a programme on the telly about the café where Jamie worked. TV producers were impressed by the young chef. The next day Jamie received calls from five different TV companies wishing to work with him. He soon became the best-liked celebrity chef on television and his programme was a real revolution in cooking shows. Thanks to an informal and friendly manner Jamie Oliver won crowds of fans around the world.  
  
However, Jamie devotes his time not only to cooking. He's a family man, with a wife and four children. He also works on a number of projects. For example, Jamie Oliver created the "Fifteen Foundation". Each year, fifteen young people are trained and taught to work in the restaurant business. It's interesting that they are not common people. They are from unhappy families, they are unemployed. Some of them were in prison or took drugs. In this way Jamie Oliver tries to help them start a new life.  
  
Another project by Jamie Oliver was connected with school dinners and lunches. He wanted school children to begin eating healthy food instead of junk food. The British government supported the project. It spent extra 280 million pounds to improve school meals. Part of the money was spent on training cooks and buying modern cooking equipment for schools.  
  
It's really hard to name all the TV programmes, shows, projects that Jamie Oliver had and is still having. He's so creative and imaginative, that there's no end to new ideas and projects. Except television, Jamie Oliver is a writer. His every book immediately becomes a bestseller. It's interesting that he became the best-selling author in the country after JK Rowling, the "Harry Potter" writer.

**1. Снятие трудностей**

encourage//ordinary//official certificate// were impressed//receive//celebrity//crowd//devote//

unemployed//prison//support//to improve//equipment//imaginative//encourage//ordinary//   
official certificate //were impressed//receive//celebrity//crowd//devote//unemployed//prison//

support//to improve//equipment//imaginative

**2.Задание после первого прослушивания.**

Выберите правильный вариант

1.Jamie Oliver has made cooking popular in different countries.  
1) True 2) False 3) Not stated  
  
2.Jamie went to France to continue studying economics.  
1) True 2) False 3) Not stated  
  
3.Jamie’s project the “Fifteen Foundation” gives people a chance to improve.  
1) True 2) False 3) Not stated  
  
4.The British government ignored Jamie’s school meals project.

1) True 2) False 3) Not stated  
  
5.Jamie Oliver is a talented and successful writer.  
1) True 2) False 3) Not stated  
  
6.amie’s parents wanted their son to be a cook.  
1) True 2) False 3) Not stated

7.Jamie Oliver has become a well-known personality due to his TV show.

1) True 2) False 3) Not stated  
  
8.Jamie’s wife was against his project “Fifteen Foundation”.  
1) True 2) False 3) Not stated

**Ответы 13213121**

**3 Задание после второго прослушивания.**

**Расскажите текст, используя план.**

**Jamie Oliver**

Who is James Oliver?

How many countries show his programs?

Does he write any books?

When and where was he born?

Tell a few words about his parents?

What was he interested in?

Tell a few words about his education?

Why did he travel to France?

What did Oliver do after returning to France?

What did he devote his time to?

Describe his first project?

What is his another project connected with?

Tell a few works about his books?

**Задание 2.**

**1.Прослушайте текст. Установите соответствие между заголовками 1-8 и текстами A-G. Используйте каждую цифру только один раз. В задании один заголовок лишний.**

**2.Прочитайте и переведите тексты на русский язык**

**3.Перескажите тексты своими словами**

1.ChangingHabits   
2. Eating Out  
3. Foreign Food  
4. Diet Dangers  
5. Popular but Useless  
6. Plan Your Diet Carefully  
7. Eating Together  
8. Food Safety

A. A quick look at junk food facts tells us junk food and diets do not go hand in hand. Junk foods are also called 'empty calorie' foods and have no nutritional value. Nevertheless, they are enjoyed by lots of people because of their simplicity to manufacture, consume and, of course, their taste. Chocolates, burgers, pizzas, potato wafers and fries will surely find their way into everyone's heart.  
  
B. Thai cuisine is one of the healthiest foods you can eat. In fact, several Thai dishes, such as Tom Yum Soup, are currently under scientific study for their incredible health benefits. Of course, it's already known that many of the fresh herbs and spices used in Thai cooking - such as turmeric, galangal, coriander, lemongrass, and fresh chillies - have immune-boosting and disease-fighting power.  
  
C. Vegetarian diets can be very healthy, but eating a balanced diet when you are vegetarian usually requires a little extra attention. Because vegetarians eliminate certain foods from their diets, they often need to work to add foods into their diet that will provide the nutrients found in meat products. If properly planned, vegetarian diets can provide all the nutrients you need.  
  
D. It's actually easy to make good choices at a fast-food restaurant or the cafeteria. Most cafeterias and fast-food places offer healthy choices that are also tasty, like grilled chicken or salads. Be mindful of portion sizes and high fat add-ons, like dressings, sauces or cheese. Most restaurant portions are larger than the average serving of food at home. Ask for half portions or take half of your dish home.  
  
E. Family meals are making a comeback. Shared family meals are more likely to be nutritious, and kids who eat regularly with their families are less likely to snack on unhealthy foods and more likely to eat fruits and vegetables. Teens who take part in regular family meals are less likely to smoke, drink alcohol, or use drugs. Beyond health and nutrition, family meals provide a valuable opportunity to reconnect.  
  
F. Families are cooking more meals at home, cutting back on take away in the face of the economic downturn. In addition to cutting back on take away and eating out, families have begun cooking more vegetarian meals and are adding vegetables, lentils and baked beans to allow them to cut back on meat quantity. Consumers also indicate that they are likely to prepare meals that can be spread across more than one mealtime.  
  
G. In recent years it has become common practice for celebrities and stars to publicize food products. Businesses take advantage of consumers' mentality of 'following the stars' and invite celebrities and stars to perform 'false advertising' so as to mislead or even deceive consumers. The law stipulates that those who publicize 'faulty food products' will share responsibility with food producers and sellers.

**Ответы 5362718**

**II. Задания для развития и совершенствования навыков чтения про себя.**

**Задание 1.**

**1.Прочитайте текст про себя.. Установите соответствие между заголовками 1-8 и текстами A-G. Используйте каждую цифру только один раз. В задании один заголовок лишний.**

**2.Переведите тексты на русский язык**

**3.Выписать лексику, относящуюся к теме «Диеты Здоровое питание».**

**4. Найдите в Интернете описание одной из диет.**

1. Necessary Components

2. Important Conclusion

3. Useful Advice 4. Significant Difference

5. Health Risks

6. Moderation Is the Key!

7. Diet and Exercise

8. Benefits of Good Nutrition  
  
A. Developing healthy eating habits is simpler and easier than you might think. You  
will look and feel better if you make a habit of eating healthfully. You will have more energy and your immune system will be stronger. When you eat a diet rich in fruits and vegetables you are lowering your risk of heart disease, cancers and many other serious health ailments. Healthy eating habits are your ticket to a healthier body and mind.  
  
B. A four week clinical trial that tested the new regimen found that overweight adults who consumed a high protein, entirely vegan diet were able to lose about the same amount of weight as a comparison group of dieters on a high carbohydrate, low fat vegetarian dairy diet. But while those on the high carbohydrate dairy diet experienced drops of 12 percent in their cholesterol, those on the high protein vegan diet saw cholesterol reductions of 20 percent.  
  
C. ‘The idea preyed on me for a long time. If the Atkins Diet looks good, and it’s got  
so much saturated fat and cholesterol in it, suppose we took that out and put vegetarian  
protein sources in, which may lower cholesterol,’ Dr. Jenkins said. ‘We know that nuts lower cholesterol and prevent heart disease, and soy is eaten in the Far East, where they  
don’t get much heart disease. So we put these foods together as protein and fat sources.’  
  
D. The first official warning about the dangers of the Atkins diet was issued by the government amid concern about the rising number of people opting for the high fat, high protein diet. Cutting out starchy foods can be bad for your health because you could be missing out on a range of nutrients. Low carbohydrate diets tend to be high in fat, and this could increase your chances of developing coronary heart disease.  
  
E. Earlier this year, a large study that compared different kinds of diets — including low fat and low carbohydrate plans — found that the method didn’t matter as long as people cut calories. That study also found that after two years, most people had regained at least some of the weight they had lost. Dr. Tuttle said that while different weight loss plans offer people different ‘tricks’ and strategies, ultimately, ‘It really comes down to calories in and calories out.’  
  
F. When you think about nutrition, be aware of serving sizes. Many people will eat  
everything on their plate, regardless of how hungry they actually are. If you know you  
tend to clean your plate, make an effort to reduce your serving size. If you’re eating out  
or dining at a friend’s house, don’t be shy about asking for smaller portion sizes. Too  
much of any one food is a bad thing. There are no bad foods, just bad eating habits.  
  
G. Your body has to stay well hydrated to perform at its best and to properly process  
all the nutrients in the food you eat. Drink at least 8 glasses of water a day. You may  
need even more water if you are in a hot environment or if you are exercising. If you are  
trying to lose weight, add plenty of ice to each glass of water. Your body will burn energy  
to warm the water up to body temperature.

**Ответы 8415263**

**Задание 2.**

**1.Прочитайте текст про себя. Установите соответствие между заголовками 1-8 и текстами A-G. Используйте каждую цифру только один раз. В задании один заголовок лишний.**

**2.Переведите тексты на русский язык**

**3.Выписать 15 слов с инговым окончанием и оббьясеить их грамматическую структуру.**

1. Various application
2. Changing styles
3. Benefits of sport
4. Choosing proper equipment
5. A sport or a hobby
6. Unexpected victory
7. Breaking World victory
8. Challenging sport

Начало формы

A. Playing sports is a great way to make exercise fun and help children to develop healthy habits. Sports can also help children improve their agility, balance, and coordination. Participating in sports can help build a child’s self-esteem. Studies show that children who play sports work harder in the classroom. Children also learn problem­ solving skills and time management skills when they are part of a team.

B. Late last week BMX legend, Kevin Robinson, made history by flying higher than any human has ever gone on a BMX bike as part of Red Bull Experiment in New York City! Thousands of fans and spectators were on-site to catch all the action. This awesome feat had been a lifelong dream of Kevin’s which until now no one else has ever been able to pull off!

C. American tennis star Venus Williams has lost her place at the Madrid Open when she was beaten in the second-round part of the contest by Russian teenager Alisa Kleybanova.Williams is the current world number three and her 19-year-old opponent was unseeded so the defeat came as a big shock. Williams said she thought Kleybanova had won ‘by just being aggressive from both sides of the court.’

D. Skateboarding traces its roots to the seventies but it really reached the peak of its popularity in the mid-eighties to the present when major skateboard manufacturers pro­pelled it to new heights. First, they started with half-pipe and vert ramp skateboarding. As the years went by, the focus shifted to street kateboarding, which brought about a few changes in deck shape and wheel size.

E. While the majority of scuba diving is recreation, there are those who do it for a living as well. Scientific exploration and research is another area with a lot of scuba diving demand. They spend a lot of time in the water watching sea life cycles, and how microorganisms fit the whole underwater environment. There are also others who work in constructing underwater platforms that are often used for research as well as offshore oil.

F. Surfing is a sport which is undertaken by almost every individual in the U.S. This term is often referred to as a surface water sport in which the person surfing is carried along the face of a breaking ocean wave standing on a surfboard. Surfboards can also be used on rivers on standing waves. Some people practise this as a hobby while others become professional surfers.

G. If you’re interested in snowboarding, you will need to find out which length and width board is best for you. Both of these factors are critical to the success of snowboarding. Be aware that shorter boards are easier to manoeuvre, therefore making them great if you are just learning to snowboard. When it comes to width, it is important to consider foot size when choosing the width of a board.

**Оветы 3762154**

**Задание 3.**

**1.Прочитайте текст про себя. Установите соответствие между заголовками 1-8 и текстами A-G. Используйте каждую цифру только один раз. В задании один заголовок лишний.**

**2.Переведите тексты на русский язык**

**3.Выришите советы по здоровому образу жизни и проранжируйте их по степени важности..**

1. Don't Ignore Warning Signs
2. Use Alternative Medicine
3. Staying in Shape is Important
4. Threat to Your Eyesight
5. Turn a Bad Habit into a Good Idea
6. Fat People Are at Risk
7. Prevention Is Better Than Cure
8. Choose Proper Nutrition

A. There are numerous problems associated with obesity. It is not just a cosmetic problem but also a health hazard. Doctors generally agree that the more obese a person is, the more likely he or she is to have health problems. This is because obesity has been linked to several serious medical conditions. People who are overweight can gain significant health benefits from losing weight.

B. Hey, couch potato! Don't feel guilty indulging in serials or reality shows — use the commercials as an excuse to burn calories. There is probably an average of 15 minutes of commercials in an hour-long program. If you exercised through each commercial break during just two hours of TV, you'd already have met the recommended amount of daily exercise necessary to reduce health risks.

C. Regular checkups are a valuable tool in maintaining good health. Taking proper care of your health at the right time can help avoid a lot of problems in the future. The main aim of a checkup is to detect illness at an early stage. It's good to find out that you have a health problem before it is too late so appropriate tests should be done at the right time.

D. Do you mainly exercise for a few weeks in January before you forget your New Year's resolution, and then again when you realise your summer holiday is around the corner? You'd not be alone, but keeping fit is something you should do all year round. You might not be particularly bothered about your appearance or your weight, but keeping fit is as much about what's on the inside as it is what's on the outside.

E. Pain is our body's means to indicate that something is wrong and requires immediate attention. Pain for a short time can be taken care of by a painkiller but if the soreness is lingering for too long, then it requires proper medical expertise. Sometimes life menacing problems have back pain and joint pain as symptoms and can, if neglected, do permanent damage.

F. Think about your car — the higher the grade of the fuel you put in it, the better it runs. Your body works the same way. If you eat healthy foods, you'll be healthier and feel better. Eating well is easy if you're aware of what foods are best for you. But don't worry! Eating healthy food doesn't mean eliminating every single thing you love from your diet.

G. Do you spend more than 3 hours a day working or maybe playing on a computer? If so, you are at a higher risk than casual computer users. Researchers warn that watching a computer screen for six or more hours a day might be linked to a progressive eye disease. This does not mean, however, that people who work on a computer for less than 3 hours a day will not suffer eye complications due to computer use.

**Ответы 6573184**

**Задание 4.**

**1.Прочитайте текст про себя. Установите соответствие между заголовками 1-8 и текстами A-G. Используйте каждую цифру только один раз. В задании один заголовок лишний.**

**2.Переведите тексты на русский язык**

**3.Выришите названия испанских блюд.**

**1.** Food: eating habits

**2.** Entertainment with vegetables

**3.** Food: its features

**4.** Entertainment with animals

**5.** Population

**6.** Time to relax

**7.** With nature

**8.** Spain as a state

**A.** A unique food battle festival known as La Tomatina is celebrated in Spain every year on the last Wednesday of August. It involves thousands of people engaging in a brutal battle, throwing overripe tomatoes at each other. The festival spans more than a week and although there are many elements to the festival, such as parades, music, dancing and fireworks, they are all centered on the tomato fight.

**B**. Spanish cuisine is a heavenly mixture of chicken, mixed vegetables, fish and meats. Many of the most popular Spanish dishes are a type of Paella, which is a rice dish that features a variety of ingredients. Hot chocolate and churros are very popular desserts throughout the country. Spain is also famous for its aromatic wines and other alcoholic beverages like Sangria, Cava and authentic Spanish beer.

**C**. Spain is very rich with traditions, especially those associated with food. For breakfast, some chocolate and enjoy a leisurely morning routine. Lunch is another important meal of the day, and it is usually heavier than breakfast. This is sometimes followed by a siesta, an afternoon nap to get through post-lunch drowsiness. During this time, shops close and then open again after two or three hours of rest.

**D**. Spain is an important resting spot for migratory birds, and a home for many animals. But, unfortunately, many species of wildlife face threats from habitat loss  
and pollution. Due to centuries of tree cutting, large forests are now found only in a few areas in the country. Spain has created many national parks and refuges, but they cover only about seven percent of the country.

**E.** Although there is a national parliament, Spain is one of the most decentralized democracies in Europe. Each of its 17 regions manages its own schools, hospitals, and other public services. The tourist services industry drives Spain's economy, but at the same time, since 1986, when Spain joined the European Community, it has worked to diversify its economy, by building important industries such as mining, shipbuilding, and textiles.

**F**. Bullfighting is one of the most famous traditions in Spain. This risky sport evolved from the ancient Roman gladiator games, with human matadors opposing charging bulls.   However,   this   tradition   has   lately become   widely debated and younger generations and animal-rights activists protest against bullfighting. Either way, it remains an iconic part of the country and bullfights take place in many Spanish towns and cities.

**G.** La siesta is a well-known aspect of Spanish culture. Seeking to balance work with pleasure, Spaniards have long practiced this tradition, when students and professionals return to their homes around midday for a big lunch, followed by a few hours of rest and family time. Many businesses also shut down for a short break. However, 21st-century big cities move at a faster pace, and don't take siestas, but many people in smaller towns and villages still take a siesta each day.

**Ответы 2317846**

**Задание 5.**

**1.Прочитайте текст и заполните пропуски А—F частями предложений, обозначенны­ми цифрами 1 — 6. Одна из частей в списке 1 — 7 лишняя.**

**2. Переведите текст.**

**3. Составьте план текста и перескажите его.**

The health and fitness of the UK population is a regular topic on national news and many of us are strongly aware of the need to adopt a healthy lifestyle. From eating the right things including our five pieces of fruit or vegetables a day to getting enough exercise, A\_\_\_\_\_\_\_\_\_\_\_.

Those in the health professions make continuous pleas to us to ‘exercise more’ and ‘cook healthy, nutritious meals’ yet the public replies that B\_\_\_\_\_\_\_\_. Work and family commitments take priority and if there’s any time ‘spare’ then going to gym is often the last thing on people’s minds.

‘Health spa’ is a term that surely appeals greatly and with the rising popularity of spa amongst men and women it would seem that the industry has come up with a winning combination. Statistics reveal that the spa industry is growing faster C\_\_\_\_\_\_\_ . It offers so much opportunity that many are diving in with both feet to make the most of this market.

But why is spa so popular? With today’s hectic lifestyles the idea of retreating to a haven of peace and relaxation sounds like total luxury. Professional, friendly therapists are ready to greet you and listen to your needs D\_\_\_\_\_\_\_\_ . Add to this our desire to hold back the years and look forever young , it’s no doubt we’re booking and staying at more spa resorts E\_\_\_\_\_\_.

Choosing what treatments to have during your spa visit can be a tricky choice. Like reading a menu in an 5-star restaurant you’ll find the choices staggering as words such as relaxing, revitalising, refreshing and moisturising jump out from all over the pages with promises of soothing away all aches, pains and wrinkles.

Location is an important consideration and many independent hotels have excellent spa facilities F\_\_\_\_ .

1.that you can’t miss this opportunity

2. while also benefiting from superb positions.

3 than ever before.

4 there is no time within their already overloaded schedules.

5 as you discuss the very tempting treatment menu

6.there are whole host of things to do to help keep us healthy.

7. than the fitness industry

**Ответы 647532**

**III.Лексико-грамматические задания.**

**Задание 1.**

**1.Прочитайте 2 текста. Преобразуйте если необходимо слова, напечатанные заглавными буквами после пробелов так, чтобы они грамматически и лексически соответствовали содержанию текста.**

**2.Переведите тексты на русский язык.**

**3.Задайте по 5 вопросов к каждому тексту.**

**Junk Food**

In today's world, many people are1\_\_\_\_\_\_\_\_INCREASE looking for a quick snack, meal or boost of energy. They choose processed food bars, think­ing that they're a healthy choice.

However, most bars contain 2\_\_\_\_\_\_\_DESIRE processed foods which are called 'junk foods'

They give you a false sense of energy and 3 \_\_\_\_\_\_\_FULL.

One problem with junk foods is that they're low in satiation value. Another problem is that junk food tends to 4\_\_\_\_\_\_\_PLACE other, more nutritious foods. It's the 21st century now and 'junk food' has gone 5\_\_\_\_\_\_GLOBE. We see it everywhere: in grocery and convenience stores, in fast-food restaurants and on television. Although junk food is now 6\_\_\_\_\_\_\_\_  AVAIL all over the world, people should be aware of its disadvantages and choose healthier alternatives.

**Healthy Eating.**

You may be surprised to learn that you could be bringing 1\_\_\_\_\_\_ NECESSARY stress into your life by your own eating habits. In other words, not only does prolonged stress lead to 2\_\_\_\_\_\_ HEALTHY

lifestyle patterns, but your nutrition habits also affect your ability to cope with 3\_\_\_\_\_\_\_\_\_ AVOIDABLE stress. Poor food choices can 4\_\_\_\_\_\_ CREATE more stress in the long run as well as lead to different 5\_\_\_\_\_\_\_CURABLE diseases. Why do teenagers choose junk food? The first reason for making 6\_\_\_\_\_\_\_\_\_\_ PROPER choices is convenience. Junk food often comes in ready-to-eat forms whereas healthy equivalents require substantial preparation, which is 7\_\_\_\_\_\_\_\_\_ CONVENIENT. Another reason for bad eating habits is 8\_\_\_\_\_\_\_\_\_\_\_ CORRECT food advertising. Most TV commercials are deceptive and 9\_\_\_\_\_\_\_\_\_ LEADING and cause children to pressure their parents to buy junk food. No wonder that the problem of healthy eating causes a lot of 10\_\_\_\_\_\_\_\_\_ AGREEMENT between parents and teenagers.

**Задание 2.**

**1.Прочитайте текст. Преобразуйте если необходимо слова, напечатанные заглавными буквами после пробелов так, чтобы они грамматически и лексически соответствовали содержанию текста.**

**2.Переведите текст на русский язык.**

**3. What is your personal opinion of drinking coffee?**

**Do you Drink Coffee?**

Drinking coffee is an irresistible habit for millions of people and most of them find it \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_     POSSIBLE to do without it.

Yet, doctors feel pessimistic about drinking coffee and even consider it \_\_\_\_\_\_\_HARM

Some people can drink several cups of coffee with few side effects. Oth­er individuals may be so \_\_\_\_\_\_\_\_\_\_ SENSE that even a small amount of coffee makes them uncomfortable.

They may become impatient and notice some nervousness, headaches, and \_\_\_\_\_\_\_\_\_  ABLE to concentrate.

It is believed that coffee makes people more \_\_\_\_\_\_\_\_\_. ENERGY That is why people usually drink coffee in the morning.

However, there are people who \_\_\_\_\_\_\_\_\_\_ACTUAL  feel sleepy after a cup of coffee.

**Задание 3.**

**1.Прочитайте текст. Преобразуйте если необходимо слова, напечатанные заглавными буквами после пробелов так, чтобы они грамматически и лексически соответствовали содержанию текста.**

**2.Переведите текст на русский язык.**

**3. Расскажите об экстремальных видах спорта.**

**Extreme Sports**

There are thousands of reasons why people go in for sport and the most common of them are money,1\_\_\_\_\_\_ POPULAR and fitness.

Another reason is a desire to get an adrenaline rush because some sports may be really 2\_\_\_\_\_\_ DANGER.

Young people, 3\_\_\_\_\_\_\_ SPECIAL teenagers, go to extremes because they are bored with the traditional way of life. So extreme sports have become part of youth’s culture. Teens from all parts of the world practise extreme sports even though these activities are often 4\_\_\_\_\_\_\_\_    SAFE and any mistake could result in an injury or even death.

Certain versions of extreme sports require proper training, while others can be performed without 5\_\_\_\_\_\_\_\_ PROFESSION

guidance. While the trend continues, you can expect to see a greater 6\_\_\_\_\_\_ VARY of extreme sports available. You may even invent an extreme sport of your own.

**Задание 4.**

**1.Прочитайте текст. Преобразуйте если необходимо слова, напечатанные заглавными буквами после пробелов так, чтобы они грамматически и лексически соответствовали содержанию текста.**

**2.Переведите текст на русский язык.**

**3. Перечислите советы, данные в тексте по здоровому образу жизни и добавьте 3 своих совета.**

To be healthy we should avoid different bad habits that can affect our health. It's common knowledge that smoking and drinking can shorten our lives 1\_\_\_\_\_\_DRAMATIC. Smoking, for instance, can lead to serious lung diseases. 2\_\_\_\_\_\_\_\_LUCKY in recent years smoking has been banned in most public places and people smoke 3\_\_\_\_\_\_\_\_LITTLE nowadays. There are other dangerous habits such as eating unhealthy food or even overeating. If you eat too much, you can 4\_\_\_\_\_\_EASY become obese. 5\_\_\_\_\_\_VIRTUAL being fat can cause real problems. It is harder for fat people to get a good job, or even to make friends. If you want to do 6\_\_\_\_\_\_GOOD, you must be thin. In recent years people are encouraged to eat 7\_\_\_\_\_HEALTHY and to lose weight. That is why manufacturers are 8\_\_\_\_\_\_\_ INCREASING producing special foods with fewer calories for slimmers. 9\_\_\_\_\_\_\_\_PERSONAL I believe that regular meals, a healthy diet and going in for sports are 10\_\_\_\_\_\_REAL a good way to live.

**Задание 5.**

**1.Прочитайте текст. Преобразуйте если необходимо слова, напечатанные заглавными буквами после пробелов так, чтобы они грамматически соответствовали содержанию текста.**

**2.Переведите текст на русский язык.**

**3. Расскажите о спортсмене.**

**Cristiano Ronaldo, the world’s Best Football Player.**

Portuguese footballer Cristiano Ronaldo is a special man. What makes Ronaldo special is that he is football great who 1\_\_\_\_\_\_\_\_ DOMINATE the soccer world today. Only last Sunday, Ronaldo became the 2\_\_\_\_\_\_\_\_ ONE Premier League player to be named the FIFA World Player of the Year.

Ronaldo 3\_\_\_\_\_\_\_ HAND a golden trophy and he expressed his joy, speaking to the audience.

‘This is a special moment in my life. I 4\_\_\_\_\_\_\_ even NOT THINK

about winning this award,’ said Ronaldo.

However, it 5\_\_\_\_\_\_\_ SEEM that football players can demonstrate much more experience at controlling a game on the pitch than a powerful car on the road. Ten days ago, Ronaldo ruined his Ferrari in a tunnel near Manchester Airport while he 6\_\_\_\_\_ HAVE

a race with Van der Sar.According to The Guardian, Ronaldo 7\_\_\_\_\_\_\_ OWN his Ferrari for just two days before the accident.

**Задание 5.**

**1.Прочитайте текст. Преобразуйте если необходимо слова, напечатанные заглавными буквами после пробелов так, чтобы они грамматически соответствовали содержанию текста.**

**2.Переведите текст на русский язык.**

**3. What is National Health Service**

**The National Health Service in GB**

The NHS (the National Health Service) in GB 1\_\_\_\_\_\_\_\_ ORGANIZE centrally and medical insurance is compulsory.

There are a number of private medical insurance schemes in the country. These days such schemes 2\_\_\_\_\_\_\_\_\_\_ BECOME increasingly popular as being more convenient.

The modern 3\_\_\_\_\_\_\_ DIFFICULTY of the NHS are the same as those faced by equivalent systems in other countries.

The number of old people needing medical care 4\_\_\_\_\_\_\_\_ GROW dramatically since 1998.But the country spends 5\_\_\_\_\_\_\_\_ LITTLE money per person on health care than any other country in the western world.

One possible reason for this is the way that GPs 5\_\_\_\_\_\_\_\_\_\_\_ PAY.

The money which they get from the government 6\_\_\_\_\_\_\_ NOT DEPEND on the number of consultations they perform, it depends on the number of registered patients.

**Задание 6.**

**1.Прочитайте текст. Преобразуйте если необходимо слова, напечатанные заглавными буквами после пробелов так, чтобы они грамматически соответствовали содержанию текста.**

**2.Переведите текст на русский язык.**

**3. Why is mountain biking so popular in recent years?**

**Mountain Biking**

In the past people 1 \_\_\_\_\_\_\_ ENJOY watching TV or reading in their free time. Nowadays people are more interested in 2\_\_\_\_\_\_\_ DO activities which take them out of their homes.

That's why mountain biking 3\_\_\_\_\_\_\_\_\_ BECOME a very popular sport in recent years. It is one of the most rewarding ways to explore the countryside.

Cyclists must pay attention to the type of path they are on. Some paths 4\_\_\_\_\_\_\_  DESIGN for people who are on foot. So if you cycle along these paths, you 5\_\_\_\_\_\_\_CAUSE inconvenience to walkers. On any other path, you should still re­spect walkers.

Another thing which everyone 6 \_\_\_\_\_\_\_ ASK to do is closing gates behind you, so that farm animals cannot escape.

If the weather is fine, you will enjoy a wonderful day out, especially if you 7\_\_\_\_\_\_\_\_ NOT FORGET to take some food and drinks with you.

**Задание 6.**

**1.Прочитайте текст. Преобразуйте если необходимо слова, напечатанные заглавными буквами после пробелов так, чтобы они грамматически соответствовали содержанию текста.**

**2.Переведите текст на русский язык.**

**3. Why is smoking harmful?**

**Cigarette Warning Labels – Do They Work?**

Warning labels 1 \_\_\_\_\_\_\_ ADOPT  in the late 1960’s with a minor note saying ‘Smoking can be hazardous to health’. It was only the 1970’s that confirmed: smoking could kill.

Smoking is a habit that people are not ready to quit even when they are dying. This is because cigarette smoking leads to a rapid addiction for nicotine and is even 2\_\_\_\_\_\_\_ ADDICTIVE than alcohol.

A person who 3 \_\_\_\_\_\_ JUST  to smoke knows that he is entering a dark road. So, if his 4 \_\_\_\_\_\_START experience is not good he may read the warning label on the cigarette box and decide to not smoke again. However, if smoking is a habit, a smoker  5\_\_\_\_\_\_\_ NOT CARE about the side effects of smoking.

Although he knows that smoking is injurious, he thinks that it 6\_\_\_\_\_\_\_ NOT HARM  him very soon. So he ignores the warning labels and continues smoking. As a rule heavy smokers don’t really care about themselves, because if they 6\_\_\_\_\_\_ DO, they would not be smoking in the first place.

**Задание 7.**

**1.Прочитайте текст. Преобразуйте если необходимо слова, напечатанные заглавными буквами после пробелов так, чтобы они грамматически соответствовали содержанию текста.**

**2.Переведите текст на русский язык.**

**3. Расскажите об истории создания бассейнов.**

**Swimming Pools**

The first heated swimming pool 1\_\_\_\_\_\_\_ CONSTRUCT by Gaius Maecenas of Rome in the first century BC. Swimming pools became popular in Britain in the beginning of the 19th century. By 1837, London authorities 2\_\_\_\_\_\_ BUILD  six indoor pools with diving boards.

The 3\_\_\_\_\_\_ OLD surviving swimming club in the world is the Arlington Baths Club in Glasgow. It is still an active club and continues to own its original Victorian building with a large pool. After the start of modem Olympic Games in 1896, the popularity of swimming pools 4\_\_\_\_\_\_\_ TAKE off. Nowadays there are lots of different swimming pools, both public and private. Most 5\_\_\_\_\_\_ CHILD  enjoy swimming and swimming pools with their wave-making machines, water slides and tropical vegetation are something unique for them.

If they could, kids 6\_\_\_\_\_\_ CHOOSE to spend their entire summer in the swimming pool.

However, not everyone 7\_\_\_\_\_\_ HAVE their own backyard pool.

**Задание 8.**

**Пассивный или активный залог? Прочитайте**

**текст радиопередачи о системе социального благополучия в Америке и употребите правильную форму глагола в скобках.**

**The public welfare system in America**

Hello and welcome to US Radio Online! Our today’s programme is devoted to public welfare system.

We can say that the majority of Americans — about 85 percent — are neither wealthy nor poor. They (1) (belong) to the broad economic category considered to be ‘middle class’. But they (2) (trouble) by the fact that poverty (3) (exist) in their land. Our country (4) (know) for its wealth, its abundance of food and its opportunity for everybody to have a good life.

The goal is to operate a free enterprise economy in which everyone who (5) (want) to work can find it.

Despite that goal, there is always a percentage of people who want to work but who cannot find employment for which they (6) (suit).

In recent years, the official figure for unemployment (7) (average) between five and seven percent. The public welfare system in the USA is so large that in the early and mid-1980s nearly one half of all money spent by the federal government (8) (be) for ‘social payments’ — money used to help people.

The percentage (9) (double) since the 1960s, when only about 25 percent of the money spent by the federal government (10) (support) these welfare needs.

In addition to federal programs, there are programs in each of the 50 states which (11) (design) to help people in need. Some people  believe that increased direct expenditure by the federal government is the best means to eliminate poverty. Others say the welfare system (12) (not reward) individual initiative — it (13) (encourage) people to stay unemployed and spend rather than save money.

All of the studies and the arguments about poverty and public welfare programs show that Americans (14) (concern) about the problem that (15) (not solve) yet.

Ответы Belong// are troubled//exists//is known//wants//are suited//has averaged//was// has doubled//supported//are designed // does not reward//encourages//are concerned//has not been solved

Конец формы