

## Практическое занятие №24 Питание и здоровье человека

### Грамматика: Past Simple (правильные глаголы)

#### *Get ready!*

**Ex.1** Before you read the text, look at the picture and answer the questions.

- 1 What products belong to a healthy diet?
- 2 What products belong to an unhealthy diet?



#### *Reading*

**Ex.2** Read and translate the text.

##### **Types of diets**

There are many different types of diets. Some, like a vegetarian diet, don't include meats. Others, like the Mediterranean diet, describe a traditional way of eating of a specific region. And there are diets for people with certain health problems, such as diabetes.

Many people follow specific diets to lose weight. Some of these diets are fad or crash diets that severely restrict calories or the types of food you are allowed to eat. These diets rarely lead to permanent weight loss and often don't provide all of the nutrients your body needs. To lose weight, you need to use more calories than you eat. Portion control is the key. When trying to lose weight, you can still eat your favorite foods as long as you pay attention to the total number of calories that you eat.

#### *Vocabulary*

**Ex.3** Find English equivalents from the text.

- 1 вегетарианская диета
- 2 средиземноморская диета
- 3 похудеть
- 4 питательные вещества
- 5 обращать внимание
- 6 общее количество калорий

#### *Speaking*

**Ex.4** Describe the photo and answer the questions.



- 1 Is the food the people are eating healthy? Why?
- 2 What problems may they face in the future if they go on eating like this?
- 3 Why are fast food restaurants so popular?
- 4 What should people eat to be healthy?
- 5 How often do you have take-away fast food or go to fast food restaurants?

**Ex. 5 Describe the photos and answer the questions.**



- 1 How do the lifestyles and eating habits of these women differ?
- 2 What eating disorders may each of them suffer from?
- 3 Which of them is healthier? Why?
- 4 Why do so many people now give up meat and become vegetarians?
- 5 Do you think your everyday diet is healthy? Explain
- 6 What should people do if they want to lose weight?
- 7 Have you ever been on a diet? Describe it.

## Writing

**Ex. 6 Read a letter from Den and answer him.**

Dear boys and girls,

Hello! I'm Den. My surname is Ross. I'm from London. I'm 11. I'm a student at a secondary school.

I would like to have a pen-friend from Russia. We can tell each other about our countries and traditions.

My hobby is cooking and eating ice-cream. I would like to tell you about the English meals.

The English have four meals a day: breakfast, lunch, tea (at 5 o'clock) and dinner or supper. In England lunch time is between 12 or 2, dinner or supper time is between 7 or 10.

The English like porridge. They usually eat it for breakfast. They don't eat too much bread.

As for me, I have breakfast at 7 o'clock. I have breakfast at home. For breakfast I usually have porridge, some sausage, toasts and coffee with milk. I like sausage. But I don't like black coffee. I would like to eat pizza for breakfast. Pizza is my favorite food. I'm a good eater. By the way I enjoy chocolate and sweets. I'm a sweet tooth.

What about you? Please write soon and tell me about yourselves.

Best wishes.

Den.

A large, stylized orange scroll with a decorative border and a small circular element at the top right. It contains several horizontal lines for writing.

