

Практическое занятие №26 Спорт в жизни человека

Грамматика: Present Perfect

Glossary:

to avoid – избегать
to affect - влиять
taking drugs –принимать наркотики
to cause – стать причиной
to employ – принимать на работу
dangerous – опасный
skipping meals – пропуск времени еды

irregular sleeping – нерегулярный сон
obesity - ожирение
lack of activity – недостаток активности
sedentary way of life – сидячий образ жизни
exhausted - истощённый

1. Прочитайте и переведите текст, используя глоссарий.

To be healthy we should avoid different bad habits that can affect our health. Smoking and drinking too much alcohol, and taking drugs are the worst ones. It's common knowledge that smoking and drinking can shorten our lives dramatically. Drugs cause death. Smoking, for example, causes a number of heart and lung diseases, such as pneumonia and cancer. Besides, it makes your teeth yellow and skin unhealthy. Some companies don't employ people who are smokers. Smoking has been banned in most public places.

Smoking and drinking are joined by less dangerous habits, such as skipping meals, eating unhealthy food, or even overeating, physical inactivity, irregular sleeping. Of course, they are not quite as deadly as smoking, drinking alcohol or taking drugs, but they also affect our health.

If we eat too much, we'll become obese, and obesity leads to serious health problems. A lot of people like drinking coca cola and coffee, and enjoy pizzas and hamburgers. But what is tasty is not always healthy. Fast food makes you fat, that's why Americans are the fattest people in the world.

One of the biggest problems in the world today is lack of activity. People have a sedentary way of life. That problem is caused by computerizing our lives. Computers take most part of our life.

Irregular sleeping hours also cause problems with health. Many people spend hours working and studying. As a result of overworking they become exhausted and weak.

These bad habits influence badly on our health. We must know that nobody but we can take care about our health.

2. Составьте предложения из обеих частей о влиянии вредных привычек.

1. Smoking
2. Drinking alcohol
3. Taking drugs
4. If people smoke
5. Some teenagers look pale and tired because ...

- a. causes slow reactions and loss of memory.
- b. makes our teeth yellow and our hair, clothes smell.
- c. affects the whole family and the people around you.
- d. they have problems with their hair and skin.
- e. causes a cough and headache.
- f. makes your brain centres sleep and affects your social controls.
- g. they don't get enough vitamins and minerals.
- h. makes our speech unclear.

3. Разделите привычки в 2 колонки (bad and good).

healthy diet, do sports, eating sweets, drinking alcohol, obesity, snacking, eating breakfast, smoking, taking drugs, skipping breakfast, exercising, physical inactivity, sleeping too much or too little, regular meals, eating fruit and vegetables, sleeping 7 or 8 hours, eating low fat food, getting up early

Good habits	Bad habits

4. Отгадайте слово.

- It is a dangerous disease. (6 letters)
- You should reduce it to be healthy. (6 letters)
- They are very useful for your health. (8 letters)
- People use it when they wash their hair. (7 letters)
- It is one of the modern bad habits. (7 letters)
- You use it when you clean your teeth. (10 letters)