

DIET

Task 1. DIET. Choose the right answer.

1. Overweight people have to avoid exercises.
a) an affectation b) a disposition c) an inclination d). a tendency
2. You should take more exercise if you want to keep
a) fat b) fine c) fit d) fresh
3. The doctor told her that she would be well-advised to some weight.
a) leave b) light c) lose d) sell
4. After her diet, she looked very and healthy.
a) hungry b) skinny c) slim d) thin
5. Very fat men sometimes have a at the back of the neck.
a) double chin b) roll of fat c) spare tyre d) ton of flesh
6. The doctor advised my mother to keep a watch on her weight.
a) near b) severe c) strict d) tight
7. It's important to keep your body in good
a) contour b) figure c) form d) shape
8. You shouldn't eat so much chocolate meals.
a) between b) else c) except d) through
9. She has put a lot of weight since last year.
a) down b) in c) off d) on
10. She remained depressingly fat all her efforts to slim.
a) against b) although c) contrary d) despite

Task 2. DIET. Fill in the blanks with the words below. You may use each word only once.

activity lean products children nursing rapidly
dietary nutrients tissue energy people
well-balanced include person

Special Diets

Certain groups of , such as young children or older people, have special needs. Because grow , they need food not only to replace worn-out tissues and provide , but also to build new

A child's diet should milk and milk , eggs, meat, poultry, fish, fruits, vegetables, and cereals.

A diet is important to the older as it is to the child. Older people need as many as young adults. But if their is reduced, they will need fewer calories. Expectant or mothers and babies also need special

Task 3. DIET. Choose the correct answer.

1. There's an old saying, "it's the double gins that cause the".
a) crossed eyes b) double chins c) flat feet d) knock knees
2. Exercise tends to the effects of old age.
a) offset b) run down c) set back d) waylay
3. A diet high in carbohydrates contains little of the material needed to build up tissue.
a) calorific b) digestible c) nourishing d) sustaining
4. He will have to go on a diet because he is worried that he is
a) buxom b) chubby c) robust d) strong

5. I think you'll find that the inconvenience of the diet is by the benefits.

- a) outranked b) outweighed c) overbalanced d) overthrown

6. When there is excessive obesity patients are sometimes put on a diet which enables them to lose weight extremely quickly.

- a) balanced b) crash c) light d) slim

7. your food will give you indigestion.

- a) Bolting b) Cramming c) Gorging d) Munching

8. When dieting, eat only to satisfy your hunger , not to gratify your desire to eat.

- a) aches b) pangs c) spasms d) twinges