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. If 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

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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

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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 arc 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

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