

### Прослушайте.

Заполните пропуски подходящими словами из рамки.

<b>Grapefruit, green tea, garlic, milk, herbs, onion, carrot, bananas</b>
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- 1) \_\_\_\_\_ helps to make your heart strong.
- 2) \_\_\_\_\_ protects your teeth.
- 3) \_\_\_\_\_ is good for your nerves.
- 4) \_\_\_\_\_ makes your bones strong.
- 5) \_\_\_\_\_ are good for your muscles and skin.
- 6) \_\_\_\_\_ is good for your eyes.
- 7) Eating only one type of food, such as \_\_\_\_\_, helps to lose weight.
- 8) Some \_\_\_\_\_ can help to lose weight but stay strong and flexible without diet or exercises.

### Прочитайте

You've probably heard many times how exercise is "good for you". People who exercise spend calories and look better than those who don't. In fact, exercise is one of the most important parts of keeping your body at a healthy weight. But do you know that exercising can actually help you to feel fine, too? If you feel strong, it can help you to see yourself in a better light. There are three components to a well-balanced exercise routine: aerobic exercise, strength training, and flexibility training. Try to get 30 to 60 minutes of activity every day (like walking to school). Besides teens should get more energetic activity (like playing football or skating) for three times a week. Some team sports that give you aerobic exercise are swimming, basketball, football, and hockey. But if you don't play team sports, don't worry; there are a lot of ways to get aerobic exercise on your own or with friends, for example, biking, running, swimming, dancing. Strong muscles are also a plus because they actually help to protect you when you exercise. Different types of exercise are good for different muscle groups, for example: For strong arms, try skiing. For strong legs, try running, biking, or skating. To stay flexible, to make your muscles stretch easily you need special exercises. Sports and activities for flexibility are easy to find. Many schools have gymnastics programmes. Karate, ballet, and yoga are good choices. But some teens find exercising boring. The good news is that there are a lot of different sports and activities that you can try out to see which one is better for you. Like all good things, it's possible to overdose on exercise. Exercising is a great way to get a healthy weight, but exercising too much to lose weight isn't healthy. It's easy to see why exercise is wise. If you exercise now, keep it up as you become an adult. One of the great things about exercise is that it's never too late to start.

**According to the text, are the statements TRUE, FALSE or NOT STATED  
(T, F, N/S)**

1. Exercising can help you to look better. \_\_\_\_\_
2. Exercising can help you to feel good \_\_\_\_\_
3. You should do aerobic exercises, strength training and flexibility training. \_\_\_\_\_
4. It is necessary to play team sports to get aerobic exercise. \_\_\_\_\_
5. To have strong muscles, train 60 minutes every day. \_\_\_\_\_
6. Skiing helps to make arms strong. \_\_\_\_\_
7. Doing karate is a good way to stay flexible. \_\_\_\_\_
8. It is difficult to choose the right type of exercise for you. \_\_\_\_\_
9. You should exercise as much as possible. \_\_\_\_\_