

Food for thought p.92 SB

(Reading and Listening practice)

Lesson vocabulary.

Прослушай слова к тексту и повтори за диктором. Список слов с переводом есть на стр. 160 в учебнике. Запиши их в словарь.

Прочитай текст Food for thought p.92 SB. Затем прослушай аудио к нему.

Task 1.

Mark the following statements **T** (true) or **F** (false).

Выбери правильный вариант. **T** (true) или **F** (false).

- 1 The brain needs the same things as the other human organs to keep working.
- 2 The body makes the neurons the brain needs with amino acids.
- 3 Amino acids can only be found in meat and dairy products.
- 4 Fatty acids are very important to the cells of the brain.
- 5 Mackerel and sardines are rich in Omega-3 and Omega-6.
- 6 Eating fruit, vegetables and nuts will protect the brain from diseases.

Task 2.

a) Match two columns

Соотнеси мышкой слова в двух столбиках

1	keep
2	have
3	make
4	improve
5	get
6	maintain
7	eat

a	older
b	a healthy body
c	working
d	an effect
e	sure
f	a variety of foods
g	your memory

b) Use the verb phrases from Task 2a to complete the sentences.

Используй получившиеся фразы из Task 2a и напечтай их в места пропусков

- 1 Always you eat a balanced diet.
- 2 Eating oily fish can and help you remember things.
- 3 Your brain will

while you're asleep.

- 4 To all your life you must eat a variety of foods.
- 5 Fruit and vegetables on the body that's always positive.
- 6 When you, it helps improve your brain function.
- 7 It's important as we to eat a diet rich in fruit and vegetables.

• Phrasal verbs (break) p. 93. (Работа со словарём).

Изучи значения фразовых глаголов на стр. 93 в учебнике. Запиши их в словарь.
Дополни пропуски подходящим по смыслу предлогом.

Phrasal verbs

- **break down** = 1) to decompose, 2) to lose control of feelings
- **break into** = to enter by force
- **break out of** = to escape from
- **break up** = to stop for holidays (of schools, etc)

- 1 The farmer's sheep broke of the pen.
- 2 Your stomach breaks food into sugar, proteins and fats.
- 3 The criminals broke the café and stole all the money.
- 4 When school breaks, we all go on our summer holidays.