

Healthy eating

Task 1. Choose the suitable title for each paragraph

- A. cut down on salt
- B. dangers of saturated fat
- C. five-a-day
- D. drink a lot of water
- E. cut down on sugar

1.

People who eat a lot of fruit and vegetables are less likely to have heart problems. You should eat at least five portions of fruit and vegetables a day. One portion is e.g. a banana, an apple, one slice of melon or pineapple or two plums. Remember that potatoes are not included on that list.

2.

Eating too much salt can raise your blood pressure. And people with high blood pressure are three times more likely to develop heart disease or have a **stroke** (сердечный приступ) than people with normal blood pressure. Three-quarters (75%) of the salt we eat is already in the food we buy, such as breakfast cereals, soups, sauces and ready meals. So you could easily be eating too much salt without realizing it.

3.

Having too much saturated fat can cause heart disease. Products that contain large amounts of **saturated fats** (насыщенные жиры) are meat pies, cheese, butter, lard, cream, cakes. You should replace butter with vegetable oils, which don't contain saturated fat.

4.

Having sugary foods and drinks too often can cause tooth **decay** (гниение). Cutting down on sugar will help you control your weight. Sugar is added to many types of food e.g. fizzy drinks, juices, sweets, biscuits, cakes, ice cream

5.

We should be drinking about 6 to 8 glasses of water every day and even more when the weather is warm. Don't drink too much coffee or tea as they can dehydrate you.

Task 2. True or False?

1. Eating vegetables and fruit is good for your heart. 
2. One melon is a portion of fruit. 
3. Potatoes can be eaten as part of your five-a-day. 
4. Eating much salt increases blood pressure. 
5. High blood pressure doesn't cause you any harm. 
6. There is a lot of salt in the food we buy. 
7. Eating saturated fats causes heart problems. 
8. There is a lot of saturated fat in vegetable oils. 
9. Sugary food is good for your teeth. 
10. You should drink a lot of water to stay healthy. 

Task 3. Grammar revision: Future Simple tense. Rewrite the sentences.

1. James will read tomorrow.

(-) _____

2. He will go skiing next winter.

(?) _____

3. Blake will work next Saturday.

(-) _____

4. We will visit our relatives next month.

(?) _____

5. He will go to London in two days.

(-) _____

6. Polly will go to the beach next week.

(?) _____

7. He will drive his car in two days.

(-) _____

8. They will drink milk tomorrow.

(?) _____

9. The children will go to school next autumn.

(-) _____

10. They will buy the table tomorrow.

(?) _____