

Starlight 10 Unit 2.3-2.4

Translate into English the following word combinations

- 1 сердечное заболевание
- 2 польза для здоровья
- 3 оставаться активным
- 4 предотвратить заболевания
- 5 сахаросодержащие напитки
- 6 угрожающий жизни
- 7 долгожительство
- 8 сжигать калории
- 9 наслаждаться (смаковать) едой
- 10 увеличить продолжительность жизни

Choose the correct word

Side dish wholemeal Sprinkle drain blend simmer icing
carbohydrates rare gut tissue dried soak

- 1 _____ the fish with lemon juice and herbs.
- 2 It can take 72 hours for food to pass through the _____.
- 3 The diets were reformulated to include more vitamins, minerals, and _____
- 4 As a _____, serve plain white rice.
- 5 Dust with _____ sugar and cinnamon and serve at once
- 6 Bring the soup to the boil and allow it to _____ gently for about half an hour.
- 7 Finding healthy _____ for experimentation's harder than you might imagine
- 8 I like my steak _____.
- 9 Dinner or supper consists of three courses; soup, a savoury snack with _____ bread
- 10 Can you _____ the spaghetti, please

11 _____ herbs are convenient but I think fresh ones have more flavour.

12 Put the bottle in soapy water to _____ the label off.

Choose the correct option. Write a letter of the correct answer in the gap

1 If a doctor _____ you, they look at your body to check that you are healthy .

a) tests b) checks c) examines d) controls

2 You will be paid overtime in _____ to your regular salary.

a) addition b) additive c) supplement d) extra

3 Manning hoped to _____ valuable knowledge of art working as an assistant.

a) manage b) acquire c) succeed d) achieve

4 The Ferrari team wanted to _____ their new car out on the racetrack.

a) tests b) checks c) examines d) controls

5 Our cakes are free from artificial _____.

a) additions b) additives c) supplements d) extras

6 They were arrested for making _____ banknotes.

a) artificial b) counterfeit c) fake d) false

7 I'm worried about washing that shirt in case it _____.

a) shrinks b) reduces c) shortens d) weakens

8 Very few people _____ in losing weight and keeping it off.

a) manage b) acquire c) succeed d) achieve

9 Oils are _____ from the plants.

a) removed b) deleted c) extracted d) taken out

10 Nearly a third of adults in the UK have _____ teeth.

a) artificial b) counterfeit c) fake d) false

11 She _____ me like one of the family.

a) treats b) behaves c) uses d) operates

12 Several problems have _____ recently over questions of pay.

A) risen b) arisen c) raised d) grown up

13 At seventy-two my grandfather was _____ and strong and I expected him to live forever.

a) bony b) skinny c) lean d) thin

14 Purchases may be returned if you show your _____.

a) recipe b) receipt c) prescription d) instruction

15 We need to _____ the amount of salt in our diet.

a) shrink b) reduce c) shorten d) weaken