

ПРОЧИТАЙТЕ ТЕКСТ И ВЫПОЛНИТЕ ЗАДАНИЯ К НЕМУ (42018)

§ 1. Once upon a time, eating was simple. You plucked food from trees or hunted it in the wild. You ate when you were hungry and stopped when you were full. Now, due to improved efficiency in food production, food comes in boxes and cans, with complicated labels and misleading names. Not surprisingly, the kinds of people who consider themselves healthy eaters have multiplied as well. There are vegetarians who **abstain from** animal protein but eat few vegetables, and snackers who nibble non-stop to keep their energy up. With the help of food and nutrition expert Dr Elaine Turner, we look at three people's diets and offer some easy, practical suggestions to help them get the most out of their meals.

§ 2. First up is Diana, 19, a university student who wants to get her weight off. She's on a low-fat diet and most of what she eats consists of non-fat food like pasta, cereal bars and fat-free crisps. Because she never feels full, she's constantly eating — and consuming far more calories than she needs. 'Some fats are **beneficial**, like nuts and olive oil, and staples like pasta contain lots of calories,' says Dr Turner. 'Diana should add more fat and protein early in the day. A good breakfast of scrambled eggs and mushrooms will mean that she eats less during the rest of the day. She should also use olive oil as a salad dressing.'

§ 3. Our second subject is Gos, 16. He has chosen to be a vegetarian because of his concern for animal rights. Gos survives on cheese pizza, pasta, and sweets. 'We've got nothing against a meatless diet, as long as it's approached properly,' Dr Turner says. She advises Gos to fill his plate with food in a variety of colours, a quick and simple way to ensure that you get your daily requirement of important vitamins and other healthy substances.

§ 4. Finally, there's the snacker, Lisa, 18. She likes to think that she has a fairly healthy diet and always has quite small meals. Dr Turner agrees that long-term health is important, but what some people don't realise is that they pick all day at nominally healthy food and end up eating twice as much as they should. Lisa might be slim now, but all those mini-meals will eventually add pounds without boosting energy levels. 'The philosophy behind snacking is that you eat several small meals instead of three big ones,' Turner says, 'but it doesn't mean that you can just eat throughout the day. There's really nothing better than a sensible, well-balanced diet that gives your body exactly what it needs.'

Выберите один из предложенных вариантов ответа в соответствии с содержанием приведенного выше текста.

A. The writer says that food today

- 1) is produced using artificial methods.
- 2) is worse quality than in the past.
- 3) comes in confusing packaging.

B. The problem with Diana's diet is that she

- 1) doesn't get the energy she needs.
- 2) forgets to eat in the morning.
- 3) needs to eat the right kind of fat.

C. What does Dr Turner suggest Gos should do?

- 1) eat a broader range of food
- 2) eat larger portions of food
- 3) stop eating cheese

D. Dr Turner believes that Lisa's diet will lead to her

- 1) having more energy.
- 2) gaining weight.
- 3) spending more money on food

Определите значение указанного слова в тексте.

A. abstain from (§ 1)

- 1) give up 2) give away 3) take up

B. beneficial (§ 2)

- 1) expensive 2) useful 3) delicious

ПРОЧИТАЙТЕ ТЕКСТЫ (1—4). ОТВЕЬТЕ НА ВОПРОСЫ НИЖЕ. В ОКОШКЕ НАПИШИТЕ ЦИФРУ, СООТВЕТСТВУЮЩУЮ НОМЕРУ ТЕКСТА, ОТВЕЧАЮЩЕГО НА ВОПРОС.

Four people tell us how they've found success living and working in exotic locations.

1. Emma

While I enjoyed my job at a busy surgery in Oxford, checking people's blood pressure wasn't really stretching me enough, so I applied for and got a job with the Flying Doctor service in Australia. We doctors are dropped off by plane at remote houses in the bush, which we use as clinics. Common problems we have to treat are injuries after falls from horses, farm accidents, snake bites, as well as road accidents in the middle of nowhere. I wanted a job which would enable me to

experience extraordinary places and people, and this job certainly does that.

2. Heather

I've had the travel bug (*тяга*) ever since I was very young. As soon as I left university, I got myself an administrative job and saved up enough money to go backpacking to New Zealand. When I got back, I started job-hunting so that I could save money for another big trip, which is when I came across an advert for a job with a publisher of travel guides. When I was offered the job and sent to South Africa to write a blog, I could have burst with excitement. The best part of my job is being able to take time off to go travelling for a couple of months.

I can't think of any job I'd rather be doing.

3. Annie

I was on a business trip to Buenos Aires for a couple of weeks when I met an Italian who became the love of my life. Since I was freelance and he was a TV producer in Argentina it made sense that I would be the one to move. Despite this, the decision was agonising as I was building a career as a newspaper correspondent and all my contacts were in London. There was also the issue of leaving my family, friends and home but I knew if I didn't give it a try I'd regret it forever. Fede took time off to help me settle in, but then I began to realise the enormity of what I'd done. Because I didn't speak Spanish very well, I felt frustrated and stupid but four months on I don't regret a thing.

4. Phil

As an engineer, I happily accepted an invitation to build a scientific research centre in Antarctica. Everything is different here, and we have only the basic requirements for human survival. From the moment you arrive you are faced with danger, whether it is landing in a plane on an ice runway or travelling across sea ice. However, seeing giant icebergs for the first time blew my mind. There are lots of surprises too, such as suffering from sunburn and the twenty-four hours of sunlight a day which makes it difficult to sleep even though you are exhausted.

Which person

- A.** wanted work to be more of a challenge?
- B.** has always had a passion to see the world?
- C.** took a while to adapt to a new way of living?
- D.** found the ideal job by accident?
- E.** discovered unexpected things about the place?
- F.** sacrificed career opportunities in order to live abroad?