



Rainbow of food.

Read the text on page 103 "Rainbow of food" from the Student's Book and do the tasks.

Task1. Read the text and answer the questions.

1. Why is colour important in people's lives?
2. What colours can make us feel like eating?
3. How could our ancestors understand that the fruit was ripe?
4. What colours could show our ancestors that the foods were spoiled?
5. What colour can make you lose appetite?
6. Why are restaurants often painted in warm colours?
7. In what ways can the blue colour be used to lose weight?
8. Why people couldn't recognise the flavours they tasted.
9. What food colour helps us to stay young?
10. What food colour is very important for good eyesight?

Task2. Translate into English using the expressions from the text.

1. цвет влияет на наше здоровье
2. заставить сердце биться быстрее
3. когда плоды созрели
4. потерять аппетит
5. ядовитые продукты
6. применять с пользой
7. самый неаппетитный цвет
8. цветные напитки
9. питательные вещества и витамины

Task3. Make up your own sentences with these expressions.

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Task4. Match the marked words from the text with their definitions, One word is extra.

attract, genetic, poisonous, reaction, age, easily, amazingly

- 1) a substance that can cause harm or death
- 2) to become older
- 3) to do something without working hard or trouble
- 4) an action or phenomenon that is difficult to believe
- 5) to make somebody or something want to come closer
- 6) affected or connected with the molecular code in all living things