

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 <input type="checkbox"/> | keep     | a | older              |
| 2 <input type="checkbox"/> | have     | b | a healthy body     |
| 3 <input type="checkbox"/> | make     | c | working            |
| 4 <input type="checkbox"/> | improve  | d | an effect          |
| 5 <input type="checkbox"/> | get      | e | sure               |
| 6 <input type="checkbox"/> | maintain | f | a variety of foods |
| 7 <input type="checkbox"/> | eat      | g | your memory        |

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

Используй получившиеся фразы из Task 2a и напечатай 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.