FOODS AND THEIR CONSTITUENTS

3.1. Vocabulary

Ex. 1. *Solve the rebus. Translate the words into Russian.*
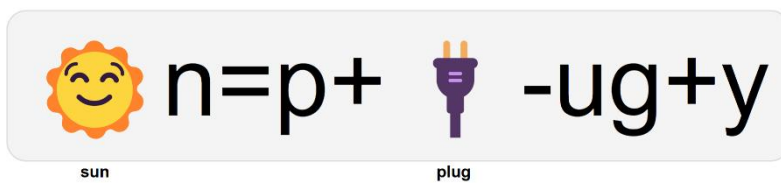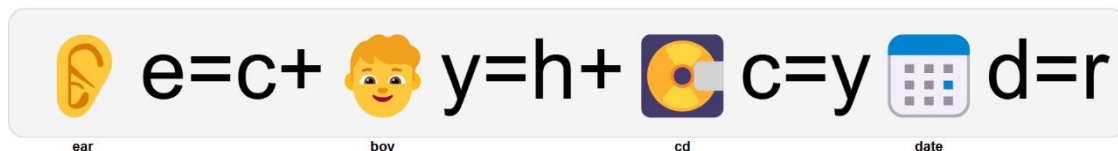

hat   h=f

1.

man   n=k+e   up

2.

rice   e=h

3.

door   d=p

4.

sun   n=p+ plug -ug+y

5.

🦻 e=c+ 👱 y=h+ 💿 c=y 📅 d=r

ear   boy   cd   date
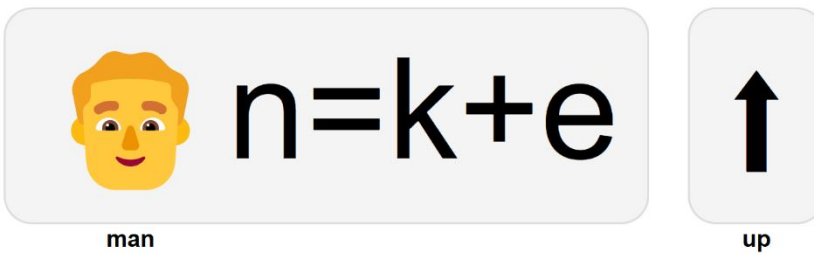
6.

Ex. 2. *Complete the sentences with the given words.*

poor, rich, carbohydrates, make up, supply

This bread has a lot of _____(1), which provide energy.

Avocados _____(2) healthy fats that are good for your heart.

Farmers _____(3) the market with fresh vegetables every week.

I avoid buying food from places that use _____(4)-quality ingredients.

Nuts are _____(5) in protein and healthy fats for your body.

3.2. Reading

Ex. 1. *Read the text.*

Foods are very important in our daily lives because they supply our bodies with the nutrients we need to stay healthy. Different foods have different nutrients. For example, fruits and vegetables are often rich in vitamins and minerals, which help our bodies function properly.

Carbohydrates are found in foods like bread, rice, and pasta. They give us energy and are a big part of many diets. Some foods are rich in carbohydrates, while others are poor in them. It's good to eat a mix of both to keep your energy levels balanced.

Fats are another type of nutrient. Foods like butter, cheese, and oils are rich in fats. Even though fats are important, eating too much can be bad for you. It's all about balance.

Proteins, which make up things like meat, beans, and nuts, are also essential. They help build muscles and keep tissues healthy.

By choosing a variety of foods, you can ensure that your body gets all the nutrients it needs. So remember, balance is key when it comes to your diet!

Ex. 2. *Answer the questions.*

1. Why are foods important in our daily lives?

2. How do fruits and vegetables contribute to our health?

3. What role do carbohydrates play in our diets?

4. Why is it important to eat a mix of foods rich and poor in carbohydrates?

5. What are fats, and why are they essential?

6. How can an imbalance in fat consumption affect our health?

7. What is the importance of proteins in our diet?

3.3. Communication

Ex. 1. *Make sentences using the following words.*

1. Apples/crunchy/delicious
2. Pizza/popular/cheese
3. Carrots/orange/vegetables
4. Bananas/yellow/sweet
5. Chicken/type/meat
6. Milk/white/liquid
7. Bread/common/flour
8. Tomatoes/red/vegetables
9. Rice/staple/cultures
10. Eggs/commonly/breakfast