




HUMAN DIET

2.1. Vocabulary

Ex. 1. Match the words with their Russian equivalents.

1. orange 	a. достаточный; достаточно
2. provide	b. действовать
3. various	c. человеческий
4. proportion	d. требовать
5. affect	e. снабжать
6. eat	f. диета
7. vary	g. организм
8. human 	h. торт
9. diet	i. апельсин; оранжевый
10. person	j. питание
11. kind	k. род
12. since	l. различный
13. illness	m. болезнь
14. enough	n. нуждаться; нужда
15. need	o. изменять(ся)
16. require	p. есть (кушать)
17. body	q. человек
18. cake 	r. пропорция; часть
19. nutrition	s. так как; поскольку; с тех пор (как)

Ex. 2. Complete the sentences using the given words.

Nutrition, kinds, juice, provide, eat, diet, Various, illnesses, proportion, cake, body, person, affect, Since, require, need, enough, Oranges

I am on a _____(1) to lose weight before summer.
A _____(2) should eat fruits and vegetables every day.
Humans need a balanced diet for good health.
The _____(3) of protein in my diet varies each day.
I love to eat _____(4) for dessert on special occasions.
We _____(5) three meals a day to stay healthy.
Eating unhealthy foods can _____(6) your health negatively.
_____(7) are a tasty fruit full of vitamin C.
Freshly squeezed orange _____(8) is delicious and healthy.
Parents should _____(9) nutritious meals for their children.
Different _____(10) of food provide various nutrients.
_____(11) fruits and vegetables have different nutritional benefits.
Eating nutritious foods can prevent _____(12).
_____(13) plays a key role in maintaining a healthy lifestyle.
_____(14) I started eating healthier, I feel more energetic.
Your _____(15) needs vitamins and minerals to function properly.
People _____(16) to eat regularly to fulfill their nutritional needs.
Fruits and vegetables _____(17) proper nutrition to grow.
Are you getting _____(18) fruits and vegetables in your diet?

2.2. Reading

Ex.1. Read the text.

Nutrition is important for every person. A healthy diet includes various foods to provide what the body needs. Oranges, for example, are good because they provide vitamins. Juice from fruits can also be healthy. However, not all foods are equally beneficial. Cake is tasty but eating it in large proportions can affect your health.

Different kinds of food are needed for different purposes. For instance, proteins, like those from meat and beans, help build muscles. Carbohydrates, like bread and grains, give us energy. Since our bodies require different nutrients, it's important to eat a balanced diet.

If we don't get enough nutrients, we might face chronic illnesses. Various studies show how nutrition can significantly affect our health and well-being. Therefore, a balanced diet is crucial to keep our bodies strong and healthy.

Ex. 2. Answer the questions.

1. Why is nutrition important for every person?
2. What are some examples of healthy foods mentioned in the text?
3. How can oranges benefit our health?
4. Why is it important to eat a balanced diet?

5. What role do proteins play in our bodies?
6. How do carbohydrates contribute to our energy levels?
7. What are the consequences of not getting enough nutrients?

2.3. Communication

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

1. People/eat/food
2. Vegetables/fruits/good
3. Meat/protein/muscles
4. Water/important/body
5. Snacks/chips/cookies
6. Breakfast/first/meal
7. Pizza/dinner/like
8. Eating/much/candy
9. People/allergic/peanuts
10. Servings/vegetables/have