

HEALTHY FOOD

14.1. Vocabulary

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

1. ban	a. распространен
2. discover	b. обнаруживать
3. vegan	c. запрещать
4. consumption	d. исключать
5. definition	e. потребление
6. prohibit	f. определение
7. restrictive	g. фермент
8. rennet	h. ограничительный
9. include	i. строгий вегетарианец
10. benefit	j. польза
11. current	k. запрещать; исключать
12. exclude	l. включать

Ex. 2. Translate the sentences from Russian into English.

1. Я открыла для себя новый рецепт полезного смузи.
2. Употребление фруктов и овощей имеет много преимуществ для вашего здоровья.
3. Можете ли вы дать мне определение веганской диеты?
4. Врач запретил мне есть слишком много сахара.
5. Потребление обработанных пищевых продуктов может быть вредным для вашего здоровья.
6. Ограничительная диета может помочь улучшить ваше общее самочувствие.
7. Сбалансированная диета включает в себя различные группы продуктов.
8. Существуют альтернативные способы приготовления сыра без использования животного сычужного фермента.

9. Моя подруга - строгая веганка, поэтому она ест только растительную пищу.

10. Правительство ввело запрет на импорт нездоровых закусок.

11. Пожалуйста, исключите из рациона любые молочные продукты, так как у меня непереносимость лактозы.

12. Распространенной тенденцией в мире здравоохранения является потребление органических продуктов.

14.2. Grammar

Ex. 1. Make the following sentences negative.

1. I will be having dinner at the restaurant at that time.

2. When you come, I will be laying the table.

3. He will be translating the 11 o'clock tomorrow.

4. My friends will be waiting for me at 7 o'clock tomorrow.

5. When I come home tomorrow, my family will be having dinner.

6. I will be working at my report from 5 till 8 tomorrow.

Ex. 2. Form Participle I and Participle II from the following verbs

To cook – готовить, ... – готовящий, ... – приготовленный.

To boil – кипятить (кипеть), ... – кипящий, ... – прокипяченный.

To fry – жарить, ... – жарящий, ... – зажаренный.

To read – читать, ... – читающий, ... – прочитанный.

To order – заказывать, ... – заказывающий, ... – заказанный.

To add – добавлять, ... – добавляющий, ... – добавленный.

To use – использовать, ... – использующий, ... – использованный.

To recommend – рекомендовать, ... – рекомендующий, ... – рекомендованный.

Ex. 3. Translate the sentences, using Participle I and Participle II.

1. Я увидел на кухне сестру, готовящую обед.
2. Суп, приготовленный сестрой утром, был холодный.
3. Положите очищенные овощи в кипящую воду.
4. Девушка, заказывающая обед, попросила принести жареную осетрину.
5. Я предпочитаю отварное мясо.
6. Готовя это блюдо, я использовал говядину.
7. Официант, обслуживающий наших гостей, очень вежлив.
8. Он сидел у окна и смотрел на играющих детей.
9. Друзья обедали, обсуждая новости дня.
10. В комнате они увидели накрытый стол.
11. Продукты, купленные женой, он положил в холодильник.
12. Делая покупки, она никогда не забывала о сладостях для детей.
13. Чтобы приготовить этот салат, вам понадобятся соленые огурцы и отварные овощи.
14. В нашей семье все любят жареный картофель.
15. Копченую и вареную колбасу я обычно покупаю в специализированном магазине.

Ex. 4. Insert the pronouns each, every, all, everything, everybody/everyone.

1. Wash ... potato carefully.
2. We go out ... Sunday's night.
3. ... looks tired today.
4. He does ... to help me.
5. ... my friends study at college.
6. She knows ...in her block of flats.

7. I spent ...the money yesterday.
8. ..student of our group takes part in this concert.
9. ..woman wants to have a family and children.
10. ..of the cups has a different design.
11. ..time I see her she has a different dress on.
12. ..likes music.

Ex. 5. Translate the sentences, paying your attention to the meaning of the pronouns one (ones).

1. To cross the street, one must wait for a green light.
2. What apples will you take? – The red ones.
3. This salad is better than the one we had yesterday.
4. Don't buy those potatoes. Buy the other ones.
5. I need one of these streets.
6. it's one of the best shops in our town.
7. These spoons are dirty. Can we have some clean ones?
8. These chocolates are nice. Would you like one?
9. One can do it easily.

14.3. Reading

Ex. 1. Read the text.

There is no definition of what a vegetarian does and does not eat. Different countries have different definitions, and some people call themselves vegetarians but eat fish. In the UK, most people think of vegetarians as people who do not eat meat or fish. Some vegetarians also exclude eggs and dairy products.

There are many reasons why one becomes a vegetarian. Some people become vegetarians because they believe that eating animals is wrong and that killing animals for food is cruel. Others become vegetarians for

health reasons. There is evidence to suggest that vegetarians have a lower risk of heart disease, high blood pressure, diabetes, and some forms of cancer than non-vegetarians, although it is not clear whether this is because of their diet or because they are more likely to exercise regularly and be a healthy weight.

Some people give up meat for religious reasons. For example, Hindus do not eat beef because they believe that cows are sacred. Many Buddhists do not eat meat either because they believe in non-violence and want to show compassion for all living things.

In the past, a vegetarian diet was unusual in many parts of the world, but today it is much more common. In the UK, about 5% of the population is vegetarian, and in India, where many people are Hindu, about 30% of the population does not eat meat. Vegetarianism is also becoming more popular in China, which is surprising because Chinese cuisine has a long tradition of serving meat.

A new study by scientists at Oxford University has discovered that eating meat could be just as bad for human health as smoking cigarettes. The research shows that people who eat a lot of meat are significantly more likely to develop conditions such as cancer, diabetes, and heart disease. The study, which followed almost two million people over several years, found that the risk of premature death increases with the amount of meat consumed. The researchers concluded that cutting meat from our diets could save 45,000 lives a year in the UK alone.

The study's findings are supported by a growing body of evidence that suggests that meat consumption is bad for human health. Many people are now choosing to follow vegetarian or vegan diets because of the potential health benefits. A vegan diet excludes all animal products, including eggs and dairy, while a vegetarian diet typically includes these foods but does not include meat or fish.

There are also environmental benefits to reducing meat consumption. The livestock industry is responsible for around 15% of global greenhouse gas emissions, more than the entire transport sector. By eating less meat, we can help reduce deforestation, water pollution, and other forms of environmental damage caused by intensive farming.

Ex. 2. Answer the questions.

1. How do different countries define vegetarianism?
2. What are some reasons people choose to become vegetarians?
3. Why do Hindus and many Buddhists not eat meat?
4. How common is vegetarianism in the UK and India?
5. What did a study by scientists at Oxford University discover about the health risks of eating meat?
6. What are some potential health benefits of following a vegetarian or vegan diet?
7. Besides personal health, what are some environmental benefits of reducing meat consumption?

14.4. Communication

Ex. 1. Make sentences using the following words:

1. benefits/eating/healthy
2. include/vegetables/meals
3. recommend/delicious/recipes
4. fast food/regular basis/health problems
5. energized/balanced/nutritious diet
6. getting/enough/nutrients
7. cutting out/sugary drinks/snacks
8. plant-based alternatives/meat/dairy products
9. listen/body/fuel
10. tips/staying on track/healthy eating