

Добрый день!

1. Изучите грамматический материал (сделайте конспект) и выполните задания 4.4, 4.5.

Наречия образа действия и наречия-усилители

* Наречия образа действия описывают действие и используются, чтобы показать, как происходит действие

*They drive **dangerously**. He speaks **fast**.*

* Наречия обычно следуют после глагола.

*He speaks English **very well**.*

• Как образуются наречия в английском языке

Прилагательные	Наречия
slow	slowly
careful	carefully
healthy	healthily
possible	possibly
Исключения	
good	well
fast	fast
hard	hard (= a lot) hardly (= very little) + Verb

- Наречия-усилители (**very, quite, really, incredibly etc.**) используются с прилагательными или другими наречиями. Они ВСЕГДА ставятся перед прилагательными или другими наречиями.

*They speak **really** slowly. She drives **incredibly** fast. The children are **very** polite.*

Выберите правильный вариант.

- 1 Can you swim 100 metres? – Yes, but only **slow / slowly**.
- 2 I prefer **healthy / healthily** food.
- 3 How are you? – Very **good / well**.

4.4 Choose the correct option.

- a. Our team played **bad / badly** and we lost the match.

- b. *Slow / slowly* drivers don't have many accidents.
- c. The teacher talks very *quiet / quietly*. – Yes, and the students aren't *quiet / quietly*, so it's difficult to hear.
- d. You're so *energetic / energetically* when you get up in the morning. How do you do it?
- e. My friend doesn't speak English very *good / well*.
- f. My sister speaks Spanish *perfect / perfectly*.
- g. I bought a *real / really* cheap jacket in the sales.
- h. Fast food is incredibly *unhealthy / unhealthily*.
- i. I'm working really *hard / hardly* to pass my exams.
- j. I don't think I should speak to Gary. I *hard / hardly* know him at all.

4.5 Complete the sentences to make them true for YOU. Use the correct form of one of the words in brackets.

- a. It's _____ for me to remember new words in English. (easy / hard)
- b. I like it when the teacher speaks English _____. (quick / slow)
- c. I think I speak English _____. (good / bad)
- d. I've got a _____ memory. (good / bad)
- e. When I have lunch or dinner, I usually eat _____. (fast / slow)
- f. I think I usually eat _____. (healthy / unhealthy)
- g. I can't concentrate when it's _____. (quiet / noisy)
- h. I'm usually quite _____. (lazy / energetic)

2. Выполните все задания к тексту 4.6, не забывайте выписывать незнакомые слова с транскрипцией и переводом.

4.6 Think and answer.

1. Do you like going for a walk? (in summer or winter / in the country or around the town?) Why / why not?
2. How often do you go for a walk?
3. Who do you like going for a walk with (your family, a friend, alone, your pet)?

Read the article and number the topics in the correct order.

- a. Why is walking better than other sports?
- b. How can you find time for walking?
- c. Who can you walk with?
- d. Why is walking good for your health?



Walking – the perfect sport?

Forget about tennis, swimming, skiing and jogging. Walking is the easiest and cheapest way to stay fit. It's free, you don't need special clothes or equipment, you don't need a trainer or a special place. Anybody can do it anytime: young people, older people, alone or in groups.

OK – perhaps it's not really a sport, but it IS the most popular physical activity and one of the best ways to stay healthy. What are the benefits? Walking is good for your heart and your legs; regular walkers say they sleep better and feel happier; and smokers say they don't smoke so much.

Maybe you don't have very much time, so here are some ideas to help you start walking:

- Walk, don't drive or take a bus, to the local shop. If you have a lot to carry, take a small backpack.
- If you have children, walk with them to and from school.
- Get off the bus a stop or two early. This will give you some extra daily exercise – and it might be cheaper, too!
- Take a walk in your lunch hour at school or work.
- Once a week take a longer walk, and go on a completely new route – this helps to keep things interesting.
- Get a dog! If you have a dog, you'll have a daily walking routine.

There are walkers' clubs all over the world. Join one or even organize one – walking is a great way to meet people and make new friends!

Read the article again and choose the ideas the article talks about.

- 1 Walking isn't expensive.
- 2 You have to wear good walking shoes.
- 3 Age isn't important.
- 4 Walking is good for sleep.
- 5 You shouldn't smoke when walking.
- 6 You should go shopping on foot.
- 7 Get up early in the morning, and do some extra exercise every day.
- 8 Take a different walk every week, so you don't get bored.
- 9 You can meet different people more easily when walking.

Match the underlined words in the text with their definitions.

- a. a way from one place to another
- b. good things

- c. an instructor
- d. with no other people
- e. a bag that you carry on your back
- f. clothes, tools, machines that you use to do something
- g. a usual or fixed way of doing things

Answer the questions:

- 1 Do you do any of the things the article recommends? What?
- 2 Do you think you can start walking on a daily basis? Why / why not?
- 3 What kind of people would you recommend to start walking and why?