

Добрый день!

Обратите внимание: на проверку поступает много работ, выполненных в формате Word с одинаковыми ошибками и опечатками, поэтому будут проверяться только фотоотчёты работ, выполненных письменно в рабочих тетрадях.

Повторите активные слова и выражения этого модуля.

Module 4 Vocabulary List

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|-------------------------------------|------------------------------|
| 1. achieve a top position | 27.forget |
| 2. air / water pollution | 28.get enough sleep |
| 3. animal / plant food | 29.go for a swim / walk |
| 4. avoid stress | 30.go to the gym |
| 5. be / stay slim // fit // healthy | 31.habit |
| 6. be in a hurry | 32.hard |
| 7. be tired | 33.hardly |
| 8. certainly | 34.have / take a nap |
| 9. clear the mind | 35.have problems with weight |
| 10.climate change | 36.indoor / outdoor game |
| 11.climb up sets of stairs | 37.jogging |
| 12.concentrate | 38.keep active |
| 13.consume calories | 39.keep mind and body young |
| 14.cope with | 40.lose the game / match |
| 15.cut down on sugar | 41.lose weight |
| 16.cut out all fun activities | 42.plan your time carefully |
| 17.do enough sport or exercise | 43.relaxation |
| 18.do regular exercise | 44. remember |
| 19.drink enough water | 45.run |
| 20.eat fruit and vegetables | 46.skiing |
| 21.eat healthily | 47.stick to |
| 22.eat too much meat / sugar | 48.swim in a pool |
| 23.energetic | 49.trainer |
| 24.equipment | 50.vitamin |
| 25.fast / healthy / unhealthy food | 51.walking |
| 26.feel tired and stressed | |

Task 1. Complete the sentences with ONE word.

- 1) If you eat healthy food, you'll be _____ .
- 2) People on Okinawa know how to be _____ even if you are old.
- 3) There are some good sports facilities in the town: a sports centre, some sports grounds and a _____.
- 4) If you do _____ thirty minutes three times a week, it'll keep your mind and body young.
- 5) I always go for a _____ at night. It helps me relax.

Task 2. Complete the sentences using WILL/WON'T/SHALL.

- 1) You _____ be late if you don't leave this moment.
- 2) Your team _____ win this game. They are not ready.
- 3) These bags are too heavy for me. – Wait, I _____ help you.
- 4) I'm going to see *Avatar* tonight. – I'm sure you _____ like it. I know you love Cameron's movies.
- 5) Don't drive to the city centre. You _____ find a parking space at this time of the day.
- 6) You don't know the area. _____ I give you a map?

Task 3. Write down five things that you believe about your future, using will/won't.

Task 4. Complete the ideas.

- a) If you clean my car, ...
- b) We'll go on a picnic if ...
- c) If you don't eat vitamins, ...
- d) If you drive too fast, ...
- e) Mum will get angry if ...

Task 5. Read the text and translate into Russian.

Food for Thought

At the start of the twentieth century, a lot of poor families in Britain ate badly. They did a lot of physical work but they only had meat once or twice a week. The basic British diet was not healthy. People had bread and tea, and there were potatoes every day. There was fresh fruit only in the summer. Oranges and bananas were luxuries and there weren't any kiwis or avocados. Because of their diet, a lot of people died young, and they were small – the average height for men was only 1.5 metres.

A hundred years later we have very different problems. In Britain, there is a lot of food, and people live a long time. But many of us eat the wrong food. In our diet there a lot of crisps, sweets, hamburgers, pizzas and fizzy drinks like cola. We also consume a lot of meat and dairy products – on average we drink two litres of milk and eat two eggs a week. But we still do not eat enough fruit or vegetables.

Moreover, people in Britain are more likely to eat fast food than go out to eat in a posh restaurant. A hamburger and French fries is the most popular fast-food meal in Britain, but not all fast food is American. Kebab houses, often run by Greek or Turkish immigrants, are also wide-spread.

People spend less time cooking now. A growing number of people eat convenience food in the evenings. Convenience meals are already cooked – all you have to do is heat them up in the microwave.

Mark the statements TRUE/FALSE/DOESN'T SAY and correct *the false statements*.

- 1) In the past people didn't have a healthy diet.
- 2) They ate a lot of fruit in the past.
- 3) Now most people in Britain eat healthily.
- 4) Milk and dairy products are bad for people's health.
- 5) Kebab doesn't come from Britain.