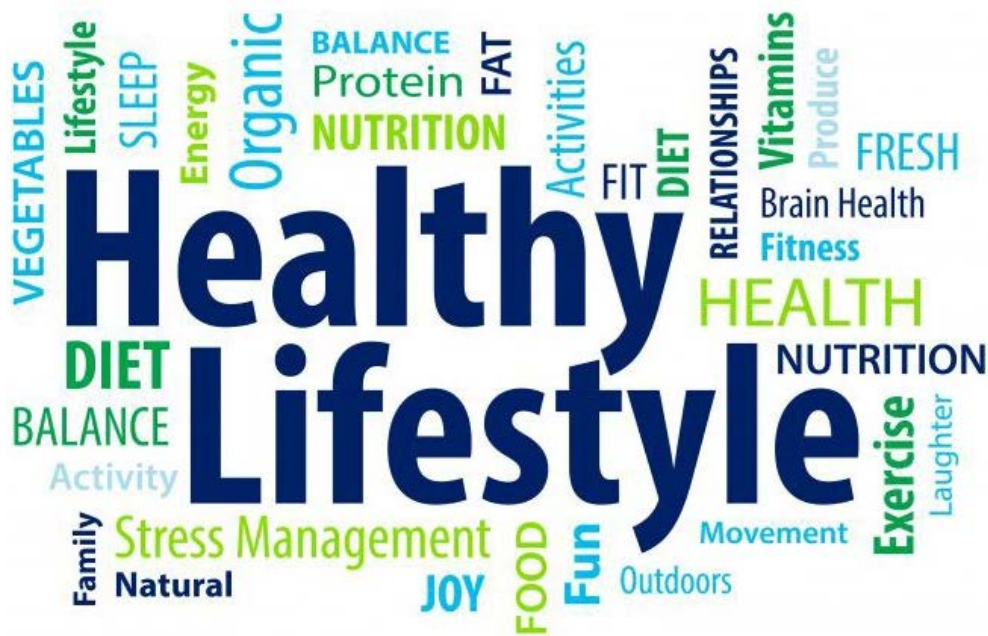


ПРАКТИЧЕСКОЕ ЗАНЯТИЕ №

Тема:

Здоровье и здоровый образ жизни



I. Ex. 1. Answer the questions:

1. Do you follow a healthy lifestyle? What do you do to be healthy?
2. Do you follow a diet regimen? What time do you usually have breakfast (lunch, dinner)?
3. Which is the main meal of the day? What do you have for it?
4. Do you regularly have lunch and dinner? Where do you have them?
5. Do you like to eat out? Why? What kind of places do you usually go to?
6. What would you choose for a snack — a chocolate cake, a musli bar, an apple or a hot dog? Why?

Ex. 2. Read the text “Do You Eat the Right Food?” Before reading:

1) learn the pronunciation of the international words:

vitamin	[ˈvɪtəˌmɪn]	lipid (= fat) (n)	[ˈlɪpɪd]
energy (n)	[ˈenədʒɪ]	protein (n)	[ˈprəʊtɪːn]
calory (n)	[ˈkæləri]	chemical (n, adj)	[ˈkɛmɪkl]
metabolism (n)	[məˈtæbəlɪzəm]	yogurt	[ˈjəʊgət], [ˈjʊgət]

2) learn the pronunciation and remember the meaning of the following words:

nutrient (n)	[ˈnjuːtrɪənt]	питательное вещество
nutrition (n)	[njuːˈtrɪʃ(ə)n]	питание
nutritional (adj)	[njuːˈtrɪʃ(ə)n(ə)l]	питательный
carbohydrate (n)	[kɑːˈbaɪdrɪt]	углевод
starch (n)	[stɑːtʃ]	крахмал
ascorbic acid	[əˈskɔːbɪk] [ˈæsɪd]	аскорбиновая кислота
poultry (n)	[ˈpɒltri]	мясо птицы
tissue (n)	[ˈtɪʃuː]	ткань (организма)
rigidity (n)	[rɪˈdʒɪdətɪ]	жесткость, твердость
adequate (adj)	[ˈædɪkwət]	соответствующий
determine (v)	[dɪˈtɜːmɪn]	определить

DO YOU EAT THE RIGHT FOOD?

What you eat has a life long effect on your health and well-being. To look and feel your best, you have to eat adequate amounts of the proper foods. The food you eat is required to meet certain nutritional standards.

Nutrients build your body and allow it to function. Each nutrient has at least one specific job, and no other nutrient can cover for any of the others. Because you need many different nutrients to stay healthy, you have to eat a wide variety of foods in order to get all of them. If you stick to just one or two favourite foods, you'll run short of the nutrients you must have to stay well.

A lot of the foods that we like to eat don't have much nutritional value. These foods are referred to as "junk food" (empty calories), because while they provide calories that can be turned into energy, they don't provide much else in the way of things our bodies can use.

Nutrients are classified into 5 major groups — proteins, carbohydrates, fats, vitamins, and minerals. **Proteins** are important for new tissue growth and tissue repair. **Carbohydrates** provide a great part of the energy in most human diets. **Fats** produce more than twice as much energy. Being a compact fuel, fat is efficiently stored in the body for later use when carbohydrates are in short supply. **Vitamins** are organic compounds that mainly function in enzymes system to enhance the metabolism of proteins, carbohydrates, and fats. **Minerals** are required in the structural composition of hard soft body tissues. Calcium is needed for developing the bones and maintaining the rigidity. Phosphorus plays an important role in energy metabolism of the cells, affects carbohydrates, lipids and proteins.



In simple terms, nutrients are the chemicals that your body gets from food. Nutrients allow your body to break down the food you eat into energy. When you go for a run, swim, or even talk on the phone you are using energy that your body has produced. When you are writing a test, you're using brain power, which is really energy that is coming from the food you had last night for dinner and this morning for breakfast. One nutrition key is to never skip breakfast, especially the morning of tests. Your body has not received energy for more than 12–15 hours and will not be able to function at its peak without that boost you get from food.

Breakfast, lunch and dinner with a nutritious snack is a good prescription for good health. An incredible statistic is that 30 to 50 % of all calories eaten each day are consumed in the form of between-meal snacks. Unfortunately, the usual between-meal foods are low in nutritive value and too high in calories, saturated fats, salt and refined sugar, e. g., buns, rolls, hamburgers, salted peanuts, crackers or biscuits. Some excellent snacks that should always be available are plain yoghurts, carrots, pieces of apples, cheese and natural fruit juice. Eating yoghurt as a snack food is far healthier and more nutritionally sound than eating so-called "junk" food, which is less nutritious and too high in sugar, calories and additives.

A proper diet forms the basis of man's vitality, vivacity, and longevity. Healthy eating does not mean giving up all your favorite foods, it's all about choosing foods wisely, preparing meals in a healthier way. A well-balanced diet is the key to good health. Aim to eat food from each of the following food groups every day:

- **starchy foods** — bread, rice, pasta, potatoes, cereals, etc.;
- **dairy products** — cheese, milk, yogurt, etc.;
- **meat, poultry, fish and alternatives** including beans, nut products and eggs;

– **fruit and vegetables** — broccoli, carrots, apples, strawberries, etc.

Eating a variety of foods from each of these groups should ensure that your body gets all the necessary vitamins and minerals you need and will help you maintain a healthy well balanced diet.

Ex. 3. Say if the statements are true or false:

1. A healthy nutrition means giving up unhealthy food.
2. To supply your body with vitamins you should choose a few foods rich in them.
3. You should consume different nutrients because each of them has its own function.
4. All foods have much nutritional value.
5. Junk food is not rich in calories.
6. Breakfast is the most important meal of the day.
7. The breakdown of nutrients produces energy.
8. People often gain weight when they are bored, lonely or upset.
9. Having snacks between meals is unhealthy.
10. Forbidding yourself to eat certain products you can easily make your diet healthy.
11. You should eat a light breakfast, a substantial dinner and a hearty supper.
12. We should eat products from four food groups daily.

Ex. 4. Complete the sentences:

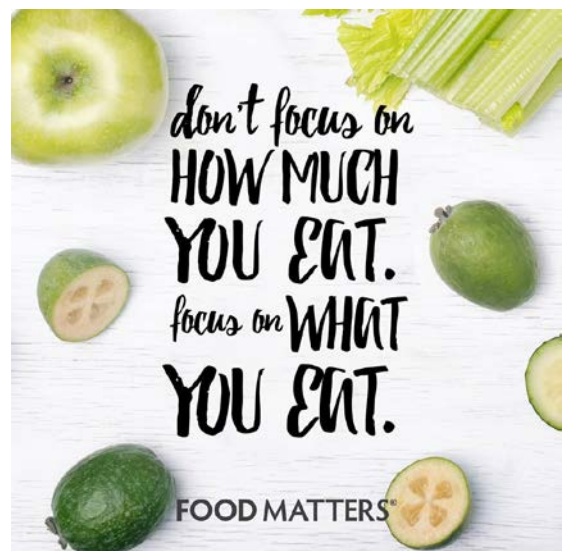
- 1) A healthy lifestyle includes ... (+ *Gerund* or a noun).
- 2) To be healthy you need
- 3) A good diet is a
- 4) Nutrients are
- 5) The major groups of nutrients are
- 6) The examples of minerals may be
- 7) Bread, rice, pasta, potatoes, cereals are rich in
- 8) Meat, poultry and fish are high in
- 9) Broccoli, carrots, cabbage, tomatoes, cucumbers are
- 10) Fruits and vegetables are full of
- 11) Junk food

II. Ex. 1. Read the text

Some Dieting Rules

Remember, any successful diet means consuming fewer calories, eating less food, but eating healthy food. You are fooling yourself if you think a diet that permits you to eat anything you want will help you to lose weight. To lose weight follow these simple rules:

1. Don't eat a large meal in the evening when you'll have little opportunity for exercise afterwards. It's best to eat more at the times when you are going to be the most active. Eat a hearty breakfast, a substantial lunch, and a light dinner.
2. Never skip breakfast!
3. Eat slowly and thoroughly chew your food.
4. Don't eat while you're doing anything else like watching TV, using the computer or doing your homework.
5. Stop frying food.
6. If you must snack, stock the fridge with low calorie snacks like raw vegetables and low fat yogurt.



Ex. 2. Imagine that your College website has asked its readers to write an article discussing the advantages and disadvantages of fast food. Think of two pros/cons.

III. Ex. 1. Read the text

Physical activity

Physical inactivity is a major risk factor for developing coronary artery disease. Even moderately intense physical activity such as brisk walking is beneficial when done regular for a total of 30 minutes or longer on most days.

Regular aerobic physical activity increases your fitness level and capacity for exercise. Some activities improve flexibility, some build muscular strength and some increase endurance. Brisk walking, jumping rope, jogging, bicycling, cross-country skiing and dancing are examples of aerobic activities that increase endurance.

Even moderate-intensity activities, when performed daily, can have some long-term health benefits. They help lower the risk of cardiovascular diseases. Here are some examples: walking for pleasure, gardening and yard work; housework, dancing and prescribed home exercise; recreational activities such as tennis, soccer, basketball and football.

Physical activity builds healthy bones, muscles and joints, and reduces the risk of colon cancer. Physical activity also helps psychologically. It reduces feelings of depression and anxiety, improves mood and promotes a sense of well-being.



Regular physical activity can also help reduce or eliminate some of these risk factors:

High blood pressure – Regular aerobic activities can lower blood pressure.

Cigarette smoking – Smokers who become physically active are more likely to cut down or stop smoking.

Diabetes – People at their ideal weight are less likely to develop diabetes. Physical activity may also decrease insulin requirements for people with diabetes.

Obesity and overweight – Regular physical activity can help people lose excess fat or stay at a reasonable weight.

High levels of triglycerides – Physical activity helps reduce triglyceride levels. High triglycerides are linked to developing coronary artery disease in some people.

Low levels of HDL – Low levels of cholesterol have been linked to a higher risk of coronary artery disease. Regular physical activity can increase cholesterol levels and thus reduce your risk.

Ex. 2. Answer the questions:

1. What is a major risk factor for developing coronary artery disease?
2. What can healthy people improve with training?

3. What activities, when performed daily, can have some long-term health benefits?
4. In what way does physical activity help psychologically?
5. What risk factors can regular physical activity reduce or eliminate?
6. Can walking for pleasure, gardening and yard work be regarded as moderate-intensity activities?

Ex. 5. Using a mind map speak about healthy lifestyle:



Домашнее задание:

[8], c.7 ynp.7:

Fill in the chart of the following food groups using the key-words given:

poultry (chicken), bread, biscuits, rice, pasta, potatoes, goose, cereals, cheese, milk, spaghetti, grapes, apples, lemon, yogurt, fish, beans, butter, turkey, natural juice, eggs, nut products, apples, carrots, onions, strawberries, broccoli, tomatoes

Dairy products	
Starchy foods	
Meat	
Vegetables and Fruits	

[8], c.11 ynp.13: *Talk about diet and your secrets to a healthy way of life.*

[8], c.34 ynp.5: *Answer the questions:*

- 1) Are we aware how bad smoking is for our health?
- 2) Does smoking cause cancer, emphysema and heart diseases? What diseases may smoking cause?
- 3) Why is smoking a hard habit to break?
- 4) Why do people start smoking?
- 5) Are there any physical reasons to start smoking?
- 6) Smokers tend to be less active than nonsmokers. Why?
- 7) What are the consequences of smoking?
- 8) What problems do smokers experience?
- 9) How can we stay smoke free? How can we stay smoke free?
- 10) Are there a number of good resources to help people quit smoking? What are they?
- 11) What will staying smoke free give a person?
- 12) Are there different approaches to quitting smoking?

Make presentation on “Smoking” or “Quitting smoking”

[9], c.35 ynp.15:

Imagine you are a valeologist (specialist on a healthy lifestyle). Give a lecture on the fundamentals of healthy nutrition. Use the Healthy Food Pyramid below.

