**08.11.2021г. группа 1ТЭМ 2 подгруппа 4 пара**

**Дисциплина ОДБ.03 Иностранный язык**

**Преподаватель Романюта Маргарита Вадимовна**

**Занятие № 18**

**Модуль 6 « FOOD AND HEALTH»**

**Тема 6.1 Еда. Разнообразие продуктов. Правильное питание подростков. Цели:**

• *Образовательная* – расширение эрудиции студентов, их общего и лингвистического кругозора на основе практического овладения английским языком;

• *Практическая–*

1. Развитие навыков чтения, устной речи.

2. Совершенствование коммуникативно-познавательной компетенции студентов по теме «».

• *Развивающая* – развитие языковых, интеллектуальных и познавательных способностей студентов.

• *Воспитательная* – воспитание внимательного отношения к своему здоровью, привитие навыков здорового образа жизни, формирование общей культуры студентов.

**1.Работа с лексикой**

1.1.Прочитайте слова в словаре WL 17-18 .

1.2.Запишите в тетрадь слова с транскрипцией.

1.3. Which of the following items are fruits? vegetables? Write fruits, then vegetables.

*• grape • apple • broccoli • carrot • corn*

*• lettuce • orange • tomato • cherry • raisin*

*• lemon • celery • melon • strawberry*

*• blueberry • aubergine • pea • pineapple*

*• peach • pear • raspberry • plum*

*• watermelon • banana • pumpkin • fig*

*• lime • cabbage*

1.4. Which of these words are countable/ uncountable? Write their plural forms.

**2.Работа с текстом на стр. 103.**

**2.1. Read and translate the text « Rainbow of food».**

***А***

Red foods get you moving. They give you that extra **boost** when you really need it the most. What’s more, eating foods in this group will protect you from many serious illnesses and can keep older people active for longer. So, have you got a big game tonight? Is it your turn to do the gardening? Then go ahead and treat yourself to one or even two of your favourite red foods.

***B***

Orange foods are **brain** food. They help you keep your mind on things and really improve your powers of **concentration.** On the physical side, foods like mangoes, oranges and peaches have lots of vitamin C. This is important because that’s the vitamin that helps your body fight off **infections**. As everyone knows, carrots are also fantastic for your **eyesight**. After all, you’ve never seen a rabbit wearing glasses, have you?

***C***

Yellow foods are nature’s way of helping us to stay happy. They make you more **optimistic**. Imagine that you’re feeling a bit down in the dumps. Eat a banana and you’ll feel a bit better. Eat a couple of slices of pineapple and you’ll feel a smile coming on and by the time you finish your tall glass of lemonade, you’ll be grinning from ear to ear! What could be easier? Enjoying yellow foods is better for you, emotionally, than hearing the best jokes in the world.

***D***

Broccoli, lettuce and cucumbers are all green foods. These foods are great when you want to relax, calm yourself down or keep your **emotions** under control. Green foods are good for you because they contain vitamins and minerals that keep your teeth and bones strong and healthy, so next time your mum tells you to eat all your peas don’t **complain**, just do it. Remember, mums always know what’s best for you, no matter how old you are!

***E***

You’ve had a hard day and now you just want to flop in front of the TV for a bit before you go to bed. When your **tummy** starts **rumbling** you go in search of a quick snack – but what should you eat? The best thing at this time of the day is something blue. Blue foods are **soothing,** both emotionally and **physically**, and prepare you for a good night’s rest. Say goodnight with a delicious bowl of blueberries or a **handful** of tasty raisins.

***F***

Shakespeare, Da Vinci and Picasso must have all been fans of purple foods. This is because fruits and vegetables like figs, prunes and beetroot make people more **creative**. If that isn’t a good enough reason to eat them, then think about this … purple foods can keep you looking young! Imagine being eighty years old, but looking as if you’re forty and just about to finish writing your second best-selling novel. Bring on the purple foods!

**2.2.** **Which colour food should you eat if…**

1. you have a difficult exam to study for?

2. you are feeling very nervous about meeting someone?

3. you are worried about getting lines and wrinkles?

4. you’ve been feeling a bit sad lately?

5. you are taking part in a championship swimming match?

**2.3. Лексические упражнения.**

**2.3.1. Find words in the text related to the body.**

**2.3.2. Find the verbs/phrases which mean**

- eat or buy smt you really enjoy ;

- get rid off ;

- depressed and miserable;

- smiling broadly;

- looking for .

**2.3.3.Explain the words/phrases in bold.**

**2.3.4.** **Look at the sentences. Choose the correct word.**

1. I want a bottle of **fizzy/still**water, not sparkling.

2. She loves **bitter/oily** chocolate.

3. Cinnamon and ginger are **additives/spices**.

4. Let’s eat. I’m **starving/greedy**.

5. Fizzy drinks contain **artificial/fake**additives.

6. We had lamb chops as a **main/basic**course.

**Домашнее задание**:

**1.Письменно выполнить упражнения 2.2.;2.3.2.;2.3.4. данного занятия.**

**2.Write about improving eating habits using a rainbow diet.** **Use various colours of food.**

**Срок выполнения задания до 10.11.2021.**

**Все работы выполнять в рабочих тетрадях, фотографировать и отправлять на адрес преподавателя Романюты М.В.** **rita.romanyuta@mail.ru**

**Используемая литература:**

 1.  Афанасьева О.В., Дули Дж., Михеева И.В., Оби Б., Эванс В. УМК «Английский в  фокусе» для 10 класса,  М.: Просвещение; UK.: Express Publishing:  2018;

 2. Агабекян И. П., Коваленко П. И. Английский для технических вузов. Феникс, Ростов-на/Д, 2009.

Дополнительные источники:

1. Ионина И., Саакян А. Английская грамматика. Теория и практика. – М.: Академия, 2008.
2. Бережная О. О. Сборник новых тем современного английского языка. Донецк, 2009.

Справочники:

1. Мюллер В. К. Англо-русский и русско-английский словарь. – М.: ЭКСМО, 2010.

Интернет-ресурсы:

1. Портал по изучению английского языка.

Форма доступа: http//www.englishlanguage.ru.

1. Сайты для изучения английского языка.

Форма доступа: http://www. study.ru – English Info

http://www.native-english.ru

http://www.study.ru

<http://www.homeenglish.ru>