

ЗАДАНИЯ К УРОКУ Задания предназначены для самоконтроля, отправлять на проверку учителю не надо.

1. 10 класс
2. Английский язык
3. Еда (Food)
4. Жданова Ирина Юрьевна

Exercise 1

Which of the following items are fruits and which are vegetables?
Find them in the picture and names their colours.



grape	apple	broccoli	cabbage	celery
carrot	corn	cherry	raisin	lime
lettuce	orange	tomato	lemon	melon
strawberry	banana	pumpkin	fig	pear
blueberry	aubergine	pea	pineapple	peach
raspberry	plum	watermelon		

Exercise 2

Which of these words are countable/uncountable?

grape	apple	broccoli	cabbage	celery
carrot	corn	cherry	raisin	lime
lettuce	orange	tomato	lemon	melon
strawberry	banana	pumpkin	fig	pear
blueberry	aubergine	pea	pineapple	peach
raspberry	plum	watermelon		

Exercise 3

How do you eat the following foods in your country? How do you prefer them? Answer the questions using the example.

- bread
- cake
- fish
- chicken
- potatoes
- rice
- vegetables
- meat



steamed



toasted



baked



raw



boiled



roasted



grilled



fried

e.g. We usually eat fish grilled or fried. I prefer it grilled.

Exercise 4

Choose the correct word. Check in your dictionary.

- 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 for our **main/basic** course.

Exercise 5

Look at the words. What topic are they related to?

brain *ear* *tummy*
mind *teeth* *a smile*
physical *bones* *eyesight*

Add some more words.

Exercise 6

Read the text “How colour is related to food”.

A. 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!

Exercise 7

Answer the question using the text

What food should you eat if...

- you have a difficult exam to study for?
- you are feeling very nervous about meeting someone?
- you are worried about getting lines and wrinkles?
- you've been feeling a bit sad lately?
- you are taking part in a championship swimming match?

Exercise 8

Match the verbs/phrases with their meaning:

- | | |
|------------------------------------|------------------------------------|
| 1) eat or buy sth you really enjoy | <i>a. in search for</i> |
| 2) get rid of | <i>b. down in the dumps</i> |
| 3) depressed and miserable | <i>c. fight off</i> |
| 4) smiling broadly | <i>d. treat yourself</i> |
| 5) looking for | <i>e. grinning from ear to ear</i> |

Exercise 9

Complete the definitions with the words in bold from the text.

- lift, extra energy
- the organ you think with
- giving your full attention to sth
- diseases caused by germs
- the ability to see
- look for the positive side to every situation
- your feelings of happiness, sadness, etc
- say you are not satisfied with a situation
- stomach
- make a noise because of hunger
- calming
- related to the body
- as much/many of sth that you can hold in your hand
- to have the ability to invent and develop original ideas

Exercise 10

Find the root words of the words in bold and create word families

(e.g. nature — natural, naturally, supernatural)

boost —

brain —

concentrate —

infect —

sight —

optimism —

emotion —

complain —

rumble —

soothe —

physical —

hand —

create —

С уважением,

Жданова И.Ю.