1. Подберите к английским пословицам и поговоркам эквиваленты на русском языке:

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| --- | --- |
| Health is not simply the absence of sickness. | Здоровье дороже денег. |
| Health is better than wealth. | Здоровье – главное богатство. |
| Eat less, live longer. | Здоровье – это не просто отсутствие болезни. |
| Eat to live, not live to eat. | Умеренность – мать здоровья. |
| The first wealth is health. | Есть, чтобы жить, а не жить, чтобы есть. |

1. ***Прочитайте и переведите текст***

VITAMINS

Nutritionists think there are 13 vitamins that humans need. Vitamins are important because they prevent diseases and help to control body processes. Vitamin A is important for healthy skin and eyes. People who do not have enough vitamin A may have night blindness. Some automobile accidents happen in the evening because people who lack vitamin A do not see the road well after they look at the bright headlights of a car. Vitamin A in the diet comes from deep yellow fruits and vegetables, such as carrots, dark green leafy vegetables and milk, liver, cod-liver oil.

When people have enough B vitamins, their appetite is good and their nerves are calm. B vitamins come from meat and vegetables, milk, cheese and whole grain. When grain is processed it loses vitamins.

Vitamin C helps skin tissues to recover from cuts and burns. Vitamin C is supplied by tomatoes, citrus fruits like lemons and oranges, by cabbage and green peppers. Rose-hip syrup and blackcurrants also supply it.

Vitamin D is called the “sunshine” vitamin. When people are outside, ultraviolet rays from the sun change some fat in their skin to vitamin D. It is also in cod-liver oil, in the yellow of the eggs, milk and butter. Vitamin D helps the body to absorb calcium. It helps to build strong bones, and it prevents a disease in children that is called rickets.

Other vitamins (E, K, M, etc.) prevent other diseases, but all of them have a function in normal nutrition.

Словарь к тексту:

night blindness naɪt ˈblaɪndnɪs – «куриная слепота» (заболевание)

lack læk - недоставать; не хватать; недостаток, отсутствие

headlight ˈhɛdlaɪt - фара (автомобиля)

cod-liver oil kɒd-ˈlɪvər ɔɪl - рыбий жир

to process tuː ˈprəʊsɛs - обрабатывать, перерабатывать

tissue ˈtɪʃuː - ткань

rose-hip rəʊz-hɪp - ягода шиповника

blackcurrant ˈblækˈkʌrənt- черная смородина

1. ***Задания к тексту***And now answer the following questions, please.

1. What do we take vitamin A for?

2. Can vitamin A strengthen the nervous system?

3. How often must we take vitamin B?

4. What does vitamin C give to human health?

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abramova.ludmila@gmail.com