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**АНГЛИЙСКИЙ ЯЗЫК.
СБОРНИК
ЛЕКСИКО-ГРАММАТИЧЕСКИХ
УПРАЖНЕНИЙ
ДЛЯ ОБУЧЕНИЯ ПЕРЕВОДУ И ПЕРЕСКАЗУ
ПУБЛИЦИСТИЧЕСКИХ ТЕКСТОВ**

Учебное пособие

МИНИСТЕРСТВО НАУКИ И ВЫСШЕГО ОБРАЗОВАНИЯ
РОССИЙСКОЙ ФЕДЕРАЦИИ

Федеральное государственное автономное образовательное
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Институт общественных наук и международных отношений

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учащимся выработать навыки чтения и перевода публицистических текстов на
английском языке, включая современные газетные статьи, а также сформировать
и развить навыки понимания лексических единиц в современных
публицистических текстах. Пособие предназначено для студентов второго курса
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ВВЕДЕНИЕ

Учебно-методическое пособие «Сборник лексико-грамматических упражнений для обучения переводу и пересказу публицистических текстов» предназначен для студентов второго курса направления «Перевод и переводоведение» специализации «Межъязыковая и межкультурная коммуникация». Цель пособия – помочь учащимся выработать навыки чтения и перевода публицистических текстов на английском языке, включая современные газетные статьи, а также сформировать и развить навыки понимания лексических единиц в современных публицистических текстах.

Пособие состоит из трех разделов, которые включают темы, предусмотренные рабочей программой дисциплины. Первый раздел пособия представляет практические задания по теме «Медицина» (“Medicine”) и соответствует лексико-грамматическим правилам урока 2 учебника В.Д. Аракина «Практический курс английского языка. 2 курс». Второй раздел раскрывает тему «Еда. Питание» (“Food. Nourishment”), совпадающую с темой урока 4 указанного учебника. Третий раздел готовит учащихся к составлению высказываний по экзаменационным темам и переводу предложений с русского языка с использованием изучаемых грамматических конструкций.

Пособие имеет обучающий характер: с его помощью формируются навыки пересказа публицистических текстов и применения новых лексических единиц в письменной и устной речи в комбинации с требуемыми грамматическими конструкциями, а также развиваются умения составления устных высказываний на заданную тему.

Методика работы со сборником предполагает выполнение различных по своей направленности заданий по чтению и переводу современных публицистических текстов из ведущих англоязычных изданий в сочетании с упражнениями на развитие умений пересказа тематических высказываний, составления монологов на заданную тему и употребления в речи соответствующей лексики и грамматики.

Пособие является необходимым приложением к учебнику В.Д. Аракина «Практический курс английского языка. 2 курс». Пособие может быть использовано как для аудиторной, так и самостоятельной работы студентов.

PART 1 MEDICINE

TASK 1.1 Before reading the article given below, decide whether the following statements are true or false. Explain why you think so

1. Upper respiratory infections like head colds, throat infections, and influenza are generally considered the most common diseases worldwide.
2. Cardiovascular diseases affect approximately 92.1 million Americans according to a 2017 report from the American Heart Association.
3. High blood pressure is the least common cardiovascular disease in the United States.
4. Roughly 23% of the U.S. population has some form of arthritis.
5. Osteoarthritis is the least prevalent form of arthritic disease.
6. Rheumatoid arthritis and gout are examples of musculoskeletal diseases.
7. Osteoporosis predominantly affects younger adults.
8. Approximately 1 in 6 Americans experiences a foodborne illness each year.
9. Gastroenteritis is typically caused by contaminated food with viruses, bacteria, or parasites.
10. Gallstones are considered more persistent and common diseases of the digestive system.

TASK 1.2 Now read the article and reconsider your choice of true and false statements

The Most Common Diseases in the USA

It might seem like a simple task to list the most common diseases – but it's not, for a variety of reasons. First and foremost, there is no national or global tracking system for enumerating the occurrence of most diseases. Other major snags include lack of uniformity in disease definitions, variability from one area to another and difficulty counting conditions that often don't require professional medical care. Nonetheless, certain diseases clearly occur commonly among Americans. Some of these diseases are relatively minor and short-lived, while others persist and are potentially disabling or life-threatening.

1. Respiratory System.

The respiratory system is vulnerable to a variety of diseases. Upper respiratory infections – including head colds, throat infections and influenza – are generally considered the most common diseases worldwide.

2. Cardiovascular System.

According to a 2017 report from the American Heart Association (AHA), cardiovascular diseases affect approximately 92.1 million Americans and are the

leading cause of death. High blood pressure is the most common cardiovascular disease, affecting more than 34 percent of U.S. adults.

3. Musculoskeletal System.

Roughly 23 percent of the U.S. population has some form of arthritis, a general term referring to any of several diseases that cause joint pain, inflammation and possibly destruction. Osteoarthritis, also known as degenerative arthritis, is the most common arthritic disease. Other prevalent types include rheumatoid arthritis and gout. Like arthritis, osteoporosis is another common musculoskeletal disease that predominantly affects older adults.

4. Digestive System.

1 in 6 Americans gets sick with a foodborne illness each year. These diseases, known generally as gastroenteritis, are typically due to contamination of food with viruses, bacteria or parasites and usually clear within a few days to weeks. More persistent, common diseases of the digestive system include:

- Gallstones;
- Ulcers of the stomach or first part of the small intestine.

TASK 1.3 Answer the following questions

1. Why is it challenging to list the most common diseases?
2. What are some reasons for the difficulty in tracking the occurrence of most diseases globally?
3. Which system in the human body is vulnerable to upper respiratory infections such as head colds and influenza?
4. According to the American Heart Association report, how many Americans are affected by cardiovascular diseases?
5. What is the leading cause of death related to cardiovascular diseases?
6. What percentage of U.S. adults is affected by high blood pressure?
7. What is osteoarthritis also known as, and how does it differ from other arthritic diseases?
8. What are some prevalent types of arthritis mentioned in the text?
9. How common is foodborne illness in the United States annually?
10. Which diseases are considered more persistent conditions of the digestive system besides gastroenteritis?

TASK 2.1 Read and translate the following words and word combination taken from the article below. Try to guess by these words what issue may be under consideration in the article and why

Key Words and Word Combinations:

- | | |
|---------------|-------------------|
| 1. Sadness | 3. Black hole |
| 2. Depression | 4. Impending doom |

- | | |
|--------------------|----------------------------|
| 5. Apathetic | 15. Fatigue |
| 6. Angry | 16. Self-loathing |
| 7. Restless | 17. Reckless behavior |
| 8. Helplessness | 18. Concentration problems |
| 9. Hopelessness | 19. Aches and pains |
| 10. Bleak outlook | 20. Suicide |
| 11. Weight changes | 21. Despair |
| 12. Sleep changes | 22. Hopelessness |
| 13. Anger | 23. Escape |
| 14. Irritability | 24. Cry for help |

TASK 2.2 Now read the whole article and give your headline to it. Explain your choice

We all go through ups and downs in our mood. Sadness is a normal reaction to life's struggles, setbacks, and disappointments. Many people use the word "depression" to explain these kinds of feelings, but depression is much more than just sadness.

Some people describe depression as "living in a black hole" or having a feeling of impending doom. However, some depressed people don't feel sad at all—they may feel lifeless, empty, and apathetic, or men in particular may even feel angry, aggressive, and restless. Whatever the symptoms, depression is different from normal sadness in that it engulfs your day-to-day life, interfering with your ability to work, study, eat, sleep, and have fun.

Common signs and symptoms of depression:

- Feelings of helplessness and hopelessness. A bleak outlook – nothing will ever get better and there's nothing you can do to improve your situation.
- Loss of interest in daily activities. No interest in former hobbies, pastimes, social activities, or sex. You've lost your ability to feel joy and pleasure.
- Appetite or weight changes. Significant weight loss or weight gain – a change of more than 5 % of body weight in a month.
- Sleep changes. Either insomnia, especially waking in the early hours of the morning, or oversleeping (also known as hypersomnia).
- Anger or irritability. Feeling agitated, restless, or even violent. Your tolerance level is low, your temper short, and everything and everyone gets on your nerves.
- Loss of energy. Feeling fatigued, sluggish, and physically drained. Your whole body may feel heavy, and even small tasks are exhausting or take longer to complete.
- Self-loathing. Strong feelings of worthlessness or guilt. You harshly criticize yourself for perceived faults and mistakes.

- Reckless behavior. You engage in escapist behavior such as substance abuse, compulsive gambling, reckless driving, or dangerous sports.
- Concentration problems. Trouble focusing, making decisions, or remembering things.
- Unexplained aches and pains. An increase in physical complaints such as headaches, back pain, aching muscles, and stomach pain.

Depression and suicide:

Depression is a major risk factor for suicide. The deep despair and hopelessness that goes along with depression can make suicide feel like the only way to escape the pain. Thoughts of death or suicide are a serious symptom of depression, so take any suicidal talk or behavior seriously. It's not just a warning sign that the person is thinking about suicide: it's a cry for help.

TASK 2.3 Read and translate the following sentences into Russian paying special attention to the modal verbs used in them. Define their meanings

1. Individuals may experience feelings of helplessness and hopelessness during times of depression.
2. People should seek help if they notice a loss of interest in activities they once enjoyed.
3. Significant weight changes might indicate underlying issues linked to depression.
4. Changes in sleep patterns can either lead to insomnia or oversleeping for those struggling with depression.
5. Those experiencing depression may find themselves feeling angry or irritable without reason.
6. Individuals must seek professional help if they experience a loss of energy and motivation.
7. Self-loathing and feelings of worthlessness can greatly impact a person's mental well-being.
8. Engaging in reckless behavior could be a sign of trying to escape the emotional pain associated with depression.
9. Concentration problems can make it challenging to focus on daily tasks and decision-making.
10. Unexplained aches and pains should not be ignored, especially when accompanied by other symptoms of depression.

TASK 2.4 Translate the following sentences into English paying special attention to the types of the conditional sentences

1. Если вы чувствуете себя безжизненным, опустошённым или апатичным, возможно, у вас симптомы депрессии.
2. Если вы потеряете интерес к повседневным делам и обязанностям, возможно, вам придется обратиться за профессиональной помощью для устранения потенциальных признаков депрессии.

3. Если у вас возникнут значительные изменения веса, например, изменение более чем на 5 % массы тела за месяц, это может быть тревожным сигналом депрессии.

4. Если бы вы обратились за помощью раньше, когда испытывали проблемы с концентрацией, вы могли бы справиться со своими симптомами более эффективно и не попали бы в серьёзную аварию.

5. Если бы вы чувствовали усталость и опустошённость, вы, скорее всего, изменили бы образ жизни, чтобы справиться с эмоциональной перегрузкой.

6. Если вы проявляете признаки безрассудного поведения, возможно, вам придется обратиться за профессиональной поддержкой для решения основных психологических проблем.

7. Вы бы потеряли способность чувствовать радость и удовольствие, если бы у вас было постоянное чувство никчёмности или вины.

8. Если бы год назад вы не чувствовали себя безжизненным, а полным энергии, вы бы не совершали безрассудных поступков.

9. Если у вас по-прежнему возникают проблемы с концентрацией внимания и принятием решений, возможно, вам придется рассмотреть возможность лечения для решения потенциальных проблем с концентрацией.

10. Если бы вы обратились за помощью, когда испытывали чувство беспомощности и безнадёжности, вы, возможно, избежали бы состояния глубокого отчаяния и мыслей о самоубийстве.

TASK 3.1 Read the following article and make up the list of key words and word combinations from it. Explain your choice

National Health Service in Great Britain

The main organ of Health Service in Great Britain is the National Health Service. The National Health Service Act was passed through parliament in 1946 and in 1948 this Act received the Royal Assent and was brought into operation. The N.H.S. consists of three parts: the Local Health Authorities, the General Practitioners and Hospitals or Specialist Services.

The Local Health Authority has an obligation to make arrangements with the General Practitioners for the vaccination of those who live within its area. The Hospitals and Specialist Services have definite interrelations too. The role of the family doctor is very important in the Health Service. Not all patients need highly specialized attention and the GP does invaluable work by filtering off 90 per cent of the total medical work.

Most medical treatment in Great Britain is free but charges are made for drugs, spectacles and dental care. Free emergency medical treatment is given to any visitor from abroad who becomes ill while staying in the country. But those who come to England specially for treatment must pay for it.

The National Health Service provides free medical treatment both in hospital and outside. People may use the N.H.S. and they may go to doctors as private patients. Many people who have enough money prefer to be private patients because

they think that they can in that way establish more personal relations with the doctor or because they do not want to be put in a large room with other patients. The patient in England can choose between the N.H.S. and private treatment at any time. Moreover, he can take one part with the service, the other privately. If a patient is dissatisfied with his N.H.S. family doctor or dentist, he may change to another one. In fact, 97% of the population use the N.H.S.

Physicians may have private practice receiving the pay directly from the patients for their medical advice. N.H.S. doctors are paid by the Government, the pay depending on the number of the patients they have served every month.

The hospital service includes general and special hospitals, tuberculosis sanatoria, infectious disease units, and all forms of specialized treatment together with the provision of most surgical and medical needs. Besides the hospitals there are infirmaries and nursing homes. An infirmary is a room in an institution used for sick people. A nursing home is usually a “private small hospital for the patients and aged people”. In fact, half of the hospitals are over 100 years old. They were built in the nineteenth century; they are small with about 200 beds. Such hospitals are uneconomic and cannot provide a full range of services, which require a district hospital of 800 beds or more. Now they have more than 150 health centres in the U.K. Health centres provide opportunities for hospital specialists and GPs. Health centres contain all the special diagnostic and therapeutic services which family doctors need, such as electrocardiography, X-ray, physiotherapy, etc. Family doctors have access to hospital resources and can be brought into close relationship with hospital doctors. Health centres are the bases of primary care.

TASK 3.2 Answer the following questions

1. What is the main organ of the Health Service in Great Britain?
2. When was the National Health Service Act passed through parliament?
3. What are the three parts that the N.H.S. consists of?
4. What role does the Local Health Authority play regarding the vaccination of residents?
5. What does the text mention about charges for medical treatment in Great Britain?
6. Can visitors from abroad receive free emergency medical treatment in Great Britain?
7. How do people in England have the option to receive medical treatment according to the text?
8. What percentage of the population in England uses the National Health Service?
9. How are N.H.S. doctors paid in comparison to physicians with private practices?
10. What are some of the specialized services provided by health centres in the U.K. as mentioned in the text?

TASK 3.3 Look through the text and try to find the pieces of information which you find especially convincing and true-to-life. Explain why you find them reliable

TASK 4.1 Before reading the article below, explain the meanings of the following idioms taken from it

- a) push somebody over the edge:
- b) bean counting;
- c) cut to the bone;
- d) get one's kicks from something.

TASK 4.2 Read the following article and translate the fragment given in the bold type in a written form

After 28 years, I'm leaving the NHS. And it wasn't the patients who pushed me over the edge

I've worked continuously for the National Health Service since October 1994, and this is the week I finally leave. I'll save you the maths: that's 28 years and two months. Like marriage, it is an institution I joined in my twenties that I thought I'd be in my whole life. And, truly, leaving is nearly as bad as getting divorced.

I'm leaving because I just can't do it any more.

It's not the patients; I really love most of them. I genuinely hold them dear in my heart. I work with mentally ill teenagers and over the years when I was battling hard to get them to open up and to trust me, they'd sneer and say, "You only care because you're paid to care" and I'd say: "You can't pay someone to really care. They pay me to work with you, but I care because I know you." This isn't just some line – I love a stroppy, damaged, difficult teenager, me. So, it's not the teenagers who have pushed me out. In fact, it's the patients who have kept me there so long.

Nor is it their parents; I've learned a lot from them. They've taught me about patience and love and how to parent. They've been desperate and desperately sad. I've guided them with wisdom gleaned from those who went before, with a sprinkling of what I've learned from theory and research. I'm not saying all of them have been charming – some were abusive – but on the whole they have been a good bunch.

In the end, it was the "Bs" that got me: the bean counters, the bureaucracy and the BS. They're what have worn me down and spat me out.

First the bureaucracy. When I started in my current job, more than 20 years ago, I could go into one room to see my patients for their 50-minute therapy session, one after the other, on the hour. There were paper notes, which a receptionist would pull and refile for me, and in the 10 minutes between each patient, I could write my notes and grab a coffee. My seven-and-a-half-hour days would include two hours of clinical meetings, five patients and 30 minutes of admin.

Now we have digital notes which, in theory, are a better idea; but in practice over the last five years I haven't had a consistent room to work in with a computer. We "hot-desk" and have "clinic rooms" mostly without computers. So, in practice, I have to book time away from patients to log in to a computer, which takes at least 20 minutes each time to get in. The notes systems are clunky and unwieldy – it takes twice as long to do anything. The result is I'm seeing one fewer patient a day, for a start.

Now the bean-counting. Our lovely admin staff have been cut to the bone – they aren't supposed to help clinical staff the way they used to. They are largely paid to input data. Patients have to be booked in as arriving, booked in as being seen by the clinician, and booked out again, all in enormously complicated, slow, poorly designed systems. Just recently the health secretary, Steve Barclay, promised more transparency. But any time a politician promises more transparency they are promising that they are going to spend NHS money, which could be going on nurses and doctors, ambulance crews and medication, on an administrator to sit at a computer inputting data all day. An administrator whose wage could be spent on one more nurse to meet that ambulance with the pensioner who has fallen over.

In theory, of course, it would be great to have that data – I'm not against transparency per se. I'm just against it when we haven't got and can't recruit any clinical staff.

And there's the BS: the consistent negative rhetoric churned out by politicians about "efficiency" savings. I would wager there hasn't been a single month in my 28 years in the NHS when a politician hasn't made that sort of negative implication, that they will save the NHS by making clinical staff work that little bit harder. There has been an explosion in the number of managers over the same period, and the message trickles down from the health secretary through their endless layers. They spout that rhetoric relentlessly to clinical staff – "Do more with less!"; that's what has really broken my spirit.

I could go on for hours on more, from poor recruitment systems to endless "essential" training". But perhaps worst of all is NHS England's pointless internal market, where again, thousands of staff are employed so that one part of the system can pay another part of the system. It is as if Tesco were buying the food from the farmers, and then selling it to their own stores.

NHS staffs are human too and for most of us it is obvious we could work less hard and earn more in the private sector, but many of us don't because of a sense of loyalty to the system. We do incredibly difficult, emotionally draining work, under stressful conditions, but it usually doesn't break us. We get our kicks from that work. The relentless scrutiny, the lack of practical support, working systems, and the negative rhetoric, that is what gets us. That is why we end up exhausted, strung out, and making a choice between the NHS and our mental health. And so that is why I am part of the NHS brain drain.

And to the future patients whom I won't see: I'm sorry. I did my best, but I couldn't do it any more.

TASK 4.3 Answer the following questions

1. How long has the speaker worked for the National Health Service according to the text?
2. What reasons are mentioned for the speaker leaving their job at the National Health Service?
3. Who does the speaker express genuine care and love for in the text?
4. How have the patients and their parents impacted the speaker's professional experience over the years?
5. What are the "Bs" referred to in the text that contributed to the speaker's decision to leave?
6. How has the bureaucratic changes affected the speaker's efficiency at work regarding patient care?
7. What challenges has the speaker faced due to the digital notes system in the recent years?
8. How has the reduction in admin staff impacted the daily functioning at work for the clinical staff?
9. Discuss the issues highlighted regarding transparency and administrative tasks mentioned in the text.
10. What is the speaker's stance on data input and transparency in the National Health Service based on the text?
11. What consistent negative rhetoric has been churned out by politicians regarding the NHS, according to the text?
12. How has the number of managers in the NHS changed over the years as mentioned in the text?
13. What message is relayed by politicians to clinical staff in the NHS, as described in the text?
14. What impact has the notion of "doing more with less" had on the morale of clinical staff?
15. What is highlighted as a particularly troubling aspect within NHS England, as per the text?
16. Why do many NHS staffs choose to stay despite the challenges mentioned in the text?
17. What are some of the factors contributing to the exhaustion and mental strain experienced by NHS staff?
18. How does the author describe the emotional toll of working in the NHS environment?
19. Why does the author mention being part of the "NHS brain drain"?
20. What emotional message does the author convey to the future patients they won't be able to see?

TASK 4.4 Give the detailed narration of the article. Add your opinion at the end of the narration. Start it with the phrase like "I reckon...", "I surmise...", "I, for one, believe that...", "My angle on the issue is the following..."

TASK 5.1 Read the following article and follow the tasks after it

Effective Ways of Treating Cold and Flu

When dealing with the common cold and flu, there are several effective strategies to alleviate symptoms and promote recovery. Rest is paramount during illness, as it allows the body to direct its energy towards fighting off the infection. Adequate hydration is essential to help loosen congestion and prevent dehydration, with warm liquids like herbal teas and soups providing comfort.

Over-the-counter medications like pain relievers and decongestants can help manage symptoms such as fever, body aches, and nasal congestion. However, it's crucial to follow dosage instructions and consult a healthcare provider if there are any uncertainties. Nasal saline drops or sprays can aid in relieving nasal congestion.

Gargling with warm salt water can soothe a sore throat, while using a humidifier or steam from a hot shower can help ease congestion and cough. Getting enough vitamin C through foods like citrus fruits and veggies, and ensuring adequate rest, can boost the immune system's response to the infection.

For individuals at high risk of complications or with severe symptoms, seeking medical advice promptly is recommended. While colds and flu are usually self-limiting illnesses, understanding and employing these remedies can aid in symptom management and promote a speedier recovery.

TASK 5.2 Translate the following sentences using the vocabulary of the article and paying attention to the rules of the subjunctive mood in English

1. Очень важно, чтобы люди достаточно отдыхали во время болезни, чтобы позволить организму направить свою энергию на борьбу с инфекцией.

2. Адекватная гидратация имеет решающее значение для облегчения заложенности носа и предотвращения обезвоживания. Поэтому для комфорта рекомендуется употреблять тёплые жидкости, такие как травяные чаи и супы.

3. Важно, чтобы безрецептурные лекарства, такие как обезболивающие и противозастойные средства, использовались для облегчения таких симптомов, как лихорадка, боли в теле и заложенность носа.

4. Рекомендуется внимательно следовать инструкциям по дозировке и проконсультироваться с врачом, если вдруг возникают какие-либо сомнения.

5. Для облегчения заложенности носа следует использовать солевые капли или спреи для носа, обеспечивая эффективное облегчение симптомов.

6. Рекомендуется полоскать горло тёплой солёной водой, чтобы успокоить боль в горле, обеспечить комфорт и облегчение общего состояния.

7. Рекомендуется использовать увлажнитель воздуха или пар под горячим душем, чтобы облегчить заложенность носа и кашель, а также смягчить симптомы.

8. Потребление достаточного количества витамина С с такими продуктами, как цитрусовые и овощи, имеет первостепенное значение для усиления реакции иммунной системы на инфекцию.

9. Незамедлительное обращение за медицинской помощью настоятельно рекомендуется лицам с высоким риском осложнений или тяжёлыми симптомами.

10. Применение указанных средств может помочь в лечении симптомов и способствовать быстрому выздоровлению от простуды и гриппа, поэтому крайне важно, чтобы пациент осознавал всю важность грамотного лечения.

TASK 5.3 Make your speech of about 15 sentences on the topic “How I Usually Treat Cold and Flu” using the vocabulary of the article

TASK 6.1 Read the following article and translate the fragment given in the bold type in a written form

Does cannabis cure cancer? We asked an expert

For thousands of years people have used cannabis for recreational, ritualistic and medicinal purposes. In the modern era, the latter property excites a lot of people, and there is no shortage of wild claims about the supposed medical benefits of the plant. Of all the claims, perhaps the most bold is the assertion that cannabis can cure cancer.

Astounding testimonials about cannabis and its derived products shrinking tumours or curing terminal cases are easy to find on the internet. But alluring as these stories are, they tend to be based on misunderstanding, wishful thinking or outright falsehood.

Let's start by asking what the medical efficacy might be. Contrary to what most people believe, medical uses of cannabis have been widely studied. A 2017 review by the National Academy of Science looked at over 10,000 studies. They found evidence for some applications of cannabis, including managing chronic pain and spasms associated with multiple sclerosis. There was also good evidence that tetrahydrocannabinol (THC), the main psychoactive ingredient in cannabis, can reduce the nausea caused by chemotherapy. Indeed, a synthetic form of THC, called dronabinol, has been prescribed for just this use for decades.

But, crucially, there is zero evidence that cannabis has any curative or even helpful impact on cancer, despite enthusiastic claims to the contrary.

Why then is there such a gulf between public perception and scientific evidence? Part of this is misunderstanding. For example, an often aired claim is that high-dose THC kills cancer cells in a petri dish. This is true, but not very meaningful.

Killing cells in a dish is extremely easy; you can do so with anything from heat to bleach. But effective anti-cancer agents must be able to selectively kill cancer cells in the human body while sparing healthy ones. The reality is that cannabis simply cannot do this.

It's natural, man

Other cannabis advocates are driven by ideological fixation, most often expressed in a sentiment that cannabis is “natural” and implicitly better than

pharmacological drugs. But this is a classic example of an “appeal to nature” argument, and thus rather dubious.

The term “natural” is somewhat vague. If we define natural to mean that which occurs without human intervention, the argument still doesn’t hold. Arsenic, plutonium and cyanide are also natural, yet it would be a poor strategy to binge on these substances. The active compounds of many drugs are themselves discovered in plants, synthesised to control the dose and maximise efficacy. We already have THC-derived medicines, but these do not cure cancer, and neither does cannabis.

Sadly, some cannabis advocates go further, claiming that cannabis’s cancer-curing abilities are covered up by drug companies. This is abject nonsense. Such a conspiracy would be massive and would rapidly collapse.

Given that around half of us will be affected by cancer in our lifetime, a cure would be not only be hugely profitable, even though the patent laws for “natural” products are complicated, it would also garner its discoverer infinite gratitude, financial rewards and scientific honours. The idea that researchers would be callous enough to suppress a cancer cure, and the rewards that would go with it, is ludicrous.

The reality is that cancer is a complex family of disease, and it is unlikely that there will ever be a single cure. Cannabis may be useful for treating some people’s nausea when undergoing chemotherapy, but we can say with confidence that the idea that it cures cancer is a myth.

TASK 6.2 Take the following test choosing the best variant out of four in each question

1. According to the text,...

- a) cannabis has been used to treat cancer for thousands of years.
- b) cannabis is said to have certain medical benefits which aren’t real.
- c) a lot of people nowadays are excited about the recreational, ritualistic and medicinal uses of cannabis.
- d) everybody knows that cannabis cannot cure cancer.

2. In the third paragraph the author suggests that...

- a) there aren’t enough studies about the use of cannabis to treat cancer.
- b) the use of cannabis is effective to cure a few illnesses.
- c) using cannabis can be helpful for some medical conditions.
- d) dronabinol is more effective than THC.

3. The fact that you can kill cancer cells with THC in a petri dish...

- a) has made people think that cannabis can cure cancer.
- b) is evidence that cancer can be treated using cannabis.
- c) is not true.
- d) means that THC could become an effective anti-cancer agent.

4. According to the writer, some cannabis advocates...

- a) don’t know that many drugs are made with compounds found in plants.
- b) don’t understand that some “natural” substances are not healthy.
- c) say that real cures can only be found in nature.

d) think that pharmaceutical companies want to hide the cancer-curing properties of cannabis.

5. The author thinks that researchers...

- a) would never hide a cure for cancer.
- b) would only hide a cure for cancer if that could give them lots of money and fame.
- c) it's impossible to patent "natural" remedies.
- d) we will never be able to find how to cure for cancer.

TASK 6.3 Which word (noun) in paragraph 1 means "lack of something"? Which word (adjective) in the last but one paragraph means "ridiculous"? Explain the meaning of the word combination "an often aired claim"

TASK 6.4 Choose four best key word combinations for this article out of the following set. Explain your choice. Which of these word combinations could be used for another headline of the given article?

cannabis use; cannabis benefits; misconceptions about cancer; curative impact; cannabis efficacy; chemotherapy nausea relief; cannabis misunderstandings; undergo chemotherapy; cannabis advocacy; THC-derived medicines; appeal to nature argument; cure conspiracy theory; complexities of cancer treatment; drug company; kill cells; National Academy of Science.

TASK 7.1 Read and translate the following glossary and divide the words from it into three groups: parts of the body, internal organs and appearance features

- | | |
|---------------------------------|--------------------------------------|
| 1. Stomach | 20. Spinal marrow |
| 2. Bowels / Intestines | 21. Cerebral hemisphere |
| 3. Small intestine | 22. Brain convolution |
| 4. Large intestine | 23. Thigh / Hip |
| 5. Rectum | 24. Joint / Articulation |
| 6. Kidney | 25. Digestion |
| 7. Liver | 26. Indigestion / Dyspepsia |
| 8. Gullet / Esophagus | 27. Urinary-bladder |
| 9. Gall-bladder | 28. Uterus / Womb |
| 10. Blood vessel | 29. Rib |
| 11. Vein | 30. Rib cage |
| 12. Artery | 31. Spine / Spinebone / |
| 13. Lung | Backbone / Spinal / Vertebral column |
| 14. Lymph | 32. Cerebellum / Little brain |
| 15. Ear-drum / Tympanum | 33. Cartilage / Gristle |
| 16. Earlobe | 34. Finger |
| 17. External ear / Aural cavity | 35. Thumb |
| 18. Skull / Brainpan / Cranium | 36. Toe |
| 19. Brain / Braincase | 37. Knee |

- | | |
|--------------------------------|---------------------------------|
| 38. Lap | 65. Birth-mark / Mole |
| 39. Wrist / Carpus | 66. Birth-mark / Mother's mark |
| 40. Ankle | 67. Pimple / Pustule |
| 41. Collar-bone / Clavicle | 68. Bruise |
| 42. Belly / Stomach / Abdomen | 69. Dark patches / Blue shadows |
| 43. Temple | 70. Scar / Cicatrice / Wale / |
| 44. Chin | Weal |
| 45. Palm | 71. Scratch / Abrasion |
| 46. Heel | 72. Blister / Bump / Swelling |
| 47. Eyelid / Lid | 73. Bump / Lump |
| 48. Eyelash / Lash | 74. Urino-genital system |
| 49. Eye-winker | 75. Musculoskeletal system / |
| 50. Nostril | involuntary system / locomotor |
| 51. Cheek-bone | apparatus |
| 52. Elbow | 76. Circulatory system |
| 53. Fist | 77. Digestive system |
| 54. Forehead | 78. Thyroid |
| 55. Eyebrow | 79. Gland |
| 56. Tendon / Sinew | 80. Lachrymal gland |
| 57. Shoulder-blade / Scapula | 81. Tonsil |
| 58. Top / Pate | 82. Hormone |
| 59. Back of the head / Occiput | 83. Pore |
| 60. Breast / Bosom / Bust | 84. Callosity |
| 61. Chest | 85. Freckles |
| 62. Gum | 86. Beard / Goatee |
| 63. Bridge of the nose | 87. Moustache |
| 64. Trunk / Torso | 88. Baldness |

TASK 7.2 Translate the following sentences in Russian

1. Cancer is a complex disease where abnormal cells divide uncontrollably and destroy body tissue.
2. The human heart is a vital organ that pumps blood throughout the body, delivering oxygen and nutrients.
3. Antibiotics are commonly used to treat bacterial infections by killing or inhibiting the growth of bacteria.
4. The respiratory system includes organs like the lungs and trachea, responsible for breathing and gas exchange.
5. Diabetes is a metabolic disorder characterized by high blood sugar levels, often requiring insulin therapy.
6. Inflammation is the body's response to injury or infection, involving redness, swelling, heat, and pain.
7. An electrocardiogram (ECG) is a test that monitors the electrical activity of the heart to detect abnormalities.

8. The brain is the control center of the nervous system, coordinating body functions and interpreting sensory information.

9. Osteoporosis is a condition where bones become weak and brittle, increasing the risk of fractures.

10. Vaccination helps prevent infectious diseases by stimulating the immune system to produce antibodies against specific pathogens.

11. Cartilage is a flexible connective tissue found in joints, such as the knee, providing cushioning and support.

12. A bruise is a discoloration of the skin resulting from broken blood vessels under the skin, often caused by trauma.

13. The clavicle, also known as the collarbone, is a slender bone connecting the arm to the body's trunk.

14. Ankle-bones, also called the tarsal bones, form the ankle joint and provide stability for walking and running.

15. The cerebral hemispheres are the two halves of the brain responsible for higher brain functions like thinking and memory.

16. Thyroid enlargement, or goiter, can result from iodine deficiency or thyroid disorders, leading to a visibly swollen neck.

17. Eruptions, such as acne, are skin conditions characterized by the sudden appearance of pimples or lesions.

18. Blood vessels, like arteries and veins, transport blood throughout the body, delivering oxygen and nutrients.

19. Tendons are strong connective tissues that attach muscles to bones, allowing for movement and joint stability.

20. Lymphatic nodes, part of the lymphatic system, help filter lymph fluid and play a role in the body's immune response.

TASK 7.3 Read the following article and make up the glossary of its anatomic terms dividing it into different groups. Then make up a detailed speech (a video presentation) about human anatomy

HUMAN ANATOMY

The human body is a complex and intricate piece of engineering in which every structure plays a precise role. There are approximately 200 bones, 650 muscles, 79 organs, and enough blood vessels to circle the Earth twice!

Medical schools typically teach the anatomy of these structures in approximately one academic year. However, what does human anatomy actually entail? In this article, we'll take a look at what this subject means and how you can tackle it in the most logical way.

Basics and terminology

First things first, what is anatomy and where did it all begin? The term 'anatomy' derives from ancient Greek meaning 'dissection' or 'to dissect' and involves the study of the structure of the human body. This 2000 year old

scientific discipline sprung to life in Ancient Egypt and was increasingly developed across the ages by anatomy heavyweights like Galen, Leonardo da Vinci, Vesalius, and many others.

Learning such a complex subject can only be accomplished by taking small and logical steps. What's the best place to start? By mastering the basics, such as directions, movements, body planes, and overall anatomical terminology.

In a nutshell, three main anatomical planes divide the body into frontal, lateral, and transverse views. These views showcase the position and relations between anatomical structures, which are described by precise terms, for example superior, inferior, lateral, and many others. Movements can also be described by standardly accepted terms, such as flexion and extension. With this vocabulary up our sleeves, it's time to dive deeper into the subject and find out more about its learning approaches.

Human anatomy consists of two main divisions:

- Macroscopic or gross anatomy
- Microscopic anatomy

Regional anatomy

Let's begin by taking a look at macroscopic or gross anatomy. As the name suggests, this branch deals with large structures that are mostly seen with the naked eye. It describes where every human body structure is located (topography), similar to how a geographic map of an area shows all the landmarks in a particular perimeter. Not only that, but it also describes how the structures are connected to each other, their starting and end points, their layering, and so on. There are two fundamental approaches to studying gross anatomy: a regional and a systemic one.

Regional anatomy organizes the body into several body parts or regions: upper limbs, lower limbs, trunk (thorax, abdomen, pelvis, back), head, and neck. This approach divides teaching and learning into discrete regional didactic areas, each one containing its respective bones, joints, muscles, arteries, veins, nerves, lymphatics, and organs. Let's take a look at all these regions and learn some basics about each one.

Upper limb

Let's begin by talking about the extremities, the structures responsible for interacting with the environment, locomotion, weight bearing, and many more. The upper limb consists of four main parts: shoulder, arm, forearm, and hand. In turn, the mobility of the limb is provided by the shoulder, elbow, and wrist joints onto which various muscles act. However, their action depends on innervation, and their viability on proper nutrition and blood supply. Do you know the name of the vein punctured by the needle when you have your blood drawn? How about the name of the nerve that can lead to tingles if you lean on your elbows for a long time?

Lower limb

The lower limb has four main parts, called the hip, thigh, leg, and foot. The flexibility is provided by the hip, knee, and ankle joints which allow you to kick, jump, squat, and shake it on the dance floor. The lower extremity contains some of the most powerful muscles in the human body, which are organized into various compartments. Significant vessels like the femoral artery and the longest nerve in the human body, the sciatic nerve, supply this limb.

Trunk and back

The upper and lower limbs are attached to an anatomical structure called the trunk, commonly known as the torso. The trunk is composed of several regions called the thorax, abdomen, pelvis, and back. Running through the center of the back is the vertebral column which contains the spinal cord. Large back muscles such as the trapezius, latissimus dorsi, and rhomboids as well as deeper, smaller ones are attached to various points of the vertebral column. The musculature of the back helps you maintain your posture, bend your trunk, move your arms, shrug your shoulders, and much more.

Large abdominal muscles, for example the rectus abdominis also contribute to the trunk. This is the famous ‘six-pack’ that many fitness enthusiasts strive for.

Thorax

In the previous section we’ve learned about the regions comprising the trunk, three of which were the thorax, abdomen, and pelvis. Let’s discuss each one very briefly. You’ve probably heard the expression ‘*my heart is beating out of my chest*’. However, what is the chest? In the world of anatomy, the chest is called the thorax and it is located between the neck and the abdomen. This region can be considered the epicentre of the circulatory system and the primary player in breathing, the latter function being mainly controlled by the diaphragm. The thoracic wall protects the internal contents and also supports the breasts.

The thorax is as complex on the inside as it is on the outside. Internally it consists of the thoracic cavity that, first and foremost, houses the lungs. These two vital organs are enveloped by membranes called the pleura and they are responsible for breathing. Altogether, the lungs occupy a surface area equivalent to the size of a tennis court. Sandwiched between the lungs is the mediastinum, a space that contains blood vessels, nerves, lymphatics, and most importantly, the heart. This vital organ is enclosed inside a sac called the pericardium and pumps 5 liters of blood every minute of your waking day through the entire body.

Abdomen and pelvis

Continuing inferiorly to the thorax, we come across the abdomen and pelvis. These two regions are often taught separately for didactic purposes, but their contents blend together into one large abdominopelvic cavity. Internally, it is lined by a membrane called the peritoneum which wraps around many

structures, making them intraperitoneal. The ones located outside the membrane are named extraperitoneal. The largest organ system located here is the gastrointestinal tract. The intestines, which are mainly responsible for absorption, snail through these regions for a total of 7.5 meters, the equivalent of four human beings stacked upright on top of each other.

Four accessory organs that help the gastrointestinal tract to perform its functions are located inside the abdominopelvic cavity. These are the liver, gallbladder, pancreas, and spleen. They help especially with the digestion of proteins and fats, as well as metabolic processing.

It's easy to think that the abdomen and pelvis are overfilled with the gastrointestinal tract, but there's even more! Organs like the kidneys, ureters, urinary bladder, and female and male reproductive structures are also located here. They form entire systems that work in unison to ensure that you eliminate wastes, react to stressful or scary situations, and reproduce.

Your abdomen and pelvis are the home to some of the body's largest blood vessels. Since they supply major organs and even more distal body parts, they are large caliber structures transporting liters of blood. For example, if either the aorta or a renal artery ruptures during a traumatic event, the person would die in several minutes. Important nerves can also be found in these regions, controlling the activity of the abdominopelvic organs and allowing you to feel pain.

Head and neck

In addition to the limbs, two more regions extend from the trunk that work in perfect harmony; a strong and mobile neck that supports a five-kilogram head, which also includes the brain. Vital nerves and blood vessels pass through the neck while traveling between the head and the rest of the body, so mastering these regions is important.

Now that we know some basics, let's focus on the head. It consists of several bones joined together that form the bony skull, or cranium, parts of which enclose the brain and some that form the facial skeleton. The head has several associated structures, such as eyes, nose, ears, and mouth. They have a variety of functions, for instance, vision, smell, hearing, eating, and speaking, to name a few.

Do you know why you can taste nasal drops or why you blow your nose after crying? That's because some of the previously mentioned structures are directly communicating with each other. Read on to find out how!

The neck serves as a passageway between the head and thorax. The nasal and oral cavities are continued by the pharynx, commonly called the throat. This muscular passage facilitates the movement of liquids, food, and air towards your windpipe (trachea) and food pipe (esophagus), respectively. In addition to the pharynx, the neck also houses many cartilages, muscles, organs, blood vessels, and nerves. Important structures include the larynx (voice box), thyroid gland, hyoid muscles, carotid arteries, jugular veins, and cervical plexus.

Neuroanatomy

Knowing the anatomy of each region of the human body is essential. However, how does the brain communicate with other regions, for instance the hand, to produce a movement or to sense objects? Through nerves, a concept explained by neuroanatomy. The nervous system controls every function of the human body. For example, it is involved in physiological processes like body temperature, voluntary movements, and higher-order thinking such as consciousness and emotional behaviour.

The nervous system has two structural divisions, central and peripheral. The central nervous system (CNS) consists of the brain and the spinal cord, which are protected by layers called meninges and bathed in cerebrospinal fluid. The brain is the master regulator of the body and has four main parts: cerebrum, subcortical structures, brainstem, and cerebellum. The cerebrum is divided into five lobes and forms the largest part of the human brain, being responsible for cognition.

However, every part of the brain is equally important. Do you know the main hero keeping a patient alive during a ‘vegetative state’ or a coma? It’s solely the brainstem, as the cerebrum is dysfunctional.

The spinal cord is the continuation of the brainstem, travelling through the vertebral column. It consists of five regions called cervical, thoracic, lumbar, sacral, and coccyx. Spinal nerves emerge from the spinal cord through the vertebrae, carrying nerve impulses to and from the periphery. The brain and spinal cord communicate via neural pathways called tracts. Ascending tracts carry peripheral information up towards the brain, while descending tracts transport information back down from the brain.

The peripheral nervous system (PNS) refers to all neural tissue located outside the CNS. It consists of 12 pairs of cranial nerves, the 31 pairs of spinal nerves mentioned previously, and all their branches. The PNS reaches and innervates every single anatomical structure of the human body.

As you can see, the regions of the human body are extremely complex. Starting from the top, the head allows you to gather information via sensorial structures, but not only, while the brain integrates and controls everything via the nervous system. The head rests on the neck, which provides a passageway for structures traveling to and from the thorax. Below the neck is the trunk, which is composed of the thoracic, abdominal, pelvic, and back regions. The trunk supports the body, facilitates movements, and protects various anatomical structures, such as internal organs, blood vessels, and nerves which are situated inside the respective cavities. Attached to it are two upper and lower limbs, which allow you to function as a human being, move, interact with your environment, and many more.

Systemic anatomy

We’ve covered regional anatomy, dividing our body into discrete areas. However, the human body also consists of physiological systems that span

multiple regions and are composed of many anatomical structures. Systemic anatomy, the second branch of human anatomy, subdivides the body into discrete organ systems that work together towards a common goal or function. The ten systems are called integumentary, musculoskeletal (skeletal, muscular), nervous, endocrine, circulatory, respiratory, digestive, urinary, reproductive, and lymphatic.

In contrast to its previous counterpart, the systemic approach divides studying into areas dealing with specific functions rather than locations or proximity. This approach covers anatomy from a more physiological perspective, studying structures that accomplish one body function together. For example, the nervous system covers all nerves in the body, which span different regions from the brain to the lower limb.

Integumentary system

The integumentary system consists of the skin and its associated appendages, such as hair follicles, nails, sweat glands, and sebaceous glands. It is involved in a variety of functions, including protection, tactile and thermal sensation, as well as temperature regulation through sweating.

Musculoskeletal system

The 200 bones of the human body act as a scaffold, providing support, protection, facilitating locomotion, and even storing various cells and substances. The bones are the pulley systems onto which muscles act, the latter being capable of contracting and relaxing, ultimately producing movement.

Nervous system

Nerves are responsible for transporting electrical impulses, which permit communication between the brain, spinal cord, our senses, and every peripheral anatomical structure. This communication allows humans to interact with their environment, sense, feel emotions, think, and perform many other complex cognitive tasks.

Endocrine system

The endocrine system consists of glands that release substances called hormones into the bloodstream. These hormones allow chemical communication between anatomical structures, inducing various regulatory effects upon reaching their targets.

Circulatory system

The circulatory system is responsible for keeping us alive by providing oxygenated, arterial blood, to every part of the human body. The key player is the heart, an organ that pumps oxygenated blood into arteries, which then returns back to the heart via veins as deoxygenated blood.

Respiratory system

The main function of the respiratory system is to keep us alive via the inhalation of oxygen and elimination of carbon dioxide. The lungs and alveoli

represent the site of gas exchange, which involve a series of convoluted air passages and membranes.

Digestive system

The digestive system is essentially a hollow system with two openings consisting of several organs. Food is ingested via the mouth, it is processed and absorbed inside the system, and the resulting solid wastes called feces are eliminated via the anus.

Urinary system

The urinary (excretory) system is the major filtering unit of the human body, being responsible for purifying the blood and eliminating wastes. The entire blood is continuously passed through the kidneys and the resulting unwanted or toxic substances are passed to the bladder, ultimately being eliminated via the urethra.

Reproductive system

The main responsibility of the reproductive system is to facilitate the generation of new offspring and to pass on our genes. The female system produces the eggs and nourishes the developing fetus until birth, while the male system synthesizes sperm and delivers it towards the egg to aid fertilization.

Lymphatic system

The lymphatic system is involved in the removal of interstitial fluid from tissues, the transport of absorbed fats after digestion, and in protection. Immune cells and substances travel via the lymphatic system, sampling lymph for any potential invaders and mounting an immune response if needed.

There are a lot of systems, so let's quickly summarize them. The integumentary system covers the entire body, protecting it from damage and regulating body temperature. The scaffold is provided by the skeletal system onto which the muscles act, ultimately facilitating movement. The nervous and endocrine systems are the main regulators, controlling the activity of almost everything via nerves and hormones, respectively. The respiratory and circulatory systems keep us alive by facilitating breathing and pumping blood around the body, while the digestive systems permits feeding. The resulting wastes are removed and excreted from the body by the urinary system. Last but not least, the reproductive system prevents humanity from going extinct, while the lymphatic system transports lymph and plays a role in the protection from microorganisms.

TASK 7.4 Translate the following texts in English using the terms from the tasks given above

1. Гипотиреоз – это состояние, при котором щитовидная железа не вырабатывает достаточного количества гормонов щитовидной железы, что

приводит к замедлению обмена веществ. Симптомами данного заболевания являются усталость, увеличение веса, непереносимость холода, сухость кожи и выпадение волос. Стойкое и длительное заболевание приводит к изменениям во внешности пациента: лицо становится отёчным, приобретает желтоватый цвет, веки и конечности отекают. Предотвращение патологии сводится к сбалансированному питанию, при котором в организм поступает достаточно йода.

2. Остеоартроз – это дегенеративное заболевание суставов, характеризующееся разрушением хряща в суставах, что приводит к боли и скованности. При форме остеоартроза с преимущественным поражением суставов пальцев кистей, функция руки заметно ухудшается уже на ранних стадиях артроза. Следующая форма – это остеоартроз опорных суставов. К опорным суставам относятся коленные и тазобедренные суставы. Лечение осуществляется через обезболивание с помощью лекарств, физиотерапию, изменение образа жизни и, в тяжелых случаях, посредством хирургического вмешательства по замене сустава.

3. Наиболее серьёзной причиной заболевания сахарным диабетом среди множества факторов является наследственная предрасположенность. Инфекции, излишний вес, нервные стрессы, вероятно, выполняют роль так называемого «спускового механизма», в результате которых болезнь и начинает проявляться. При этом сочетание нескольких факторов существенно увеличивает риск развития заболевания.

TASK 7.5 Match the names of four common illnesses with their symptoms

These illnesses vary in severity and duration, with proper management, prevention, and medical intervention helping individuals recover and prevent the spread of these contagious conditions. If symptoms persist or worsen, seeking medical advice is recommended for appropriate diagnosis and treatment.

- 1.** flu; **2.** scarlet fever; **3.** indigestion; **4.** chickenpox

A. Symptoms: sudden high fever, sore throat, bright red rash that feels like sandpaper, flushed face, and a strawberry-like tongue.

Duration: untreated illness can last for 1 to 2 weeks but antibiotics can shorten the duration and prevent complications.

Prevention: good hand hygiene, prompt treatment of strep throat, and avoiding close contact with infected individuals.

B. Symptoms: fever, chills, cough, sore throat, runny or stuffy nose, muscle or body aches, fatigue, and sometimes vomiting or diarrhea.

Duration: typically lasts 1 to 2 weeks but can lead to complications, especially in vulnerable populations.

Prevention: annual vaccination, good hygiene practices, and avoiding close contact with individuals who are sick.

- C. Symptoms: itchy rash consisting of red spots that become fluid-filled blisters, fever, fatigue, and headache.

Duration: the rash typically appears 1 to 3 weeks after exposure and lasts about 5 to 10 days.

Prevention: vaccination, avoiding close contact with infected individuals, and practicing good hygiene.

- D. Symptoms: burning sensation or discomfort in the upper abdomen, bloating, belching, nausea, and sometimes vomiting.

Duration: can vary depending on the cause, ranging from a few hours to a few days.

Treatment: avoiding trigger foods, eating smaller meals, managing stress, and over-the-counter antacids.

TASK 7.6 Read the following text and then make up a speech about the illnesses you suffered from when you were a child. Describe their symptoms and the ways they were treated. Does the information from the article coincide with your personal experience?

COMMON CHILDHOOD ILLNESSES AND TREATMENT

Parents and caregivers play a crucial role in monitoring children's health, recognizing symptoms early, and seeking medical advice when needed. Maintaining good hygiene practices, a healthy diet, and staying up-to-date with vaccinations can also help prevent the onset of common childhood illnesses. If symptoms persist or worsen, consulting a healthcare provider is recommended for proper diagnosis and treatment.

Children worldwide are susceptible to various common illnesses that can impact their health and well-being. Understanding these prevalent conditions and knowing how to effectively treat them is essential for parents and caregivers. Some of the most common childhood illnesses include:

1. Common cold:

Symptoms: runny nose, cough, sneezing, sore throat, and mild fever.

Treatment: rest, plenty of fluids, over-the-counter cold medications, and using a humidifier to ease nasal congestion.

2. Ear infections:

Symptoms: ear pain, fever, trouble sleeping, and irritability.

Treatment: antibiotics if bacterial, pain relievers, warm compresses, and ear drops to alleviate discomfort.

3. Stomach flu (gastroenteritis):

Symptoms: diarrhea, vomiting, stomach pain, fever, and dehydration.

Treatment: oral rehydration solutions, rest, bland diet, and monitoring fluid intake.

4. Asthma:

Symptoms: wheezing, shortness of breath, coughing, and chest tightness.

Treatment: inhalers (bronchodilators or corticosteroids), identifying triggers, and creating an asthma action plan.

5. Skin infections (impetigo, ringworm):

Symptoms: red, itchy rashes, blisters, or sores on the skin.

Treatment: topical antibiotics, antifungal creams, keeping the affected area clean and dry.

6. Allergies:

Symptoms: itchy eyes, runny nose, sneezing, skin rashes, and wheezing.

Treatment: avoiding allergens, antihistamines, nasal sprays, and allergy shots (immunotherapy).

PART 2

FOOD. NOURISHMENT

TASK 1.1 Before reading the article given below, decide whether the following statements are true or false. Explain why you think so

TASK 1.2 Now read the article and reconsider your choice of true and false statements

British Cuisine

British cuisine is the specific set of cooking traditions and practices associated with the United Kingdom. Historically, British cuisine means “unfussy dishes made with quality local ingredients, matched with simple sauces to accentuate flavour, rather than disguise it”. What is the definition of British cuisine?

British cuisine has traditionally been limited in its international recognition to the full breakfast and the Christmas dinner. However, Celtic agriculture and animal breeding produced a wide variety of foodstuffs for indigenous Celts and Britons. Anglo-Saxon England developed meat and savoury herb stewing techniques before the practice became common in Europe. The Norman conquest introduced exotic spices into England in the Middle Ages. The British Empire facilitated a knowledge of India’s elaborate food tradition of “strong, penetrating spices and herbs”.

British dishes include fish and chips, the Sunday roast, steak and kidney pie, and bangers and mash. British cuisine has several national and regional varieties, including English, Scottish and Welsh cuisine, which each have developed their own regional or local dishes.

Romano-British agriculture, highly fertile soils and advanced animal breeding produced a wide variety of very high quality foodstuffs for indigenous Romano-British people. Anglo-Saxon England developed meat and savoury herb stewing techniques and the Norman conquest reintroduced exotic spices and continental influences back into Great Britain in the Middle Ages as maritime Britain became a major player in the transcontinental spice trade for many centuries after. Following the Protestant Reformation in the 16th and 17th centuries “plain and robust” food remained the mainstay of the British diet, reflecting tastes which are still shared with neighbouring north European countries and traditional North American Cuisine. In the 18th and 19th centuries, as the Colonial British Empire began to be influenced by India’s elaborate food tradition of “strong, penetrating spices and herbs”, the United Kingdom developed a worldwide reputation for the quality of British beef and pedigree bulls.

English cuisine is shaped by the climate of England, its island geography and its history. The latter includes interactions with other European countries,

and the importing of ingredients and ideas from places such as North America, China and southern Asia during the time of the British Empire and as a result of immigration. What influenced the development of British cuisine?

The cuisine of Northern Ireland is largely similar to that of the rest of the island of Ireland. In this region, the Ulster Fry is particularly popular and the Old Bushmills Distillery, one of the world's oldest whiskey producers, is based in Bushmills, County Antrim.

Scottish cuisine is the specific set of cooking traditions and practices associated with Scotland. It shares much with British cuisine, but has distinctive attributes and recipes of its own. Traditional Scottish dishes such as haggis and shortbread exist alongside international foodstuffs brought about by migration. Scotland is known for the high quality of its beef, lamb, potatoes, oats, and sea foods. In addition to foodstuffs, Scotland produces a variety of whiskies. Some key aspects associated with Scottish cuisine include:

1. Haggis: one of Scotland's most famous dishes, haggis is a savory pudding made from minced sheep's offal (heart, liver, and lungs), onions, oatmeal, suet, spices, and seasoning, all encased in a sheep's stomach. Haggis is traditionally served with neeps (mashed turnips) and tatties (mashed potatoes), accompanied by a dram of whisky during Burns' Night celebrations.

2. Scottish Salmon: Scotland is renowned for its high-quality salmon, both farmed and wild-caught. Scottish salmon is a staple in Scottish cuisine and is often served smoked, poached, or grilled, highlighting its rich and delicate flavor.

3. Cullen Skink: a hearty Scottish soup made with smoked haddock, potatoes, onions, and milk or cream. Cullen Skink is a comforting dish originating from the town of Cullen in northeastern Scotland. It is a popular choice for a warming meal, especially during colder months.

4. Scotch Broth: a traditional Scottish soup made with lamb or beef, root vegetables, barley, and often flavored with herbs. Scotch broth is a nutritious and hearty dish enjoyed for its rich flavors and comforting qualities.

5. Shortbread: Scottish shortbread is a classic sweet treat made from simple ingredients like butter, sugar, and flour. With its crumbly texture and buttery taste, shortbread is a beloved Scottish biscuit enjoyed during teatime or as a delightful dessert.

6. Black Pudding: a type of blood sausage made with pork fat, oatmeal, and blood, black pudding is a popular component of a traditional Scottish breakfast, known for its savory and hearty flavor profile.

7. Cranachan: a delightful Scottish dessert made with whipped cream, raspberries, toasted oatmeal, honey, and whisky. Cranachan is a deliciously creamy and fruity treat often enjoyed during special occasions and celebrations.

8. Whisky: Scotland's national drink, whisky (or Scotch whisky), holds a special place in Scottish culture and cuisine. With a wide range of flavors and regional variations, Scotch whisky is often used in cooking, enjoyed as a digestif, or savored neat or on the rocks.

These elements together encapsulate the rich and diverse culinary tapestry of Scottish cuisine, reflecting the country's history, traditions, and appreciation for quality ingredients.

Welsh cuisine has influenced, and been influenced by, other British cuisines. Although both beef and dairy cattle are raised widely, especially in Carmarthenshire and Pembrokeshire, Wales is best known for its sheep, and thus lamb is the meat traditionally associated with Welsh cooking. What is associated with Welsh cuisine? Welsh cuisine is characterized by a variety of traditional dishes and ingredients that reflect Wales' culinary heritage and cultural influences. Some key aspects associated with Welsh cuisine include:

1. Local ingredients: Welsh cuisine often features locally-sourced ingredients such as Welsh lamb, which is renowned for its quality and flavor. Seafood from the coastal areas, including cockles and laverbread (seaweed), is also commonly used.

2. Laverbread and cockles: laverbread, made from seaweed, and cockles, a type of shellfish, are traditional Welsh foods that hold cultural significance in Welsh cuisine, especially in coastal regions.

3. Welsh cakes: a popular traditional Welsh treat. Welsh cakes are small, round cakes cooked on a griddle and often containing dried fruit such as currants or raisins. They are a staple in Welsh baking.

4. Cawl: considered the national dish of Wales. Cawl is a hearty soup or broth traditionally made with lamb or beef, potatoes, leeks, carrots, and other vegetables. It is a comforting and nourishing dish enjoyed across Wales.

5. Bara Brith: this traditional Welsh fruit loaf is a popular teatime treat, featuring dried fruits, tea-soaked raisins, and a hint of spice. It is often served sliced and buttered.

6. Welsh rarebit: a classic Welsh dish. Welsh rarebit is a savory dish made with a creamy cheese sauce poured over toast and grilled until bubbly and golden. It is a favorite comfort food in Wales.

7. Cheese: Wales produces a variety of excellent cheeses, with notable varieties like Caerphilly, Perl Las, and Cenorw Brie. These cheeses are often featured in Welsh dishes or enjoyed on their own.

8. Seaweed: Seaweed plays a role in Welsh cuisine, with laverbread being a traditional and unique ingredient used in various dishes, such as breakfast dishes and stews.

All these elements collectively contribute to the rich tapestry of flavors and dishes that make up Welsh cuisine, showcasing a blend of tradition, local produce, and cultural heritage.

Since the Victorian era, during the British Raj, Britain has been “borrowing” Indian dishes, and then creating Anglo-Indian cuisine to suit the British palate. Back then we came up with kedgeree and mulligatawny soup, all traditional Anglo-Indian dishes, but they are not that popular today. More recently many varieties of Indian curry of which chicken tikka masala and balti are the best known have been popularised. In fact chicken tikka masala is now considered one of Britain’s most popular dishes.

Modern British (or New British) **cuisine** is a style of British cooking which fully emerged in the late 1970s, and has become increasingly popular. It uses high-quality local ingredients, preparing them in ways which combine traditional British recipes with modern innovations, and has an affinity with the Slow Food movement. It is not generally a nostalgic movement, although there are some efforts to re-introduce pre-20th-century recipes.

Much Modern British cooking also draws heavily on influences from Mediterranean cuisines, and more recently, Middle Eastern, South Asian, East Asian and Southeast Asian cuisines.

In the late 1980’s, British cuisine started to look for a new direction. Although some traditional dishes such as roast beef and Yorkshire pudding, steak and kidney pie, bread and butter pudding, treacle tart, spotted dick or fish and chips, remain popular, there has been a significant shift in eating habits in Britain. Rice and pasta have accounted for the decrease in potato consumption and the consumption of meat has also fallen. Vegetable and salad oils have largely replaced the use of butter. Roast beef is still the national culinary pride. It is called a “joint”, and is served at midday on Sunday with roasted potatoes, Yorkshire pudding, two vegetables, a good strong horseradish, gravy, and mustard.

Today there is more emphasis on fine, fresh ingredients in the better restaurants and markets in the UK offer food items from all over the world. Salmon, Dover sole, exotic fruit, Norwegian prawns and New Zealand lamb are choice items.

In fact fish is still important to the English diet. Oily fishes also abound (mackerel, pilchards, and herring) as do crustaceans like lobster and oysters. Eel, also common, is cooked into a wonderful pie with lemon, parsley, and shallots; all topped with puff pastry.

Beefsteak, Oyster, and Kidney Pudding: oysters may seem unlikely in this meat pudding, but their great abundance in the Victorian age and earlier eras inspired cooks to find ways to incorporate them creatively in many different recipes. This steamed pudding combines the meats with mushrooms, onions, tomatoes, and Worcestershire, then wraps the whole in a suet pastry.

Black Pudding: invented in Stornoway, Isle of Lewis black pudding is often served as part of a traditional full English breakfast.

Pies, Puddings, Buns and Cakes. Pies and puddings are related phenomena in British culinary history. Originally, both solved the problem of preparing dinners made with less expensive meats. Pies covered a stew or other ingredients with a crust; puddings were made from butcher's scraps tucked into a sheep's stomach, then steamed or boiled. Pies have remained pies, although, in addition to savory pies, there now exist sweet variations, which tend to have two crusts or a bottom crust only. Pie crusts can be made from a short dough. Short dough is gentle dough made of a lot of fat and sugar. or puff pastry. Amongst cakes, buns and pastries local delicacies include Bath Buns, Chelsea Buns, Eccles Cakes, and Banbury Cakes.

Bangers and Mash. Bangers are sausages, and mash is potato that's been boiled and then mashed up (usually with butter). The sausage used in bangers and mash can be made of pork or beef with apple or tomato seasoning. The dish is usually served with a rich onion gravy.

Bubble and Squeak (sometimes just called bubble) is a traditional English dish made with the shallow-fried leftover vegetables from a Sunday roast dinner. The chief ingredients are potato and cabbage, but carrots, peas, brussels sprouts, and other vegetables can be added. It is usually served with cold meat from the Sunday roast, and pickles, but you can eat it on its own.

British Cheese. Cheese is made from the curdled milk of various animals: most commonly cows but often goats, sheep and even reindeer, and buffalo. Rennet is often used to induce milk to coagulate, although some cheeses are curdled with acids like vinegar or lemon juice or with extracts of vegetable rennet. Britain started producing cheese thousands of years ago.

The Great British Breakfast is famous (or notorious) throughout the world. Actually nowadays it is a bit of a myth, today many British people are more likely to have a bowl of cornflakes or a cup of coffee with a cigarette than to indulge in the wonders of this feast. The typical English breakfast is a 19th century invention, when the majority of English people adopted the copious meal of porridge, fish, bacon and eggs, toast and marmalade, that has now appeared on English breakfast tables for 100 years.

The Sunday roast. Every Sunday thousands of British families sit down together to eat a veritable feast of roasted meat served with roast potatoes, vegetables and other accompaniments. In medieval times the village serfs served the squire for six days a week. Sundays however were a day of rest, and after the morning church service, serfs would assemble in a field and practice their battle techniques. They were rewarded with mugs of ale and a feast of oxen roasted on a spit. Nowadays the tradition has survived because the meat can be put in the oven to roast before the family goes to church and be ready to eat when they

return. Typical meats for roasting are joints of beef, pork, lamb or a whole chicken. More rarely duck, goose, gammon, turkey or game are eaten.

Tea. Brits are addicted to tea. Scour the supermarket shelves and the type and variety of tea will astound and amaze you: earl grey (flavoured with bergamot), lady grey, white tea with peach, green tea. How they have their tea is also a serious choice – with or without milk, with lemon, with several spoonfuls of sugar or not. This love of tea, even in hot weather, for which it is proven to have a cooling effect, originates from the British colonization of India, and the discovery of tea there.

British beer, or bitter as it should be known, has always been popular since the discovery of brewing with hops, sugars and yeast back in the early 13th century. Beer drinkers tend to divide into 2 camps – those who drink the lighter lager beers, generally brewed outside the UK, and bitter drinkers, who prefer more flavour to their pint, and are passionate about local ales and the differences between local breweries.

Cider is also undergoing an upsurge in popularity, and this fruity alcoholic juice is benefiting from the interest in organic foods and drinks. Blessed with many orchards and a range of great British apples, cider is an earthy, refreshing drink, best served chilled and by the hearty gallon. It is the best drunk in the open air, at a country fair or in the garden, while enjoying the summer.

Pimm's is a very refined alcoholic punch, made with fruits and alcohol. It has a slow effect, and sometimes the boozy hit creeps up on the drinker. Best served in a large bowl with lots of ice, cut fruit and traditionally cucumber slices... ladled into glasses.

Gin. The elusive nature of gin, classically served with tonic, ice and lemon remains phenomenally popular, and there are many brands of this quintessentially English drink available.

Dandelion & Burdock. This is a classic and enigmatic British concoction which has slowly been reappearing on the soft drinks market in the last few years. Traditionally made pre-war by combining the roots of dandelions and burdock leaves, the unique taste of these ingredients is now artificially manufactured, and seems sweeter and more sickly than memories of the original drink.

Ginger beer perhaps more than dandelion and burdock, maybe more than cider, for kids and teens, is the taste of a British summer. Sample several of the varieties available – look for a less sweet version, that has a more intensive hot ginger burst, and enjoy the rush of the gingery bubbles gurgling down the throat.

The food industry in Britain is now undergoing major changes. From a resurgence of interest in organic food to the other extreme – genetically

modified (GM) food. GM food has so incensed the general public that there have been mass demonstrations against it all over the country.

Yes, there are various cuisines in Britain today. After years of disparagement by various countries (especially the French) Britain now has an enviable culinary reputation. However Britain's culinary expertise is not new! In the past British cooking was amongst the best in the world. Traditional British cuisine is substantial, yet simple and wholesome. British cuisine has always been multicultural, a pot pourri of eclectic styles.

TASK 1.3 Find the following words and word combinations in the text. Most of them are specific names of the local dishes or their ingredients. What do we call words and word combinations which mean specific objects or events characteristic of a certain culture or region that cannot be found in other cultures or regions?

Запечённые в тесте почки с мясом; варёный пудинг с изюмом; дуврская камбала; жаркое из рыбы, риса и яиц; песочное печенье; острый суп (национальное блюдо на востоке Индии); кровяная колбаса; жаркое из мяса, капусты и картофеля; окорок; светлое пиво; традиционный английский крющон; телячий рубец с потрохами и приправой; сычужный фермент; коронационный цыплёнок; концентрированный до желеобразного состояния мясной бульон, осветлённый и обезжиренный; кислое свернувшееся молоко / простокваша; уэльский кекс; густой шотландский суп из копчёной пикши, картофеля и лука.

TASK 1.4 Read the following transcriptions of the words taken from the text, write down these words and then translate them

[ˈʌlstə]; [ˌmʌlɪgəˈtɔɪni]; [krʌsˈteɪʃ(ə)n]; [ʃəˈlɒt]; [ˌkeɪʃ(ə)ˈriː];
[ˈwʊstəʃə]; [ˈkəʊpiəs]; [ˈbɜːgəmət]; [ˈsaɪdə].

TASK 1.5. Translate the following sentences into English

1. Корниш пасти – это печёный пирог округлой или овальной формы, часто слоёный, приготовляемый из теста, сделанного из пшеничной или пшенично-ржаной муки, и различной начинки. Начинка может быть как мясная – из говядины, свинины или куриного мяса, так и овощная.

2. Многие о североирландской кухне может сказать её традиционное ольстерское жаркое (бекон, яйца, колбаса, чёрный пудинг и грибы), которое обычно едят на завтрак.

3. *Pimm's* – марка алкогольных напитков, производимых компанией *Diageo*. Данный напиток обычно употребляется в коктейлях с лимонадом в пропорции от 1/3 до 1/5 со льдом. Также в него добавляют

лимон или лайм, апельсин, свежий огурец, клубнику, мяту. Всё мелко нарезают и подают со льдом.

4. Чтобы иметь представление о составе Уорчестерского соуса, приводим список компонентов, опубликованный фирмой «Хэрис и Уильямс», хотя это, разумеется, не полный рецепт и, к тому же, без указания порядка приготовления. Тем не менее, для человека, разбирающегося в кулинарии, это уже ключ к созданию знаменитой приправы. Основу Уорчестера составляет томатная паста, но на неё приходится все же лишь треть от общей массы соуса. На две трети соус состоит еще из 25 компонентов, так что в отличие от всех других соусов на томатной основе, вкус томата совсем не выделяется, а, наоборот, скрыт до неузнаваемости.

Итак, для изготовления наименьшей дозы Уорчестера (т.е. 10 кг) требуются следующие компоненты: 950 г томатной пасты, 190 г экстракта грецких орехов, 670 г экстракта-отвара шампиньонов, 80 г чеснока, 60 г чёрного молотого перца 760 г десертного вина (настоящий портвейн, токай), 570 г тамаринда, 190 г сарделлы (специально приготовленные пряные рыбки), 100 г карри (порошок), 340 г экстракта красного перца чили, 4 г душистого перца, 190 г лимона, 40 г хрена, 80 г сельдерея, 80 г мясного экстракта, 70 г аспика, 2,3 л 10 %-ного солодового уксуса, 3 л воды, 1 г имбиря, 1 г лаврового листа, 4 г муската, 230 г соли, 230 г сахара, 1 г стручка чили, 19 г жжёного сахара, 10 г экстракта эстрагона. Из приведённого рецепта ясно, почему нельзя привести иную меньшую дозу Уорчестера и почему его нельзя хорошо изготовить вне фабричных условий, когда закладка продуктов составляет менее 10 кг.

5. Я хочу рассказать о блюде, которое хорошо знакомо каждому британцу. Оно называется «Коронационный цыплёнок» (“coronation chicken”) и было создано в 1953 году в честь коронации Елизаветы II – отсюда и название. Несмотря на экзотический аромат добавляемых в него специй, данное блюдо уже давно считается классическим британским кушаньем, наряду с ростбифом и жареным картофелем с рыбой.

Авторы блюда – дизайнер-флорист Констанс Спрай (Constance Spry) и основатель лондонской академии кулинарных искусств *Le Cordon Bleu* Розмари Хьюм (Rosemary Hume). Когда двух дам попросили придумать концепцию праздничного банкета в честь коронации королевы Елизаветы, им пришла в голову идея создать достаточно доступное, лёгкое в приготовлении и в то же время праздничное блюдо, подчёркивающее многонациональность Содружества наций, главой которого должна была стать молодая Елизавета. Так появилось на свет это блюдо.

Рецепт цыплёнка заранее напечатали в газетах, поэтому британцы могли приобщиться к торжествам, приготовив курочку к праздничному

обеду. Надо сказать, времена тогда были непростые, и далеко не у каждого была возможность найти все необходимые ингредиенты, поэтому многие стали готовить цыплёнка с теми специями и продуктами, которые оказались под рукой. Именно поэтому сейчас насчитывается огромное количество вариаций рецепта этого блюда. В оригинальном рецепте, по которому блюдо готовилось в 1953 году, соус готовится из сушёных абрикосов, пассированного лука, приправы карри, томатной пасты, сухого красного вина, майонеза, жирных сливок, лимона, сахара и соли. Благодаря порошку карри блюдо приобретает желтоватый цвет.

Здесь я предлагаю один из классических рецептов Коронационной курочки от британского шеф-повара Энтони Уоррала Томпсона (Anthony Worral Thompson). Основные ингредиенты: 1,5 кг свежей курятины; 4 нарезанных пёрышка зелёного лука; 6 очищенных долек чеснока; 1 чайная ложка соли; 10 горошков чёрного перца. Ингредиенты для соуса: 1 столовая ложка растительного масла; 1 нашинкованная луковица; 1 чайная ложка порошка карри; 1 чайная ложка томатной пасты; 85 мл красного вина; 150 мл воды; 1 лавровый лист; соль и свежемолотый чёрный перец; сахарная пудра; 2 ломтика лимона; немного лимонного сока; 425 мл майонеза; 2 столовые ложки абрикосового пюре (можно сделать из кураги, или взять несколько абрикосов из банки); 3 столовые ложки взбитых сливок. Для сервировки и гарнира потребуются пучок кинзы или петрушки и отварной рис. Смешайте кусочки отваренного и измельчённого цыплёнка с соусом. Подавайте на стол с рисом (в качестве гарнира) и кинзой. По желанию, можно сначала положить кусочки на тарелку, и лишь после этого залить соусом.

6. Йоркширский пудинг (Yorkshire pudding) появился в английской кухне, когда пшеничная мука стала применяться при приготовлении пирогов и пудингов. Повара Северной Англии придумали способ использования жира, который капал на поддон, чтобы готовить пудинги, пока мясо жарится. Йоркширский пудинг выпекается заливанием негустого кляра, сделанного из молока, муки и яиц, в смазанные и затем подогретые пекарные поддоны или формы для маффинов. Обычно тесто делается из 1/3 чашки молока и 1/3 чашки муки на одно яйцо. Данный пудинг считается основной частью британского воскресного обеда, и в некоторых случаях употребляется до основного мясного блюда. Это был традиционный способ поедания пудинга, и он по-прежнему распространен в частях Йоркшира.

TASK 1.6 Decide whether the following statements are true or false

1. British cuisine is known for its complex and fussy dishes made with international ingredients to disguise flavors.

2. British cuisine has historically included limited dishes such as the full breakfast and the Christmas dinner.
3. The Norman conquest introduced Asian spices into England during the Middle Ages.
4. British cuisine is primarily limited to English dishes; there are no distinct Scottish or Welsh cuisines.
5. Romano-British agriculture produced a limited variety of foodstuffs for indigenous Romano-British people.
6. The Norman conquest did not reintroduce exotic spices and continental influences into Great Britain in the Middle Ages.
7. Following the Protestant Reformation, British cuisine shifted towards more complex and delicate flavors.
8. Scottish cuisine is completely identical to British cuisine with no distinctive attributes or recipes.
9. The Old Bushmills Distillery is based in Scotland and is known for its production of whiskey.
10. Scotland is renowned for the high quality of its beef, lamb, potatoes, oats, and sea foods.

TASK 1.7 Answer the following questions

1. What British concoction, known for its enigmatic taste and resurgence in the soft drinks market, is described in the text?
2. How was the traditional dandelion and burdock drink made historically, and how has its preparation changed in modern times?
3. Why is ginger beer highlighted as a significant taste associated with a British summer, particularly for children and teenagers?
4. What recommendation is given for experiencing ginger beer at its best, according to the text?
5. What major shifts are highlighted in the British food industry, ranging from organic food to genetically modified (GM) food?
6. How has the general public reacted to genetically modified (GM) food, as mentioned in the text?
7. How has Britain's culinary reputation evolved over the years, contrasting past disparagement with its current standing?
8. What qualities are attributed to traditional British cuisine in terms of its style and essence?
9. How is British cuisine described in terms of being multicultural and influenced by various culinary styles?
10. In what ways does the text emphasize the historical significance and enduring appeal of British culinary expertise?
11. What is Anglo-Indian cuisine, and how does it reflect the fusion between Indian and British culinary influences?

12. Give examples of traditional Anglo-Indian dishes mentioned in the text, such as kedgeree and mulligatawny soup.

13. Explain the development and popularity of Indian curries in British cuisine, highlighting dishes like chicken tikka masala and balti.

14. Describe the key characteristics of Modern British cuisine and its approach to cooking, based on the text.

15. How has Modern British cuisine evolved over the years, incorporating influences from various global culinary traditions such as Mediterranean, Middle Eastern, and South Asian cuisines?

16. What traditional dishes like roast beef and Yorkshire pudding, steak and kidney pie, and bread and butter pudding continue to remain popular in British cuisine?

17. Discuss the shift in eating habits in Britain in the late 1980s, including changes in the consumption of potatoes, meat, and oils.

18. How has the emphasis on fresh ingredients impacted the culinary scene in the UK, according to the text?

19. What role do fish and seafood play in the English diet, and what are some examples of commonly consumed varieties mentioned in the text?

20. Describe the dishes Beefsteak, Oyster, and Kidney Pudding and Black Pudding in British cuisine, and explain their significance in culinary history.

TASK 1.8 Translate the following sentences into English using the modal verbs

1. Британскую кухню можно охарактеризовать как восхитительное сочетание традиционных блюд и современных кулинарных тенденций.

2. Если вы посетите Великобританию, вам обязательно стоит попробовать классический английский завтрак.

3. Рыба с жареным картофелем обязательно должна быть в вашем списке блюд, которые непременно стоит попробовать при знакомстве с британской кухней.

4. Послеобеденное чаепитие должно включать в себя булочки со взбитыми сливками и джемом, чтобы вы могли получить по-настоящему аутентичный опыт.

5. Традиционное воскресное жаркое может состоять из жареного мяса, йоркширского пудинга и овощей.

6. Британская кухня может удивить рецептами острых и пряных блюд, таких как стейк или пирог с почками.

7. Когда дело касается британской кухни, нельзя упускать из виду концепцию комфортного приёма пищи.

8. Чтобы в полной мере оценить этот британский продукт, для начала необходимо правильно заварить чашку чая.

9. Вегетарианские блюда можно найти во многих британских меню, удовлетворяющих самые разнообразные диетические предпочтения.

10. Попробовать традиционный шотландский хаггис для кого-то может оказаться отчаянным шагом, но смелым любителям необычных блюд стоит решиться!

TASK 1.9 Translate the following sentences into English paying special attention to the use of the Subjunctive Mood

1. Очень важно пить чай с молоком и сахаром традиционным британским способом.

2. Пришло время приготовить идеальную чашку *Earl Grey* для полноценного послеобеденного чаепития.

3. Крайне важно, чтобы чайник был нагрет, прежде чем наливать горячую воду для чая.

4. Коллекционерка чашек просила своих гостей бережно обращаться с изящными фарфоровыми чашками.

5. Хозяйка настояла, чтобы каждый попробовал кусочек свежее испечённой булочки во время послеобеденного чая.

6. Рекомендуются осторожно перемешивать чай, чтобы он смешался с молоком, не нарушая при этом вкус.

7. Британская традиция требует, чтобы чайный чехол сохранял чайник тёплым во время чаепития.

8. Необходимо, чтобы к чаю обязательно было домашнее печенье, которое идеально дополнит напиток.

9. Считаю, что пора насладиться богатым ароматом чашки свежесваренного английского чая с молоком.

10. Традиционно английский чай никогда не настаивают слишком долго, чтобы избежать горечи.

TASK 2.1 Before reading the article, comment on its headline. What may be the main issue highlighted in the article? Then read the article and again – give your comment on the headline. Suggest your ideas of the headline. Then read the article

Seven simple ways to get your seven-a-day

The latest missive on diet, brought to us this week from experts at University College London, that we should be eating seven, rather than five, portions of fruit and veg a day drew a variety of responses – mostly groans. But, with or without these findings, it makes sense to get more fruit and vegetables into our everyday diet. Vegetables are the key – yes, fruit is good but contains high levels of fructose, which our body doesn't differentiate from refined sugar. And when it comes to drinking the juice, moderation is the thing. Without the roughage fruit has in its basic form, it is really not beneficial.

So how do you get more veg into your diet? It's actually not as hard as you might think. Here are seven tips to up your fruit and veg intake without it seeming like a chore.

1) Discover the joy of onions

Onions are incredibly nutritious, and complimentary to so many dishes. I prepare big batches and keep them, in two forms, in my fridge. They both add zing to any number of dishes:

Pink citrus onions: peel and finely slice two red onions, add a pinch of salt and toss well. Squeeze a whole lemon in – they will slowly cook in the acidity and go the most beautiful pink, and are then ready to eat. When they are very soft I pop them in a jar. They're great in salads, with boiled new potatoes, on top of grilled fish or chicken or any kind of spiced dish from a simple daal to a spiced beef casserole. Add any number of herbs, chilli and a little oil, and you have a salsa or dressing. These beauties keep refrigerated for up to five days.

Melted onions: peel and finely slice four medium onions (brown or red, or shallots). Heat a tablespoon of oil in a heavy-based pan with a lid, add the onions and stir to coat. Add some salt to let out water, stir, add a tablespoon of apple juice and some thyme and bayleaf, heat through on a medium heat, then reduce to lowest heat and leave the onions to soften and break down for a good 30-45 minutes (stir occasionally to avoid sticking). They are cooked when a strand of onion squeezed between the finger and thumb disintegrates with no give at all. Keep this sweet mass of onions in a jar or tupperware in the fridge for at least a week and use in vegetable salads, gratins, as the beginning of a casserole or sauce, in an omelette or as the basis of a tart, bruschetta or dressing.

2) Replace potatoes with other veg

Another trick is to replace or supplement potatoes with different vegetables. If I'm craving roast spuds, I'll add lots of other colourful things (beetroot, for example). And for mash I'll use a variety of roots – celeriac, parsnip, carrot, squash, sweet potato, turnip are all brilliant. I try to work out what will go well with the dish I'm doing and then make a mix. The English classic, clapsnot – roughly mashed carrot and swede with butter and a good grating of nutmeg, is great. The substitution trick works brilliantly in gratins and on pies.

3) Zing up your salads

It's easy to add tasty nuggets to a green salad: some grated carrot; apple; a few pumpkins seeds; a small segmented orange; a few radishes; finely sliced celery and fennel with a couple of spring onions; a few slices of avocado; a bit of cooked or grated beetroot. It doesn't have to be all vegetables. Blobs of goats' cheese, a piece of ham, nuts, seed or croutons help turn it into a real treat. Dressings are another oasis for extra bits and bobs – a crushed clove of garlic and or any number of herbs will complement what you have in the salad bowl (I

often roughly chop mint straight in). In the summer when tomatoes are plentiful, make a great dressing by whizzing up an overripe tomato with some olive oil and a squeeze of lemon juice. The same goes for a cucumber. You'll soon find your groove.

4) Go to town with base veg

Pureed soups, pasta sauces and, to a certain extent, casseroles should be a hotbed for vegetables. As I've said, onions are a good foundation to many dishes but the classic mirepoix (a fancy name for the base veg of usually onion, leek, celery and carrot) that chefs use in braises and stocks can really boost the number of vegetables you have. Think about the flavours you want from your base and then go to town. On top of those four standards, fennel is a good fresh addition, as are peppers; for a more muted flavour but with more body, go for celeriac. Another clever ploy if you are a keen pesto maker is to bulk put the basil with a handful of spinach or kale.

5) Don't rule out frozen fruit and veg

The report was negative about the effects of eating frozen and canned fruit – but acknowledged the reasons were unclear. Frozen vegetables get a clean bill of health, and they can be an absolute godsend. Even the tiniest icebox can hold a bag of frozen peas – and squeeze a bag of frozen spinach in too. Both are brilliant for throwing into a casserole just before you serve it up. Peas and spinach cooked down with some lardons and a poached egg top also make a fantastic breakfast, especially with a few melted onions thrown in.

6) Remember the rainbow

Green leafy vegetables are top-drawer – they're the ones we should eat most of, hence the current craze for kale smoothies. But it doesn't have to be quite that hardcore. It's sprouting broccoli time at the moment – try it with a delicious dressing or sauce. Don't just go for green veg, though – try and make each meal a good mix of colours as each colour has a spectrum of health benefits. If you're planning to use either broccoli or cauliflower use both – cauliflower-and-broccoli cheese is a winner (again, with melted onions). Orange and red vegetables have their own range of benefits.

7) Eat fruit raw

Although fruit juice seems like an appealing part of healthy lifestyle choices it isn't. I often use a splash of apple juice to sweeten a dressing, a sauce or a marinade but that's about it. Eating fruit raw is best; a lot of the great classic salads mix fruit with vegetables: apples, celery and walnut; pear, chicory and blue cheese, beetroot and orange; melon, cucumber and parma ham – all of these would have been found on a 1970s buffet. And with good reason.

TASK 2.2 Translate the following sentences in English using the vocabulary from the article

1. Если мне хочется жареной картошки, я добавляю много других ярких овощей (например, свеклу или морковь).

2. Замороженные овощи безопасны для здоровья и могут быть настоящей находкой для любой домохозяйки.

3. В зелёный салат легко добавить что-нибудь вкусное: немного тёртой моркови, яблоко, несколько тыквенных семечек, дольки апельсина, редис.

4. Я добавила щепотку соли, перемешала, влила столовую ложку яблочного сока, положила немного тимьяна, прогрела на среднем огне, затем уменьшила огонь и дала луку размягчиться.

5. Раньше я готовила большие партии лука и хранила их в двух формах в холодильнике, поскольку я знала, что лук может придать пикантности почти любому блюду.

6. Фрукты считались бы невероятно полезными, если бы они не содержали высокий уровень фруктозы, которую наш организм не отличает от рафинированного сахара.

7. Предлагаю использовать эту сладкую луковую массу в овощных салатах, запеканках, омлетах или в качестве основы для пирога, брускетты или заправки.

8. Для пюре я всю жизнь использую самые разные корнеплоды: сельдерей, пастернак, морковь, тыкву, сладкий картофель, репу. Я пытаюсь понять, что хорошо сочетается с блюдом, которое я готовлю, а затем делаю смесь.

9. Я привыкла добавлять яблочный сок, чтобы подсластить заправку, соус или маринад.

10. Если вы планируете использовать брокколи или цветную капусту, советую использовать и то, и другое: сыр с цветной капустой и брокколи будет лучшим вариантом для вашего стола.

TASK 2.3 Answer the following questions

1. According to the text, why is it recommended to eat seven portions of fruit and vegetables a day instead of just five?

2. Explain the potential downside of consuming high levels of fructose found in fruits, as mentioned in the text.

3. Describe the preparation process and benefits of pink citrus onions as detailed in the text.

4. How are melted onions prepared, and how can they be incorporated into various dishes?

5. How does the text suggest incorporating more vegetables into the diet by replacing or supplementing potatoes?

6. Provide examples of other root vegetables that can be used as substitutes for potatoes, as suggested in the text.

7. How can a green salad be enhanced with additional ingredients, as mentioned in the text?

8. Explain the significance of diverse ingredients like goats' cheese, ham, nuts, seeds, or croutons in elevating the flavor of a salad.

9. How can dressings be customized with garlic, herbs, or overripe tomatoes to enhance the taste of a salad, according to the text?

10. What advice does the text give for preparing a summer dressing using tomatoes or cucumbers?

TASK 2.4 Give 4-5 sentences as a piece of commentary on each topic below. You may express your agreement or disagreement with the idea in each topic and add your information judging by life experience or after finding some more facts on the internet

1. Base vegetables in cooking: onions, leek, celery, carrot.
2. Diversity in vegetable choices: fennel, peppers, celeriac.
3. Enhancing pesto with spinach or kale.
4. Benefits of frozen vegetables in cooking.
5. Utilize green leafy vegetables for health.
6. Incorporating a variety of coloured vegetables for health benefits.
7. Importance of eating raw fruit for health benefits.
8. Mix of fruit and vegetables in classic salads.

TASK 3.1 Before reading the recipe below, examine the following words and word combinations. Do you know these words? Do you use them in Russian in your everyday life while doing the shopping or cooking something?

a) courgette [kʊə'ʒet]– молодой кабачок; кабачок мелких сортов; цуккини;

b) packed lunch, packed meal – бутерброды, сухой паёк;

c) chive [tʃaɪv]: а) (лук-) резанец, шнитт-(лук), скорода (многолетний вид лука); б) (chives) побеги этого лука (употребляются как приправа);

d) Parmesan ['pɑːmiː'zæn] – пармезан (сорт твёрдого сыра);

e) al dente [æl 'denti] (of food, typically pasta): «на зуб» (произносится «аль дэнтэ») – состояние кулинарной готовности макаронных изделий или риса как твёрдые при укусе.

TASK 3.2 Read the text and give its written translation

Speedy weeknight suppers: roast vegetable herby pasta

Roasted vegetables, fragrant herbs and a generous dusting of Parmesan make a pasta dish you'll be itching to go home for.

Packed with colourful Mediterranean vegetables and herbs this is a fresh, bright meal to end the day with. It sings of summer and long light evenings, which at last seem just around the corner. Enough to feed four, this is also a perfect recipe to make for two, giving you a packed lunch for the following day.

Serves four

1 large red onion;
1 yellow pepper;
1 red pepper;
2 courgettes;
2 cloves garlic;
1 sprig rosemary, leaves only;
1 tbsp capers;
2 tbsp sun dried tomatoes;
350g pasta (I use conchiglie);
generous handful each of basil, parsley and chives;
50g Parmesan, grated or in shavings;
olive oil;
sprinkling of sugar.

Preheat the oven to 190C/gas mark 5. Peel and roughly slice the onion. Remove the stalk and white pith from the peppers and cut into strips. Toss the peppers, onion and rosemary leaves together with a sprinkling of salt, pepper and sugar. Spread out on a roasting tray and place in the centre of the oven.

Cut the courgettes into diagonal slices. Season as you did with the peppers and roast on a separate tray in the oven with the cloves of garlic still in their skins, dropped onto the tray. Leave both trays of vegetables to cook for about 30 minutes, checking every so often and giving them a good shake.

Meanwhile, slice the sun dried tomatoes into strips and prepare the herbs by removing any stalks and roughly chopping.

When the vegetables are nearly cooked, bring a large pan of salted water to the boil and cook the pasta for 10-12 minutes until al dente.

Take the roast vegetables from the oven and keep to one side. Squeeze the soft cooked garlic flesh from its skin, discarding the outer skin.

When the pasta is cooked, drain and return it to the pan. Straight away, drizzle with a generous slug or two of olive oil followed by the garlic, herbs, sun dried tomatoes, capers and half of the Parmesan. Mix really well before adding the cooked roast vegetables and tossing once again.

Serve in large bowls with salad and the remaining Parmesan.

TASK 3.3 Take the following test. These questions aim to assess comprehension of the cooking process outlined in the text and the ingredients used in the recipe

1. What type of cuisine is highlighted in the text featuring vegetables and herbs?

- A) Asian;
- B) Mexican;
- C) Mediterranean;
- D) Indian.

2. How many people can eat the dish?

- A) 2;
- B) 3;
- C) 4;
- D) 5.

3. Which herb is not included in the recipe?

- A) Basil;
- B) Parsley;
- C) Chives;
- D) Coriander.

4. What is the first step to prepare the vegetables, according to the text?

- A) Peel and slice the onion;
- B) Roast the peppers;
- C) Cook the courgettes;
- D) Chop the sun-dried tomatoes.

5. How long are the vegetables roasted in the oven, according to the text?

- A) 15 minutes;
- B) 30 minutes;
- C) 45 minutes;
- D) 60 minutes.

6. What is added to the pasta after it is drained and returned to the pan?

- A) Butter and cream;
- B) Olive oil and garlic;
- C) Soy sauce and ginger;
- D) Vinegar and mustard.

7. Which ingredient is discarded before adding the soft cooked garlic to the pasta?

- A) Garlic flesh;
- B) Herb stalks;
- C) Sun-dried tomatoes;
- D) Garlic skin.

8. How is the finished pasta dish served, according to the text?

- A) In small bowls with a drizzle of honey;
- B) On a large plate with a side of rice;
- C) In large bowls with salad and Parmesan;
- D) Wrapped in a tortilla with a dollop of sour cream.

TASK 3.4 Narrate the whole text from the first person: fancy as if it were you who once cooked this dish. Add the impression you made on those who tasted it

TASK 4.1 Read the headline of the following article and define the section in a magazine where it could be published: “Health”, “Beauty”, “Food and Diet”, “Cooking and Other Household Arts”. Why do you think so? Who could be a potential reader of this article (the target audience)? Why? Do you read other articles of this kind? Do you find them informative and useful?

TASK 4.2 Read the article. Write down the nouns from it dividing them into different semantic groups or categories: botany, chemistry, food, anatomy, medicine

Foods to Eat Every Day for Perfect Skin

1. Salmon is an excellent food to fight stress, anxiety, and depression. Salmon also provides most of your daily vitamin D needs. And as you may already know, vitamin D is responsible for keeping your heart, bones, colon and brain healthy. It also helps prevent colon cancer, anxiety, depression, heart disease and bone disease.

Salmon is also rich in omega-3 fatty acids that are excellent for fighting inflammation, wrinkles and acne. Its high omega-3 content also helps hydrate your skin from the inside out. Moreover, eating salmon keeps your scalp hydrated and promotes strong, healthy hair.

2. Red bell peppers are a tasty vegetable that can be enjoyed either cooked or raw. One red bell pepper contains more than 100% of your daily vitamin C needs. It also contains significant amounts of dietary fiber and vitamin B6. Moreover, it is rich in carotenoids that can help prevent wrinkles and increase blood circulation to your skin, helping it look more youthful. Due to their carotenoids, red bell peppers are also great to fight acne.

A red bell pepper is a perfect, low calorie snack that contains about 30 calories and has a really satisfying crunchy bite. Keep slices of red bell peppers in the fridge, so you will always have something healthy and tasty to reach for when you are having a snack attack. The fiber that a bell pepper contains will help you to feel full longer with very little calories. Plus, you will have a flawless skin!

3. Well, so I know **green tea** is actually a beverage, but tea leaves come from a plant! Even though I love black tea, I drink green tea every day because I

know that it is a great source of antioxidants and a unique amino acid, L-theanine that helps relax your body and lower stress.

When the tea is hot, the bionic brew releases catechins, a kind of antioxidant with proven anti-cancer and anti-inflammatory properties. Green tea may also reduce your risk of developing high blood pressure. Drink 3 or more cups of tea every day for better results.

4. Another food to eat daily for perfect skin is **celery**. Many of us underestimate this veggie, but celery contains Vitamin K that keeps the blood circulation healthy and helps to reduce high blood pressure. This can reduce your stress level, and as you know stress can cause bad skin, migraines and even cancer.

Celery also contains natural sodium, potassium and water, and can help to prevent dehydration. I hope you know that dehydrated skin means dryness, flaking, wrinkles, and even breakouts. Make sure you consume celery every day or at least every other day. If you are counting calories, don't worry, celery is very low in calories!

5. Carrots are good not only for your eyes, but also for your skin. They are especially good for clearing up breakouts. Carrots are rich in vitamin A and they help prevent the overproduction of cells in the outer layer of the skin. That's where excess sebum combines with dead cells and clogs pores.

Another great reason to snack on some carrots is because Vitamin A reduces the development of skin-cancer cells. So make sure you nibble on a half-cup of baby carrots every day for perfect skin. I love carrots and I think they make a great snack.

6. Dark chocolate is rich in antioxidants, fatty acids and flavanols that promote glowing skin. The antioxidants in dark chocolate will help reduce roughness in your skin and protect it against sun damage. Moreover, cocoa relaxes arteries, increasing blood circulation that leads to healthier skin.

I usually buy cocoa powder or raw cacao for less fat. And if you like dark chocolate, eat your ounce of dark chocolate every day and make sure you choose at least 80% cacao content in order to avoid milk and added sugars found in a traditional chocolate bar.

You don't have to eat all these foods every day, but even some of them would be great! Be sure to avoid junk foods, too much sugar, trans fats and refined carbs for the best skin possible. Which of these foods do you eat every day? Share your thoughts, please, and thanks for reading!

TASK 4.3 Translate the following sentences using the vocabulary from it

1. Неужели витамин А снижает риск развития раковых клеток кожи?

2. Если вы будете хранить кусочки красного болгарского перца в холодильнике, так у вас всегда будет что-нибудь полезное и вкусное.

3. Регулярное употребление лосося не может не сохранять кожу головы увлажнённой и способствовать укреплению и здоровью волос.

4. Риск развития высокого кровяного давления может снизиться за счёт употребления зелёного чая. Врачи рекомендуют выпивать три или более чашек чая каждый день для достижения лучших результатов.

5. Если бы не обезвоженная кожа, то у вас не было сухости, шелушения, мелких морщин и постоянных высыпаний.

6. Предлагаю съедать полстакана молодой моркови каждый день, чтобы кожа была идеальной.

7. Антиоксиданты в тёмном шоколаде наверняка помогут вам уменьшить шероховатость кожи и защитят её от солнечных лучей.

8. Если бы все эти годы вы избегали нездоровой пищи, слишком большого количества сахара, трансжиров и рафинированных углеводов, ваша кожа сейчас была бы максимально красивой.

9. Жаль, вы недооцениваете этот овощ, т.к. сельдерей содержит витамин К, который поддерживает здоровое кровообращение и помогает снизить высокое кровяное давление.

10. Я привыкла пить зелёный чай каждый день, потому что знаю, что это отличный источник антиоксидантов и уникальной аминокислоты L-теанина, которая помогает расслабить моё тело и снизить стресс.

TASK 4.4 Take the following True / False test looking for the necessary information in the article

1. Salmon is rich in omega-3 fatty acids that are beneficial for fighting inflammation and acne. (True/False)

2. Red bell peppers are high in vitamin C, dietary fiber, and vitamin B6. (True/False)

3. Green tea contains antioxidants and L-theanine, which help relax the body and reduce stress. (True/False)

4. Celery is low in calories and high in natural sodium, potassium, and water, which can help prevent dehydration. (True/False)

5. Carrots aid in clearing up breakouts by preventing the overproduction of skin cells and reducing skin-cancer cell development. (True/False)

6. Dark chocolate is rich in antioxidants, fatty acids, and flavanols that promote glowing skin. (True/False)

7. Eating salmon can help prevent anxiety, heart disease, and bone disease. (True/False)

8. Red bell peppers are a high-calorie snack containing about 100 calories. (True/False)

9. Green tea may increase the risk of high blood pressure if consumed in excess. (True/False)

10. Consuming celery daily can lead to dehydration due to its low water content. (True/False)

TASK 4.5 Make up a speech of about 8 sentences on the given topic. You may follow this example

It's important to note that a balanced diet plays a crucial role in skin health, and including nutrient-rich foods can contribute to a glowing complexion. While it may not be necessary to consume all the mentioned foods daily, incorporating some of them into your diet can provide essential vitamins, minerals, and antioxidants that benefit skin health.

Personally, I strive to include foods like fruits, vegetables, nuts, and fatty fish in my daily meals to support my skin's health. These foods offer a variety of nutrients that promote skin hydration, elasticity, and overall radiance. I'm mindful of avoiding excessive consumption of junk foods, sugar, trans fats, and refined carbs to maintain optimal skin condition and overall well-being.

Consistency in making nutritious food choices, staying hydrated, and following a well-rounded skincare routine contributes to achieving and maintaining healthy skin. I express my gratitude to the author of this article for emphasizing the importance of nutrition in skincare, and I appreciate the reminder to make mindful dietary choices for glowing skin.

TASK 5.1 Read and translate the following text which represents a short reasoning about the famous statement “I eat to live but I don’t live to eat”. Then narrate the text. Include your answers to the following questions: Do you follow this principle in nourishment? Do all your friends and relatives follow the rule of moderate food consumption? Do you consider overeating a kind of disease or just a bad habit?

The statement “I eat to live but I don’t live to eat” encapsulates a practical approach to food and emphasizes the primary purpose of nourishment. It highlights the notion that food serves as fuel for the body rather than a central focus of existence. While sustenance is essential for survival and overall health, this perspective underscores the idea of moderation and mindfulness in consumption.

By viewing eating through a utilitarian lens, individuals prioritize the nutritional value of food and its role in sustaining life. It suggests a balanced approach to eating, focusing on nourishing the body while recognizing that there is more to life than solely indulging in culinary pleasures. This mindset promotes a healthy relationship with food, where sustenance is valued for its inherent benefits rather than being the primary source of pleasure or gratification in life.

TASK 5.2 Answer the following questions

1. What factors contribute to the habit of overeating in today's society?
2. How does overeating affect physical health and well-being in the long term?
3. What role does emotional eating play in the tendency to overeat?
4. How can mindfulness and self-awareness help individuals combat the habit of overeating?
5. In what ways can societal norms and food culture influence patterns of overeating among individuals?

TASK 5.3 Read and translate the following provocative text about overeating. What is “epicurean indulgence”? What is “hedonistic approach”? Give your opinion about the given topic. How often do you overeat? Why?

Indulging in excessive eating can be a tempting escape into a world of culinary delights, each bite triggering a cascade of pleasure-inducing sensations. The allure of overeating lies not only in the flavors and textures that tantalize the taste buds but also in the emotional comfort it offers, providing a temporary respite from the stresses and demands of daily life. The sheer abundance of food, rich in aromas and colors, seduces the senses and promises momentary euphoria, akin to a culinary paradise where every craving is satisfied without restraint.

As one succumbs to the allure of overeating, each morsel consumed becomes a means of gratification, a pathway to temporary bliss that transcends the boundaries of moderation. The desire to indulge in excess manifests as a rebellion against societal norms and dietary restrictions, embracing a hedonistic approach to pleasure-seeking through food. The act of overeating transforms into a rebellious act of self-gratification, a defiance against conventional wisdom that preaches moderation and restraint.

Yet, beneath the surface of this epicurean indulgence lies a complex interplay of emotions, desires, and psychological triggers. The pleasure derived from overeating is not merely physical but a reflection of deeper emotional needs, seeking solace and satisfaction in the abundance of food. The temporary rush of endorphins and dopamine release, coupled with the sensory overload of flavors and textures, create a sensory symphony that captivates and captivates the mind, leading one down a path of culinary hedonism.

TASK 5.4 Find the antonyms of the following words in the text above

repel; compliance; continuation; despair; abhor; suppress; misery; indulgence; deter; excess; repulsion; restraint; distress

TASK 5.5 Which words prevail in the text: with positive or negative connotation? Prove it

TASK 6.1 Read and translate the following three recipes from the famous British newspaper “The Guardian” and make up the individual vocabulary of new words and word combinations. Pay your special attention to such reduced forms as “tbsp”, “tsp”, to some words of Italian origin (“ricotta crostata”, “pasticceria”)

**Braised ribs, potato salad and plum crostata: Sophie Hansen’s
potluck-friendly recipes**

Need to bring a plate? Whether you need a main, side or dessert, Sophie Hansen – Instagram’s @locallovely – has three crowd-pleasing dishes that will travel well.

Braised beef short ribs

This is a recipe from my friend Ree Booth and it’s an absolute winner. It’s easy to bring together, tastes wonderful and is a substantial main – a great dish to take to any gathering.

It travels well too. Try to time the cooking so the ribs will be done just before heading out the door. They should keep their heat for a while but, if you have access to a hotplate or an oven, give them a quick reheat just before serving. Or to help keep it warm, wrap the casserole dish in a couple of tea towels and ensure the lid is securely tied down, then tuck it into a laundry basket with some towels to keep as much heat in as possible.

Prep 20 min, plus marinating.

Cook 4-6 hours.

Serves 6-8.

1.2kg beef short ribs

2 handfuls green beans, trimmed

For the marinade:

3 tbsp olive oil;

1 tbsp chopped fresh thyme leaves;

2 garlic cloves, crushed;

1 tbsp smoked paprika;

½ tsp cayenne pepper;

1 tbsp salt;

1 tsp ground black pepper;

For the cooking sauce;

1 tbsp olive oil;

1 brown onion, diced;

1 heaped tbsp tomato paste;

80 ml Worcestershire sauce (⅓ cup);

500 ml chicken stock (2 cups).

Trim the ribs of any excess fat and place them in a large container.

To make the marinade, combine the marinade ingredients in a small bowl, add to the ribs and mix and rub to coat them well. Cover and place in the fridge to marinate overnight, or for at least four to six hours.

Heat the barbecue or a hotplate to high and sear the ribs on all sides until they are nicely browned. Set aside while you make the cooking sauce.

Preheat the oven to 140 C.

In a large ovenproof casserole dish, heat the olive oil over medium heat and cook the onion for about 10 minutes, or until soft and translucent. Add the tomato paste, Worcestershire sauce and stock and bring to a simmer. Reduce the heat to low and add the beef ribs, stirring to coat well. Transfer the dish to the oven and cook slowly for four to six hours, or until the meat is tender and almost falling off the bone. Add the green beans for the last 10 minutes of cooking time. Serve warm.

Super herby potato salad

Even though it's autumnal in feel, this salad is great for the summer too, as it doesn't contain any dairy or mayonnaise that will spoil if left out at room temperature, and all that lemon and the herbs bring zing and lightness. I would take this potato salad over its mayonnaise-heavy counterpart any day.

This potato salad is so easy to transport, mostly because it contains no mayonnaise or dairy. Just keep it cool and sealed in its container. It's generally OK to leave it out at room temperature for an hour or so before serving.

Prep 15 min.

Cook 15 mins.

Serves 6-8.

1kg baby potatoes, halved or quartered if large;

2 tbsp salt;

3 tbsp tarragon leaves;

1 good handful dill, plus extra for finishing;

1 good handful parsley leaves, plus extra for finishing;

1 good handful mint leaves, plus extra for finishing;

2 tbsp dijon mustard;

125 ml extra-virgin olive oil ($\frac{1}{2}$ cup);

60 ml white wine vinegar ($\frac{1}{4}$ cup);

$\frac{1}{2}$ tsp honey;

3 crisp green apples, cored and finely sliced (into matchsticks is great).

Place the potatoes and salt in a large pot and cover with water. Bring to a simmer over medium-high heat and cook until the potatoes are tender, about 15 minutes. Drain and leave until still warm but cool enough to handle.

Meanwhile, let's deal with all those herbs. Combine the tarragon, dill, parsley and mint on a board and chop finely. Place in a large jug or bowl and add the mustard, olive oil, vinegar, honey and some salt and pepper to taste, and whisk into a herby sludge (this also makes a great dressing for steamed green beans).

Transfer the warm potatoes to a container or serving bowl and pour the dressing and sliced apples over them. Gently toss to combine and finish with extra chopped herbs.

Plum and ricotta crostata

I spent a few years living in Italy in my 20s and during this time I fell for crostata. I loved how whenever there was a dinner party or gathering, my friends would stop at a pasticceria to buy a beautifully wrapped crostata to give to the host. It's just the thing to take to a celebration of any kind.

Once cooled, this crostata is a good traveller. Just pop it in a tray or container so it can't roll around the back of the car.

Prep 25 min, plus resting.

Cook 40 min.

Serves 8-10.

320 g plum jam or other jam of your choice (1 cup), apricot and blackberry are my favourites; quince is amazing, too.

55 g caster sugar ($\frac{1}{4}$ cup).

For the pastry:

250 g plain flour ($1\frac{2}{3}$ cups);

100 g icing sugar;

1 tsp grated lemon zest;

1 tsp baking powder;

a pinch of salt;

125 g cold butter, cubed ($\frac{1}{2}$ cup);

1 egg;

1 egg yolk.

For the ricotta filling:

230 g ricotta (1 cup);

30 g icing sugar ($\frac{1}{4}$ cup);

1 vanilla pod, seeds scraped;

3 eggs.

To make the pastry, combine the flour, sugar, lemon zest, baking powder and salt in a bowl. Tip on to a clean work surface and add the butter, rubbing it into the flour with your fingertips until the mixture resembles coarse sand (with a few small pebbles). Make a well in the centre and add the egg and yolk. Using a light hand, bring the mixture together until you have a smooth dough (it's OK

if there are some streaks of butter). Form into a disc, wrap in plastic wrap and rest in the fridge for 30 minutes.

To make the filling, in a large bowl whisk together all the ingredients until well combined.

Place the jam in a small saucepan and gently heat, then set aside.

Preheat the oven to 180 C.

To roll out the crostata, remove about one-third of the pastry. Roll out the remaining two-thirds until you have a large disc about 4mm thick. Gently transfer the pastry into a 22cm fluted, loose-bottomed tart tin (a spring form cake tin will be fine too – you will want to trim the edges of your pastry first).

Trim any excess pastry, leaving a 1cm border and fold this down into the edge of the tin to reinforce the crust. Spoon the ricotta mixture on to the base of the pastry and top with dollops of jam.

Roll out the remaining pastry and slice into about 10 long strips. Arrange five of these strips across the top of the tart, spaced evenly apart, then arrange the remaining five strips to form a lattice pattern, weaving the strips over and under each other.

Trim any excess pastry, sprinkle with the caster sugar and bake for 35 minutes or until the pastry is golden brown.

Serve warm or chilled (it slices more easily when chilled).

TASK 6.2 Take the following test looking for the proof of each correct variant in the text above

1. How long should the beef short ribs marinate before cooking according to the recipe?

- A) 1-2 hours;
- B) 2-4 hours;
- C) Overnight or at least 4-6 hours;
- D) 6-8 hours.

2. What temperature should the oven be preheated to for cooking the beef short ribs?

- A) 120 C;
- B) 140 C;
- C) 160 C;
- D) 180 C.

3. At what point in the cooking process should the green beans be added to the dish?

- A) At the beginning;
- B) During marination;
- C) In the last 10 minutes of cooking;
- D) After the ribs are seared.

4. How is the cooking sauce prepared for the beef short ribs according to the text?

- A) Simmering Worcestershire sauce;
- B) Boiling chicken stock;
- C) Browning tomato paste with onions;
- D) Mixing Worcestershire sauce, stock, and tomato paste.

5. How is the dressing for the Super Herby Potato Salad prepared?

- A) By boiling the herbs with potatoes;
- B) By whisking together mustard, olive oil, vinegar, honey, salt, and pepper;
- C) By blending apples with tarragon and mint;
- D) By marinating the potatoes with lemon and herbs.

6. What makes the Super Herby Potato Salad suitable for outdoor gatherings in the summer?

- A) Its heavy use of dairy and mayonnaise;
- B) Its inclusion of warm ingredients;
- C) Its light and zesty quality from lemon and herbs;
- D) Its reliance on root vegetables like carrots and beets.

7. How are the potatoes in the salad cooked according to the second recipe?

- A) Roasted in the oven;
- B) Boiled in water with salt until tender;
- C) Sautéed with herbs and spices;
- D) Grilled on a barbecue.

8. Why does the recipe suggest leaving the Super Herby Potato Salad out at room temperature for a short period before serving?

- A) To enhance the flavor profile;
- B) To avoid food spoilage due to dairy or mayonnaise;
- C) To speed up the cooling process;
- D) To preserve the crispness of the green apples.

9. What inspired the author's love for crostata during their time living in Italy?

- A) Family recipes;
- B) Gatherings with friends;
- C) Pasticceria visits;
- D) Host's preferences.

10. How is the crostata pastry prepared in the recipe?

- A) Kneading the dough vigorously;
- B) Mixing the butter with flour to sandy consistency;
- C) Adding warm water to the dry ingredients;
- D) Folding the egg yolk into the flour mixture.

11. What type of jam is suggested for the Plum and Ricotta Crostata recipe?

- A) Plum jam only;
- B) Apricot or blackberry jam;
- C) Quince jam only;
- D) Any jam of your choice.

12. How is the lattice pattern on top of the crostata achieved according to the text?

- A) Using a cookie cutter;
- B) Weaving pastry strips over and under each other;
- C) Sprinkling the pastry with caster sugar;
- D) Pressing the ricotta mixture onto the pastry base.

TASK 6.3 Narrate the recipes in detail each time adding your reflection upon how healthy the given dishes may be and whether you would like to have them on your table regularly. What might prevent you from preparing these dishes regularly except the ideas of unhealthy ingredients or high-calorie outcome?

TASK 6.4 Which of the given recipes do you find the most preferable? Why? Which of the dishes might be the most expensive? Which of the dishes would you choose to prepare by yourself and which would you like to order at a restaurant? Why? What attractive names would you like to give to these dishes if you were the owner of some famous restaurant?

TASK 6.5 Translate the following sentences paying special attention to the rules of the Conditional Sentences in English and using the words from the article

1. Если бы вы нагрели оливковое масло на среднем огне в большой жаропрочной форме для запекания и готовили бы лук около 10 минут, он стал бы мягким и прозрачным.

2. Если бы у меня сейчас был доступ к плите или духовке, я бы быстро разогрела рёбрышки непосредственно перед подачей на стол.

3. Если вы обернёте форму для запекания парой кухонных полотенец и убедитесь, что крышка надёжно закрыта, то вы сохраните как можно больше тепла.

4. Пожелай я приготовить вкусные тушёные говяжьи рёбрышки, я бы смешала все ингредиенты в небольшой миске и добавила бы к рёбрышкам, а затем оставила бы мясо мариноваться на ночь в холодильнике.

5. Содержи тот салат молочные продукты или майонез, которые быстро портятся при комнатной температуре, и не будь там лимона и трав, придававших пикантность и лёгкость блюду, мы бы вряд ли согласились его заказывать.

6. Не будь у меня аллергии на большинство ингредиентов, я бы сейчас смешала на доске эстрагон, укроп, петрушку и мяту и мелко нарезала бы всё это, а потом поместила бы нарезанные травы в большой кувшин или миску, добавила бы горчицу, оливковое масло, уксус, мёд, немного соли и перца.

7. Случись нам пойти на праздничный обед или собрание, я и мои друзья остановимся в кондитерской, чтобы купить кростату в красивой упаковке и подарить хозяину, поскольку это то, что нужно взять с собой на любой праздник.

8. Привыкни ты готовить тесто сама, ты бы смешала в миске муку, сахар, цедру лимона, разрыхлитель и соль, а потом выложила бы всё это на чистую рабочую поверхность и добавила бы сливочное масло, втирая его в муку кончиками пальцев.

9. Если ты обрежешь лишнее тесто, оставив край шириной 1 см, и загнёшь его к краю формы, чтобы укрепить корочку, то я помогу тебе выложить смесь рикотты на основу теста и сверху полью джемом.

10. Посыпь она итальянский открытый пирог сахарной пудрой и выпекай его не менее 30 минут, то тесто стало бы золотисто-коричневым.

TASK 7.1 Give the written translation of the following article. Then prepare the video presentation on this topic. Add 2-3 dishes that are not mentioned in the article and describe their ingredients and recipes. What are your favourite dishes from the Slavic cuisine?

Slavic Cuisine: A Culinary Journey Through Eastern Europe

Slavic cuisine encompasses the diverse culinary traditions of the Slavic nations that span Eastern Europe, including countries such as Russia, Ukraine, Poland, Czech Republic, Slovakia, and more. Rooted in a rich history of agriculture, seasonal ingredients, and cultural influences, Slavic cuisine offers a flavorful tapestry of dishes that reflect the region's heritage and traditions.

Borsch (Borscht):

One of the most iconic Slavic dishes, borsch is a vibrant beet soup that varies in preparation across different Slavic countries. While Ukrainian borsch is perhaps the most famous, featuring beets, cabbage, potatoes, and sometimes meat, variations like Polish barszcz or Russian borscht offer unique twists on this comforting and hearty soup.

Pierogi (Varenyky):

Pierogi, a beloved staple of Slavic cuisine, are dumplings typically filled with a variety of ingredients such as potatoes, cheese, meat, or fruit. These versatile dumplings can be boiled, fried, or baked, and are commonly served with sour cream, onions, or other condiments.

Golubtsi (Stuffed Cabbage Rolls):

Golubtsi are cabbage rolls filled with a savory mixture of minced meat, rice, and spices, simmered in a flavorful tomato sauce. This dish showcases the Slavic tradition of hearty and comforting meals that are perfect for family gatherings and celebrations.

Pelmeni:

Pelmeni are Russian dumplings filled with seasoned meat, typically beef, pork, or a combination of both. These dumplings are boiled and often served with melted butter, sour cream, or vinegar, highlighting the simplicity and deliciousness of Slavic cuisine.

Kielbasa:

Kielbasa, a type of smoked sausage, is a popular dish in Polish and other Slavic cuisines. Made from seasoned pork, beef, or a blend of meats, kielbasa can be grilled, fried, or simmered and is often enjoyed with sauerkraut, mustard, or bread.

Slavic cuisine embraces a balance of flavors, textures, and ingredients that celebrate the region's agricultural heritage and culinary creativity. From hearty soups to comforting dumplings and flavorful meats, Slavic dishes offer a warm and inviting dining experience that is steeped in tradition and a sense of community. Whether enjoyed at a family table or a quaint local eatery, Slavic cuisine invites diners to savor the rich tapestry of Eastern European flavors and culinary delights.

TASK 7.2 Read and translate the following recipe of some famous Russian dish. Guess what dish is meant here. Do you know its history? Can you cook it? Have you ever tasted this dish?

Ingredients:

500g beef fillet, sliced into strips
2 tablespoons butter
1 onion, finely chopped
2 garlic cloves, minced
250g mushrooms, sliced
1 tablespoon all-purpose flour
1 cup beef broth
1 cup sour cream
1 tablespoon Dijon mustard
Salt and pepper to taste
Fresh parsley, chopped (for garnish)
Cooked egg noodles or rice (for serving)

Instructions:

1. In a large skillet, melt the butter over medium heat. Add the sliced beef strips and cook until browned. Remove the beef from the skillet and set aside.

2. In the same skillet, add the chopped onion and minced garlic. Sauté until the onion is translucent.

3. Add the sliced mushrooms to the skillet and cook until they are soft and golden brown.

4. Sprinkle the flour over the mushrooms and stir well to combine.

5. Gradually pour in the beef broth, stirring constantly to avoid lumps. Bring the mixture to a simmer.

6. Reduce heat to low and stir in the sour cream and Dijon mustard. Season with salt and pepper to taste.

7. Return the cooked beef strips to the skillet and simmer gently for a few more minutes to allow the flavors to blend.

8. Serve the dish hot over cooked egg noodles or rice.

9. Garnish with chopped fresh parsley before serving.

Enjoy this classic Russian dish with its creamy sauce and tender beef, served over a bed of fluffy rice or buttery egg noodles. It is a comforting and flavorful meal that captures the essence of traditional Russian cuisine.

TASK 7.3 Translate the text in English. The following words and word combinations may help you:

To simmer; porcini mushrooms; turnip; village hut; noble estate; bay leaf; carcass; flavour; sauerkraut; stew; medium heat; brisket; to strain the broth; sautéed veggies; cabbage brine; saturated; to rinse; rye flour; starching; dressing.

Слово «щи» происходит от древнерусского «сѣти». Так называли любое жидкое питательное кушанье. Похлёбки из капусты стали готовить в IX веке, когда на Русь завезли и начали выращивать этот овощ. Блюдо быстро завоевало народную любовь. «Щаной дух» всегда стоял в доме.

Щи могли позволить себе все. Их можно было готовить в любое время года: летом со свежей, а зимой с квашеной капустой. И они никогда не приедались. Знаете ли вы, что в XVIII–XIX веках щи замораживали в виде больших ледяных кругов и брали с собой в дорогу, а потом рубили, разогревали и ели? Щи варили и в деревенских избах, и в дворянских усадьбах, и в царских дворцах. Обеспеченные слои населения могли позволить себе богатые щи (с мясом), а люди попроще готовили в основном вегетарианский вариант — пустые щи. Но независимо от того, какими были ингредиенты, щи обязательно томили в русской печи. Так овощи не бурлили в кипятке, а постепенно раскрывали свой вкус.

Опишем современную вариацию богатых щей — без белых грибов и репы. С данной технологией справится даже неопытный кулинар.

Ингредиенты на трёхлитровую кастрюлю:

- 500 г мяса на кости;

- 300 г квашеной или свежей капусты;
- 3 небольшие луковицы;
- 2–3 картофелины;
- 2 помидора;
- 1 небольшая морковь;
- 1 столовая ложка томатной пасты;
- растительное масло для жарки;
- лавровый лист, соль, перец горошком, перец душистый и другие специи — по вкусу;
- укроп, петрушка, сметана для подачи на стол.

Традиционно мясные щи варят на говяжьем бульоне, выбирая при этом грудинку и другие части туши с костью. Но можно использовать свинину и даже курицу.

Мясо залейте водой и варите на среднем огне. Когда начнёт закипать, следите за пеной. Иначе бульон придётся процеживать.

Капуста – главный компонент щей. Чаще всего используют квашеную капусту. Даже добавляют в суп капустный рассол. Благодаря квашеной капусте щи приобретают ту кислинку, за которую многие их так любят.

Когда бульон закипит, добавьте в кастрюлю капусту. Если она у вас слишком ядрёная, то её нужно предварительно промыть.

Если же вы готовите щи из свежей капусты, не забывайте, что, в отличие от квашеной, её нужно добавлять в конце варки, перед картошкой.

Убавьте огонь и попробуйте бульон на соль. Обычно солёности капусты вполне достаточно, но при желании можно немного подсолить. Капуста с мясом должны вариться ещё около часа.

Щи — заправочный суп, а значит, без заправки не обойтись. Обжарьте мелко порезанный лук на растительном масле, затем добавьте к нему нашинкованную морковь и измельчённый помидор, а в самом конце ещё столовую ложку томатной пасты, чтобы суп имел насыщенный цвет.

Через час-полтора готовки выловите мясо из бульона, а когда оно немного остынет, отделите его от кости и порежьте небольшими кусочками. Затем верните его в суп вместе с зажаркой и картошкой.

Первоначально в щи для густоты добавляли ржаную муку. С распространением картофеля функцию крахмализации бульона взял на себя этот овощ.

Примерно за 10 минут до готовности отправьте в кастрюлю лавровый лист, перец и другие специи по вкусу. Попробуйте щи. Если кажутся недосолёнными, подсолите.

Щи готовы! В качестве заправки обычно используют сметану и свежую зелень.

PART 3

EXAM TOPICS FOR DISCUSSION

TASK 1.1 Read and translate the following texts and change them so that their vocabulary may be more varied and the volume may be bigger (about 400 words). Answer the questions after each topic. Add your opinion to each topic

-1-

Some person is health-conscious, keeps an eye on diet and goes in for sports. His / her close friend is against any attempts to stay healthy and fit. What are the ways of persuading friends to do at least morning exercises and not to overeat?

As someone who values and prioritizes health and well-being, it is natural to care deeply about the welfare of those close to you. When a friend shows resistance to taking care of their health, it can be concerning, but it also presents an opportunity to offer support and gently encourage positive changes. In the case of a friend who is against strengthening their health, particularly through diet and exercise, it is essential to approach the conversation with empathy, understanding, and a genuine desire to help uplift their well-being.

When talking to your friend about incorporating morning exercises and practicing moderation in eating habits, it is crucial to emphasize the long-term benefits these small lifestyle changes can bring. Instead of focusing on drastic or overwhelming transformations, start by highlighting the simplicity and accessibility of morning exercises, such as a brief yoga routine, a brisk walk, or stretching exercises. Explain to your friend that even a few minutes of physical activity in the morning can boost energy levels, improve mood, and set a positive tone for the day ahead.

In terms of dietary habits, gently remind your friend that moderation is key to a balanced and healthy lifestyle. Emphasize the importance of mindful eating, savoring each bite, and being attuned to the body's hunger and fullness cues. Encourage your friend to view food not just as mere sustenance but as nourishment for the body and a source of vitality. Suggest simple strategies like mindful portion control, incorporating more whole foods, and savoring meals slowly to appreciate flavors and textures.

Answer the following questions:

- 1. How can approaching a conversation about health with empathy and understanding positively influence a friend's willingness to make lifestyle changes?**
- 2. What are the potential long-term benefits of incorporating morning exercises and practicing moderation in eating habits, as emphasized in the text?**

3. Why is mindfulness and moderation in eating habits highlighted as key components of a balanced and healthy lifestyle in the context of encouraging a friend to prioritize their well-being?

-2-

Longevity. What is the average life span in most developed countries? What do we need to live long?

In most developed countries, the average life span has been steadily increasing over the years due to advancements in healthcare, improved living conditions, and a greater emphasis on overall wellness. As of recent data, the average life expectancy in developed nations typically ranges from the mid-70s to the early 80s. This upward trend in longevity reflects a combination of factors such as access to quality healthcare, disease prevention and management, better nutrition, and lifestyle choices.

To promote longevity and lead a long, healthy life, several key factors play a vital role. One of the fundamental aspects is maintaining a balanced and nutritious diet rich in essential nutrients, vitamins, and minerals. A diet that includes a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats can support overall health and well-being, reducing the risk of chronic diseases and enhancing longevity.

Regular physical activity is another crucial component for living a long and healthy life. Engaging in routine exercise, whether through daily walks, strength training, or aerobic activities, helps promote cardiovascular health, strengthen muscles and bones, and improve overall fitness levels. Exercise also plays a significant role in reducing stress, improving mental health, and maintaining mobility as we age.

In addition to nutrition and physical activity, prioritizing mental and emotional well-being is essential for longevity. Managing stress, practicing mindfulness, fostering social connections, and engaging in activities that bring joy and fulfillment contribute to a sense of purpose and overall happiness, which can have a positive impact on longevity.

Furthermore, avoiding harmful habits such as smoking, excessive alcohol consumption, and risky behaviors, as well as staying up to date with preventive healthcare measures like regular check-ups, screenings, and vaccinations, are crucial steps in safeguarding one's health and longevity. By combining these lifestyle factors with a positive mindset, a supportive social network, and access to quality healthcare, individuals can increase their chances of living a long, vibrant, and fulfilling life.

Answer the following questions:

1. How have advancements in healthcare, improved living conditions, and a greater emphasis on overall wellness contributed to the steady increase in average life expectancy in most developed countries?

2. What role do balanced and nutritious diets, regular physical activity, and mental well-being play in promoting longevity and overall health, as outlined in the text?

3. Why are preventive healthcare measures, avoidance of harmful habits, and prioritization of mental and emotional wellness highlighted as essential components for individuals to enhance their chances of living a long, vibrant, and fulfilling life in the context of longevity?

-3-

Healthy food. Diets. Why do so many people have digestive issues and ulcer nowadays?

In today's world, the prevalence of digestive troubles and ulcers among many individuals can be attributed to various factors related to diet, lifestyle, and overall health habits. One significant contributing factor is the consumption of unhealthy foods that are high in fat, sugar, and processed ingredients. Diets that lack sufficient fiber from fruits, vegetables, and whole grains can lead to poor digestive function, causing issues such as constipation, bloating, and irregular bowel movements.

Moreover, the modern diet often includes an excess of highly processed foods, fast food, and sugary beverages, which can irritate the digestive system and disrupt its natural balance. Consuming excessive amounts of spicy, acidic, or fried foods can also trigger acid reflux and gastritis, contributing to the development of ulcers in the stomach or intestines.

Furthermore, stress, inadequate hydration, irregular eating patterns, and a sedentary lifestyle can all impact digestive health negatively. Stress and anxiety can lead to increased production of stomach acids, potentially aggravating conditions like acid reflux and ulcers. Dehydration can affect the mucous lining of the digestive tract, making it more susceptible to irritation and inflammation.

To address and prevent digestive issues and ulcers, adopting a balanced and nutritious diet that includes plenty of fiber, lean proteins, healthy fats, and probiotic-rich foods is crucial. Avoiding excessive consumption of processed and fried foods, managing stress through relaxation techniques, staying hydrated, and engaging in regular physical activity can significantly improve digestive health and reduce the risk of developing gastrointestinal problems. Seeking medical advice and guidance from healthcare professionals is essential for individuals experiencing persistent digestive troubles or symptoms of ulcers to receive proper diagnosis and treatment tailored to their specific needs.

Answer the following questions:

1. How do dietary factors such as high fat, sugar, and processed food consumption contribute to digestive issues like constipation, bloating, and irregular bowel movements?

2. In what ways can stress, inadequate hydration, irregular eating patterns, and a sedentary lifestyle negatively impact digestive health, potentially leading to conditions like acid reflux and ulcers, according to the text?

3. What are the recommended strategies outlined in the text to address and prevent digestive problems and ulcers, including dietary adjustments, stress management techniques, hydration practices, and physical activity for optimal digestive health and overall well-being?

-4-

Describe the most popular diets of today

In the current landscape of nutrition and wellness, several popular diets have gained significant traction and followers due to their perceived health benefits and potential for weight management. One of the most popular diets today is the ketogenic diet, which focuses on consuming high amounts of healthy fats, moderate protein, and very low carbohydrates. By putting the body into a state of ketosis, where it burns fat for fuel instead of carbs, the ketogenic diet aims to promote weight loss, improve energy levels, and enhance mental clarity.

Another prevalent dietary approach is the Mediterranean diet, inspired by traditional eating patterns in countries bordering the Mediterranean Sea. This diet emphasizes whole foods such as fruits, vegetables, whole grains, legumes, nuts, seeds, olive oil, and lean proteins like fish and poultry. With a focus on plant-based foods and heart-healthy fats, the Mediterranean diet is lauded for its potential to reduce the risk of chronic diseases, including heart disease and diabetes.

Intermittent fasting has also gained popularity as a dietary strategy that alternates between periods of eating and fasting. This approach can take various forms, such as the 16/8 method (16 hours of fasting and an 8-hour eating window) or the 5:2 diet (5 days of regular eating and 2 days of restricted calorie intake). Intermittent fasting is believed to aid weight loss, improve metabolic health, and enhance cellular repair processes.

Other notable diets include the paleo diet, which focuses on consuming foods that mimic those of our hunter-gatherer ancestors, and the vegan diet, which excludes all animal products and emphasizes plant-based foods for health and ethical reasons. Each of these popular diets offers a unique approach to nutrition and has garnered a following for its potential health benefits and impact on overall well-being. It's essential for individuals to choose a diet that aligns with their health goals, preferences, and lifestyle while ensuring they meet their nutritional needs for long-term health and vitality.

Answer the following questions:

1. How does the ketogenic diet differ from the Mediterranean diet in terms of macronutrient composition and its intended effects on weight loss and energy levels?

2. What are the potential benefits and challenges associated with intermittent fasting as a dietary strategy for weight loss, metabolic health improvement, and cellular repair processes, as outlined in the text?

3. Considering the various popular diets mentioned, such as the paleo diet, vegan diet, and intermittent fasting, how can individuals determine which dietary approach aligns best with their health goals, preferences, and lifestyle while ensuring adequate nutritional intake for long-term well-being?

-5-

Having meals in and out

When considering the options of having meals either at home or dining out, each choice brings its own set of advantages and disadvantages that can impact factors such as health, convenience, social interaction, and overall satisfaction.

Starting with dining in at home, one of the primary advantages is the ability to have full control over the ingredients and cooking methods used to prepare meals. This enables individuals to tailor their dishes to meet specific dietary needs, preferences, and health goals. Cooking at home often results in healthier and more nutritious meals, as individuals can avoid excessive salt, sugar, and unhealthy fats commonly found in restaurant dishes. Additionally, eating at home is usually more cost-effective than dining out, allowing individuals to save money and have greater control over their food budget.

On the other hand, dining out provides advantages such as convenience, social engagement, and the experience of trying new cuisines and flavors. Eating at restaurants eliminates the need for meal preparation and cleanup, saving time and effort, which can be appealing for busy individuals or those looking for a quick and enjoyable dining experience. Restaurant dining also offers opportunities for socializing with friends, family, or colleagues, fostering connections and creating memorable shared experiences.

However, dining out frequently can have downsides, including higher expenses, potential overconsumption of calories, and limited control over portion sizes and ingredients. Restaurant meals often contain larger portions and hidden additives that can contribute to weight gain and health issues if consumed excessively. Moreover, eating out regularly may lead to a decrease in home-cooked, nutrient-dense meals, impacting overall health and wellness in the long run.

In summary, both dining in and dining out offer unique advantages and disadvantages that individuals should consider based on their personal preferences, lifestyle, and health goals. Finding a balance between enjoying restaurant experiences and preparing nutritious meals at home can contribute to a well-rounded approach to dining that promotes overall well-being and satisfaction.

Answer the following questions:

1. How does having meals at home provide individuals with greater control over ingredient selection, cooking methods, and meal customization to align with specific dietary needs and health objectives?

2. In what ways can dining out enhance social interaction, convenience, and exposure to diverse culinary experiences, contributing to a more dynamic dining experience compared to eating at home?

3. What are the potential drawbacks associated with frequent dining out, including higher costs, potential calorie overconsumption, and reduced control over portion sizes and ingredient quality, as highlighted in the text on balancing the advantages and disadvantages of dining in versus dining out?

TASK 1.2 Translate the following sentences using the vocabulary of the texts from TASK 1.1

-1-

Passive Voice

1. Когда поддержка предлагается в мягкой форме и активно поощряются любые позитивные изменения, человек скорее соглашается заняться йогой или делать упражнения на растяжку.

2. Курение, чрезмерное употребление алкоголя и рискованное поведение отвергаются большей частью молодёжи в нашей стране.

3. Его состояние усугубилось вследствие стресса и беспокойства, которые привели к увеличению выработки желудочной кислоты.

4. Ему всегда рекомендовали диету, включающую разнообразные фрукты, овощи, цельнозерновые продукты, нежирные белки и полезные жиры.

5. Сейчас в его питании упор делается на растительную пищу: свежие фрукты (апельсины, яблоки, ананасы), овощи (шпинат, цветную капусту, брокколи), бобовые (чечевицу, нут, фасоль) и орехи и семена (миндаль, грецкие орехи, семена льна).

6. Её семейный бюджет никогда не контролировался, и деньги никогда не учитывались, поскольку все привыкли обедать и ужинать вне дома.

7. Регулярное питание в ресторанах и кафе может привести к тому, что потребление домашней, богатой питательными веществами еды искусственно урезается, и в долгосрочной перспективе здоровье разрушается подобными вредными привычками.

8. Мою сестру недавно заставили сесть на кетогенную диету, которая фокусируется на потреблении большого количества полезных жиров, умеренного количества белка и очень низкого количества углеводов.

9. Риск развития желудочно-кишечных проблем был значительно снижен разумным подходом к питанию.

10. Пациенту указали на важность осознанного питания, наслаждения каждым кусочком и настройки на сигналы организма о голоде и сытости.

-2-

Subjunctive Mood

1. Крайне важно, чтобы вы напомнили своему другу, что умеренность является ключом к сбалансированному и здоровому образу жизни.

2. Он бы согласился сесть на диету, если бы ты подошла к разговору с сочувствием, пониманием и искренним желанием помочь улучшить его самочувствие.

3. Какие бы лечебные практики она не применяла, она никак не могла понять, что главное – управление стрессом и развитие социальных связей, которые приносят радость и удовлетворение жизнью.

4. Жаль, что многие родители не понимают, что одним из существенных факторов, способствующих ожирению у их детей, является потребление нездоровой пищи с высоким содержанием жира и сахара.

5. Она уже восемь лет придерживается этой диеты, включающей много клетчатки, нежирных белков, полезных жиров и продуктов, богатых пробиотиками, чтобы врач не заставил её лечь на операцию по удалению желчного пузыря.

6. Он говорит о кетогенной диете, которая направлена на снижение веса, повышение уровня энергии и обретение ясности ума, таким тоном, как если бы эта диета заменяла наличие ума как такового.

7. Если бы не средиземноморская диета, он бы всю жизнь страдал от хронических заболеваний, включая сахарный диабет и повышенное артериальное давление.

8. Я предложила ему обедать и ужинать дома, поскольку это позволит ему адаптировать свои блюда в соответствии с конкретными диетическими потребностями, предпочтениями и целями в отношении здоровья и хорошего самочувствия.

9. Жаль, что они отказались от соблюдения сбалансированной и питательной диеты, разработанной их диетологом и включавшей много клетчатки, нежирных белков, полезных жиров и продуктов, богатых пробиотиками.

10. Необходимо, чтобы пожилые люди объединили все указанные факторы образа жизни с позитивным мышлением и доступом к качественному здравоохранению, тогда они смогут увеличить свои шансы прожить оставшуюся жизнь ярко и полноценно.

Modal Verbs

1. Неужели ты не можешь объяснить своему другу, что даже несколько минут физической активности утром могут повысить уровень энергии, улучшить настроение и задать позитивный тон на предстоящий день?

2. Не может быть, чтобы он не отказался от вредных привычек, таких как курение и чрезмерное употребление алкоголя!

3. Наверняка окажется, что её питание включает в себя избыток полуфабрикатов, фаст-фуда и сладких напитков, которые могут раздражать пищеварительную систему и нарушать её естественный баланс.

4. Вам давно следовало уменьшить стресс и беспокойство, которые могут привести к увеличению выработки желудочной кислоты, что потенциально усугубляет такие состояния, как кислотный рефлюкс и язвы.

5. Возможно, он увлёкся средиземноморской диетой, поскольку она включает в себя орехи, оливки, морепродукты и свежие салаты.

6. Она никогда не могла отличить палео-диету, которая фокусируется на потреблении продуктов, имитирующих пищу наших предков-охотников-собираателей, от веганской диеты, которая исключает все продукты животного происхождения и делает упор на растительную пищу.

7. Ей пришлось научиться готовить разнообразные блюда и принимать пищу дома, поскольку это не могло не помочь ей избежать чрезмерного употребления соли, сахара и вредных жиров, обычно встречающихся в ресторанных блюдах.

8. Ты обязан найти баланс между посещением ресторанов и приготовлением питательных блюд дома, поскольку всё это оказывает существенное влияние на состояние твоего желудка, кишечника и печени!

9. Обезвоживание, скорее всего, повлияло на слизистую оболочку его пищеварительного тракта и сделало её более восприимчивой к раздражениям и воспалениям.

10. Может быть, соблюдение профилактических мер здравоохранения, таких как регулярные осмотры, обследования и вакцинация, станут важными шагами в сохранении вашего здоровья на долгие годы.

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