

Дополнительный материал к учебнику  
Английский язык 10 класс /Баранова, Дули  
Копылова - 2014-2015-2016-2017 год - Серия  
Starlight (Старлайт) звездный английский  
(Модуль 2 – Еда. Здоровье. Безопасность.)  
Уровень B2+, C1

Подготовила учитель  
английского языка ГБУ Ко ОО ШИЛИ  
г. Калининград  
Мигунова С.В.

You are what you eat!

# Answer the question

- What did you think when you read the headline?
- What images are in your mind when you hear the word 'diet'?
- How healthy is your diet?
- Do you eat any food to keep your brain healthy?

# Answer the question

- How does lots of cola and coffee affect our brain and mood?
- How might fast food affect our mental well-being?
- What could you eat less or more of to reduce depression?

# Match the following synonyms

1. cast
  2. alters
  3. stable
  4. paucity
  5. stimulated
  6. carried out
  7. survey
  8. anxiety
  9. components
  10. structure
- a. conducted
  - b. well-balanced
  - c. parts
  - d. encouraged
  - e. study
  - f. spread
  - g. formation
  - h. shortage
  - i. worry
  - j. changes

# Listen



1) What have researchers cast on the effects of our diet on mental health?

a) a net

b) the truth

c) a fishing line

d) new light

2) Who did the article say was more emotionally stable and resilient?

a) people under 30

b) people over 30

c) people over 60

d) teenagers



3) What is Lina Begdache a professor of besides health?

a) depression

b) nutrition

c) wellness

d) diet

4) What did the professor say about the link between diet and obesity?

a) it is well established

b) it was strong

c) it was breaking

d) it was tenuous

5) What did the researchers say stimulated healthy practices?

a) free time

b) food

c) mental well-being

d) anonymity

6) How was the survey conducted?

a) well

b) anonymously and online

c) quickly

d) on paper

7) How often did adults eat fast food to increase levels of mental distress?

a) once a month

b) every day

c) often

d) three times a week

8) What did over-30s eat less of to reduce depression?

a) carbohydrates

b) protein

c) meat

d) vegetables

9) What diet did the professor suggest eating?

- a) a vegan diet
- b) a carbohydrate diet
- c) a Mediterranean diet
- d) a vegetarian diet

10) What is a diet mentioned in the article important for?

a) babies

b) a healthy brain

c) physical fitness

d) food waste



Listen again

# **Task 1**

## **True or False**

- 1. Scientists shone a light on people's diets.**
- 2. Researchers say the food under-30s eat changes their brain.**
- 3. A researcher said there is little research on our diet and mental health**
- 4. The researcher suggested that being healthy encourages healthy eating.**
- 5. The research was done on people the researchers never met.**
- 6. A survey was send via just one social network.**
- 7. The article said that people who ate faster were more depressed.**
- 8. A professor said the Mediterranean Diet was not good for mental health.**

## Task 2

### Find the definition

1. Cast
  2. Alters
  3. Stable
  4. Resilient
  5. Paucity
  6. Via
  7. Distress
- a. By way of, through
  - b. Thrown or put sth somewhere
  - c. Extreme anxiety, sorrow or pain
  - d. The presence of sth only in small quantities or amounts
  - e. Changes of character or form
  - f. Able to withstand, cope with or recover quickly from difficult conditions
  - g. Sane and sensible, not easily upset or disturbed





# Answers

- |     |                             |                  |
|-----|-----------------------------|------------------|
| 1.  | cast бросать                | a. spread        |
| 2.  | alters изменять             | b. changes       |
| 3.  | stable стабильный           | c. well-balanced |
| 4.  | paucity нехватка            | d. shortage      |
| 5.  | stimulated<br>стимулировать | e. encouraged    |
| 6.  | carried out проводить       | f. conducted     |
| 7.  | survey исследование         | g. study         |
| 8.  | anxiety беспокойство        | h. worry         |
| 9.  | components<br>компоненты    | i. parts         |
| 10. | structure структура         | j. formation     |

# Multiple choice

1. D
2. B
3. C
4. A
5. C
6. B
7. D
8. A
9. C
10. b

# TRUE / FALSE

- aF
- bT
- cT
- dT
- eT
- fF
- gF
- hF



# Answers

1. d

2. E

3. g

4. f

5. d

6. a

7. c

# Использованные источники

- 1) <https://breakingnewsenglish.com>
- 2) Student's book (студенс студент бук) -  
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