**LEXICAL TEST.**

**HEALTHY LIFESTYLE.**

**VARIANT 1.**

1. **Read the text and match each phrases (A-E) to a gap (1-5).**

**One phrase is EXTRA.**

Your health and general wellbeing is **(1)** \_\_\_ by what you eat and how even a minor change in your diet can help to **(2)** \_\_\_\_ to many illnesses.

More and more people today are choosing to **(3)** \_\_\_ for their own health. We now recognize that we can **(4)** \_\_\_\_ by making an improvement in lifestyle — a better diet, more exercise and reduced stress.

By matching your diet to your lifestyle and **(5)** \_\_\_\_ both at home and when you eat out, you can keep yourself in the best of health.

1. take greater responsibility
2. strengthen your resistance
3. developing better eating habits
4. depending on how much is consumed
5. influence our health
6. very much determined
7. **Fill in the gaps with the following words:** *infections, soothing, protect,*

*physically, tooth decay*

1. Cleaning your teeth twice a day helps to prevent ….
2. Fruits and vegetables … us from all kinds of illnesses.
3. You must get enough vitamins so your body can fight off …….
4. A balanced diet and regular exercise will keep you …… fit.
5. She took a nice …… bath after a long day work.
6. **Fill in the verbs:**  *avoid , keep, feel, fight, improve, cut out, contain, complain.*

**There are 3 words you do not need to use.**

**Измените форму глагола, где это НЕОБХОДИМО.**

1. The man did nothing but …all night about the slow service and the bad food.

2. He is usually in a very good mood but sometimes he … down in the dumps.

3. My elder sister has got bad teeth *that is why* *(вот поэтому)* she *…* sugary drinks

 completely.

4. Make sure you eat a lot of oranges and kiwis; it’s the only way to … of infections.

5. She is very moody and never … her emotions under control; she gets angry

 very easily.

1. **Match the words in Column A with the words in Column B.**

**Translate these phrases into Russian. Переведите эти фразы.**

1. frequent A. intake

2. catch B. our health

3. health C. illnesses

4. regular D. boost

5. influence E. cold

6. extra F. to illnesses

7. lack of G water

8. still H. nutrition

9. resistance I. exercises

10. food J. tips

1. **Choose the correct response.**
2. A: I’m overweight!

B: a) Have you thought about eating less and taking regular exercises?

 b) Drink more water and eat iron-rich food!

1. A: I’ve had a toothache for two days.

B: a) Why don’t you eat foods rich in vitamin C?

 b) If I were you I’d go to see the dentist.

1. A: I’m always catching colds.

B: a) You might feel better if you ate foods rich in vitamin C.

 b) Have you thought about eating less?

1. A: I feel tiredness during the day.

B: a) It would be best if you follow a low-carbohydrate diet.

 b) Are you feeling better?

1. A: I get terrible indigestion.

B: a) Have you thought about eating less and taking regular exercises?

 b) Have you thought about cutting out spicy foods?

1. **Translate the sentences from Task 3 into Russian.**

**LEXICAL TEST.**

**HEALTHY LIFESTYLE.**

**VARIANT 2.**

1. **Read the text and match each phrases (A-E) to a gap (1-5).**

**One phrase is EXTRA.**

Scientists now know that **(1)** \_\_\_ are as complex as our own bodies. Of the thousands of chemicals, minerals and vitamins **(2)** \_\_\_, many are potential lifesavers or hazards to health, depending on **(3)** \_\_\_\_\_over time. The link between food and health is an everyday but complex issue. So, you should learn **(4)** \_\_\_your food intake. Small but well-informed changes to your diet will **(5)** \_\_\_\_ to your wellbeing.

1. how much is consumed
2. make a great difference
3. how to balance
4. food and its affects
5. found in a single food
6. food you eat effects
7. **Use the the following phrases to complete the sentences below.**

*sugary drinks, well-balanced diet, artificial additives, regular exercise, health tips*

1. Since I have been taking ….. I feel much better.

 2. This juice tastes odd *(странный)* because of all the …….it has.

 3. She likes to eat…. as part of her healthy lifestyle.

 4. She has cut out …… and junk food.

 5. My personal trainer at the gym gave me some very good ….

1. **Fill in the verbs:**  *catch, fight, effect, keep, improve, influence, feel, cut out.*

**There are 3 words you do not need to use.**

**Измените форму глагола, где это НЕОБХОДИМО.**

1. You are what you eat, and the food you eat … the way you feel and the way

you look all through your life.

1. He … a cold yesterday and didn’t go anywhere *(никуда)*.
2. My dad always eats well-balanced meals and does sports regularly, so *(поэтому)* he … active for longer.
3. We now recognize *(осознавать, понимать)* that we can … our health by making an improvement in lifestyle.
4. Try to follow healthy tips, it ……. your body from many serious illnesses.
5. **Match the words in Column A with the words in Column B.**

**Translate these phrases into Russian. Переведите эти фразы.**

1. soothing A. additives

2. match B. resistance

3. healthy C. water

4. still D. lifestyle

5. strengthen E. food intake

6. improvement F. supplies

7. frequent G. in lifestyle

8. artificial H. tea

9. specific I. illnesses

10. balance J. diet to lifestyle

1. **Choose the correct response A or B.**
2. A: I’m underweight!

B: a) Have you thought about eating less and taking regular exercises?

 b) Have you thought about eating three well-balanced meals?

1. A: I have a stomach ache during the day.

B: a) It would be best if you cutting out spicy and junk food.

 b) Are you feeling better?

1. A: I often lack of concentration in the afternoon.

B: a) Have you thought about eating lots of iron-rich foods?

 b) Have you thought about cutting out spicy foods?

1. A: I’ve had a toothache for two days.

B: a) Why don’t you cut down sugary drinks and snacks?

 b) Why don’t you eat foods rich in vitamin C?

1. A: I’m always catching colds.

B: a) You might feel better if you ate iron-rich foods.

 b)You might feel better if you ate foods rich in vitamin C.

 **6. Translate the sentences from Task 3 into Russian.**