

Раздел 2 (задания по чтению)

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Вы проводите информационный поиск в ходе выполнения проектной работы. Определите, в каком из текстов A–F содержатся ответы на интересующие Вас вопросы 1–7. Один из вопросов останется без ответа. Занесите Ваши ответы в таблицу.

- 1) What can help the aged avoid health problems?
 - 2) How can work influence health?
 - 3) How is health connected to exercise?
 - 4) What health problems might the young have?
 - 5) How is health connected to diet?
 - 6) What are action points in case you feel bad?
 - 7) What can prevent health problems?
- A** Staying healthy is just as important as getting help when you do fall ill. Doctors recommend getting vaccinated against certain diseases at a young age, or perhaps when there is a flu epidemic and many people suffer from and spread the disease. ‘Prevention is better than cure’, as the old saying goes. It is easier to get ill than it is to get better, so take care.
- B** Healthy food is essential for the body and the mind. You are what you eat, so if you eat junk food or drink a lot of sugary drinks, think what it is doing to your body. Another old saying is ‘an apple a day keeps the doctor away’, pointing out the benefits of eating simple, healthy food.
- C** A good work-out can keep you fit and healthy, but too much can cause problems. There are two forms of exercise, resistant and aerobic, and both have their advantages, but doctors recommend combining both forms for maximum benefit. It can be difficult to find time to go to the gym, because of work or family obligations, but just a few minutes a week can work wonders.
- D** It is not so easy to combine healthy living with your everyday routine, and sometimes a person’s job can present problems. For example, if you work long hours, you can become over-tired and your body gets run down. Other jobs involve a lot of pressure, which can cause stress, leading to various illnesses. As always, moderation and care are the best defence against the threat of illness.
- E** Some groups of people are especially vulnerable to illness. Babies, for example, need a clean environment as their bodies cannot yet deal with certain germs or bacteria, and can catch all sorts of diseases very easily. They need a lot of sleep and a special diet, too, to ensure healthy growth. Each new family should get the best advice they can from an expert on how to raise a healthy child.
- F** Both the young and the elderly are high-risk groups. Age brings wisdom, but it can also bring health problems. As your body grows older, it naturally grows weaker, and special care must be taken at this stage in life. Perhaps some gentle exercise or a change in diet becomes necessary, on the advice of your medical consultant.

Запишите в таблицу выбранные цифры под соответствующими буквами.

Текст	A	B	C	D	E	F
Вопрос						