**Задания № 5 для самоподготовки по английскому языку для студентов 1 курса, КЛПТ, 2019-2020**

**I.** **Лексико-грамматические упражнения**

1. ***Match the expressions with their translations.***
2. To contain energy a) пропускать приемы пищи
3. To contain fat b) здоровый образ жизни
4. To skip meals с) содержать энергию
5. To feel full d) испытывать ощущение сытости
6. Healthy lifestyle e) содержать жир
7. ***Find the odd one out.***
8. Physical, every day, calorie, morning - ACTIVITIES
9. To watch, to exercise, to lose, to gain, to control - WEIGHT
10. Slow, fast, vegetarian, disgusting, delicious, restaurant - FOOD

***3. Complete the sentences with (a) few / a (little) / much / many / a lot / fewer / less / more***

1. This year we have … of apples. I think we should make jams and juice.

2. Don’t put so … salt in your soup. You need very … salt every day.

3. People who eat fruit and vegetables have … problems with their health.

4. How … water should I drink every day?

5. We don’t have … carrots. Next time you should buy … .

1. ***Choose the correct word and translate the sentences into Russians.***
2. In order to avoid bad breath you should *brush your teeth regularly/have a sweet instead of dinner.*
3. Vegetarians are people who don’t eat meat. They eat mostly *fish/vegetables*.
4. Dark chocolate contains no *calories/sugar*.
5. Yoghurt and cheese are *dairy products/meat products*.
6. If you want to burn calories you should *go jogging/go to a fast food restaurant*.

***5. Define if the following statements are true (T) or false (F).***

1. If you want to be fit you’ll have to do more. T/F
2. You should drink at least two litres of tea a day. T/F
3. There is no magic diet to help you become thin. T/F
4. Potato chips are healthier than apples. T/F
5. Fruits are better than juice. T/F

***6. Match the English proverbs with their Russian equivalents.***

1. An apple a day keeps the doctor away.

2. Early to bed and early to rise makes a man healthy, wealthy and wise.

3. Health is not valued till sickness comes.

a) Здоровье не ценится, пока болезнь не придет.

b) Лук от семи недуг.

c) Кто рано ложится и рано встает, здоровье, богатство и ум наживет.

**II. Чтение**

**Переведите текст письменно, выполните упражнения к тексту.**

**Russian holidays**

Russians really love holidays. We usually celebrate them with a lot of food, presents and in big companies of relatives and friends.

There are three types of holidays in Russia. They are family holidays, state holidays and religious holidays. Family holidays include birthdays, anniversaries, weddings and others. Each family has its own traditions of celebrating this or that holiday.

State or public holidays in Russia include Constitution Day, New Year's Day, the International Women's Day, May Day, Victory Day and Russia Day. During these holidays, people do not work. They spend time with their families and. Banks, companies and some shops do not work on these days either.

New Year's Day is the major holiday in Russia. We put up a New Year tree and decorate it with colorful toys and glass balls. Small fir trees are put up in shop windows, in streets and squares, even on roofs of buildings. Children like the holiday a lot. They can stay up late and then get their presents. At ten minutes to midnight on the 31-st of December families gather in front of the TV-set and watch the president making his traditional speech. After the clock on the main tower of the Kremlin strikes midnight, everybody says Happy New Year and drinks champagne. After that the time for presents comes. Russian children believe that Father Frost brings presents.

Victory Day is a very important holiday for Russian history. On this day we remember those who protected our country from the German invaders during World War II. A great parade is held on this day in Red Square. Numerous war and patriotic films are shown on television. On this day people congratulate veterans and give them flowers.

The so-called religious holidays include Christmas, Easter, Pancake day and others. These holidays are not state, so people usually work and study on these days.

Nowadays foreign celebrations are becoming more and more popular in Russia. They are Halloween and St. Valentine's Day. On Halloween Day some clubs organize parties and masquerades. St. "Valentine's Day is mostly popular with young people. They usually buy presents for their girlfriends and boyfriends such as chocolate and sweets and make greeting cards in the shape of a heart.  
**Vocabulary:**

*State holidays* – государственные праздники *Victory Day* – День Победы

*Anniversary* – юбилей *during*- во время

*Wedding* - свадьба *major* - главный

*Constitution Day* – День Конституции  *congratulate* – поздравлять

***1. Match the Russian and English equivalents.***

1. Семейные праздники a) war and patriotic films

2. За десять минут до полуночи… b) make greeting cards in the shape of heart

3. Перед телевизором… c) at ten minutes to midnight

4. Дед Мороз приносит подарки… d) family holidays

5. Военные и патриотические фильмы… e) Father Frost brings presents

6. Делают «валентинки»… f) in front of the TV – set

***2. Define if the following statements are false or true.***

1. There are four types of holidays in Russia. T/F

2. State or public holidays in Russia include Christmas, Easter, Pancake day. T/F

3. New Year's Day is the major holiday in Russia. T/F

4. Russian children believe that Santa Claus brings presents. T/F

5. On Victory Day people congratulate veterans and give them flowers.  T/F

6. Nowadays foreign celebrations are becoming more and more popular in Russia. T/F

***3. Answer the questions in writing form.***

1. What types of holidays are there in Russia?

2. During what holidays do not people work?

3. What holiday is very important in our country?

4. How is St. Valentine’s day celebrated in Russia?