

**РОСЖЕЛДОР**  
**Федеральное государственное бюджетное образовательное учреждение**  
**высшего образования**  
**«Ростовский государственный университет путей сообщения»**  
**(ФГБОУ ВО РГУПС)**  
**Тихорецкий техникум железнодорожного транспорта**  
**(ТТЖТ – филиал РГУПС)**

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**ИНОСТРАННЫЙ ЯЗЫК**

**Здоровый образ жизни и здоровое питание.**

**Городская инфраструктура. Экскурсия по городу.**

методические рекомендации по самостоятельной работе студентов

Тихорецк

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УТВЕРЖДАЮ

Заместитель директора по  
учебной работе

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Методические рекомендации по самостоятельной работе студентов составлены на основе рабочей программы по иностранному языку для техникумов. Они охватывает две темы, изучаемые на втором курсе технических специальностей, а именно: Здоровье, спорт, правила здорового образа жизни. Город, деревня, инфраструктура. Каждая тема состоит из двух уроков. Каждый урок состоит из упражнений на усвоение лексики по теме, развитие устной речи, тематических текстов, грамматических упражнений, кроссвордов. Рекомендации содержат словарь, приложение с аутентичными текстами.

Методические рекомендации также содержат дополнительный материал в виде приложений с презентациями.

Предназначены для студентов 2-х курсов технических специальностей. Рекомендовано к использованию в ТТЖТ – филиале РГУПС.

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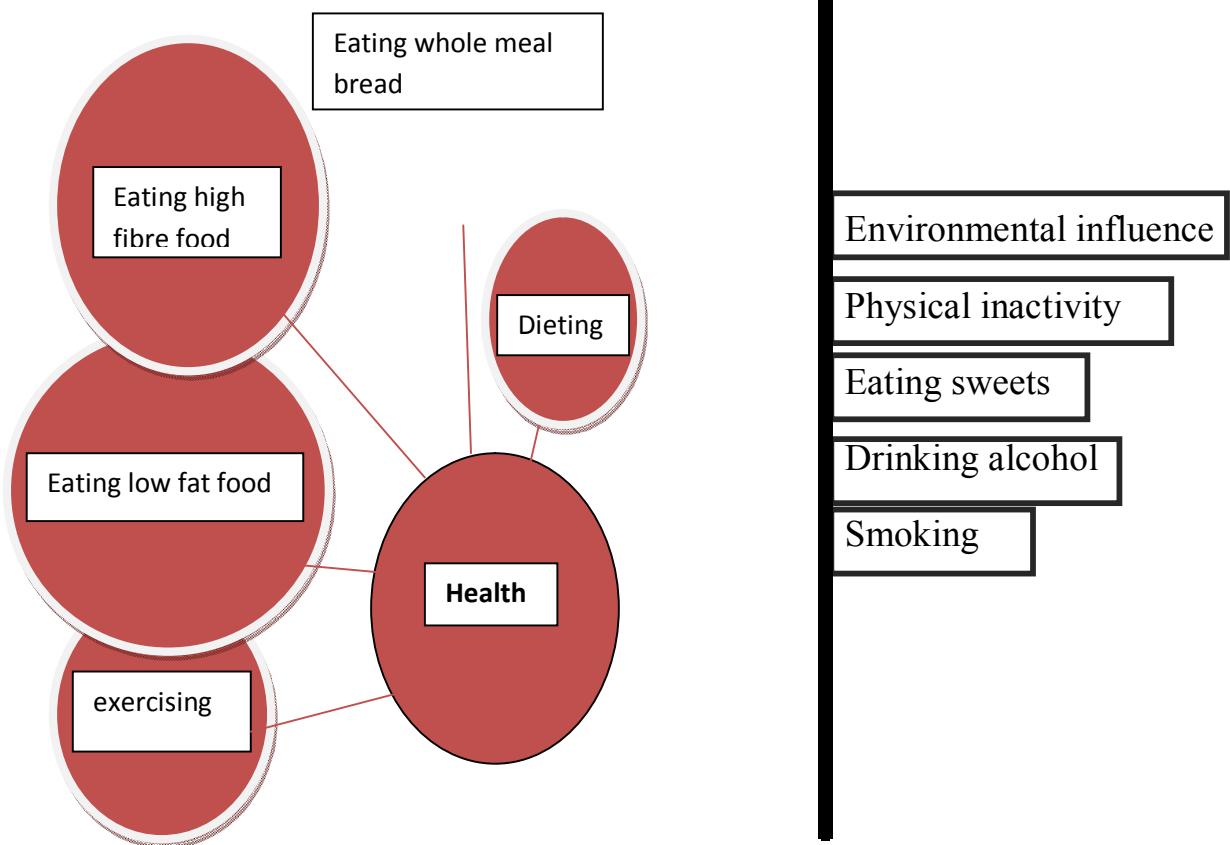
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## LESSON 1

### HEALTHY LIVING

#### GOOD AND BAD HEALTH HABITS



**1.1. Прочтите текст и сравните список вредных привычек, указанных в диаграмме, с вредными привычками, описанными в тексте. Назовите семь смертных грехов, о которых упоминается в тексте.**

#### SEVEN DEDLY HEALTH SINS

From the 'Daily Mail'

When the Bible set down the Seven Deadly Sins\* they were not meant to be taken literally. Few of us will die of pride (гордость), envy or anger. There are, however, modern health sins which are in fact far more deadly.

Two of them – obesity and physical inactivity are known from ancient times. They are joined by the modern bad habits: smoking and drinking too much alcohol, and the surprising “danger” of sleeping too much or too little, eating between meals and skipping breakfast. In combination, these poor health habits could double the chance of dying or lead to different diseases for those who survive.

Of course sleeping too much or too little, snacking and skipping breakfast are not quite as deadly as smoking, obesity and drinking. But they are indicative of dangerously chaotic lifestyles. Regularity in the life promotes your health. Sleeping seven or eight hours, getting up early, eating breakfast, a healthy diet and regular meals is really a good way to live.

**1.2. Установите соответствия между английскими фразами и русскими эквивалентами.**

1 Cut out snacks and deserts	a) считайте калории
2 Eat less of everything	b) сокращайте потребление жиров
3 Exercise more	c) используйте низко калорийную еду
4 Cut down on fat	d) делайте больше физ. упражнений
5 Don't eat at night	e) не ешьте на ночь
6 Eat more fruit and vegetables	f) уберите перекус и десерт
7 Count calories	g) следите за диете
8 Eat less red meat	h) меньше ешьте красного мяса
9 Use low-calorie foods	i) ешьте больше фруктов и овощей
10 Follow a diet	j) ешьте меньше

**1.3. Прочитайте текст и назовите три шага к здоровому образу жизни. Переведите текст.**

### TREE STEPS TO HEALTHY LIVING

We often start the year with the best of intentions. But too often, we forget them after the first month. So, what can we do to make our good intentions come true?

**1 Be realistic.** Don't say... 'I'm going to lose 20 kilos next month.' Say ... 'I'm going to lose 1 kilo.'

**2 Give details.** Don't say... 'I'm going to do something about my health.' Say ... 'I'm going to run for 20 minutes every day.'

**3 Think positive.** Don't say... 'I'm going to eat boring salads and have no social life.' Say ... 'I'm going to eat fresh fruit every day.'

Go on, you can do it!

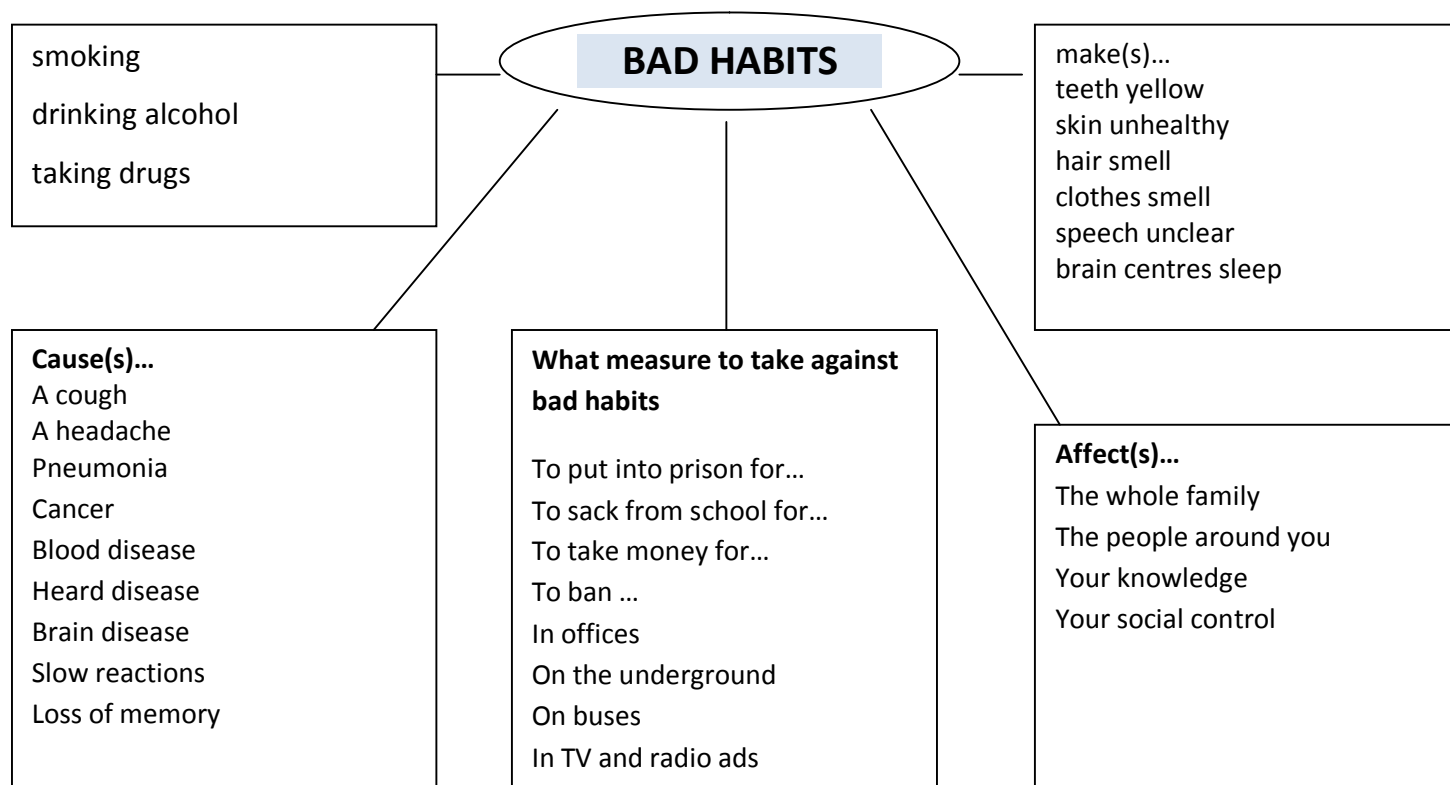
How to talk about intentions

1 People often have good intentions in April.

2 We sometimes forget our good intentions .

3 Good intentions are better if we are realistic, positive, and think about the details.

**1.4. Приведите аргументы против вредных привычек.**



**1.5. Замените подчеркнутые слова антонимами и получите правильный ответ на вопрос: “What is calorie-controlled diet?”**

Many people in GB now think less about their health. They eat a lot of high-fat food and less fibre. Fat is thought to be the cause of health. Besides, people believe that they should exercise less not to be slim. Some people have started counting the calories they eat every day. (A calorie is the energy value of food.) So they can try to take more calories and gain weight. This is called a calorie-controlled diet. Special food with more calories for slimmers is produced now in GB.

**1.6. People usually play a lot of attention to their appearance.**

**Read the conversations of Mary, Dick, Kate, Nick and Ted. How do they look? What are the reasons for looking nice for these teenagers?**

*He looks great because he .....*



*I haven't been smoking since last year.*



*We have been doing aerobics for three months.*



*I have been eating only low-fat food for three months.*



*We haven't been eating high-fat meat since September.*



*I have been taking Coldrex for two days.*

**1.7. Назовите полезные и вредные привычки человека, поместив их в разные колонки:  
(ynp:1.1, c:3 )**

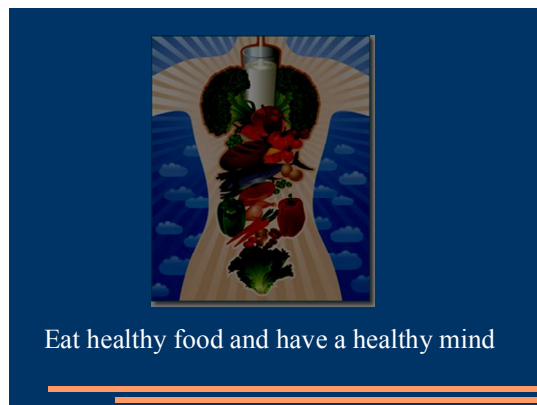
<i>HEALTH HABITS</i>	<i>BAD HABITS</i>
<i>Getting early,</i>	<i>Obesity,</i>

## LESSON 2

### HEALTHY FOOD

**2. 1. Переведите данные выражения на русский язык, составьте с ними свои предложения.**

*Carbohydrates, depression, heart disease, high blood pressure, insomnia, junk food, salmon, poor concentration, poor memory, vitamins*



**2.2. Прочтите статью из журнала и ответьте на следующие вопросы.**

1. How many of each thing a-d does the article mention?

- a) Types of food and drink
- b) Physical health problems
- c) Mental health problems
- d) Research studies

### FEED YOUR MIND

1. Eat healthy food and have a healthy body. We have known this for a long time. Eat fruit and vegetables and stay physically healthy. However, we now know that there is also healthy food for your brain. Eat healthy food and have a healthy mind. This is not perhaps a surprise. After all, we all know how chocolate can change our mood. However, new research clearly shows the link between diet and mental health.

2. For a few years, there has been a campaign to improve school meals in the UK. Daniel Brown is the Head teacher of a school, that banned junk food and started serving healthy food in 2006. "Our research shows that, since 2006, the children's behavior in class has been a lot better. They are now calmer and they concentrate more. As a result, they are learning more."

3. The UK Mental Health Foundation has started a campaign *Feeding Minds* to publicise its own research. John Powell has been a physiologist for thirty years. "This research shows that our diets have changed a lot, and the level of mental illness has increased. Now I always consider my patients' diets, especially when they complain of depression and insomnia."

4. The final piece of research concerns the Mediterranean diet. Since 1950, scientists have known that this diet (fruit, vegetables, fish, olive oil and red wine)



helps you live longer. Since 2006, they have known that it also prevents Alzheimer's disease, a serious mental illness that affects the elderly and they are now telling the world about this important discovery.

5. So, what does this research suggest you eat? To improve your memory, eat salmon. To improve your concentration, eat vegetables. To fight insomnia, eat nuts. If depression is a problem, eat brown rice. If you worry about your later years, cook with olive oil. Whatever you do, use your brain and shop for your mental health.

### **2.3. Заполните пропуски словами из рамки.**

*Everybody healthy illness mental research*

Recent 1\_\_\_\_\_ has shown that a 2\_\_\_\_\_ diet is good for your 3\_\_\_\_\_ health, from 4\_\_\_\_\_ problems (e.g. concentration levels) to serious 5\_\_\_\_\_ (e.g. Alzheimer's disease).

### **2.4. Прочтите текст снова и ответьте на вопросы.**

1. Which did we know first: healthy food = healthy body, or healthy mind?
2. What simple thing shows the link between food and the mind?
3. How many years ago did the school start serving healthy food?
4. What effect did the new diet have on the pupils?
5. How do you think our diets have changed a lot?
6. What is the result of these changes?
7. What two things does the Mediterranean diet do?
8. Do you eat any of the food recommended by the research in the last paragraph?

### **2.5. Which of these definitions for words in the text are wrong? Can you correct them? Use the dictionary.**

- 1 mood: feelings and emotions at a particular time
- 2 link: the connection between two things
- 3 banned: officially allowed to do something
- 4 publicise: to tell people about something especially in the newspapers and on television
- 5 physiologist: a doctor who specializes in mental illnesses
- 6 prevents: stops something from happening
- 7 elderly: young people

### **2.6. Расскажите о здоровом питании, используя план:**

1. Eat healthy food and have a healthy mind.
2. Junk food is harmful for your health.
3. Our diets affect our mental abilities.
4. The Mediterranean diet.



## ADDITIVES IN YOUR FOOD

**2.7. As K. Jerome said, “We are the slaves of our stomach”. Food influences our mind and our behavior.**

**а) Прочтите отрывок из рассказа Бетси Байярз «Художник комиксов» и ответьте на вопросы: 1. What were the family doing? 2. How many were they in the family? 3. What was Alfie thinking of?**

Alma was talking about an article she'd read.

“ It said you shouldn't buy this kind of cereal , Mom.”

“ Why not ? “

“ Because it's got additives in it. Look on the box – artificial colouring, artificial flavouring –just read what we're eating .”

Pap said , “It's better then hot dogs . There's rat hairs in them.”

“Not at the table , please , Pap, “ Alfie's mother said.

“And where there's rat hairs , there's probably rat – “

“Pap !”

“-dropping.”

“Pap!”

“Let me buy the cereal from now on , all right , Mom ? “Alma said , getting up from the table .

Alfie was dipping his spoon into his cereal , thinking up a comic strip about artificial flavouring.

**б) Посмотрите на предложения, приведенные ниже. Найдите их в тексте и догадайтесь, что обозначают подчеркнутые местоимения..**

It said you should not buy this kind of cereal.

a) Alma

b) an article

c) breakfast

It's better than hot dogs.

a) artificial flavouring

b) artificial colouring

c) the cereal

Because it's got additives in it.

a) the article

b) the box

c) the cereals

There's rat hairs in them.

a) additives

b) hot dogs

c) artificial colouring and flavouring

## LESSON 3

**3.1. Назовите на английском языке по крайней мере пять городских объектов.**



**3.2. Установите соответствия между названиями городских сооружений и их описанием. Match the words and their definitions. Compare your answers.**

<i>Concert hall</i>	A building or a large long room where paintings, photographs etc are shown to public.
<i>Art gallery</i>	A place, often outside, where many people buy and sell goods.
<i>Souvenir shop</i>	A hard, wide track that people and traffic can use to go from one place to another.
<i>Market</i>	A road or railway line built over something
<i>Circus</i>	A place where buses or trains stop, so that passengers can get on and off.
<i>Bridge</i>	A place where people go to receive medical advice or treatment.
<i>Night club</i>	A show performed by people and trained animals, often in a large tent.
<i>Clinic</i>	A place where people buy something to remind them about the holiday, place etc.
<i>Road</i>	A place of entertainment open late at night where people can dance and drink.
<i>Station</i>	A place where music is performed by musicians.

**3.3. Подберите антонимы к следующим словам и фразам:**

**Find the opposites from the list:**

*Historic, romantic, dangerous, too much traffic, noisy, modern, quiet, dirty, expensive, clean, crowded, has lots of open space, safe, lots of night life, polluted, boring, old, good public transport, peaceful, cheap, ancient.*

<i>Modern</i>	<i>Old</i>

**3.4. Назовите город, который...**

**Without using one town more than twice name a town or a city which:**

..... has got too much traffic.  
 ..... has got lots of night life.  
 ..... is dirty and polluted.  
 ..... is old and romantic.

..... is expensive.  
 ..... is famous for its historic monuments.  
 ..... is packed with tourists.

**3.5. В упражнении:3.3 вы прочтете письмо, написанное в Выборге. Заполните таблицу, прежде чем начнете читать его.**

	Yes	No
1. Vyborg is an old European town.		
2. Vyborg is situated in the desert.		
3. There are a lot of historical monuments there.		
4. It is famous for its old castle.		

## VYBORG



**3.6. Прочтите письмо и проверьте свои ответы.**

Dear Lauren,

I'm writing to you from Vyborg, which is about 140 km north of St. Petersburg. I'm right near, the border with Finland now. Vyborg has tons of history ! There's a 13<sup>th</sup> century castle here! The city has been controlled by Swedes, Russians, Finns, and then Russians again during its history.

It used to be rather cosmopolitan, I guess. The architecture of Vyborg is worth seeing. I've taken a lot of pictures so you'll be able to see for yourself when o get back home. There are plenty of historic monuments but there is some cool 20<sup>th</sup> century architecture too. There seems to be a clear but uniform style throughout the city. I mean that the buildings are all beautiful in their own way, but that many of them have common features too. Some of the facades have been affected by time and the weather through. I really like walking in the centre of Vyborg . The streets here climb up and down lots of little hills, so the city seems small and mysterious , You never know what's on the other side of the hill! To be honest, when walking

around Vyborg, I don't feel like I'm in Russia. This city is different from other Russian ones. Vyborg reminds me more of Northern Europe.

I wish you were here. I miss you , and I know we would have been walking around the city together . Vyborg is a romantic place . The "white nights" here are unbelievable ! For the whole period from mid- May to the end of July the sky is light almost all the time. It won't be easy to sleep tonight !

Love, Chris

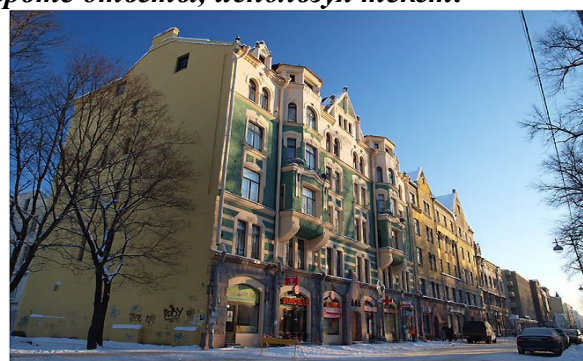
**3.7. Ответьте на вопросы по тексту. Сравните свои ответы в парах.**

1. Is Vyborg a Russian or a Finnish town?
2. Why does Chris think that the architecture in Vyborg has clear but uniform style?
3. What didn't Chris like about the buildings?
4. Why does Vyborg seem small and mysterious?
5. Why doesn't Chris feel like he is in Russia?
6. What makes Chris feel sad?
7. What are the white nights?

**3.6. Вставьте пропуски в предложениях. Проверьте ответы, используя текст.**

**USEFUL LANGUAGE**

It is ... km north/south/east/west of ...  
 ... is worth seeing.  
 There is/isn't ...  
 There are/aren't ...  
 It has/hasn't got ...  
 Our ... seem(s) ...



**3.8. Solve the puzzle. A place where you can buy and eat meal is called:**

					U				
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**LESSON 4**

**CITY TOUR**



**4.1. Установите соответствия между английскими предложениями места и их русскими эквивалентами.**

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 1. to the right of the door   | a) справа от двери                |
| 2. to the left of the door    | b) перед окном                    |
| 3. in front of the window     | c) в середине комнаты             |
| 4. opposite the door          | d) над диваном                    |
| 5. near the table             | e) напротив двери                 |
| 6. next to the table          | f) между окнами                   |
| 7. above the sofa             | g) слева от двери                 |
| 8. under the table            | h) в углу комнаты                 |
| 9. in the middle of the room  | i) под столом                     |
| 10. in the corner of the room | j) рядом (по соседству) со столом |
| 11. between the windows       | k) рядом со столом                |

**4.2. Прочтите записку туриста и найдите на карте указанные в ней городские объекты (1-6).**

*The castle (1) right in the middle of the harbour (2) to the left of the railway station (3)*

*Tyrglis Knutson monument (4) to the right of the castle*

*Peter the Great monument (5) to the left of the castle*

*The market place (6) to the right of the T.K. monument*



**4.3. Прослушайте аудиозапись.**

**a) Отметьте маршрут экскурсии по Выборгу на карте.**

There's a 13<sup>th</sup> century castle here

Tyrglis Knutson, the founder of the castle



One of the town's oldest buildings

Cool 20<sup>th</sup> century architecture

**б) Прослушайте аудиозапись экскурсии с гидом ещё раз. Заполните пропуски в тексте подходящими предложениями.**

### VYBORG WALKING TOUR

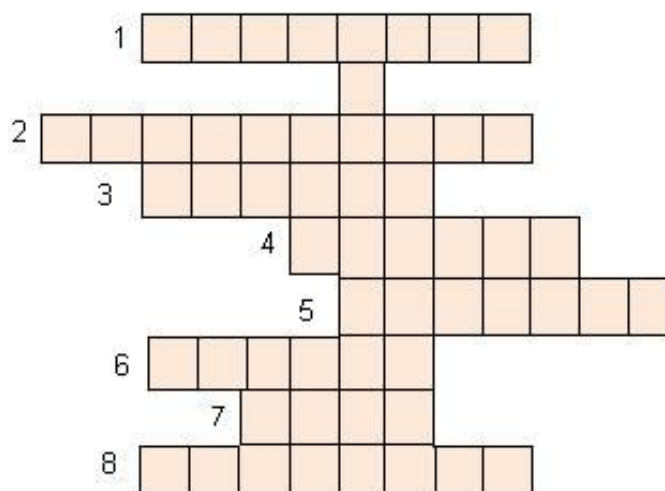
We're leaving the castle now. Please ..... and walk ..... the Castle Bridge. We're entering Krepostnaya Ploshad, the former Tyrglis Knutson square, and now we're walking ..... the gate marked by two female figures placed ..... each other. The figure on the right symbolises trade; the one on the left depicts industry. You can see a statue ..... the square. It is a statue of Tyrglis Knutson, the founder of the castle. The building right ..... the statue was built in the 17<sup>th</sup> century to house Vyborg's Town Hall; later it was rebuilt several times and finally it was turned into a block of flats.

We are now walking up Krepostnaya Street and we're then taking ..... . We can see the ruins of the old cathedral. Its oldest parts probably date back to the end of the 15<sup>th</sup> century. The bell tower that you can see ..... the ruins is one of the most important landmarks in the city.

We are now ..... to Krepostnaya Street. Let's walk ..... it and ..... . Going down the street, the building ..... is the former Vyborg Roman Catholic church named after St. Hyacinthus. The small natural stone house in the middle of the site ..... , opposite the church, is one of the town's oldest buildings.

We go on walking ..... the street and stop at the crossing. The street ..... leads to the Round Tower, which was built in 1547 – 1550 to protect one of the gates in the medieval wall of Vyborg. Nowadays it is a very popular restaurant and contains original interiors. *(Up and Up 10, Unit2 CD Дорожка 7)*

#### 4.4. Решите кроссворд.



1. Something to remind you about your holiday, place etc.
2. A place where you can entertain till late at night
3. A show performed by people and trained animals, often in a large tent.
4. Something that goes over a river, a railway etc.
5. A place where trains stop to take passengers on.
6. A place where people come to get medical treatment and advice.
7. You can buy food, clothing and other purchases here.
8. You go there to watch a film.

### REVISION

#### **4.5. Выполните упражнение письменно. Раскройте скобки, употребляя глаголы в Present Simple.**

(USUALLY) 1. My working day (to begin) at seven o'clock. I (get) up, (to switch) on the radio and (to do) my morning exercises. It (to take) me fifteen minutes. At half past seven we (to have) breakfast. My father and I (to leave) home at eight o'clock. He (to take) a bus to the factory. My mother (to be) a doctor, she (to leave) home at nine o'clock. In the evening we (to gather) in the living room. We (to watch) TV and (to talk).

#### **в Future Simple.**

1. I want to get a medical checkup. I (to go) to my doctor tomorrow. 2. He (to give) me a complete examination. 3. The nurse (to lead) me into one of the examination rooms. 4. I (to take) off my clothes and (to put) on a hospital gown. 5. Dr. Setton (to come) in, (to shake) my hand and (to say) "hello". 6. I (to stand) on the scale so can measure me height and weight. 7. He (to take) my pulse. 8. Then he (to take) my blood pressure. 9. After he takes my blood pressure, he (to take) some blood for a blood analysis.

#### **в Past Simple.**



1. What your neighbours (to do) yesterday? 2. Mr. Smith (to fix) his car yesterday morning. 3. His wife (to water) plants in the garden. 4. Their children (to clean) the yard and then they (to play) basketball. 5. In the evening their boys (to listen) to loud music and watch TV. 6. Their little girl (to cry) a little and then (to smile). 7. Her brothers (to shout) at her. 8. Mrs. Smith (to work) in the kitchen. 9. She (to bake) a delicious apple pie. 10. She (to cook) a good dinner. 11. She (to wash) the dishes and (to look) very tired. 12. The children (to brush) their teeth, (to yawn) a little and (to go) to bed. 13. Their mother (to change) her clothes and (to brush) her hair. Then she (to talk) on the telephone. 14. Her husband (to smoke) a cigarette and (to talk) to his wife.

## **VOCABULARY**

### **LESSON 1**

1. high fibre food- продукты с высоким содержанием клетчатки
2. low fat food – продукты с низким содержанием жиров
3. environmental influence – влияние окружающей среды
4. obesity - ожирение
5. physical inactivity – физическая неактивность
6. skip breakfast – пропускать завтрак
7. poor health habit – вредные для здоровья привычки
8. lead to different diseases – приводить к различным заболеваниям
9. cut out – вырезать, устранять
10. low-calorie food – низкокалорийная еда
11. lose weight - худеть
12. fresh food – свежая еда
13. cause a cough\headache – вызывать кашель\головную боль
14. pneumonia - пневмония
15. cancer - рак
16. blood disease – заболевание крови
17. heart disease – болезнь сердца
18. brain disease – заболевание мозга
19. slow reaction – замедленная реакция
20. loss of memory – потеря памяти
21. affect the whole family – влияет на всю семью
22. high-fat food – пища с высоким содержанием жиров
23. to be slim\fit – быть стройной\в форме

## LESSON 2

1. carbohydrates
2. depression
3. high blood pressure
4. complain of depression or insomnia
5. to ban junk food
6. salmon
7. poor concentration\memory
8. vitamins
9. nuts and seeds
10. affect mental abilities
11. the Mediterranean diet
12. illness
13. mental health
14. start serving healthy food
15. prevent Alzheimer's disease
16. nutrition

## LESSON 3

1. a large building –большое здание
2. sell and buy goods –продавать и покупать товары
3. wide track – широкий путь
4. railroad – железная дорога
5. receive medical advice and treatment – получить медицинский совет и лечение
6. large tent – большая палатка
7. remind about holiday - напоминать о празднике

8. entertainment - развлечения
9. castle - замок
10. historic monuments – исторические памятники
11. Vyborg is worth seeing – Выборг стоит посмотреть
12. common features – общие черты
13. border - граница
14. Concert hall – концертный зал
15. Art gallery – художественная галерея
16. Souvenir shop – сувенирный магазин
17. Market - рынок
18. Circus - цирк
19. Bridge - мост
20. Nightclub – ночной клуб
21. Clinic - клиника
22. Road - дорога
23. Station – станция, вокзал
24. Turn left – повернуть налево
25. walk along идти вдоль
26. through the gate – через ворота
27. behind the statue - за памятником
28. in the middle of the square - в середине площади
29. the first turning to the right – первый поворот направо
30. go back – идти назад
31. on your left - слева от вас
32. go down the street – идти по улице

## LESSON 4

1. the harbour - гавань
2. railway station –железнодорожный вокзал
3. leave – уезжать, покидать, оставлять
4. enter - входить
5. walk through the gate – пройти через ворота
6. depict industry – описать, охарактеризовать промышленность
7. the founder of the castle – основатель замка
8. turn into – превратиться в
9. landmark – выделяющийся географический объект
10. Roman Catholic church –Римско-католическая церковь
11. protect - защищать
12. remind - напоминать
13. entertain - развлекать
14. purchase - покупка

## APPENDIX 1 (ПРИЛОЖЕНИЕ 1)

## **Cereals**

Will and Dr John Kellogg were trying to come up with a health food. They had tried various ways of preparing wheat food after boiling kernels and they rolling them into flat sheets. The reaction: Ugh!

One day in 1894, the brothers were about to try flattening another portion of boiled wheat. Someone interrupted them. When they returned a few days later, they put the wheat through the rollers. To their surprise, each kernel flattened into a separate flake. Moisture had spread into the kernels, and that had done the trick.

Toasted and served with milk, the wheat flakes made a hit with patients. They ate the flakes for breakfast. The Kellogs packages their cereal for sale- and started a new industry. Now Kellogg s is the best-known maker of cereals in the US and Britain.

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