

Reading

Healthy Food

Eating is fun, especially when you are hungry. Most people have a favourite food. Some people enjoy eating sweet things like cakes, chocolates and ice cream. Other people enjoy savoury foods like cheese and meat. Enjoying eating is our body's way of making sure that it gets the things it needs to work properly.

Food helps us to keep warm, talk, run and do all the other things we do. It helps us to grow and stay healthy.

Vitamins also help us to be healthy. Scientists name vitamins after the alphabet. All of them are very important, for example: vitamin C keeps our skin and gums healthy. It is found in fresh fruit and green vegetables, such as oranges, blackcurrants, lettuce. Brussels sprouts and spinach also contain a lot of vitamin C.

Vitamin D helps our bones to grow strong and hard, and we are able to make it for ourselves if our skin gets enough sunlight. But we can also get vitamin D if we eat fish, milk, butter, cheese and margarine. Some people buy pills and tablets containing vitamins. But most of us get more than enough of them from our food.

1. Read the text and match the headings with the paragraphs.
 - a) The vitamin to make your hard.
 - b) Tastes differ.
 - c) You can't live without food.
 - d) Vitamins and the ABC.
2. Are the sentences true (T) or false (F)?
 - a) When we enjoy eating our body gets everything to work well. _____
 - b) To get vitamins you need to buy pills. _____
 - c) Vitamin C is important for our skin. _____
 - d) You can get vitamin D only when eating special food. _____

Reading

1 Match the paragraphs with the sentences.

- 1 This person doesn't really like animals. _____
- 2 This person was not given permission for something. _____
- 3 This person thinks small animals are frightening. _____
- 4 This person has lots of pets. _____
- 5 This person has the largest pet. _____

A Chuck

I like big animals, I don't like cats or goldfish or birds. When we go to the zoo, I like looking at the elephants. They're the biggest and slowest animals in the zoo. I'm not scared of big animals, but I'm scared of really little ones – like mice! Just like Walt Disney!

B Vince

I have a big garden at home and in the summer there's lots of sunshine and flowers and the butterflies come out. We've got six new puppies as well, and we all play in the garden together. When they get older, they'll be bigger and stronger, but now they're weaker than me and I can run faster than them!

C Polly

My favourite animal is the donkey. They're the slowest and friendliest animal, and the food they like best is ... chocolate. Last year, I asked my dad if he could buy a donkey, but he said I can't have one because we haven't got anywhere to keep him.

D Angela

Some people think I have a strange pet, but I don't think he's strange. My pet is a python. He's called Muscles, and he's the biggest snake you've ever seen. He eats

mice and lives in a special box my dad bought. We knock on the glass to wake him up when it's time to feed him. He's the most interesting pet you can imagine.

E Nick

The zoo is such a boring place ! It was more tiring than I thought it was going to be. My dad was upset because it was more expensive than he thought, and my sister said it wasn't as enjoyable as she expected. Playing computer games is better than looking at animals.

Reading

1 Look at the sentences about Joseph's family. Read the text and decide if each sentence is correct. If it is correct, write T (true). If it is incorrect, write F (False).

Catherine was five years old. She often went to the shops with her mother. She liked toys very much, and she often stopped and looked at them in the shops, but her mother usually said,

«Don't stop and look at the toys today, Catherine. It's late».

Catherine's mother did not usually go to the shops on Saturdays, because she always had a lot of work at home on that day, but last Friday evening her husband said, «Some of my friends are going to visit us on Sunday», and she didn't have much food in the house.

She took Catherine at 10 o'clock on Saturday morning, and they went to the shops together. Catherine's mother said to her, «Stay near me, Catherine, and don't stop and look at the toys today».

Catherine said, «Yes, Mummy, » and she held her mother's hand. But then her mother had a lot of parcels, and Catherine stopped holding her hand.

They came to the best shop in the town. There were quite a lot of men in front of it. There was a beautiful toy bear in one of the windows, and Catherine stopped for a few seconds and looked at it. Then she looked for her mother, but she was not there. There were only men round Catherine, and they were all much taller than she was.

Catherine was very young, but she was a clever girl. She did not cry. There was a policeman in the middle of the street near the shop. Catherine waited at the side of the road for a minute, and then the policeman stopped the cars and the buses. Catherine went to him and said, «Good morning. Have you seen any ladies in this street this morning? »

1. Catherine usually goes shopping with her mother on Saturdays. (T/F)
2. Catherine likes toys very much and she often stops and looks at them in the shops. (T/F)
3. Catherine went shopping in the evening after school (T/F)
4. Catherine suddenly stopped in front of the best shop in town because she saw a beautiful toy bear. (T/F)
5. She entered the shop because she decided to buy it. (T/F)
6. Catherine has lost her mother. (T/F)
7. Catherine began to cry. (T/F)
8. Catherine came up to the policeman in the street and asked him if he had seen her mother. (T/F)

Reading

1 Read text and match the animals with the sentences. Write the name of the animal.

1 This animal doesn't close its eyes when it sleeps. _____

2 This animal can't see colours. _____

3 This animal can walk underwater. _____

4 This animal has lots of teeth. _____

5 This animal can't jump. _____

More strange facts about animals

If you think people are funny or do funny and strange things, think again! Read about what we found when we put the phrase 'strange animals' into Google™.

Can you walk underwater? It's difficult, isn't it? Well, there's an animal that can do that. Armadillos can walk underwater, but they can't swim! And while we're talking about armadillos – how many hours do they sleep a day? You'll never guess! They sleep about 18.5 hours a day!

Now, you know that sharks have got lots of teeth, but how many is that? It depends on the kind of shark, of course, but they can have up to 3,000 teeth! Lots of teeth fall out, but sharks grow new teeth all the time. Imagine a shark at the dentist! Big problem!

Another strange thing! People sleep with their eyes closed, right? Well, here's an animal that doesn't do that. Dolphins don't close their eyes when they go to sleep! Strange but true!

Here's another strange fact. Do you know which animals never jump? Elephants! They can't jump, but they can run quite fast when they want.

And finally, which animal can't see colours? Can you guess? No? Cows! They only see things in black and white, but they don't think that life is boring!

Stress: What is it?

Although we all talk about stress, it often isn't clear what stress is really about. Many people consider stress to be something that happens to them, an event such as an injury or a promotion. Others think that stress is what happens to our bodies, minds and behaviours in response to an event (e.g. heart pounding, anxiety, or nail biting). While stress does involve events and our response to them, these are not the most important factors. Our thoughts about the situations in which we find ourselves are the critical factor.

When something happens to us, we automatically evaluate the situation mentally. We decide if it is threatening to us, how we need to deal with the situation, and what skills we can use. If we decide that the demands of the situation outweigh the skills we have, then we label the situation as "stressful" and react with the classic "stress response". If we decide that our coping skills outweigh the demands of the situation, then we don't see it as "stressful".

Everyone sees situations differently and has different coping skills. For this reason, no two people will respond exactly the same way to a given situation.

Additionally, not all situations that are labeled "stressful" are negative. The birth of a child, being promoted or moving to a new home may not be perceived as threatening. However, we may feel that situations are "stressful" because we don't feel fully prepared to deal with them.

Some situations in life are stress-provoking, but it is our thoughts about situations that determine whether they are a problem to us.

How we perceive a stress-provoking event and how we react to it determines its impact on our health. We may be motivated and invigorated by the events in our lives, or we may see some as "stressful" and respond in a manner that may have a negative effect on our physical, mental and social well-being. If we always respond in a negative way our health and happiness may suffer. By understanding ourselves and our reactions to stress-provoking situations, we can learn to handle stress more effectively. We hope that this booklet will help you to build better coping skills for managing stress.

1. What is the main idea of this text?
2. Make some questions.
3. Make short summary.

I think that ...

I agree with ...

Besides (κροме того) ...

I've learnt some interesting things. For example, ...

At the end of my summery I want to tell you...

Reading

1 Look at the sentences about Joseph's family. Read the text and decide if each sentence is correct. If it is correct, write T (true). If it is incorrect, write F (False).

The most popular sport in Britain is football. Every large city has its own professional football team. Rugby is a fast, rough sport that is also very popular in Britain. The English play both rugby and football in the winter. In the summer they enjoy playing cricket.

Popular indoor activities include collecting things such as model cars, coins, stamps or stickers of football players or pop stars.

Popular free-time activities for many British people are going to the cinema, theatre or a restaurant or watching TV or playing computer games.

In the USA the most popular sports are American football and baseball.

Americans play football in the winter months. Families attend games together or watch national games on TV.

American children collect things like the British. Baseball cards are popular collector's items as comics.

Other popular free-time activities are the same as for Britain such as being a member of a club or society, going to the cinema, eating out, visiting parks or museums, watching TV and surfing the net.

1. Most British people like football.

1) True 2) False 3) Not said

2. Baseball is a winter sport.

1) True 2) False 3) Not said

3. Girls play American football.

1) True 2) False 3) Not said

4. Children collect things as a hobby.

1) True 2) False 3) Not said

5. Both British and American like having meal at a cafe or a restaurant.

1) True 2) False 3) Not said