**Задания для дистанционного обучения по английскому языку на**

**28.04.2020 г.**

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Здравствуйте, уважаемые обучающиеся, как Вы знаете на время сложной эпидемиологической обстановки, наш техникум перешел на дистанционное обучение, в связи с этим отправляю Вам задания для самостоятельного изучения.

Порядок выполнения:

* Задания выполняются в рабочей тетради обучающегося.
* На период дистанционного обучения выполненную работу

необходимо отправить на электронную почту: Elen.bondarevva@yandex.ru

* В теме письма необходимо указать ФИО и № группы.

Онлайн словари:

<https://www.lingvolive.com/ru-ru>

<https://dictionary.cambridge.org/>

Практическое занятие №71 по теме:

**Дискуссия «Здоровый образ жизни»**

**Цель:** развитие навыков монологической и диалогической речи по теме «Здоровый образ жизни».

**Задание № 1. Изучите активную лексику занятия.**

1. tense- напряженный
2. to suffer- страдать
3. noise- шум
4. dust- пыль
5. to overcome all difficulties- преодолевать все трудности
6. to achieve- достигать
7. aim- цель
8. to cause – быть причиной,вызывать
9. to get rid (of) –  избавляться (от)
10. influence-влияние
11. to avoid- избегать
12. to choose- выбирать

**Задание № 2. Прочитайте, переведите текст с использованием словаря.**

**Healthy lifestyle.**

Nowadays our life is getting more and more tense. People live under the press of different problems, such as social, ecological, economic and others. They constantly suffer from stress, noise and dust in big cities, diseases and instability. A person should be strong and healthy in order to overcome all difficulties. To achieve this aim people ought to take care of their physical and mental health. There are several ways to do it. The state of your body depends on how much time you spend doing sports. At least everybody must do morning exercises every day. The most healthy kinds of sports are swimming, running and cycling.

Healthy food is also a very important factor. Overeating causes many dangerous diseases. The daily menu should include meat, fruit and vegetables, milk product, which are rich in vitamins, fat, proteins and etc. On the other hand modern diets are very popular especially among women. Diets may be harmful, if they are used in the wrong way.

To be healthy, people should get rid of their bad habits. It's necessary to stop smoking and drinking much. Everyone should remember that cigarettes, alcohol
and drugs destroy both body and brain. Besides according to statistics most of crimes are committed by people under the influence of drugs and alcohol.

In addition it is recommended to watch TV less, avoid anxiety and observe daily routine. Certainly it's hard to follow all these recommendations, but every person have to choose between healthy life style and numerous illnesses.

**Задание № 3. Ответьте на вопросы по тексту «Healthy lifestyle»:**

1. What kinds of problems do people have nowadays?

2. What must people do to overcome all difficulties?

3. Name bad habits you know.

4. How do you understand the word “overeating”?

5. What products should the daily menu include?

***Пример:***

*What kinds of problems do people have nowadays?*

*С какими проблемами люди сталкиваются в наши дни?*

*People live under the press of different problems, such as social, ecological, economic and others. They constantly suffer from stress, noise and dust in big cities, diseases and instability.*

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Практическое занятие №72 по теме:

**Монолог «Спорт в нашей жизни»**

**Цель:** развитие навыков монологической речи по теме «Спорт в нашей жизни».

**Задание № 1. Изучите активную лексику занятия.**

1. to jog- бегать трусцой

2. to  prefer- предпочитать

3. twice- дважды

4. in the open air- на свежем воздухе

5. competition- соревнование

6. to keep in good health- сохранять хорошее здоровье

7. to take care- заботиться

8. to include- включать (в себя)

9. to choose- выбирать

10. to rest- отдыхать

11. courageous- смелый

**Задание № 2. Прочитайте, переведите текст с использованием словаря.**

**Sports and a healthy way of life.**

Sport is very important in our life. It is popular among young and old people. Many people do morning exercises, jog in the morning, train themselves in clubs, in different sections and take part in sport competitions. Other people like sports too, but they only watch sports games, listen to sports news. They prefer reading interesting stories about sportsmen. But they don't go
in for sports.

Physical training is an important subject at school. Pupils have got physical training lessons twice a week. Boys and girls play volley-ball and basket-ball at the lessons. There is a sportsground near our school and school-children go in for sports in the open air. A lot of different competitions are held at schools, a great number of pupils take part in them. All participants try to get good results and become winners.

Sport helps people to keep in good health. If you go in for sports, you have good health and don't catch cold.
Children and grown-ups must take care of their health and do morning exercises regularly.

There are some popular kinds of sports in our country: football, volley-ball, hockey, gymnastics, skiing, skating. Athletics is one of the most popular kinds of sports. It includes such kinds of sports as running, jumping and others. Everybody may choose the sport he (or she) is interested in.

My favourite sport is swimming. I go to the swimming-pool twice a week. But I prefer to rest by the lake or the river and swim there. My friend Kostya goes in for boxing. He is a good boxer and he is a brave and courageous boy. His hobby helps him in his everyday life.

**Задание № 2. Найдите эквиваленты к данным выражениям в тексте «Sports and a healthy way of life»:**

1.принимать участие в соревнованиях

2.заниматься спортом

3.участники соревнований

4.заботиться о здоровье

***Пример:*** 1*.принимать участие в соревнованиях -to take part in different competitions.*

**Задание № 3. Составьте пять вопросов по содержанию текста.**

***Пример*:** *Is physical training an important subject at school?*

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**Homework**

**Задание № 1. Составьте диалог, используя предложенные фразы.**

**Doctor**

What's the matter with you?

What about your appetite?

Take the medicine.

You should stay in bed.

Take the tablets three times a day after meal.

Come and see me on Monday.

**Patient**

I have got a terrible headache.

I don't want anything.

Goodbye, doctor, and thank you very much.