**Практические задания по дисциплине иностранный язык**

**для студентов группы 1 ПКД**

**на 29 апреля 2020 года**

# *Задание1. Прочитайте и переведите текст.*

# M I N E R A L S

Did you ever notice how TV commercials for breakfast cereal always mention vitamins and **minerals**? But when you think of minerals, food isn't the first thing that comes to mind. Aren't minerals something you find in the earth, like iron and quartz?

Well, yes, but small amounts of some minerals are also in foods — for instance, red meat, such as beef, is a good source of iron.

Just like [vitamins](http://kidshealth.org/kid/stay_healthy/food/vitamin.html), minerals help your body grow, develop, and stay healthy. The body uses minerals to perform many different functions — from building strong [bones](http://kidshealth.org/kid/body/bones_noSW.html) to transmitting [nerve](http://kidshealth.org/kid/word/n/word_nervous_system.html) impulses. Some minerals are even used to make hormones or maintain a normal [heartbeat](http://kidshealth.org/kid/body/heart_noSW.html).

**Macro and Trace**

The two kinds of minerals are: **macrominerals** and **trace minerals**. Macro means "large" in Greek (and your body needs **larger** amounts of macrominerals than trace minerals). The macromineral group is made up of calcium, phosphorus, magnesium, sodium, potassium, chloride, and sulfur.

A trace of something means that there is only a little of it. So even though your body needs trace minerals, it needs just a tiny bit of each one. Scientists aren't even sure how much of these minerals you need each day. Trace minerals includes iron, manganese, copper, iodine, zinc, cobalt, fluoride, and selenium.

Let's take a closer look at some of the minerals you get from food.

*When people don't get enough of important minerals, they can have health problems. For instance, too little calcium — especially when you're a sportsman — can lead to weaker bones. Some sportsmen may take mineral supplements, but most sportsmen don't need them if they eat a nutritious diet. So eat minerals and stay healthy!*

**Calcium**

Calcium is the top macromineral when it comes to your bones. This mineral helps build strong bones, so you can do everything from standing up straight to scoring that winning goal. It also helps build strong, healthy [teeth](http://kidshealth.org/kid/body/teeth_noSW.html), for chomping on tasty food.

Which foods are rich in calcium?

*Dairy products (milk, cheese, and yogurt), canned salmon and sardines with bones, leafy green vegetables (broccoli), calcium-fortified foods (from orange juice to cereals and crackers).*

**Iron**

The body needs iron to transport oxygen from your lungs to the rest of your body. Your entire body needs oxygen to stay healthy and alive. Iron helps because it's important in the formation of hemoglobin, which is the part of your [red blood cells](http://kidshealth.org/kid/word/r/word_red_blood_cells.html) that carries oxygen throughout the body.

Which foods are rich in iron?

*Meat (especially red meat, such as beef), tuna and salmon, eggs, beans, baked potato with skins, dried fruits (raisins), leafy green vegetables (broccoli), whole and enriched grains (wheat or oats).*

**Potassium**

Potassium keeps your muscles and nervous system working properly. Your blood and body tissues, such as [muscles](http://kidshealth.org/kid/body/muscles_noSW.html), contain water. And potassium helps make sure the amount of water is just right between cells and body fluids.

Which foods are rich in potassium?

*Bananas, tomatoes, potatoes and sweet potatoes (with skins), green vegetables (spinach and broccoli), citrus fruits (oranges), low-fat milk and yogurt; legumes (beans, split peas, and lentils).*

**Zinc**

Zinc helps your immune system, which is your body's system for fighting off illnesses and [infections](http://kidshealth.org/kid/word/i/word_infection.html). It also helps with cell growth and helps heal wounds, such as [cuts](http://kidshealth.org/kid/watch/er/cuts.html).

Which foods are rich in zinc?

*Beef, pork, and dark meat chicken; nuts (cashews, almonds and peanuts); legumes (beans, split peas and lentils).*

# ***Задание 2. Задайте 3-5 вопросов к тексту.***

# *Задание 3. Заполните таблицу.*

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| --- | --- | --- |
| Mineral | Foods | Usefulness |
| Zink |  | helps immune system for fighting off illnesses and [infections](http://kidshealth.org/kid/word/i/word_infection.html)helps with cell growth and helps heal wounds, such as [cuts](http://kidshealth.org/kid/watch/er/cuts.html). |
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***Посмотрите видео и напишите, что вы узнали из него. Конечно же на английском языке.***

https://www.youtube.com/watch?v=ISZLTJH5lYg