**Практические задания по дисциплине иностранный язык**

**для студентов группы 2 ПКД**

**на 30 апреля 2020 года**

***Задание 1. Выполните упражнения на тему «Модальные глаголы»***

***Упражнение 1.***

**Поставьте *should, could* или *would.***

1. I \_\_\_\_\_\_\_\_\_\_ (not) touch that equipment if I were you.

2. I \_\_\_\_\_\_\_\_\_ like to have the ceremony inside.

3. Mike, \_\_\_\_\_\_\_\_\_ you come over here? I need to talk to you.

4. I \_\_\_\_\_\_\_\_\_\_ (not) call you last night because I left my mobile phone at work.

5. You \_\_\_\_\_\_\_\_\_\_(not) stay up so late. You don’t sleep enough.

6. You \_\_\_\_\_\_\_\_\_ like him if you know him better.

7. \_\_\_\_\_\_\_\_\_\_ I buy flfl owers for my fifi rst date with Sarah?

8. \_\_\_\_\_\_\_\_\_\_ you like some coffee? — That would be nice.

9. In my opinion, you \_\_\_\_\_\_\_\_\_ eat less fast food. That’s not good for your health.

10. Help yourself. \_\_\_\_\_\_\_\_\_ you like some cookies?

***Упражнение 2.***

**Вставьте пропущенные модальные глаголы и конструкции из рамки.**

can could be able to have to should used to

1. It \_\_\_\_\_\_\_\_\_\_\_ be hard to ask for help.

2. But don’t forget that you \_\_\_\_\_\_\_\_\_\_\_ (not) do everything alone.

3. There are a lot of people around you who might \_\_\_\_\_\_\_\_\_\_\_ help.

4. It’s true: you \_\_\_\_\_\_\_\_\_\_\_ be a lone wolf.

5. But if you want to build good relationships with people, you \_\_\_\_\_\_\_\_\_\_\_ give them

an opportunity to feel helpful and important.

6. I \_\_\_\_\_\_\_\_\_\_\_ think I was weak when asking for help.

7. I \_\_\_\_\_\_\_\_\_\_\_ (not) understand that a relationship is built through giving and ask

ing.

8. You \_\_\_\_\_\_\_\_\_\_\_ repeat it until this simple idea becomes a part of you.

9. It’s like exercising — you \_\_\_\_\_\_\_\_\_\_\_ start out with the heaviest weight.

10. You \_\_\_\_\_\_\_\_\_\_\_ start small and build up.

***Упражнение 3***

**Исправьте ошибки в предложениях.**

1. You shouldn’t to smoke so much.

2. We could to order pizza tonight.

3. I would buying a new car but I don’t have the money.

4. They can have played tennis very well.

5. He might working at the moment.

6. I not have to explain you everything.

7. You don’t need help me, I can do it myself.

8. You don’t should park your car here.

9. Can you come to the party tonight? — Yes, we will can.

10. The room is a mess! Who could have do that?

**Задание 2. Запиши, прочитай и выучи лексику.**

**Vocabulary:**

nutrient — питательное вещество
carbohydrate — углевод
protein — белок, протеин
fat — жир
to contain — содержать
to cut down on — зд, уменьшить прием чего-л.
to hide (past hid, p.p. hidden) — прятать, спрятать
crisp — ломкий, хрупкий
to get into the habit of — зд. взять за привычку
essential — существенный, жизненно важный
saturated fat — жиры с высоким содержанием насыщенных жирных кислот
butter — масло
unprocessed fat — необработанные жиры
seed — семя, семечко
avocado — авокадо, аллигаторова груша
tuna — тунец
additive — добавка
fertilizer — удобрение
pesticide — пестицид, ядохимикат
to increase — увеличить
to improve — улучшить
concern — интерес, участие, заинтересованное отношение
food chain — пищевая цепочка
to lead (past led, p.p. led) — вести, приводить
demand — потребность
modified food — модифицированная еда
rumour — молва, слух(и), слушок, толки
to cause — быть причиной, вызывать
cancer — рак (онкология)
fear — страх, боязнь, опасение
to solve — решать
to depend on — зависеть от
income — прибыль; заработок
lack — недостаток, нужда; отсутствие чего-л.

 [Жиры](https://context.reverso.net/%D0%BF%D0%B5%D1%80%D0%B5%D0%B2%D0%BE%D0%B4/%D1%80%D1%83%D1%81%D1%81%D0%BA%D0%B8%D0%B9-%D0%B0%D0%BD%D0%B3%D0%BB%D0%B8%D0%B9%D1%81%D0%BA%D0%B8%D0%B9/%D0%96%D0%B8%D1%80%D1%8B%22%20%5Co%20%22%D0%9F%D0%BE%D1%81%D0%BC%D0%BE%D1%82%D1%80%D0%B5%D1%82%D1%8C%20%D0%BF%D1%80%D0%B8%D0%BC%D0%B5%D1%80%D1%8B%20%D1%8D%D1%82%D0%BE%D0%B9%20%D1%87%D0%B0%D1%81%D1%82%D0%B8%20%D1%80%D0%B5%D1%87%D0%B8) -[fat](https://context.reverso.net/%D0%BF%D0%B5%D1%80%D0%B5%D0%B2%D0%BE%D0%B4/%D1%80%D1%83%D1%81%D1%81%D0%BA%D0%B8%D0%B9-%D0%B0%D0%BD%D0%B3%D0%BB%D0%B8%D0%B9%D1%81%D0%BA%D0%B8%D0%B9/%D0%96%D0%B8%D1%80%D1%8B%22%20%5Cl%20%22fat%22%20%5Co%20%22%D0%9F%D0%BE%D1%81%D0%BC%D0%BE%D1%82%D1%80%D0%B5%D1%82%D1%8C%20%D0%BF%D1%80%D0%B8%D0%BC%D0%B5%D1%80%D1%8B%20%D1%8D%D1%82%D0%BE%D0%B9%20%D1%87%D0%B0%D1%81%D1%82%D0%B8%20%D1%80%D0%B5%D1%87%D0%B8)[lipids](https://context.reverso.net/%D0%BF%D0%B5%D1%80%D0%B5%D0%B2%D0%BE%D0%B4/%D1%80%D1%83%D1%81%D1%81%D0%BA%D0%B8%D0%B9-%D0%B0%D0%BD%D0%B3%D0%BB%D0%B8%D0%B9%D1%81%D0%BA%D0%B8%D0%B9/%D0%96%D0%B8%D1%80%D1%8B%22%20%5Cl%20%22lipids%22%20%5Co%20%22%D0%9F%D0%BE%D1%81%D0%BC%D0%BE%D1%82%D1%80%D0%B5%D1%82%D1%8C%20%D0%BF%D1%80%D0%B8%D0%BC%D0%B5%D1%80%D1%8B%20%D1%8D%D1%82%D0%BE%D0%B9%20%D1%87%D0%B0%D1%81%D1%82%D0%B8%20%D1%80%D0%B5%D1%87%D0%B8)

белки - [proteins and](https://context.reverso.net/%D0%BF%D0%B5%D1%80%D0%B5%D0%B2%D0%BE%D0%B4/%D1%80%D1%83%D1%81%D1%81%D0%BA%D0%B8%D0%B9-%D0%B0%D0%BD%D0%B3%D0%BB%D0%B8%D0%B9%D1%81%D0%BA%D0%B8%D0%B9/%D0%B1%D0%B5%D0%BB%D0%BA%D0%B8%2B%D0%B8%22%20%5Cl%20%22proteins%2Band%22%20%5Co%20%22%D0%9F%D0%BE%D1%81%D0%BC%D0%BE%D1%82%D1%80%D0%B5%D1%82%D1%8C%20%D0%BF%D1%80%D0%B8%D0%BC%D0%B5%D1%80%D1%8B%20%D1%8D%D1%82%D0%BE%D0%B9%20%D1%87%D0%B0%D1%81%D1%82%D0%B8%20%D1%80%D0%B5%D1%87%D0%B8) [squirrels and](https://context.reverso.net/%D0%BF%D0%B5%D1%80%D0%B5%D0%B2%D0%BE%D0%B4/%D1%80%D1%83%D1%81%D1%81%D0%BA%D0%B8%D0%B9-%D0%B0%D0%BD%D0%B3%D0%BB%D0%B8%D0%B9%D1%81%D0%BA%D0%B8%D0%B9/%D0%B1%D0%B5%D0%BB%D0%BA%D0%B8%2B%D0%B8%22%20%5Cl%20%22squirrels%2Band%22%20%5Co%20%22%D0%9F%D0%BE%D1%81%D0%BC%D0%BE%D1%82%D1%80%D0%B5%D1%82%D1%8C%20%D0%BF%D1%80%D0%B8%D0%BC%D0%B5%D1%80%D1%8B%20%D1%8D%D1%82%D0%BE%D0%B9%20%D1%87%D0%B0%D1%81%D1%82%D0%B8%20%D1%80%D0%B5%D1%87%D0%B8) [protein and](https://context.reverso.net/%D0%BF%D0%B5%D1%80%D0%B5%D0%B2%D0%BE%D0%B4/%D1%80%D1%83%D1%81%D1%81%D0%BA%D0%B8%D0%B9-%D0%B0%D0%BD%D0%B3%D0%BB%D0%B8%D0%B9%D1%81%D0%BA%D0%B8%D0%B9/%D0%B1%D0%B5%D0%BB%D0%BA%D0%B8%2B%D0%B8%22%20%5Cl%20%22protein%2Band%22%20%5Co%20%22%D0%9F%D0%BE%D1%81%D0%BC%D0%BE%D1%82%D1%80%D0%B5%D1%82%D1%8C%20%D0%BF%D1%80%D0%B8%D0%BC%D0%B5%D1%80%D1%8B%20%D1%8D%D1%82%D0%BE%D0%B9%20%D1%87%D0%B0%D1%81%D1%82%D0%B8%20%D1%80%D0%B5%D1%87%D0%B8) [whites and](https://context.reverso.net/%D0%BF%D0%B5%D1%80%D0%B5%D0%B2%D0%BE%D0%B4/%D1%80%D1%83%D1%81%D1%81%D0%BA%D0%B8%D0%B9-%D0%B0%D0%BD%D0%B3%D0%BB%D0%B8%D0%B9%D1%81%D0%BA%D0%B8%D0%B9/%D0%B1%D0%B5%D0%BB%D0%BA%D0%B8%2B%D0%B8%22%20%5Cl%20%22whites%2Band%22%20%5Co%20%22%D0%9F%D0%BE%D1%81%D0%BC%D0%BE%D1%82%D1%80%D0%B5%D1%82%D1%8C%20%D0%BF%D1%80%D0%B8%D0%BC%D0%B5%D1%80%D1%8B%20%D1%8D%D1%82%D0%BE%D0%B9%20%D1%87%D0%B0%D1%81%D1%82%D0%B8%20%D1%80%D0%B5%D1%87%D0%B8)

[углеводы](https://context.reverso.net/%D0%BF%D0%B5%D1%80%D0%B5%D0%B2%D0%BE%D0%B4/%D1%80%D1%83%D1%81%D1%81%D0%BA%D0%B8%D0%B9-%D0%B0%D0%BD%D0%B3%D0%BB%D0%B8%D0%B9%D1%81%D0%BA%D0%B8%D0%B9/%D1%83%D0%B3%D0%BB%D0%B5%D0%B2%D0%BE%D0%B4%D1%8B%22%20%5Co%20%22%D0%9F%D0%BE%D1%81%D0%BC%D0%BE%D1%82%D1%80%D0%B5%D1%82%D1%8C%20%D0%BF%D1%80%D0%B8%D0%BC%D0%B5%D1%80%D1%8B%20%D1%8D%D1%82%D0%BE%D0%B9%20%D1%87%D0%B0%D1%81%D1%82%D0%B8%20%D1%80%D0%B5%D1%87%D0%B8) - [carbs](https://context.reverso.net/%D0%BF%D0%B5%D1%80%D0%B5%D0%B2%D0%BE%D0%B4/%D1%80%D1%83%D1%81%D1%81%D0%BA%D0%B8%D0%B9-%D0%B0%D0%BD%D0%B3%D0%BB%D0%B8%D0%B9%D1%81%D0%BA%D0%B8%D0%B9/%D1%83%D0%B3%D0%BB%D0%B5%D0%B2%D0%BE%D0%B4%D1%8B%22%20%5Cl%20%22carbs%22%20%5Co%20%22%D0%9F%D0%BE%D1%81%D0%BC%D0%BE%D1%82%D1%80%D0%B5%D1%82%D1%8C%20%D0%BF%D1%80%D0%B8%D0%BC%D0%B5%D1%80%D1%8B%20%D1%8D%D1%82%D0%BE%D0%B9%20%D1%87%D0%B0%D1%81%D1%82%D0%B8%20%D1%80%D0%B5%D1%87%D0%B8) [carbohydrates](https://context.reverso.net/%D0%BF%D0%B5%D1%80%D0%B5%D0%B2%D0%BE%D0%B4/%D1%80%D1%83%D1%81%D1%81%D0%BA%D0%B8%D0%B9-%D0%B0%D0%BD%D0%B3%D0%BB%D0%B8%D0%B9%D1%81%D0%BA%D0%B8%D0%B9/%D1%83%D0%B3%D0%BB%D0%B5%D0%B2%D0%BE%D0%B4%D1%8B%22%20%5Cl%20%22carbohydrates%22%20%5Co%20%22%D0%9F%D0%BE%D1%81%D0%BC%D0%BE%D1%82%D1%80%D0%B5%D1%82%D1%8C%20%D0%BF%D1%80%D0%B8%D0%BC%D0%B5%D1%80%D1%8B%20%D1%8D%D1%82%D0%BE%D0%B9%20%D1%87%D0%B0%D1%81%D1%82%D0%B8%20%D1%80%D0%B5%D1%87%D0%B8) [carb](https://context.reverso.net/%D0%BF%D0%B5%D1%80%D0%B5%D0%B2%D0%BE%D0%B4/%D1%80%D1%83%D1%81%D1%81%D0%BA%D0%B8%D0%B9-%D0%B0%D0%BD%D0%B3%D0%BB%D0%B8%D0%B9%D1%81%D0%BA%D0%B8%D0%B9/%D1%83%D0%B3%D0%BB%D0%B5%D0%B2%D0%BE%D0%B4%D1%8B%22%20%5Cl%20%22carb%22%20%5Co%20%22%D0%9F%D0%BE%D1%81%D0%BC%D0%BE%D1%82%D1%80%D0%B5%D1%82%D1%8C%20%D0%BF%D1%80%D0%B8%D0%BC%D0%B5%D1%80%D1%8B%20%D1%8D%D1%82%D0%BE%D0%B9%20%D1%87%D0%B0%D1%81%D1%82%D0%B8%20%D1%80%D0%B5%D1%87%D0%B8)[carbohydrate](https://context.reverso.net/%D0%BF%D0%B5%D1%80%D0%B5%D0%B2%D0%BE%D0%B4/%D1%80%D1%83%D1%81%D1%81%D0%BA%D0%B8%D0%B9-%D0%B0%D0%BD%D0%B3%D0%BB%D0%B8%D0%B9%D1%81%D0%BA%D0%B8%D0%B9/%D1%83%D0%B3%D0%BB%D0%B5%D0%B2%D0%BE%D0%B4%D1%8B%22%20%5Cl%20%22carbohydrate%22%20%5Co%20%22%D0%9F%D0%BE%D1%81%D0%BC%D0%BE%D1%82%D1%80%D0%B5%D1%82%D1%8C%20%D0%BF%D1%80%D0%B8%D0%BC%D0%B5%D1%80%D1%8B%20%D1%8D%D1%82%D0%BE%D0%B9%20%D1%87%D0%B0%D1%81%D1%82%D0%B8%20%D1%80%D0%B5%D1%87%D0%B8)

Жиры, белки и углеводы не были плохими или хорошими, просто были частью еды.

[Fats, carbs, proteins](https://context.reverso.net/%D0%BF%D0%B5%D1%80%D0%B5%D0%B2%D0%BE%D0%B4/%D0%B0%D0%BD%D0%B3%D0%BB%D0%B8%D0%B9%D1%81%D0%BA%D0%B8%D0%B9-%D1%80%D1%83%D1%81%D1%81%D0%BA%D0%B8%D0%B9/Fats%2C%2Bcarbs%2C%2Bproteins) - they weren't bad or good, they were food.

**Задание 2. Прочитай и переведи текст. Выпиши слова по теме.**

**Vitamins** are special substances that the body needs,along with proteins, fats, carbohydrates and minerals. Vitamin A is needed for healthy eyes and is found in fish-liver oil, eggs, yolk, butter, green vegetables and fruit. Vitamin D is needed for healthy bones and for protection against rickets. It is found in very small amount in egg,butter and fish. We get most of our vitamin D from the sun. Vitamin C protects against scurvy and is found in oranges,lemons,tomatoes,and green vegetables. Vitamin B is present in milk eggs, liver. It is needed to strengthen our nervous system.

The importance of vitamins for our health can hardly be overestimated. Probably, everyone has heard that vitamins and minerals are part and parcel of a healthy diet. Unfortunately, statistics says that today people all over the world consume too much calories and too little essential nutrients and vitamins. Lack of vitamins, known as vitamin deficiency, influences the state of our skin, hair, nails, teeth and bones. In more serious cases it can cause heavy diseases – spasms, loss of hair and teeth, loss of vision, hepatic disorders, skin diseases, and many others.

All in all, there are over thirty vitamins, and some of them are incorporated into groups. Vitamins themselves don’t have any nutritional value, in other words, they don’t contain any calories and can’t serve as sources of energy. They relate to micronutrients that are contained in food. So, to be healthy, we need to eat several types of food: fruit and vegetables, fish and meat, and milk products. Vitamins can be divided into two large groups: fat-soluble and water soluble ones. As the term suggests, water soluble vitamins are dissolved in water, while the fat-soluble ones are dissolved only in fats. The first group includes vitamin C and B-group vitamins. Such vitamins as A, E, D and K belong to the second group, and they can be stored in our organism. That’s why we lack vitamins of the first group more often.

The most essential vitamins for children are D, C and A. For example, vitamin D is responsible for the healthy development of bone tissues and teeth, as well as for calcium absorption. Its deficiency often causes rickets, which is especially dangerous for girls. People get it with sunshine, but if you live in the northern regions, where sunny days occur not very often, you should take enough D vitamins with food. It is contained, for example, in egg yolk, butter, cod liver oil. Babies get all vitamins with breast milk, so, breastfeeding women should eat these products. Vitamin A is responsible for the growth and good vision. It’s contained in beef liver. Greenery, carrots, tomatoes, and some other vegetables contain a lot of carotene, which if taken inside with any fat, is converted into vitamin A. As for vitamin C, it’s very important for the immune system. It can be found almost in all fresh fruit and vegetables, especially in kiwi, black currant, briar, and sweet pepper.

***Посмотрите видео и напишите, что вы узнали из него. Конечно же на английском языке.***

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