Иностранный язык (английский)

**Преподаватель:** Каширина Марина Анатольевна

**Тема:** Перевод профессионально – ориентированных текстов

**Задание.** Прочтите и переведите на русский язык текст **по теме: Здоровое питание**

**Eating for Good Health**

More and more people today are choosing to take greater responsi­bility for their own health. We now recognize that we can influence our health by making an improvement in lifestyle — a better diet, more exercise and reduced stress.

Your health and general wellbeing is very much determined by what you eat and how even a minor change in your diet can help to strengthen your resistance to many illnesses.

It seems almost absurd to state that you need food to live. The body has a built-in alarm signal — hunger — to tell you when your supply of food, the “fuel for the body”, is low. That’s why you are never in serious danger of forgetting to eat. This alarm signal is also choosy and at times asks for specific supplies, for example, sweet things when your body sugar is low or water when you are thirsty.

What many people fail to recognize is that their bodies have more than just one signal. Tiredness, aches and pains, stress, even chronic disease — all these can be indications of a diet that is lacking nutrition.

But we can’t see the results of a bad diet immediately (often the effects take years to develop), few people realize just how closely bodily health is linked to what they eat and how often they eat.

You are what you eat, and the food you eat effects the way you feel and the way you look all through your life.

Scientists now know that food and its affects are as complex as our own bodies. Of the thousands of chemicals, minerals and vitamins found in a single food, many are potential life-savers or hazards to health, depending on how much is consumed overtime. The link between food and health is an eve 17 day but complex issue. So, you should learn how to balance your food intake. Small but well-informed changes to your diet will make a great difference to your wellbeing.

By matching your diet to your lifestyle and developing better eating habits both at home and when you eat out, you can keep yourself in the best of health. And also, you have to understand the proper balanc­ing of the social pleasures and of the body. The foods you eat possess powerful capabilities to help and to harm.

**II Ответьте на вопросы по тексту**

1. How can we influence our health?
2. Do you agree that our health and general wellbeing are determined by what we eat?
3. Why are we never in serious danger of forgetting to eat?
4. What alarm signals do our bodies have to indicate that our diet is lacking nutrition?
5. Can we see the results of a bad diet immediately?
6. How does the food we eat affect our life?
7. Why should everyone learn how to balance our food intake?
8. How can we keep ourselves in the best of health?
9. What capabilities does the food we eat possess?
10. And what about your eating habits? Do you always eat healthy food? Do you often overeat? How many times a day do you usually eat? Can you balance your food in take?