

1. Виконати вправи 2, 3 на сторінці 99

**USE OF ENGLISH 06**

**Wrap it up**

5 Choose three incorrect answers from exercise 4 and write new, logical and grammatically correct sentences with these words on the topic of diet or dieting.

**Practise**

1 Work in pairs. Explain the difference in meaning between the following pairs of words. Use them in sentences to illustrate the difference.


1 to complement / a compliment	4 to adopt / to adapt
2 to ensure / to assure	5 a practice / to practise
3 to lead to / to result in	6 apart from / except for

Multiple choice

2 Read the following text. Fill in the gaps (1-4) by choosing the correct answer (A, B, C or D) to obtain a logical and grammatically correct text.

Diets and an obsession with them are as old as the hills. For centuries people (1) \_\_\_ with them to lose weight, look more attractive or just stay fit and healthy. However, they often discover that few of them ever work while most can cause serious complications.

One of such examples were the Victorians, who would buy poisonous mixtures made of soap, lard and strychnine or arsenic to speed up their metabolism. These mixtures often (2) \_\_\_ to cancer or total blindness, so they were finally banned in 1938.



Another crazy idea was born in the 20th century, when dieting was very trendy and the diet industry relied on fear and low self-esteem to sell its products. In those days, people were encouraged to buy tapeworm pills and then take more pills to kill the worm. You can only (4) \_\_\_ yourself how harmful this was for the people when you read the statistics of how many of them died because of that!

These days people, young and old, still believe in miracle diets and often risk their lives.

Then came obsessive chewing. People, including some Edwardian celebrities such as Henry James or Franz Kafka, would chew each piece of food hundreds of times to get all the juices out before spitting the rest out. Although it wasn't particularly pleasant to watch, it was believed to (3) \_\_\_ wonders for many people.

1 A have been experimenting	B experiment	C had experimented	D are experimenting
2 A resulted	B led	C caused	D influenced
3 A take	B get	C make	D work
4 A insure	B be sure of	C assure	D ensure

Multiple choice

3 Read the following text. Fill in the gaps (1-4) by choosing the correct answer (A, B, C or D) to obtain a logical and grammatically correct text.

Peter J. D'Adamo made himself famous when he published his book *Eat Right 4 Your Type*, which outlined different diets (1) \_\_\_ into account your blood type.

In his book, D'Adamo describes what exactly each blood type carrier should eat to remain healthy. He believes that blood types (2) \_\_\_ the digestive system and that some foods good for people of one type are dangerous for others. So, people with blood group O are recommended to eat a higher protein diet, consisting of lean meat and fish (3) \_\_\_ to exercise a lot. Blood group A is supposed

to turn vegetarian and avoid red meat and vigorous exercise at all costs. Blood group B, according to the writer, should eat dairy products and should (4) \_\_\_ their diet with a moderate fitness programme. Blood group AB should mix the diets of blood groups A and B and avoid chicken, beef, and pork but enjoy seafood, tofu and dairy products.

To prove or disprove D'Adamo's theory, more tests are being carried out. So you need to wait for the final results before making up your mind about it!

1 A making	B taking	C putting	D giving
2 A have effect	B result in	C affect	D take advantage of
3 A besides	B additionally	C on top of	D as well as
4 A consist	B supplement	C compliment	D include

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