

Unit 10 Self-study

Task 1 Complete the gaps with suitable prepositions:

Helping Teens Eat More Nutritious Foods

Teenagers face a variety of challenges. They pursue their independence, experience identity crisis, seek peer acceptance and worry _____ physical appearance. These factors affect food choice. Advertisers take advantage of this _____ pushing a vast array of products - candy, gum, soft drinks and snacks – at the teenage market. Potato chips and French fries make _____ more than one-third of the vegetable servings consumed _____ teens.

Additionally, many schools offer French fries _____ a regular basis, and soft drinks machines can be found in school hallways in cafeterias, competing _____ the school lunch. The increased consumption of fast foods, sugary beverages and snack foods crowds _____ nutrient-dense foods, thus limiting intake of calcium, iron, zinc, fat-soluble vitamins, etc.

Teens often don't think _____ the long-term benefits of good health. They have a hard time relating today's actions _____ tomorrow's health outcomes. Many teenagers tend _____ think they can change habits later, there's no hurry.

Still, healthful teen food habits do not require giving _____ favourite foods. Small portions of fatty foods can complement larger portions of lean meats, vegetable proteins, fruits, and whole-grain products.

(adapted from Wardlaw, M., & Smith, A. Contemporary Nutrition. McGraw-Hill, 2009.)

Task 2 Phrasal verbs

(<http://www.englishclub.com/vocabulary/phrasal-verbs-list.htm>)

Study the sentences below and then match phrasal verbs with their synonyms:

A.

Jason **called** the wedding **off** because he wasn't in love with his fiancée.

My grandparents **brought** me **up** after my parents died.

You will lose weight if you **stick to** the diet.

Our car **broke down** at the side of the highway in the snowstorm.

You'll have to run faster than that if you want to **catch up** with Marty.

Call sth.off	get to the same point as sb. else
Bring sb. up	cancel
Stick to sth.	raise a child
Break down	continue doing sth.
Catch up with sb.	stop functioning

B.

I need to **figure out** how to fit the piano and the bookshelf in this room.

I **dropped out** of Science because it was too difficult.

I **turned** the job **down** because I don't want to move.

My doctor wants me to **cut back on** sweets and fatty foods.

I am **counting on** you to make dinner while I am out.

Figure sth.	consume less
Drop out	rely on
Turn sth. down	understand, find the answer
Cut back on sth.	refuse
Count on sb., sth.	quit a class, school

C.

If you **keep** those results **up** you will get into a great college.

We need to **sort** the bills **out** before the first of the month.

I just **got over** the flu and now my sister has it.

I **work out** at the gym three times a week. Our plan **worked out** fine. We have to **work out** the total cost before we buy the house.

My maths homework was too difficult so I **gave up**.

Keep sth. up	recover from an illness, loss, difficulty
Sort sth. out	exercise, be successful, make a calculation
Get over sth.	stop trying
Work out	continue at the same rate
Give up sth.	organize, resolve the problem

Task 3 Study the example sentences of idioms below and then match each of them with its meaning.

Meaning:

- a) very important person (VIP)
- b) very relaxed
- c) something you enjoy (usually used negatively)
- d) a person that is adored by someone
- e) earn the income
- f) get upset over something that has happened and cannot be changed
- g) be pregnant
- h) silly
- i) necessities, the main thing

Idiom	meaning	example sentence
1. apple of one's eye		Baby Jessica is the apple of her father's eye .
2. (have a) bun in the oven		I don't think Jan will come to the bar because she has a bun in the oven .
3. big cheese		I thought I was just going to interview the secretary, but they let me talk to the big cheese himself.
4. bread and butter		Just explain the bread and butter of your report. You don't have to go into details.
5. bring home the bacon		My husband has had to bring home the bacon ever since I broke my leg.
6. cheesy		I love reading cheesy romance novels because I don't have to think.
7. cool as a cucumber		I thought I was afraid of flying, but I was cool as a cucumber all the way to England.
8. (don't) cry over spilled milk		The mirror is broken and we can't fix it. There's no need to cry over spilled milk .
9. (not my) cup of tea		Opera isn't exactly my cup of tea .