

VOCABULARY

well-built *adj* - having a strong, attractive body – (хорошо сложенный);

disgusting *adj* - extremely unpleasant or unacceptable – (противный, вызывающий отвращение);

basically *adv* - used when referring to the main or most important characteristic or feature of something – (по существу);

lack *verb* - to not have or not have enough of something that is needed or wanted – (не хватать);

nutrition *noun* - the substances that you take into your body as food and the way that they influence your health – (питательные вещества);

bar *noun* - a substance that has been made into a solid, rectangular shape (a bar of soap, a chocolate bar – плитка, кусок);

junk food *noun* - food that is unhealthy but is quick and easy to eat (=fast food);

saturated fat *noun* - a type of fat found in meat, eggs, milk, cheese, etc, which is thought to be bad for your health (насыщенные жиры);

associated *adj* – connected (связанный);

cancer *noun* - a serious disease that is caused when cells in the body grow in a way that is uncontrolled and not normal, killing normal cells and often causing death (рак - болезнь);

gain *verb* - to increase in weight, speed, height or amount (набирать);

contain *verb* - to have something inside or include something as a part (содержать)

recently *adv* – not long ago (недавно)

announce *verb* - to state or make known, especially publicly (сообщить, озвучить)

generation *noun* - all the people of about the same age within a society or within a particular family (поколение)

admire *verb* - to respect and approve of someone or their behaviour, or to find someone or something attractive and pleasant to look at (восхищаться)

state *noun* - a condition or way of being that exists at a particular time (состояние)

taste *verb* - to have a particular flavour (иметь вкус)

smell *verb* - to have a particular quality that others can notice with their noses – (иметь запах)

awful *adj* - extremely bad or unpleasant (ужасный)

to sell like hot cakes *idiom* = to be very popular (очень популярный)

proper *adj* – good (качественный, хороший)

meal *noun* - food (еда)

grab *verb* - to take hold of something or someone suddenly and roughly (схватить)

available *adj* - able to be obtained, used, or reached (доступный)

tempting *adj* - if something is tempting, you want to do or have it (соблазнительный)

addict *noun* - a person who cannot stop doing or using something, especially something harmful (человек, зависимый от чего-то)

in our opinion – our ideas about a particular subject (по нашему мнению)

snack *noun* - a small amount of food that is eaten between meals, or a very small meal (закуска)

munch *verb* - to eat something, especially noisily (жевать)

couch potato *noun* - a person who watches a lot of television and does not have an active style of life (лежебока, лентяй)

crisps *noun* - a very thin, often round piece of fried potato, sometimes flavoured, and sold especially in plastic bags (жаренная картошка)

advice *noun* - an opinion which someone offers you about what you should do or how you should act in a particular situation (совет)

limit *verb* to control something so that it is not greater than a particular amount, number or level (ограничивать)

amount *noun* - a collection or mass especially of something which cannot be counted (количество)

to have a bean *idiom* = to have an energy (быть энергичным)

to be on top of the world *idiom* = to be very happy (быть счастливым, довольным)

to be as cool as a cucumber *idiom* = to be calm (быть спокойным, бодрым)



Fast Food

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Food is a very important part in our life. If you want to be healthy, beautiful, **well-built** or slim and if you want to have a good mood you should always know what you eat.

You know, a lot of people say that fast food is fattening and **disgusting**. Basically, fast food is high in calories but **lacking in nutrition**. Hamburgers, pizzas, chips and chocolate **bars** and hot dogs fall into this category.



Fast food or **junk food** is high in **saturated fat**, and this type of fat is **associated** with a greater risk of **cancer**. Apart from the risk of cancer another side effect of fast food is that you can **gain** weight. This is especially true, because it **contains** a lot of fat and sugar. Some scientists **recently announced** that the new **generation** of our world are not going to be **admired** for their slim figures in future. It will be not very good for the physical and *emotional state* of a person. And by the way, some people say that fast food **tastes** like plastic, **smells awful** and look like rubbish. But fast food **sells like hot cakes** nowadays, because people are too busy to cook and eat **proper meals**, so they **grab** whatever is **available** and that is usually fast food or junk food. But a lot of people like fast food very much because they think it smells **tempting**, tastes good, looks like a home-made dish. And some people can be fast food **addicts**.

In our opinion fast food is not very good for us, because it can damage our body and health. But sometimes at **snack time** we **munch** sweet chocolate bars or rich potato chips at school. But we always try to eat mum's cooking at home and do morning exercise. We also try not to go to fast food restaurants. We hate the **couch potato** lifestyle and we try to watch TV without chips and **crisps**. We think that the best **advice** for those who can't live without their hamburgers or chocolate bars is to **limit the amount** of junk food they eat.

To tell you the truth if you want to **have a bean** and to **be on top of the world** and if you want to **be as cool as a cucumber** about your health you should eat food that you want and that you like. And you should remember about morning exercises too. It's the magic key to our good mood and health.